



## The Paleo Autoimmune Protocol: Quick Reference Food Chart in Black and White (Paperback)

By Anne Angelone L Ac

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Quick Reference guide to the AIP in black and white print. Great to have while shopping and studying the lists of foods to include and eliminate when applying The Autoimmune Protocol. With expert contribution from Sarah Ballantyne, Ph.D., aka The Paleo Mom, this guide includes both charts and lists of foods, Superfoods and immune balancing foods to incorporate on a daily basis while on the Autoimmune Protocol. Foods to avoid, FODMAPS, high oxalate, histamine and salicylate foods, foods that contribute to SIBO, and immune stimulating herbs are also listed for quick reference.



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