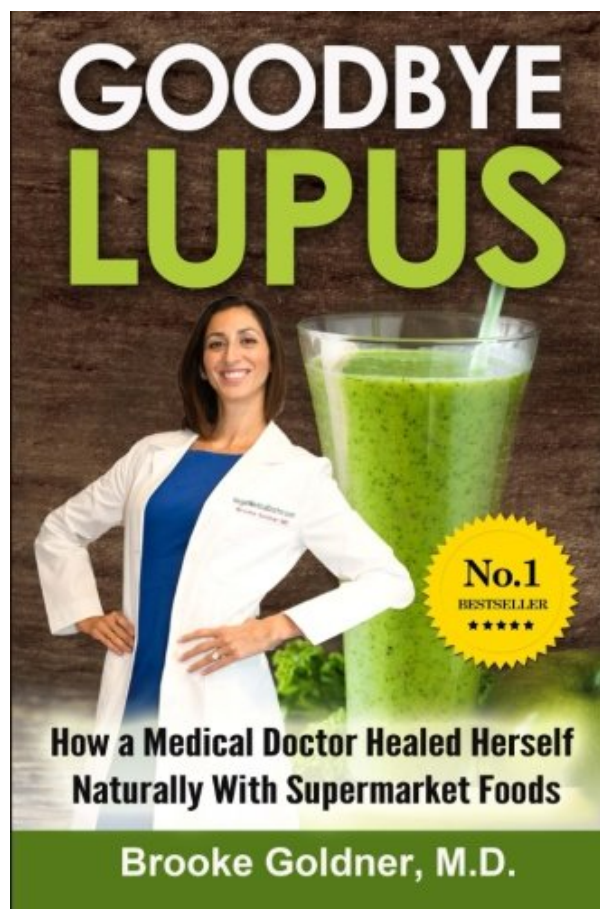
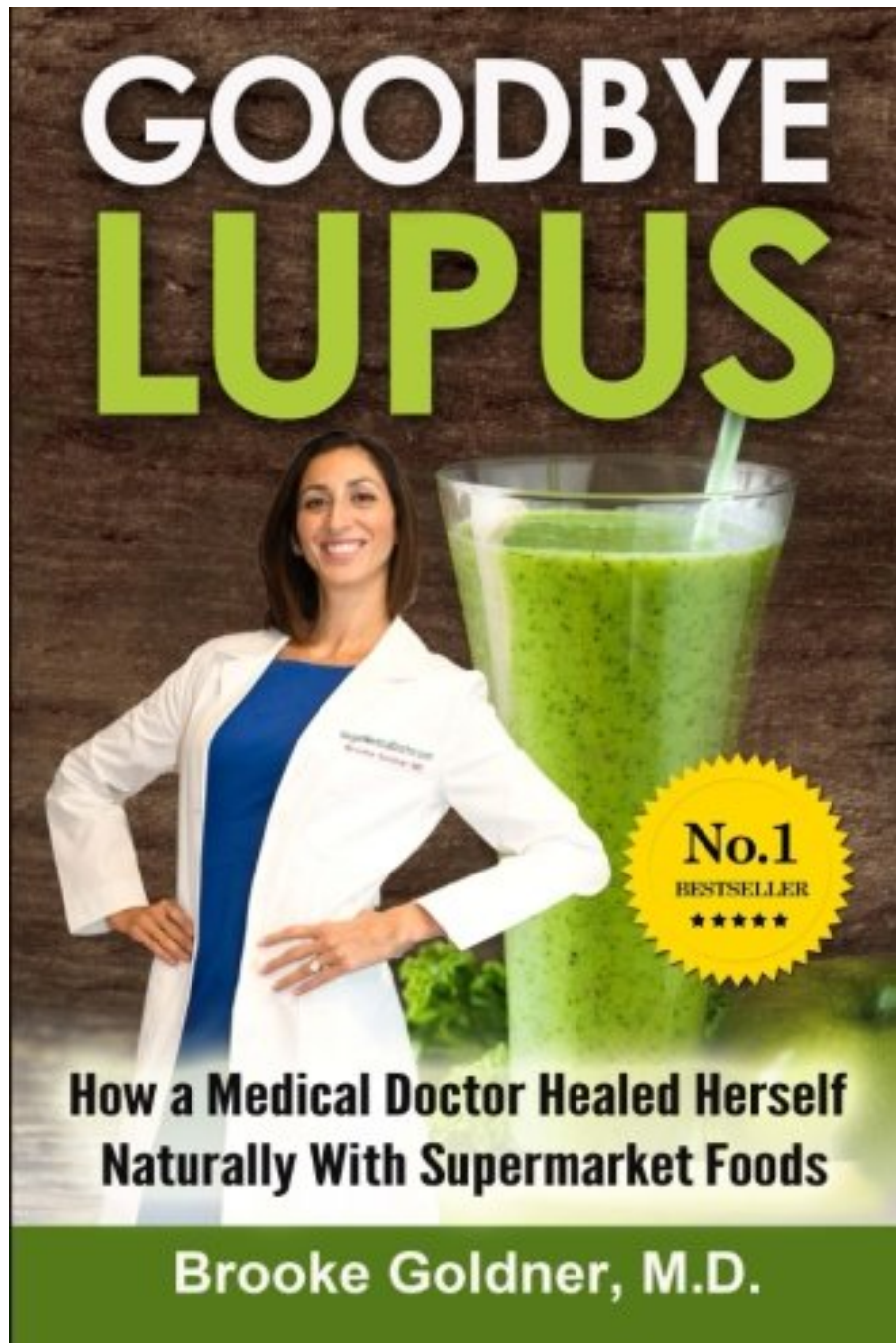


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About the Author

Brooke Goldner, M.D. is a best selling author and a board certified physician known world-wide for being a medical doctor who has developed a nutrition-based treatment for her own autoimmune disease, Lupus. Prior to her discovery, Dr. G had serious illness and had 11 years of medical treatments with high dose steroids and chemotherapy. Using nutrition alone, she has been completely healthy and requiring no medications for 10 years. Dr. Goldner has been featured in multiple documentaries, such as Whitewashed and Eating You Alive. She has been interviewed by Natural News Radio, Health Conspiracy Radio, Wellness Radio, was a keynote speaker for Lupus LA, and has had numerous stage appearances, including being featured twice in 2014 Health Healing & Happiness event in Las Vegas and most recently sharing the stage with T. Colin Campbell and Drs. Esselstyn and Ornish at the International Plant Based Nutrition Healthcare Conference. She has been featured on the front cover of Vegan Health & Fitness Magazine, is the author of Green Smoothie Recipes to Kick-Start Your Health and Healing, and star of Goodbye Lupus and Super Healthy Meals for Your Family DVDs. She is a graduate of the Temple University School of Medicine, was Chief Resident at UCLA-Harbor Residency in Psychiatry, and holds a certificate in Plant-Based Nutrition from Cornell University. She is the founder of VeganMedicalDoctor.com and creator of the Hyper-nourishing Healing Protocol for Lupus Recovery.

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Brooke Goldner, M.D. is a board certified physician known world-wide for being a medical doctor who has developed a nutrition-based treatment for her own autoimmune disease, Lupus. In this personal and intimate story, she takes you through the pain of her illness and her miraculous recovery, and how she discovered the simple yet powerful way to help the human body heal through proper nourishment. Dr. Goldner makes it easy to understand this essential information on how food can cause and heal disease, teaching it simply and plainly. She created easy to follow steps you can take to achieving better health yourself using supermarket foods. Also included are her favorite recipes for getting healthier. This is a second edition with proper formatting. First edition issues have been resolved.

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Most helpful customer reviews

18 of 20 people found the following review helpful.

Gives me Hope!

By Margie W

Wow, that first review was incredibly harsh. I've read all of the other books/studies mentioned and more, and I found this to be excellent. Short, succinct, to the point, and gives me great hope. Sure there were a few typo errors, but that can happen with a first edition, and most of them were software translation issues. All one has to do is write the author, and corrections are made (and have been made). I appreciated the personal story, one that I could relate to, and both my husband and I appreciated the way that the nutrition plan is laid out in an easy to understand and doable manner. There's no need for shopping lists, millions of recipes or even any more validation of research; there's tons of info out there on the web and in books already. It becomes a personal approach with foods that you can find in your own local markets, foods that you enjoy to create your own simple meals. Healing foods are listed quite plainly as are the inflammatory ones. I've followed many other plans, but this one helps me understand the actual amounts of healing foods that I need and a few other points that are necessary for healing. It also helped me realize my own traps that I fell into previously that stalled my efforts. The work is up to me, and we're all different, but it's great to have a simple guide that spurs me on to keep striving for wellness. I loved celebrating the author's journey/success through her writings and her photos. How refreshing.

8 of 8 people found the following review helpful.

I feel like I've been given my life back

By happy camper

After 2 years of crushing fatigue I was diagnosed with active Epstein-Barr. I downloaded your book on Kindle and starting making Green Smoothies according to the plan in your book. I'm not sure how quickly it usually works but I knew after less than two weeks that I am completely healthy head to toe. I get stronger every day. I feel like I've been given my life back. I know this is early along to be sharing, but...you know when you are healthy again.

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