

A  
**SIMPLE GUIDE**  
TO THE



**PALEO  
AUTOIMMUNE  
PROTOCOL**



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## A Simple Guide to the Paleo Autoimmune Protocol



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The author does know this first-hand. It's not really a remedy, but it could make a robust difference in the method that you experience. The Paleo Autoimmune Process (AIP) is a lifestyle program made to reduce inflammation, heal digestion, deliver nutrition that helps health, and ultimately reverse autoimmune disease. She uses the AIP to control arthritis rheumatoid. This book is designed to make the changeover to the AIP easier. And it's written such as a discussion between friends. It's simple enough that even someone with brain fog can understand. It contains all of the essential information in a package little enough to toss in your purse or backpack.



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A must have for anyone who is starting the AIP and doesn't want a lot of overwhelming information. If you prefer a nonscience heavy instruction to AIP, written in clear to see wording then this is the book for you personally. Small enough to squeeze in a normal sized purse and loaded full of all the information you should follow AIP effectively. Eileen Laird offers you all the info without delving in to the heavy, difficult to follow research behind it. I've read quite a bit on AIP, including Sarah Ballantyne's tome The Paleo Approach. Certainly, but this book will always come in handy too. If you would like that, after that buy Sarah Ballantyne's book which is more expensive and is over 3 times longer but is basically what Eileen Laird puts in a shorter, even more concise smaller size publication. Nothing against that, because the Paleo Approach is utterly fantastical, but it's dense and overwhelming, especially for those starting out. This guide is ideal for those who have confidence in AIP already and might not care to learn through all the science, for those who need reminders and encouragement, and especially for newcomers who need the basics quickly. This is an excellent resource! Very pleased that I bought this publication, and I've gifted it to multiple friends. Most helpful tool for me.. You can still do analysis after, if you like to nerd from science. Eileen Laird's A Simple Guidebook to the Autoimmune Protocol is the handbook you didn't realise you needed until. It truly is motivating and inspiring..- you tried to really get your mind around the science behind the protocol (and gave up because your brain fails that way)- your brain fog severely limited your capability to take in the detail behind the process- your doctor/naturopath/chiro'/health coach/other health professional suggested you look at AIP and you wanted a straightforward and/or speedy way to understand the core concepts- you tried to explain - concisely - just what AIP would be to your doctor/naturopath/chiro'/health coach/other doctor, and they didn't get it.- you needed a resource you could carry with you you could make reference to when you needed some clarity on the protocol- you will need the support of a person who 'just gets' this nutrient-dense dietary and way of living strategy you've chosen to take without judgment I've been a lover of Eileen's blog, Phoenix Helix for several years. This guidebook can be an extension of her warm and inclusive style. Highly recommended. It gets the fundamentals of how and just why in this manner of eating functions, the underlying scientific principles, the fundamentals of food, everything you can eat and what you shouldn't and just why. I chose this publication over The Paleo Approach because (as the author of this review I am reviewing stated, a lot of people like me have severe 'brain fog') I wanted a fast, easy read without the science. Food is medicine I love the fact it is extremely informative. I feel equipped to go towards beginning this process. While I had not been searching for a recipe or cookbook, there are some in here. THEREFORE I will absolutely make use of both in tandem for my brand-new adventure. I prefer this publication that I am reviewing on the Autoimmune Wellness for offering an overall beginners guidebook to AIP. The Autoimmune Wellness publication was quite detailed (a touch too detailed in my own mind) BUT the charts of foods allowed and other information was organized MUCH better and more extensive (aesthetically). Thank God for Eileen Laird for writing this book. Even though they do sound great, I don't think they're super innovative as another book I bought (Autoimmune Wellness). Now off to get good cookbooks! I didn't need explanations or even to be convinced. Not a lot of science and detail, simply the facts you need to get started. If you have mind fog like me anything more is overwhelming. simple, straight forward, and everything that you should get started presented in uncomplicated terms. There are other supporting assets mentioned in the book which I love. And the recipes in the Autoimmune Wellness book were very creative. Lots of great information. AM I GOING TO buy other Paleo books? Easy summary of AIP, getting started, avoiding pitfalls In this information,

Eileen Laird offers you the basics: a listing of AIP, great lists of foods, pitfalls in order to avoid, and encouragement and approaches for overcoming obstacles. Must have Fantastic overview. Diet alongside exercise, and keeping tension to a minimum are the main keys to keeping autoimmune disorders away. This is only a short read, yet loaded with links that are excellent. It breaks down all the other life-style modifications that you'll find helpful on the way. This reserve helped me so very much get my brain around what I needed to do and how to perform it. I find that in combination with Sarah Ballantyne's Paleo Principles and just a couple others for a number of recipes is best. Forget the Rheumatologist and all the chemicals, they will certainly eliminate you and you will not obtain well. I've added other more descriptive books to my collection since that time, but I still go back to this one frequently when I'm feeling overwhelmed. Helpful tool I simply wish I browse this little reserve sooner!. She clearly explains the significance of eating certain foods and how highly helpful they are for you. Who would of thought liver could be full of nutrients and vitamins? Perfect Perfect It's in the name! I didn't know its more nutrititious than additional cuts of meat such as ground meat or even chicken. This and many more little tidbits are in her book, encouraging and cheering you on to be effective on your journey w/ Paleo AIP Protocol. In order to get started quickly I love reading up about items that curiosity me. I simply needed to get right down to the nitty gritty. This book is a perfect gift for you personally or a loved one who just wants the CliffsNotes. Do not get me incorrect, it has everything you need in order to get started on this exceptionally beneficial, healing, anti-inflammatory way of eating and living. Thorough and Comprehensive for AIP Beginners Completed this book today and it had been fabulous! These Young ladies (the authors) all possess autoimmune disorders and the books all work very well together. But it addittionally enables you to feel ready to go in a couple of hours, instead of spending times, week or weeks doing study.. But with this quick guide you can end up being on the path to health ASAP. She says if it's chickens liver, it will be milder and it definitely is, so right now I eat it once or twice a week. This book is the perfect quick start guide for the AIP.... It's a quick read and I right now feel I have the info I need to get started. If you want a basic nonscientific book about AIP, search no further! This is a personal favorite that I would suggest to anyone who would like to learn about the AIP or test it out for! An excellent primer on AIP! Eileen Laird's book is like her website: obvious, concise, and filled with helpful information. This slim volume was a lifesaver for me, especially through the intense elimination stage. Now, more than a year later on and with symptoms well-managed, this is actually the book I purchase for family and friends who would like to learn about AIP. Fabulous Book I highly recommend this fabulous little publication! The AIP handbook you didn't realise you needed. This book was so helpful to me. When I decided to try the aip paleo diet plan, I had already performed a healing diet plan, and I understood they worked. I just had a need to up my game. Straight forward also to the point Best book up to now. But I have friends and family who don't necessarily want to spend enough time diving deep in to the science and background and all of the why's, how's and just why not's of the autoimmune process. No conflicting information. This is a must possess for anyone attempting to tackle aip. I have recommended this book so many times and everyone provides thanked me for that help.!! The purchase price is certainly right! It was thorough and didn't leave questions in my mind. Personally i think like I've a handy guidebook to refer back to. Great guide for an instant start on the AIP This book was very useful for me when I needed a quick start the autoimmune protocol. It had been the first publication I read after performing some web study, and it allowed me to dive right into the protocol without having to take time to read much longer books. It gives just the right amount of information and details while still

being truly a quick read. This is a healthy remedy or perhaps it heals the gut well enough to keep a person in remission. I also recommend the authors podcasts for supplemental information.



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