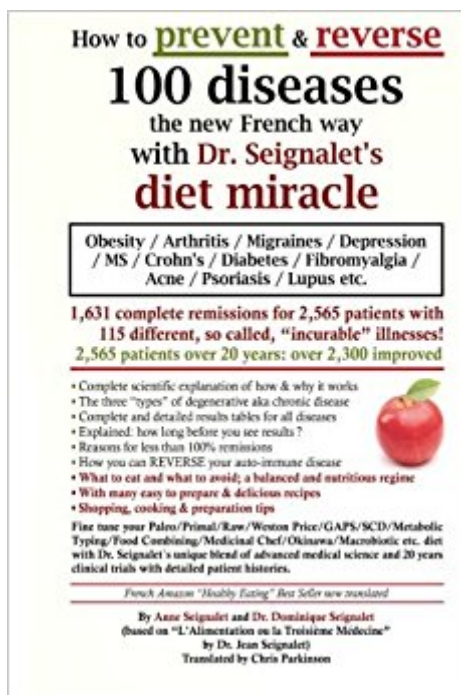


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# How To Prevent & Reverse 100 Diseases The New French Way With Dr. Seignalet's Diet Miracle: Obesity - Arthritis - Migraines - Depression - MS - Crohn's - ... Fibromyalgia - Acne - Psoriasis - Lupus Etc.



## Synopsis

How to eat for health and for pleasure This French healthy eating guide bestseller (dozens of 4 & 5 stars) based on 20 years of clinical trials by a leading French doctor shows how to prevent and reverse over 100 so called "incurable" diseases, including all the autoimmune diseases, using a delicious eating plan. (Contains menu plans and recipes). Alzheimer's Arthritis (all types) AS Asthma Bronchitis Cancer Cirrhosis Colitis (all types) Conjunctivitis Crohn's Depression Diabetes 2 Eczema ENT infections Fibromyalgia Gastritis 2 GERD Hashimoto's Hay Fever Heart Disease Hepatitis Hives IBS Lupus Migraines Multiple sclerosis Parkinson's Psoriasis (all types) Rheumatism (all types) Rhinitis Sinusitis Sjogren's Spasmophilia Ulcers Uveitis A selection of the over 100 diseases which were treated in 2,565 patients. 2,300 patients improved and in most cases went into complete remission. In this simplified guide to Dr. Seignalet's (pronounced "Saynyalay") original scientific text book, his daughters explain in layman's terms why these frightening, so called "incurable diseases" have one thing in common, caused by our "modern" diet. A pioneer in organ transplant biocompatibility, Dr. Seignalet used his knowledge of many different medical and biological specialist fields, especially genetics, to identify the factors, (genetic, viral, bacteriological, oral health etc. etc.) involved in each disease. "Leaky gut" was the common factor. Once Dr. Seignalet had understood this, he could work out how and why certain foods in our diet were causing it. Remove them from the diet and the disease often disappears along with the symptoms. Why is Seignalet 100% reliable? Gerson, Paleo, Primal, Raw, Weston-Price, Specific Carbohydrate diet (SCD), GAPS, Metabolic Typing, Swank, Food Combining, Macrobiotic, Medicinal chef will all improve health. But like Dr. Gerson, Dr. Seignalet carefully observed his patients in a clinical setting and watched the effects of his dietary modifications over 20 years and made meticulous notes. Vibrant health is your birthright, this book will help you reclaim it A lifetime of pain and drug dependency are not inevitable. This book shows how to follow this delicious way of eating, that Dr. Seignalet called "hypotoxic". After a period of elimination and detoxification, your health will improve, allowing your doctor to reduce your medication or even taper it off altogether and you can finally be free of the harmful side effects. Lose weight, look fabulous, improve your athletic performance Look fabulous? More energy? If you already do, this book can make you look even more fabulous! Lose weight? Following this regime will allow you to lose weight slowly but surely without the draconian restrictions on portion size or calories imposed by so called "slimming diets". Mental poise and physical abilities will improve. Seignalet reported that high level athletes greatly improved their performance using the diet and many modern day athletes follow it. The diet combats high cholesterol and prevents ageing, osteoarthritis, osteoporosis and cancers.

Dr. Seignalet's patients had a fraction of the deaths from cancer and heart disease that statistics from the general population would have predicted and remember that these were patients who all started off with some disease or other. You should be aware that the diet is not a total cure and you must stay on it to maintain remission. So your new life starts now with this new way of eating. Scroll up, click the buy button and start today!

## Book Information

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## Customer Reviews

After reading tones of books on health and dieting, this is the first one that really make sense to me. Quite funny, as French is my mother tongue, to read it in English, but I did not find any french Kindle version.... Anyway, it is just quite an introduction to this way of life and I will go on looking for more information...

Tough read but very informative...

Didn't contain entire book, so info and tables referenced weren't there. Basically eat everything raw, like a raw paleo, but all sugar except white allowed? That is strange. Anyway, being a vegetarian with a weak stomach, I cannot follow this diet 100%. Bottom line, I would have preferred the whole book, not a piece. Also, Euro language is used, leaving me googling several terms in reference to foods. Please release entire book in English.

Had very aggressive rheumatoid arthritis for 12 years with 2 injections per week to stay mobile (Enbrel and Mtraxate) plus painkillers etc. Followed this diet, after 3 months no more treatment or injections and very little pain, 6 months later I have a new lease of life. NOTE after 2 or 3 weeks on the diet you may go through extreme pain for a few days as your body detoxes and readjusts, don't give up as this shows you that it IS working. I have a letter from my RA Prof at our hospital to say that following my change of diet (Seignalet) I have so little sign of RA that they will keep me under observation but find no need for further treatment. My Protein C reactive has fallen from a high of 55 with an average of 25-37 with the injections to 7-9 with no treatment. You must follow it strictly for it to work.

It's nothing to do with homeopathy and it's a very easy read. Simple, straightforward language to explain scientific concepts. You might think this is a good thing or a bad thing but there are no gags. This is a serious subject.: How to reverse so called "incurable" diseases with diet and put them into long term, complete remission. Read the book carefully because this is your one big chance. Don't listen to pharma shills who will tell you it is not "scientifically proven" because no double blind trials were carried out. 1. Double blind trials are for drugs and would be completely impractical for a long term diet trial. 2. The placebo effect is greatly overrated. Studies show that it is only short lived. 3. What does "scientifically proven" mean anyway? Nothing in medicine has ever been "scientifically proven". There are only studies (most of them done on rats!) and theories and hypotheses. The Seignalet diet was trialed on over two and a half thousand patients and found to work in 91 different diseases. Patient records were kept meticulously and results tables compiled. How much more scientific than that can you get?

too much in reference to a future yet to be translated book. prompt delivery.

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