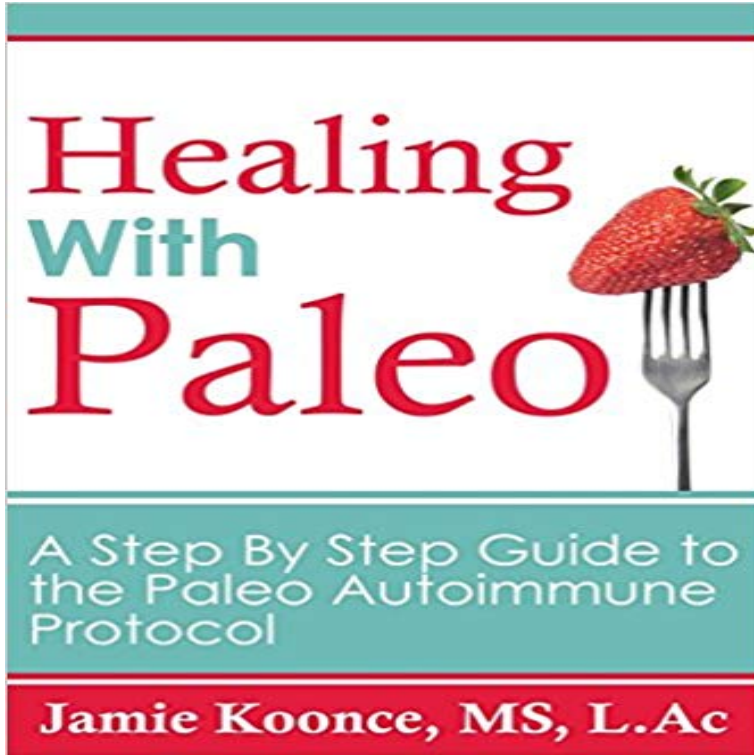


# Healing with Paleo: A Step By Step Guide to the Paleo Autoimmune Protocol



Whats Safe to Eat When You Have an Autoimmune Disease? Lets face it. If youre sick with an autoimmune condition such as Hashimotos, Celiac, rheumatoid arthritis, multiple sclerosis, Crohns, ulcerative colitis, chronic fatigue, or one of the many other autoimmune conditions out there, you simply dont have the energy to sift through piles of information just to try to figure out whats safe to eat. All you want is to find a way to finally heal and to eat in a way thats easy to follow, tastes good, and supports your healingbut it always seems so complicated. Eating to Heal Autoimmune Disease Doesnt Have to Be So Hard Youve probably already read about the Paleo Autoimmune Protocol on various blogs or heard about it from a friend. Perhaps youve read other books that tell you the whys and the hows of autoimmune paleo, but youve been left feeling a bit confused. You need less of the why and more of the how towithout having to learn how to make the perfect paleo donut or an enticing cricket paella. Stop Relying on Willpower, Theres a Better Way Theres a way to do the autoimmune paleo diet that doesnt rely on your willpower to resist the pizza or cake, or your ability to slave over a hot stove to produce three gourmet AIP meals per day. And you dont have to survive on canned tuna and broccoli every day--or ever. Enter the art of meal planning, shopping like a PRO, and batch cooking, all of which youll learn in Healing with Paleo. People around you will start to notice that your skin looks great, and theyll be wondering what beauty products youve been using. Youll have more energy, a slimmer waistline, and more muscle definition. Finally a simple solution to the question of whats safe to eat.

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