

WHAT EXPERTS ARE SAYING

PRAISE FOR AUTOIMMUNITY UNLOCKED

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

As someone who has lived with Crohn's disease for many years, it's important to me to focus on holistic ways to support my digestive health as an adjunct to clinical treatment. Dr Anar Guliyev's book is a rich source of information on the gut microbiome, immunity, and the gut and how we might better understand the complex interplay between them all. I recommend this highly readable book to anyone wanting to benefit their gastrointestinal health.

RACHEL SAWYER | PATIENT ADVOCATE &
EDUCATOR | FOUNDER, *THE BOTTOM LINE IBD*
AND *IBD WOMEN* (UK)

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 treating AI disorders and more. This book is the new blueprint and playbook 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,
PRIORITY HEALTH ACADEMY & CAROLINA
HOLISTIC MEDICINE | SENIOR FELLOW, FLCCC
ALLIANCE | PROFESSOR OF MEDICAL ETHICS &
RFXMED FOR PHA | AUTHOR

An in-depth, evidence-based exploration of the immune system, presenting it as part of a larger ecosystem. 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 goes beyond conventional medicine, incorporating lifestyle changes and microbiome health. I highly recommend *Autoimmunity Unlocked* to anyone seeking a science-backed approach. Whether navigating an autoimmune illness 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)

No matter if you are a patient suffering from an autoimmune disorder or somebody interested in the most up-to-date information about the close bidirectional interactions between the immune system, the gut, and its microbiome, you will find easily understandable and actionable information in Dr. Guliyev's book *Autoimmunity Unlocked*. This is one of the rare books that provides evidence-based information while calling out myths propagated in the media by self-declared experts.

EMERAN MAYER, MD | GASTROENTEROLOGIST,
NEUROSCIENTIST, UCLA BRAIN-GUT-
MICROBIOME EXPERT | AUTHOR, *THE MIND-
GUT IMMUNE CONNECTION* | HOST, *MIND-GUT
CONVERSATION*

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, *THE
AUTOIMMUNE FIX* | PRODUCER, *BETRAYAL:
THE AUTOIMMUNE DISEASE SOLUTION
THEY'RE NOT TELLING YOU.*

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

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.

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

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 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

Autoimmunity Unlocked offers a groundbreaking approach to managing debilitating autoimmune conditions. This 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

Autoimmunity Unlocked masterfully bridges the gap between cutting-edge microbiome science and practical 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, THE
MICROBIOME MAVERICKS | FOUNDER,
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.

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

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,
HARTLAND INSTITUTE OF HEALTH &
EDUCATION

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, ND | CHIEF SCIENTIFIC
ADVISOR, IHERB.COM | COAUTHOR, A
*TEXTBOOK OF NATURAL MEDICINE AND THE
ENCYCLOPEDIA OF NATURAL MEDICINE*

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 strategies with expert, evidence-based clinical insights offering real hope and effective solutions for those navigating autoimmune conditions.

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

Autoimmune diseases are complex, with many causes that must be addressed. Dr. Guliyev effectively provides a comprehensive approach that is easy to understand and is highly effective.

JOSEPH E. PIZZORNO, JR., ND | PRESIDENT,
SALUGENECISTS, INC. | PRESIDENT EMERITUS,
BASTYR UNIVERSITY | EDITOR-IN-CHIEF,
*INTEGRATIVE MEDICINE: A CLINICIAN'S
JOURNAL (IMCJ)* | AUTHOR, *TOTAL WELLNESS*,
COAUTHOR, *TEXTBOOK OF NATURAL
MEDICINE*

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

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