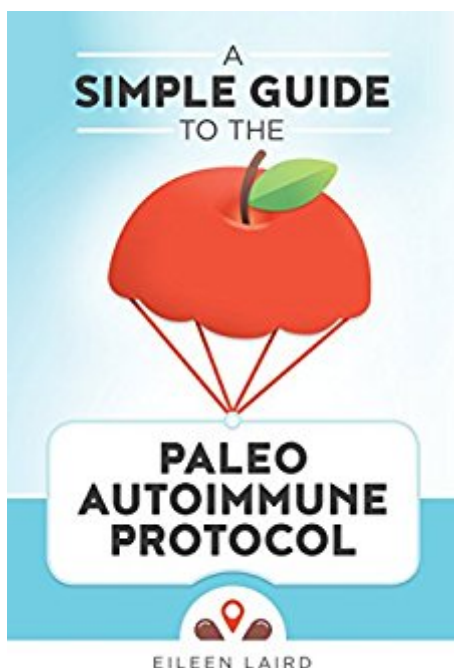# A Simple Guide To The Paleo Autoimmune Protocol

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

File Size: 1272 KB

Print Length: 148 pages

Publication Date: December 28, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B019YDNFOG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #25,299 Paid in Kindle Store (See Top 100 Paid in Kindle Store)   #7 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems   #21 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Paleo   #22 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems

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 youâ ™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. Donâ ™t think that any important information has been spared, though â ” 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 lengthly explanation, this book is sure to be incredibly useful.3. It also covers the â œother stuff.

Echo User Guide: Newbie to Expert in 1 Hour! How to Start a Business Analyst Career: The handbook to apply business analysis techniques, select requirements training, and explore job roles ... career (Business Analyst Career Guide) Sent Leader Guide: Delivering the Gift of Hope at Christmas (Sent Advent series) Hadoop: The Definitive Guide Learn to Write DAX: A practical guide to learning Power Pivot for Excel and Power BI MySQL Explained: Your Step-by-Step Guide The Definitive Guide to MongoDB: A complete guide to dealing with Big Data using MongoDB OCA/OCP Oracle Database 12c All-in-One Exam Guide (Exams 1Z0-061, 1Z0-062, & 1Z0-063) PHP: MYSQL 100 Tests, Answers & Explanations, Pass Final Exam, Job Interview Exam, Engineer Certification Exam, Examination, PHP programming, PHP in easy steps: A Beginner's Guide SQL: Beginner's Guide for Coding SQL (database programming, computer programming, how to program, sql for dummies, java, mysql, The Oracle, python, PHP, ... (HTML, Programming, Coding, CSS Book 7) SQL: QuickStart Guide - The Simplified Beginner's Guide To SQL (SQL, SQL Server, Structured Query Language) PHP: MySQL in 8 Hours, For Beginners, Learn PHP MySQL Fast! A Smart Way to Learn PHP MySQL, Plain & Simple, Learn PHP MySQL Programming Language in Easy Steps, A Beginner's Guide, Start Coding Today! Photoshop: Absolute Beginners Guide To Mastering Photoshop And Creating World Class Photos Adobe Photoshop Lightroom CC / Lightroom 6 Book: The Complete Guide for Photographers, The CTS-I Certified Technology Specialist-Installation Exam Guide How To Podcast 2015: Four Simple Steps To Broadcast Your Message To The Entire Connected Planet - Even If You Don't Know Where To Start The Radiology Report: A Guide to Thoughtful Communication for Radiologists and Other Medical Professionals Terraria: The Essential

Guide (Unofficial Terraria Handbook and Walkthrough) Animated Storytelling: Simple Steps For Creating Animation and Motion Graphics ANGRY BIRDS 2 GAME: LEVELS, CHEATS, WIKI, DOWNLOAD GUIDE