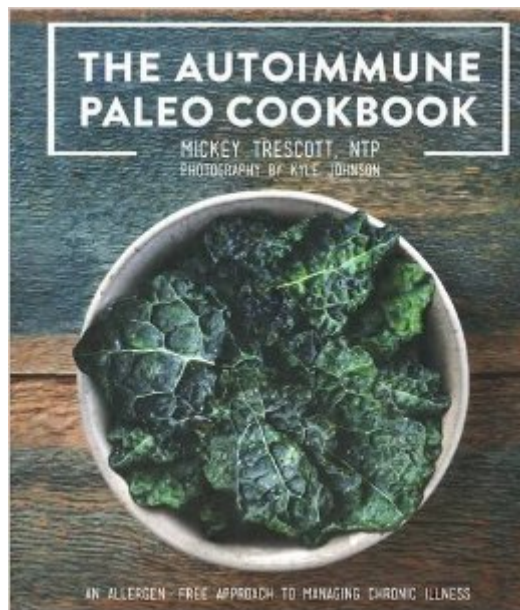


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# The Autoimmune Paleo Cookbook: An Allergen-Free Approach To Managing Chronic Illness (US Version)



## Synopsis

Autoimmune diseases are now epidemic, with modern science offering those who are diagnosed limited solutions. Given this, many people suffering from these conditions have searched for alternatives using nutrition and lifestyle changes. In *The Autoimmune Paleo Cookbook*, Mickey Trescott provides a resource for those looking to embark on the Autoimmune Protocol--a version of an ancestral diet that is focused both on removing potential food triggers as well as healing the gut. Research shows there is a clear connection between diet and autoimmune disease, and many, including the author, have used these principles to heal their bodies from these debilitating conditions and their accompanying symptoms. With the information and recipes in this book, you can embark on this process for yourself--without suffering through bland and tasteless "allergen-free" meals. Instead, with all of the incredible food you will be enjoying, you may forget that you are achieving better wellness!

In the first section of the book, you will learn all about the Autoimmune Protocol--what it is, why it works, and which foods you should eat and avoid while on the elimination diet. Instructions are given on how to clear your pantry of questionable ingredients and replace them with healing, nutrient-dense whole foods. Also included are sections on food quality, a shopping guide, tips and tricks to make the protocol go more smoothly, as well as ideas for batch-cooking and breakfast. Mickey provides two, 4-week meal plans, each of them corresponding with recipes from the book and featuring detailed shopping lists. Armed with this information, anyone can integrate the Autoimmune Protocol in to their routine!

In addition to the introductory material, *The Autoimmune Paleo Cookbook* includes 112 delicious recipes suitable for anyone on the strictest phase of the Autoimmune Protocol--no grains, beans, dairy, eggs, nuts, seeds, or nightshades. Although this is quite the list of exclusions, Mickey offers unique, flavorful, and delicious meals suitable for a variety of occasions and preferences. You will find simple recipes that anyone can make for a weeknight dinner, as well as more elaborate preparations for those who want to enjoy with company or for a special occasion. Full-page photos for every recipe show you what to expect and inspire you to create beautiful meals of your own.

With the *Autoimmune Paleo Cookbook* as your guide, you'll be inspired to take your health into your own hands--finding better health in the face of autoimmunity, while thoroughly enjoying every last bite!

## Book Information

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## Customer Reviews

This might sound like hyperbole, but I've found this particular cookbook to be indispensable: a game-changer; a life-saver (literally). Why? Because following The Autoimmune Protocol of the Paleo diet can sometimes feel like you have nothing left to eat. This cookbook solves that dilemma even on days when you feel too ill to cook for yourself. (I suffer from Hashimoto's Encephalitis and Thyroiditis, plus Lyme Disease.) Before listing the benefits of the content, I want to stress that the book itself appears designed for ease of use in the kitchen. The cover and binding allow the book to lay perfectly flat on the counter while you work and refer from it. The fonts and clever layout make following the recipes and sections extremely clear--even for someone suffering from brain fog. And honestly, the beautiful and inviting photography and colors actually make me WANT to try each recipe. I have found the presentation making me more driven and adventurous in the kitchen--when I usually am too tired to want create anything "new". I love how the pantry list, shopping guides, and weeks of meal plans incorporate the recipes included in the book. This truly becomes a personal assistant for meal planning and is a wonderful aid for struggling or overwhelmed patients. AMAZING STANDOUT RECIPES:pg.88 Nectarine Arugula Prosciutto Wraps: the creativity in this flavorful pairing is great for snacks, or if you have to run into a market and grab 3 things.pg. 92 The Bacon Beef Liver Pate has really helped me incorporate offal into my diet, and I don't dread it, I devour it.pg. 132 Cherry BBQ Sauce: heaven sent for someone who can't ever have tomatoes...pg. 169 Creamy Celeriac and Leek soup (w BACON): again, makes me not miss potatoes at all.

Why an autoimmune cookbook? Well, autoimmune conditions now affect about 20% of the population. That represents over 50 millions people in the US alone.Although autoimmune

conditions can affect almost any part of the body, they all have the same thing in common: a confused hyperresponsive immune system. There aren't any cures for autoimmune diseases, whether it is celiac disease, Hashimoto's thyroiditis (hypothyroidism), Graves' disease (hyperthyroidism), type 1 diabetes, rheumatoid arthritis, ankylosing spondylitis, vitiligo, lupus or multiple sclerosis (just a few examples of a very long list of autoimmune conditions). But the good news is that there are many things you can do to help alleviate your symptoms and/or even stop the progression of your disease. One of these things, you guessed it, is diet! Unfortunately, most conventional registered dietitians and medical doctors are not aware of the powerful connection between the foods you eat and your health. In fact, some studies now clearly show that many autoimmune conditions are associated with a leaky gut (increased intestinal permeability) which can explain how certain toxins and incompletely digested food particles can get into your blood and trigger your immune system to attack certain parts of your body. The autoimmune protocol helps correct a leaky gut and tune down the immune system to healthy levels. But what is the autoimmune protocol? It's basically a Paleo diet (grain-free, gluten-free, legume-free, dairy-free, sugar-free and processed food-free) with all of the anti-inflammatory, gut healing and nutrient-dense properties it has combined with a few additional rules.

Have you ever had a friend that really, really pushes you? I don't mean pushes your buttons, I mean pushes you to be a better you. This kind of friend is usually completely awesome at what they do. The kind of awesome that leaves you going, "How in the world is she so damn good at that?" Here's where the push part comes though . . . instead of that leaving you feeling deflated and jealous, this friend has a way of being so encouraging that you wake up earlier, work harder, and learn faster, so that you too might one day be "completely awesome at what you do." This friend is so inspiring with the work she produces, that you become more willing to push yourself beyond your normal comfort zone, so that you can refine your own talent in similar ways. Mickey Trescott is that friend for me and her new cookbook, *The Autoimmune Paleo Cookbook*, is the work that inspires me. Mickey's book is the first ever completely AIP cookbook to enter the Paleo world and she has set the bar VERY, VERY HIGH for any other aspiring AIP cookbook writer. If writing a cookbook is not in your wheelhouse, but both healing and eating well are, this book is going to blow you away. Healing has never looked so beautiful on a plate or tasted so good in your mouth! So, in my typical fashion, let me make this book review short and sweet with a simple list about why I love *The Autoimmune Paleo Cookbook*: 1) It's beautiful. Ever self-published and self-distributed a 314 page cookbook and had it turn out to be a gorgeous masterpiece? Me either. Mickey has done it though. Every single

photo in this book is a pleasure to look at and every recipe is a breeze to follow, thanks to expert photography and precise design and lay-out. Also, can I say that I am a font brat.

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