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The Autoimmune Paleo Cookbook is the first cookbook I've seen dedicated to providing safe foods to those following the Autoimmune Paleo Protocol.

The Autoimmune Paleo Cookbook - Autoimmune Wellness

I used this 30-day reset autoimmune diet plan to help manage my Hashimoto's Thyroiditis and get my autoimmune disease into remission.

30-Day Reset Autoimmune Diet Plan | Wellness Mama

We've created Paleo Autoimmune Protocol print-out guides to provide a quick reference. You can post them on your fridge, take them with you when you shop or send to friends and family.

Paleo Autoimmune Protocol Print-Out Guides | What to Eat

According to our best estimates, about 15.5 million Americans have had cancer at some point in their life, and about as many as 60 million Americans have an autoimmune disease.

The Link Between Cancer and Autoimmune Disease ~ The Paleo Mom

Food plays an enormous role in achieving optimal health. However, our modern diets are loaded with toxic and inflammatory foods that contribute to autoimmunity and other chronic illness. This article covers exactly what to eat and not eat to reverse autoimmune disease.

What to Eat (and Not Eat) to Reverse Autoimmune Disease

My name is Amanda Torres, and I am so glad you are here on The Curious Coconut!. I am a neuroscientist who is passionate about inspiring and educating others to live their best, healthiest lives. If you are interested in learning more about using food as medicine with the Paleo inspired eating, non-toxic skincare and beauty tips, mindfulness, meditation, yoga, and holistic healing through ...

The Curious Coconut

In the book you'll find over 150 easy recipes and 14 different meal plans specifically designed to support: immune health (autoimmune conditions / AIP)

Practical Paleo by Diane Sanfilippo

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Protein Sparing Modified Fast Cookbook. A lot of you messaged me that you didn't want to get the Protein Sparing Modified fasting ebook and begged me to make the ebook into a REAL book.

Protein Sparing Modified Fast Cookbook - Maria Mind Body

Simple changes to your diet and lifestyle, can help ease the transition into menopause and decrease uncomfortable symptoms during your menopause journey.

10 Things You MUST Do if You Are Going Through Menopause

Michael Klaper, MD TrueNorth Health Center "Reading The Campbell Plan puts you in the presence of a caring, experienced family physician who powerfully reveals the Standard American Diet as the chief culprit in our major disease epidemics: obesity, diabetes, high blood pressure, heart attack and stroke, and many cancers and autoimmune diseases. Then, clearly, sweetly, Dr. Campbell guides you ...

The Campbell Plan - From the co-author of The China Study

This article is part of a special report on Thyroid Disorders. To see the other articles in this series, [click here](#). In the first article in this series, I showed that hypothyroidism is an autoimmune disease in 90% of cases. In this article weâ€™re going to discuss the connection between autoimmune thyroid disease (AITD) and gluten intolerance.

The Gluten-Thyroid Connection | Chris Kresser

From 2006 to 2017 a dramatic collapse occurred in the Northern Pacific Sardine population (extending from Baja California to British Columbia, Canada), amounting to a 95 % decline in the entire sardine population (Figure 1, Info graphic 1) (1-3). Figure 1. The Pacific sardine population (biomass ...

Fresh Sardines or Canned Sardines: No - The Paleo Dietâ„¢

Keto Ask Me Anything I get asked some of the same questions about the ketoâ„¢!

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