

Healing with Paleo: A Step by Step Guide to the Paleo Autoimmune Protocol (Paperback)

By Jamie Koonce

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. What s Safe to Eat When You Have an Autoimmune Disease? Let s face it. If you re sick with an autoimmune condition such as Hashimoto s, Celiac, rheumatoid arthritis, multiple sclerosis, Crohn s, ulcerative colitis, chronic fatigue, or one of the many other autoimmune conditions out there, you simply don t have the energy to sift through piles of information just to try to figure out what s safe to eat. All you want is to find a way to finally heal and to eat in a way that s easy to follow, tastes good, and supports your healing.but it always seems so complicated. Eating to Heal Autoimmune Disease Doesn t Have to Be So Hard You ve probably already read about the Paleo Autoimmune Protocol on various blogs or heard about it from a friend. Perhaps you ve read other books that tell you the whys and the hows of autoimmune paleo, but you ve been left feeling a bit confused. You need less of the why and more of the how to -without having to learn how...



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