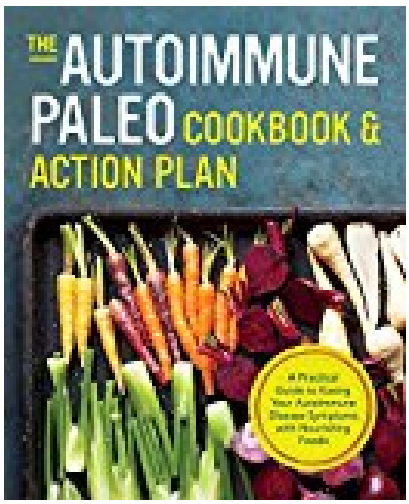
Autoimmune Paleo Cookbook & Action Plan A Practical Guide to Easing Your Autoimmune Disease Symptoms with Nourishing Food



BOOK DETAILS

- Author :
- Pages : 298 Pages
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BOOK SYNOPSIS

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

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