

# WHAT EXPERTS ARE SAYING

## PRAISE FOR AUTOIMMUNITY UNLOCKED

*Autoimmunity Unlocked* masterfully bridges the gap between cutting-edge microbiome science and practical, actionable health strategies. Dr. Guliyev's integration of the latest research on gut health, immune function, and systemic wellness is both thorough and accessible. The 5R framework - Repopulate, Reduce, Repair, Reawaken, and Recondition - is a brilliantly structured, holistic approach that addresses the root causes of autoimmune conditions with precision. This book is an essential guide for anyone seeking to transform their health by unlocking the interconnected power of the microbiome, immunity, and lifestyle.

AMINE ZORGANI, PHD | FOUNDER OF THE  
MICROBIOME MAVERICKS | FOUNDER OF  
SWIPEBIOME, FRANCE

Dr. Guliyev combines scientific knowledge with practical advice, making complex concepts accessible to readers. The numerous tables throughout the book are particularly helpful, as they guide readers in navigating their choices, making it easier to stick to the recommendations. The author's journey is inspiring and informative, offering a roadmap for anyone seeking to enhance their well-being. Filled with actionable tips, recipes, and a wealth of knowledge, this book empowers readers to take control of their health. Bring this book to your doctor so you can both work on improving your health. A must-read for anyone interested in the transformative power of nutrition, particularly those facing chronic conditions.

ROBERT V SHIRINOV, MD, RVT, ABLIS |  
SURGEON, USA VEIN CLINICS

After returning from his journey through the shadowland of suffering from autoimmune illness, Dr. Guliyev brings to us an encyclopedic compendium describing the steps that led to his own cure and which he offers to others. His personal experience and training as a physician and scientist make for a compelling work that many will benefit from. The book focuses on the dependence of the immune system on digestive function and how dysbiosis, inflammation, and leaky and lazy gut can disrupt health. This volume is akin to an owner's manual for gut and immune health and a vade mecum, a handbook to consult repeatedly on the journey towards better health. Those without health issues will also benefit from learning the important steps to maintaining gut function and preventing future illness.

PHILIP PANZARELLA, MD, MPH, FACP |  
CLINICAL ASSOCIATE PROFESSOR, UNIVERSITY  
OF MARYLAND SCHOOL OF MEDICINE

This is an in-depth, evidence-based exploration of the immune system, presenting it as part of a larger ecosystem where immune cells, the microbiome, and the digestive system are closely interconnected. What sets this book apart is its lack of salesmanship—no gimmicks or products to buy, just clear, actionable advice using readily available resources. The author focuses on the root causes of immune dysfunction, and 5R+ goes beyond conventional medicine, incorporating lifestyle changes and microbiome health into a comprehensive framework for addressing immune system diseases. I highly recommend *Autoimmunity Unlocked* to anyone seeking a sustainable, science-backed approach. Whether navigating an autoimmune condition or aiming to improve overall health, this book is a must-read.

RUSLAN MAMMADOV, MD, PHD |  
RESEARCHER, PROJECT LEAD. DEPARTMENT  
OF GASTROENTEROLOGY AND HEPATOLOGY,  
ERASMUS MEDICAL CENTER, NETHERLANDS

This book stands out as an invaluable resource, taking a functional medicine and holistic approach to autoimmunity. Its clear, easy-to-understand format, complete with insightful text and helpful diagrams, makes even complex concepts accessible to those without a medical degree. Comprehensive and thoughtfully designed, it equips readers with knowledge of the factors contributing to autoimmune disorders and practical strategies (the 5R+ system of holistic healing) that can lead to meaningful recovery. I am excited to recommend this book to my clients as a trustworthy guide on their health journey.

SHARON WALT, PHD | CERTIFIED FUNCTIONAL  
MEDICINE HEALTH COACH | DIRECTOR,  
HEALTHYLIVINGWITHDRSHARON.COM

As a clinically trained specialist, I greatly appreciate the depth and clarity of this book. Dr. Guliyev has created a remarkable guide, blending well-researched, practical self-care strategies with expert, evidence-based clinical insights offering real hope and effective solutions for those navigating autoimmune conditions.

MICHAEL ASH, DO, ND, RNT | FOUNDER OF  
CLINICALEDUCATION.ORG | DIRECTOR AT  
NUTRI-LINK, UK

An exceptional read. I was impressed by the depth of coverage and sound biological rationale behind this exploration of gut health and its crucial role in immunity and disease prevention. With practical dietary guidance and the 5R+ framework, this book is a valuable resource for anyone seeking to improve their health.

FAYTH MILES-BUTLER, PHD | ASSOCIATE  
PROFESSOR, CENTER FOR NUTRITION,  
HEALTHY LIFESTYLES, AND DISEASE  
PREVENTION, LOMA LINDA UNIVERSITY

Dr. Guliyev has penned a definitive book on autoimmune disorders and autoimmunity for medical professionals and the general public. He eloquently touches on the science and describes *DILL+* and the *5R+* system approach. He coined the term *Lazy Gut* to pair alongside *Leaky Gut*. Dr. Guliyev illustrates a step-by-step process for diagnosing and treating AI disorders and more. This book is the new blueprint and play-book for clinicians and an educational tool for the public. Anar maps out a new holistic approach to recognizing these conditions and alternative, bespoke treatment options. A must-read for any clinician treating AI diseases, holistic/integrative or allopathic.

YUSUF (JP) SALEEBY, MD CTP | FOUNDER OF  
PRIORITY HEALTH ACADEMY & CAROLINA  
HOLISTIC MEDICINE | SENIOR FELLOW, FLCCC  
ALLIANCE | PROFESSOR OF MEDICAL ETHICS &  
RFXMED FOR PHA | AUTHOR

I admire the comprehensiveness of *Autoimmunity Unlocked* — it will certainly help thousands on their journey to greater health.

TOM O'BRYAN, DC, CCN, DACBN | AUTHOR OF  
*THE AUTOIMMUNE FIX* | PRODUCER OF  
*BETRAYAL: THE AUTOIMMUNE DISEASE  
SOLUTION THEY'RE NOT TELLING YOU.*

Dr. Guliyev provides clear, well-researched, and evidence-based recommendations that address the root causes of the pain and suffering associated with autoimmune processes. His book is an excellent blueprint to follow for anyone dealing with an autoimmune condition.

MICHAEL T. MURRAY, N.D. | CHIEF SCIENTIFIC  
ADVISOR AT IHERB.COM | COAUTHOR OF A  
TEXTBOOK OF NATURAL MEDICINE AND THE  
ENCYCLOPEDIA OF NATURAL MEDICINE

Over the decades I have taught for the Institute for Functional Medicine, I have emphasized that unless there is a compelling reason to do otherwise, one should start in the Gut. Dr. Guliyev's new book *Autoimmunity Unlocked* will take you on an extraordinary journey to the depths of why and how the gut can be the source of autoimmunity or the fountain of wellness. If you or a loved one is grappling with an autoimmune condition, this book is a must-read. Dr. Guliyev's insights could be the key to unlocking a path to wellness.

THOMAS A. SULT, MD | AUTHOR OF *JUST BE WELL: A BOOK FOR SEEKERS OF VIBRANT HEALTH.*

*Autoimmunity Unlocked* offers a groundbreaking approach to managing debilitating autoimmune conditions. This accessible guide empowers patients with practical strategies to heal and balance their microbiome, strengthen immunity, and optimize digestive health—paving the way to improved overall well-being. It's a must-read for anyone seeking to take control of their health journey through science-backed insights and actionable steps.

SANMEET SINGH, MD | ADVANCED  
ENDOSCOPY, GASTROENTEROLOGY &  
HEPATOLOGY, DIRECTOR OF ENDOSCOPY,  
LUMINIS HEALTH ANNE ARUNDEL MEDICAL  
CENTER

It deserves to be read by medical professionals and laypeople who sincerely want to learn more about lifestyle practices, nutritional principles, and other factors associated with better health.

NORBERT RESTREPO, PHD | PRESIDENT OF  
HARTLAND INSTITUTE OF HEALTH &  
EDUCATION



# **AUTOIMMUNITY UNLOCKED**

5 KEYS TO TRANSFORM MICROBIOME, IMMUNE,  
AND DIGESTIVE HEALTH AND RECLAIM YOUR  
LIFE. A 5R+ HOLISTIC GUIDE FOR RHEUMATOID  
ARTHRITIS, LUPUS, AND CROHN'S  
(ENCYCLOPEDIA EDITION)

**ANAR R GULIYEV, M.D.**

— INVENT & DISCOVER —

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The author, Anar R. Guliyev, M.D., holds a medical degree. However, he is not a licensed practitioner in the United States. His professional activities are primarily focused on the fields of medtech, biotech, computer science, and health coaching.

**Autoimmunity Unlocked. 5 Keys to Transform Microbiome, Immune, and Digestive Health and Reclaim Your Life. A 5R+ Holistic Guide for Rheumatoid Arthritis, Lupus, and Crohn's (Encyclopedic Edition)**

[www.autoimmunityunlocked.org](http://www.autoimmunityunlocked.org)

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