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A Simple Guide To The Paleo Autoimmune Protocol



Synopsis

The Paleo Autoimmune Protocol (AIP) is a diet and lifestyle program designed to reduce inflammation, heal digestion, deliver nutrition that supports health, and ultimately reverse autoimmune disease. It's not a cure, but it can make a powerful difference in how you feel. The author knows this first-hand. She uses the AIP to manage rheumatoid arthritis. This book is designed to make the transition to the AIP easier. It contains all of the essential information in a package small enough to throw in your purse or backpack. It's simple enough that even someone with brain fog can understand. And it's written like a conversation between friends.

Book Information

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Customer Reviews

These days, there is a wealth of information on the Autoimmune Protocol, but sometimes that can cause analysis paralysis when confronted with all of the gritty details. Enter A Simple Guide to the Paleo Autoimmune Protocol, a book by Eileen Laird that aims to be a non-overwhelming guide to anyone looking to embark on AIP. Eileen is one of the original bloggers that I connected with years ago when I embarked on my journey to health with the Autoimmune Protocol. She has successfully reduced her rheumatoid arthritis symptoms by 95% using AIP and has been a voice within our

community through her blog, Phoenix Helix, ever since. Already convinced you'd like to try the protocol, and want to find out in the most practical and simple way what and how you should be doing it? Keep reading to learn more about this handy guide. Here are three things I love about this book:

1. You can read it in a day. At just under 150 pages, this book is a quick read. Don't think that any important information has been spared, though. Eileen walks you through all parts of embarking on the elimination diet as well as answers top questions in this handy guide. Everything you should know before you begin is included, making this an ideal read for anyone about to start the process. Since the book is so handy and approachable, you can easily familiarize yourself with these important concepts and set yourself up for success.
2. It is clear and concise. Eileen covers all of the things you need to know, in a conversational and easy-to-understand manner. For anyone who is suffering from brain fog, or those who just want the basics without the lengthy explanation, this book is sure to be incredibly useful.
3. It also covers the other stuff.

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