

**DR. AKIL PALANISAMY**

**EL  
SECRETO  
DE LA  
AUTOINMUNIDAD**

Descubre el método para disminuir las gripas,  
el colon irritable, la resistencia a la insulina y más

**DIANA**

# NOTAS

## Introducción

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## Capítulo 1

### Resumen: el sistema inmunitario se descontrola

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## Capítulo 2

### Toxinas: el elemento faltante del rompecabezas

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### Capítulo 3

#### Infecciones: alteración del equilibrio inmunitario

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#### Capítulo 4

##### Intestinos: el fundamento de la salud (inmunitaria)

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## Capítulo 9

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## Capítulo 10

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## Capítulo 11

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## Capítulo 12

### Modular el sistema inmunitario

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### Capítulo 13

#### Qué hacer si no mejoras

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## Capítulo 14

### Reunir todas las piezas: suplementos nutricionales y siguientes pasos

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