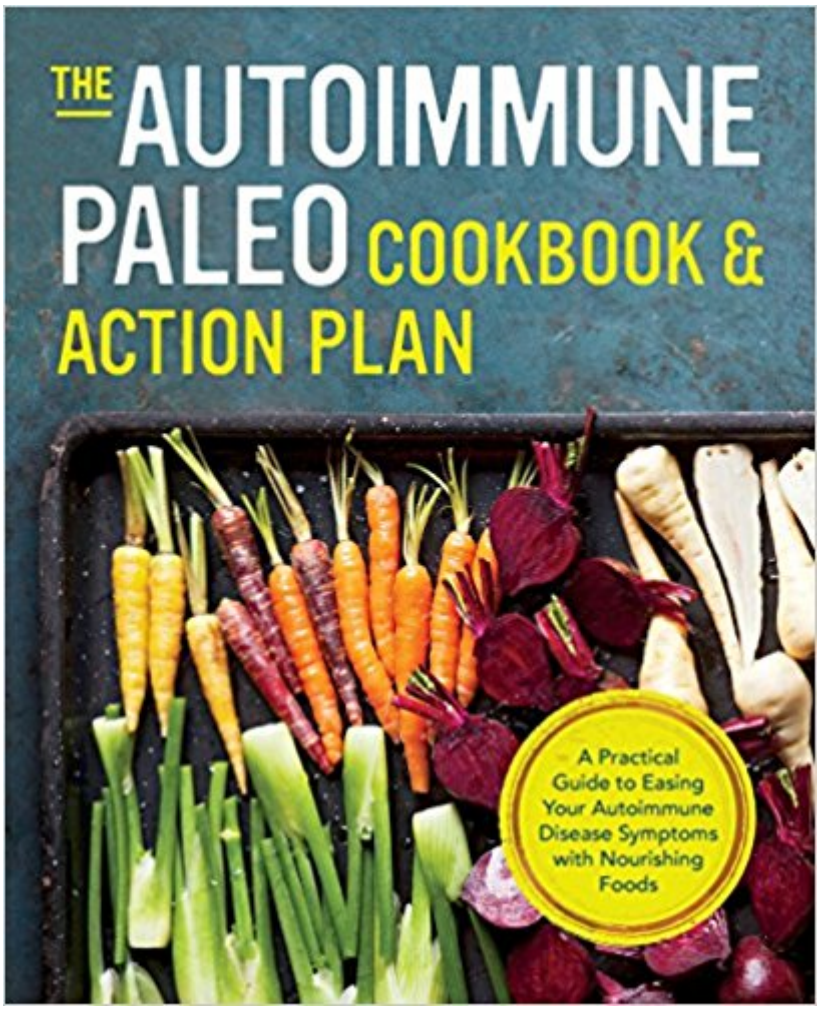
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Autoimmune Paleo Cookbook & Action Plan: A Practical Guide To Easing Your Autoimmune Disease Symptoms With Nourishing Food



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Synopsis

A Step-by-Step Guide to Reclaiming Your Health with Nourishing FoodÃ Â Autoimmune diseases affect an estimated 50 million Americans, many of whom face a wide range of uncomfortable, sometimes debilitating symptoms. Fortunately,Ã Â The Autoimmune Paleo Cookbook & Action PlanÃ Â offers a customizable solution, a dietary approach that heals your body and empowers you to regain some control over your health.Ã Â The Autoimmune Paleo Cookbook & Action PlanÃ Â offers:Ã Â 130 Paleo diet-based recipes that are completely free of inflammation-causing ingredientsÃ Â Extensive lists of foods to avoid--and to enjoy--during the elimination phase of the dietÃ Â A 30-day meal plan so you never have to wonder what to eatÃ Â Step-by-step instructions for reintroducing foods, tracking reactions, and identifying personal triggersÃ Â Changing your diet is never easy, but the freedom offered by The Autoimmune Paleo Cookbook & Action PlanÃ Â makes it all worth it.

Book Information

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Customer Reviews

I’ve been on gluten free for years with other food allergies. Now, I find myself needing AIP. This book explains why/how in easy to understand instructions. The recipes I’ve made so far are very good. Not having eggs for breakfast has been a challenge, but I feel so much better without eggs, it’s worth making these breakfast recipes. Some of them, I make the night before & warm them up in the morning. Yes, I do love this book. I’ve never felt better since starting on the AIP diet.

This has a good amount of information on the Paleo diet. This diet is very strict. Very similar to the anticandida diet. But supposedly it will help your health a great deal and even cure autoimmune diseases. I can't vouch for that, but I have heard good things and this book contains a wealth of information and recipes. Be prepared to eliminate a lot of foods, such a dairy and sugars. I have a contained autoimmune disease and plan to use this protocol to see if it does anything for me. It is worth a try. I received this free in exchange for a review and i'm glad to have had the opportunity to learn more through this book.

I am glad I got this book. I am very interested in trying this out for I do have an autoimmune disease. There is some very useful information in here if you are looking to change your lifestyle and try to go for a more natural one. Careful when you start reading the elimination phase it gets a little overwhelming like what am can't I eat anything. But you do start to reintroduce foods back in. This is definitely a great plan to follow to see what foods you eat that affect your body. I would recommend the spice pear chips for a snack. They were really good. I also really liked the apple bacon poppers. Who would of thought bacon on apples, but bacon yeah what doesn't it go with.

This book was well researched and well presented. According to the research in this book, 50 million people in the United States suffer fromautoimmune deficiency disease; and, women are 75% more likely than men to get this disease. Research in this book has also demonstratedthat autoimmune deficiencies are one of the top 10 leading causes of death for women under the age of 65. This book suggests that the Paleo-based elimination diet can reverse symptoms of autoimmune disease and put the disease in remission. Like all good cook books, the"dirty dozen" and the "clean 15" are included in this book (e.g.) products with more pesticides in them and products with few to no pesticidesin them. A conversion table is made available in the text along with a variety of delightful meal plans. This is "an action" book in that it providesto the reader five tips to treat autoimmune disease through diet. Because the Western diet is filled with chemicals, sugars, and inflammatoryfoods, THIS IS A "MUST GET" book to stay healthy. This definitely is a book about people helping people. Kudos to the writers.(Source of the technical information above is from the book itself.)

As a person whom has been losing weight for health I have been wanting to learn more the Paleo lifestyle. This book has helped me. Its explained a good bit. I needed to start somewhere and this book is a great start.I love how detailed it is. How it gives you the list of foods you can eat.Great

meal plans.

great book

Although I'm not a struggling with an autoimmune disease, this book was really inspiring, informative and helpful for improving my overall health. I've heard of Paleo diets, but really didn't know much about them. This book starts off by explaining autoimmune diseases, and then introduces a 30 day meal plan for the diet.It lists TONS of foods that you should avoid and totally delete from your diet. This was a HUGE list that was a little devastating to read, as most of the foods I love were on this list. I wish they had split it up a bit more, so it wouldn't be so overwhelming. I did like how it explained why I shouldn't be eating these foods, though - that was interesting. I was about to stop reading at that point, because it was getting frustrating to read that many items that I wouldn't be able to eat again, but continued on, and it started listing the foods I COULD eat.I liked how it told me what I could expect physically and mentally when I start the diet, which vitamins to take, and gave a LOT of recipes I could use. Overall, the book was broken down really well and would be amazing for those interested in changing their diets to this extreme, but it showed me just how extreme it would be. Although it's not for me, it was a wonderful book for the beginner paleo-dieter, or anyone with an autoimmune disease.Disclaimer: I received this book for free to review, however, my opinions are all my own and genuine.

I did not know what to expect when I started reading this book because I had never heard of the paleo diet but thought it would be the same thing but its totally different this book is about how to clean out system and how to prevent or reduce the symptoms of these and it helps you and explains it perfectly. In the second part of the book it has a while plan for a 3 month diet to clean out your system, has a weekly shopping list and recipes, this is a great book for beginners. I was able to read this book for free and am glad I got the opportunity to learn from it.

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