

Top 15 Healing Remedies to Beat Autoimmune Disease Naturally

This list is from ebook: [Top-15-Healing-Remedies-to-Beat-Autoimmune-Disease-Naturally.pdf](#). More detail about each remedy, including links to scientific studies, are available on the original ebook. [Cat's note: choose only Organic foods, to avoid harm of non-organic sprays]

Fruits: <ol style="list-style-type: none">1. Avocado2. Berries3. Cherries4. Grapes5. Papaya6. Pineapple7. Tomatoes8.	Veggies: <ol style="list-style-type: none">8. Asparagus9. Broccoli10. Cauliflower11. Cucumbers12. Garlic13. Kale14. Mushrooms15. Peppers16. Spinach17. Spirulina	Seeds & Nuts <ol style="list-style-type: none">18. Almonds19. Dark Chocolate, Cocoa Herbs & Spices <ol style="list-style-type: none">20. Cats claw (as tea)21. Cinnamon (Ceylon)22. Cloves23. Ginger24. Green Tea25. Rosemary26. Turmeric

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This list is from ebook: [Top-26-Foods-to-Prevent-Reverse-Autoimmune-Disease.pdf](#)

<ol style="list-style-type: none">1. Ashwagandha2. Garlic3. Rhodiola4. Astragalus root5. Moringa leaves & pods6. Sage7. Cat's claw8. Parsley	<ol style="list-style-type: none">9. Cilantro10. Maca root11. Cinnamon (preferably Ceylon)12. Paprika13. Bay leaves14. Chang shan15. Baking soda