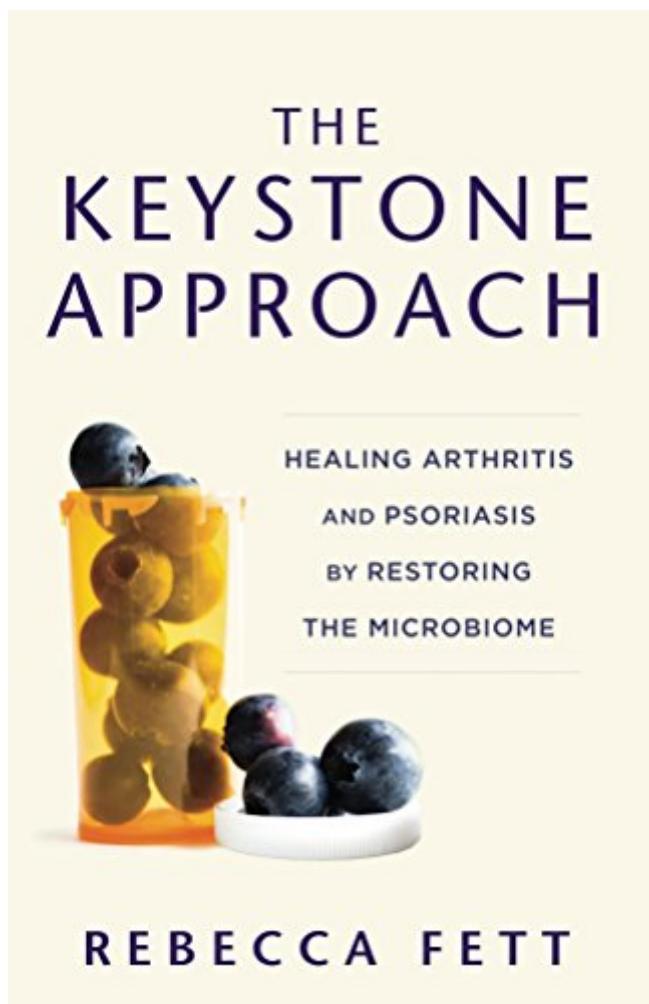


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# The Keystone Approach: Healing Arthritis And Psoriasis By Restoring The Microbiome



## Synopsis

This groundbreaking new book examines the causes of psoriasis and arthritis and offers the most comprehensive and up-to-date protocol for reversing autoimmune disease. If you have psoriasis or inflammatory arthritis, it is crucial to understand how diet, gut health, and the microbiome can influence pain and inflammation. By learning which foods trigger flares and which foods help to calm the immune system, you can dramatically reduce the severity of symptoms and reclaim your health.

In *The Keystone Approach*, acclaimed author Rebecca Fett draws on more than 400 scientific studies, along with her own battle with psoriatic arthritis, to provide a clear, evidence-based diet protocol. This innovative approach addresses the underlying causes of inflammation and autoimmunity, with a particular focus on healing the gut and re-balancing the microbiome. In *The Keystone Approach*, You'll Discover:

- Which probiotics have been shown in clinical trials to rebalance the microbiome and halt inflammation
- Why a Mediterranean diet is more effective at reducing inflammation than the autoimmune paleo diet
- How animal fats and coconut oil can potentially trigger psoriasis and arthritis flares
- How avoiding certain grains and legumes can heal the gut and reduce immune activation
- The precise mechanism by which sugar, starch, nightshades, and dairy can trigger flares
- How to identify your own food sensitivities
- The current balance of the evidence for supplements such as turmeric, fish oil, vitamin D, and glucosamine
- The latest science on low-dose Naltrexone

Reviews:

- Rebecca Fett has done an excellent job in distilling very complex microbiome science and presenting it in a clear and engaging fashion. "Randy Longman, M.D., Ph.D., Assistant Professor, Weill Cornell Medicine
- "A most informative read for anyone afflicted with chronic inflammatory disease."
- "Michael Ozner, M.D., author of *The Complete Mediterranean Diet*
- "Accessible, practical, and highly useful."
- "Rodney Dietert, Ph.D., author of *The Human Superorganism*
- "For readers who want to learn more about the way diet can change their quality of life, this manual is easy-to-understand, full of relevant data, and well-organized. A helpful and well-researched plan for improving gut health, reducing inflammation, and avoiding disease triggers."
- "Kirkus Reviews

Who Should Read This Book:

*The Keystone Approach* is specifically tailored to address the precise autoimmune process that occurs in: psoriasis, psoriatic arthritis, rheumatoid arthritis, juvenile idiopathic arthritis, spondylitis, ankylosing spondylosis, and joint pain associated with Crohn's disease and ulcerative colitis.

About the Author:

Rebecca Fett is a science writer with a degree in molecular biotechnology and biochemistry from the University of Sydney. She previously spent ten years as a biotechnology patent litigation attorney in New York, where she specialized in analyzing the scientific and clinical evidence for immune-targeting biologic medicines. She is also the author of bestselling fertility book,

It Starts with the Egg.

## Book Information

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## Customer Reviews

Suffering with psoriasis and psoriatic arthritis, I began the Keystone approach with the approval of my rheumatologist. I must admit I feel much better. It has been 7 months and I feel that I am in remission. It is a difficult diet to maintain but the difference in pain and discomfort makes it worth it. I have no plans to change from this program. Give it a shot, you might be pleasantly surprised like I have been.

Love this book. Chalk full of amazing information all extremely relevant to arthritis sufferers. I've been following the approach for almost 4 weeks and have been off all meds for 6 weeks now. Some days are worse than others but overall I'm seeing improvements with my Ankylosing Spondylitis. I reference the book on a daily basis!

Wow! As someone who's struggled with arthritis and lupus/fibromyalgia-like symptoms since I was six years old, I've done my fair share of searching for answers and clues on ways to naturally reverse the condition, yet I've never even heard most of the research findings cited in this book—what an eye opener! For me, it really points out the areas where I've gone wrong, and answers a lot of questions like why I still get flareups despite eliminating all processed foods over the years. I feel like now I have a more solid grasp of what to look out for, and changes I can start making right away to hopefully make a significant difference! In the book, the author covers a lot of potential triggers including food sensitivities, intolerances, and allergies, as well as OTC drugs and more, that can all have a profound impact on arthritis and pain symptoms. Based on the latest scientific findings regarding the gut microbiome and autoimmunity, she pieces together a fascinating puzzle of where and how these health issues begin in the body, and the most effective (and natural) ways to reverse the symptoms and restore gut health through diet change. Far from basing the book on general assumptions, she draws from a multitude of published research and trials (all sources cited), molding the science into an action plan, teaching readers the major causes of intestinal permeability, how to restore "keystone" species of probiotics in the gut, how to foster a healthy diversity of beneficial bacteria (including the best and worst strains of probiotics to take), as well as exploring the effects of diet on arthritis and psoriasis symptoms, covering the best and worst foods to consume and their effects on the gut (with some really surprising info!). As the heart and soul of the book, she includes a really solid diet plan based around the findings, with a multitude of recipes in the back. My only wish is that there had been more dietary advice for vegetarians like myself, since the diet is primarily based on vegetables paired with healthy meats and fish. However, I understand the food choices were based on the best ways to remediate symptoms, and I've still come away with a lot of great ideas on ways to improve my diet. Bottom line, this is a fantastic book that I will be revisiting over and over again and I'm very grateful to the author for sharing this vast wealth of information that she has learned over the years! Highly recommended! Disclaimer: I received a free copy of this book through the Goodreads giveaway program in exchange for an honest review.

The Keystone Approach by Rebecca Fett is a groundbreaking new resource for those with inflammatory arthritis, related conditions, and autoimmune disease. Meticulously researched, well organized, and with simple, yet elegant recipes at the end, the book is excellent from start to finish. For those who have been told by rheumatologists or other doctors that diet has no impact on their condition, this book is a necessary read. There are studies, carefully analyzed and sourced,

that show again and again, that diet can indeed have an impact on disease and wellness. For those who are already using nutrition to aid in the battle against their illness and are perhaps on the Wahls® Protocol, or Autoimmune Paleo diet, London AS Diet/No Starch Diet for ankylosing spondylitis, or simply paleo/primal, I urge you to read this book. There is some new research that we need to factor in. I wish this book could be in the hand of every person diagnosed with an inflammatory, autoimmune condition. I wish every rheumatologist would read this book and apply its simple, straightforward, helpful recommendations. Rebecca Fett is the perfect person to have written this book. I am enormously grateful that she has shared her investigations into studies with the rest of us in The Keystone Approach. I received a copy of this book for review purposes. All the opinions I've expressed are my own.

I have to say I was really impressed with the info inside this book. I have read quite a few books on my different auto immune ailments and the diets I can use to for healing them. The author gave me a book to read and try out the recipes. This is my honest review...based on my own opinions. The information inside this book was so easy for me to understand, and I am dyslexic. That means so much when everyone can understand. The recipes are both tasty and easy to follow. Even though there are some ingredients I can not use because of food allergies, I know the subs I can use and they still work. I highly recommend this book for those with Arthritis and Psoriasis

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