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Medically speaking, science journalist Donna Jackson Nakazawa and author of the newly-released *The Last Best Cure: My Quest to Awaken the Healing Parts of My Brain*

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"One day Donna Jackson Nakazawa found herself lying on the floor to recover from climbing the stairs. That's when it hit her. She was managing the symptoms of the

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with Donna Jackson Nakazawa Your last book, "Last Best Cure", helped me realize how my childhood impacted my autoimmune disease and IBS.

Last best cure: my quest to awaken the healing

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