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## **Your Body The Paleo Approach Reverse Autoimmune**

In this groundbreaking book, Sarah D. Ballantyne, Ph.D., draws upon current medical research and her own battle with an autoimmune disorder to show you how you can become completely symptom-free—the natural way. The

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Paleo Approach is the first book ever to explain how to adapt the Paleo diet and lifestyle to bring about a full recovery. Read it to learn why foods marketed as "healthy"—such as whole grains, soy, and low-fat dairy—can contribute to the development of autoimmune conditions.

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The Paleo Approach: Reverse Autoimmune Disease and Heal Your Body. An estimated 50 million Americans suffer from some form of autoimmune disease. If you're among them, you may know all too well how little modern medicine can do to alleviate your condition. But that's no reason to give

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### **Amazon.com: The Paleo Approach: Reverse Autoimmune Disease ...**

The Paleo Approach-eating and living naturally-is the most effective treatment yet found for autoimmune disease.

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Sarah Ballantyne brought a scientific mind and years of work to a very personal health problem, with a happy result.

## **The Paleo Approach - The Paleo Mom**

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elimination of foods that may stimulate the immune system and/or cause inflammation in the body.\* The dietary protocol consists first of an elimination phase.

## **The autoimmune paleo protocol (AIP) • Heal Me Delicious**

The Paleo Approach is the first book ever

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to show you how to adapt the Paleo diet and lifestyle to bring about a full recovery. Read it to learn why foods marketed as “healthy”—such as whole grains, soy, and low-fat dairy—can contribute to the development of autoimmune conditions.

### **Announcing My Book: The Paleo**

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The Paleo Approach is the first book ever to explain how to adapt the Paleo diet and lifestyle to bring about a full recovery. Read it to learn why foods marketed as "healthy" - such as whole grains, soy and low-fat dairy - can contribute to the development of autoimmune conditions.



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The AIP diet is designed to help reduce inflammation, pain, or other symptoms caused by autoimmune diseases. As such, it may work best for people with autoimmune diseases, such as lupus, IBD,...

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