



THE AUTOIMMUNE RECOVERY PROGRAM

Foods to Decrease Pain and Inflammation

Lesson 1 Overview *The Autoimmune Epidemic*

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Lesson 1 | Autoimmune Epidemic

Lesson 1 Overview

In lesson 1, we show the details of the autoimmune epidemic:

- general overview of autoimmune disease
- autoimmune disease statistics
- the three requisites for autoimmune disease
- the importance of gut health and how to improve gut health