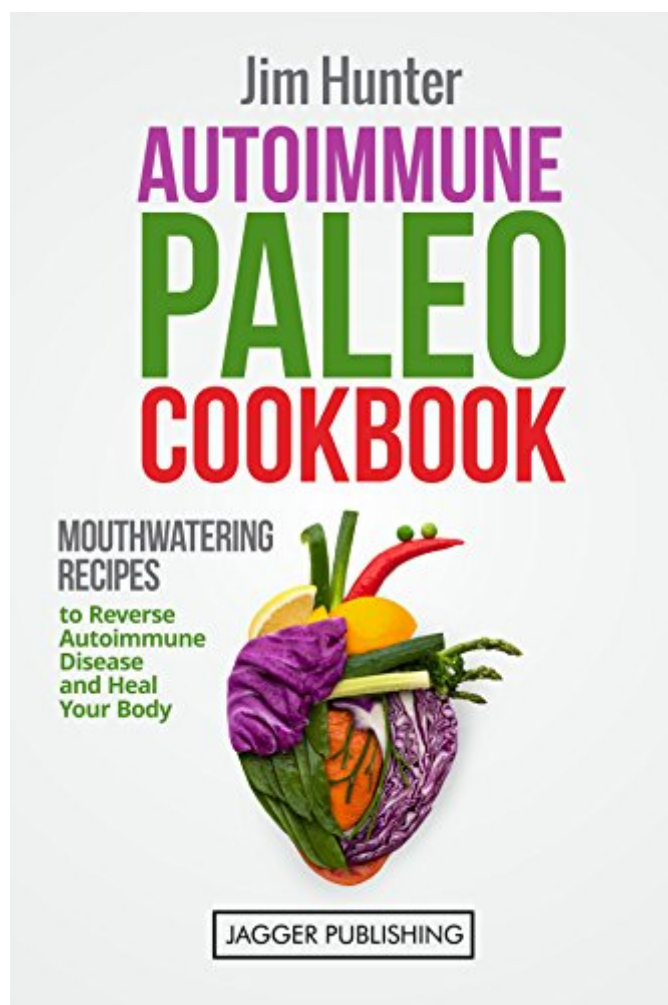


The book was found

Autoimmune Paleo Cookbook: Mouthwatering Recipes To Reverse Autoimmune Disease And Heal Your Body (Paleo Cookbook, Autoimmune Solution, Autoimmune Protocol, ... Weight Loss, Autoimmune Paleo Cookbook)





Synopsis

What if everything you thought you knew about healthy food is false? People today eat very differently than our ancient ancestors did. Yet our bodies are the same. In recent years, experts have developed a revolutionary paleo diet that returns us to eating the food our bodies were evolved to naturally digest. Now, a new book, *Autoimmune Paleo Cookbook*, adapts the paleo diet to prevent or treat autoimmune disease. Autoimmune disease occurs when our body attacks itself, thinking it is attacking a foreign invader. As author Jim Hunter explains, many of the foods we take for granted, like nuts and seeds, can irritate our digestive systems and potentially trigger these autoimmune reactions. *Autoimmune Paleo Cookbook* shows us how to enjoy tasty, satisfying food that our digestive systems will like too. You can breakfast on Blueberry Scones, savor Moroccan Chicken for lunch, and dig into Autumnal Pork Casserole for dinner. Sweeten your day with Ginger and Coconut Ice Cream or Macaroons. And many more delicious recipes await! You can have your health and enjoy your food too. Grab *Autoimmune Paleo Cookbook* today, and start treating yourself--the right way!

Book Information

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Customer Reviews

A cookbook that follows a protocol that should eliminate nightshades SHOULD NOT have nightshades on the cover. Let alone legumes with edible pods. Do yourself a favor, if you have an autoimmune disease, buy The Paleo Approach and The Paleo Approach Cookbook and learn about the whys behind the elimination stage, the science that backs it up, and get some recipes that are legit.

Have I been eating wrong for so many years? Yes. As a graduate of Johnson and Wales University, I have hands on practical knowledge for food and nutrition, and how it is supposed to help the proper development of our bodies efficient system, prevent disease, and even prolong a healthy, active lifestyle. And then we age, get into a routine of bad habits, and well, honestly fat and lazy! This is the second Jim Hunter book I have read in a week, and am happily pleased with the swift kick in the A\$\$ reminder that life is too short to keep doing what I am doing. So taking action first was buying the book, and immediately taking action putting in place a better choice of foods, getting back into the kitchen and creating my own tasty creations. Heck, being conditioned to prepare meals for 300 people, three times a day, I might be feeding the neighborhood. I used to like to cook, and this book is the science and knowledge we tend to forget over time. Thanks for the reminder, and the motivation.

This book is chock full of great recipes. What threw me is its all in metric, so I have to convert everything, but some of the recipes .sound so good it's worth it. I highly recommend this book. Full of informative information.

This book is awesome. It makes the meal planning manageable, and it gives Autoimmune sufferers a real sense of agency in creating their own pathway back to wellness. It chocked full of needed information for better health through your diet. This book adapts the paleo diet to prevent or treat autoimmune disease. Autoimmune disease occurs when our body attacks itself, thinking it is attacking a foreign invader. It shows us how to enjoy tasty, satisfying food that our digestive systems will like too. This book is amazing.

It's an additional bother to convert all of the measurements from metric. I can't tolerate coconut which seems to be in every recipe. If desperate, I might take the time to convert and substitute.

As someone who has 3 autoimmune disorders, I have struggled constantly with keeping my body on track so it doesn't attack me constantly. I have never eaten processed foods but finding recipes that follow the paleo diet that aren't an arm and a leg to cook is pretty hard. these recipes are delicious and didn't break the bank

Autoimmune disease affects 1 in 10 people world wide. An astonishing fact. Dietary control or pills is the question? This book delivers an alternative way of reversing autoimmune disease. It is one of the better cook books for someone looking to aid reversing autoimmune disease. It is to the point, and discusses the do's and don't's. What I liked was the list of foods I can't eat, and the fact the author took the time to divide the recipes into the 3 basic meal times. Personally, I would have liked to see the titles of the recipes a little more standout-ish and a few photos, but it doesn't detract from the overall presentation and importance of the material. A well written book for a real problem.

I haven't cooked anything yet but the recipes look easy to do. I have been Paleo for awhile and recently learned I have a lot of food allergies and autoimmune protocol is the best way to get my health in check. Great suggestions for meals.

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