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# A Simple Guide To The Paleo Autoimmune Protocol



## Synopsis

The Paleo Autoimmune Protocol (AIP) is a diet and lifestyle program designed to reduce inflammation, heal digestion, deliver nutrition that supports health, and ultimately reverse autoimmune disease. It's not a cure, but it can make a powerful difference in how you feel. The author knows this first-hand. She uses the AIP to manage rheumatoid arthritis. This book is designed to make the transition to the AIP easier. It contains all of the essential information in a package small enough to throw in your purse or backpack. It's simple enough that even someone with brain fog can understand. And it's written like a conversation between friends.

## Book Information

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## Customer Reviews

"My mother, mother-in-law and myself all had autoimmune disease, which is why I've been trying to educate people about the power of the Paleo AIP for decades. It's personal. This book is the ultimate get-started guide in an easy-to-read package. Leave your excuses at the curb, buy this book and change your life today."~ Robb Wolf, New York Times Bestselling author of The Paleo Solution  
"A Simple Guide to the Autoimmune Protocol delivers on its promise by presenting the dos and don'ts of the AIP while focusing on practical implementation rather than complex science....It's the perfect tool for anyone who wants to learn about and get started on the AIP as quickly and painlessly as possible."~ Sarah Ballantyne, PhD, New York Times bestselling author of The Paleo Approach  
"What a fantastic new resource for newcomers to the Paleo Autoimmune Protocol! Eileen clearly lays out everything that you need to know about the AIP in an easy to read manner that feels like a conversation with a friend - one who really understands and is there for you

every step of the way. This book goes beyond food, gently guiding you through both the practical and emotional elements of adopting the AIP in a way that will leave you feeling inspired instead of overwhelmed!"~ Rachael Bryant, author of *Nourish: A Paleo Healing Cookbook*"In this book, Eileen boils down a whole new way to restore your health. All the basic steps, from diet to lifestyle, are covered with an easy-to-read, practical approach. Stop sifting through mountains of complex information and say goodbye to the old way of living with autoimmune disease! Eileen has created your essential guide!"~ Angie Alt, author of *The Alternative Autoimmune Cookbook*"Eileen deeply understands the process of healing from autoimmunity, and this simple guide is bound to be a lifesaver for anyone looking for a practical starting place."~ Mickey Trescott, bestselling author of *The Autoimmune Paleo Cookbook* "I work with thousands of clients with autoimmunity and many are interested in exploring the Autoimmune Protocol (AIP) but feel intimidated or overwhelmed by it. With her new book, Eileen provides an easy to understand and dare I say fun approach to AIP.... I can't wait to share this book with my clients, students, and fellow practitioners!"~ Andrea Nakayama, Educator and Functional Nutritionist at Replenish PDX

This book is dedicated to anyone whose autoimmune disease knocked them down so hard, they wondered if they would ever rise again. Never underestimate your ability to rise. We all have a phoenix within us.

I just wish I read this little book sooner! It really is motivating and inspiring. She clearly explains the importance of eating certain foods and how highly beneficial they are for you. Who would of thought liver could be full of nutrients and vitamins? She says if it's chickens liver, it will be milder and it certainly is, so now I eat it once or twice a week. I didn't know its more nutrititious than other 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 successful on your journey w/ Paleo AIP Protocol.

This is an excellent, easy to understand book about AIP. I have been trying to wrap my head around the AIP for a few weeks now, reading about it on various websites, blogs, etc. If I had known that everything I needed to know was presented in *A Simple Guide to the Autoimmune Protocol*, I would have started with it! I should have known, the title does give it away..The author gives the right amount of information for a newcomer like me. She doesn't overwhelm you with too much information, or long diatribes on the evils of this and that. After finishing this book yesterday, I feel empowered and ready to dive in. The only thing else that would be nice to see in the book is a few

weeks of meal plans and recipes, to make it easier to get started.

This book makes an overwhelming lifestyle change realistic for everyday life. Being new to AIP, I've bought a number of cookbooks. They are beautiful books with great recipes, but none tell me how to manage everyday life outside of my own home on the plan. Eileen Laird has done that in a simple, clear and concise way. Her book has prepared me to eat at restaurants, travel out of town, handle social settings and navigate family gatherings all while staying AIP compliant. There is also great at home info with lists of pantry tools and supplies to start well on the program. This book is a great resource for anyone taking on the Paleo Autoimmune Protocol who wants to keep life as normal as possible while being true to the plan.

Super easy read and good quick-start to the Autoimmune Protocol (AIP). I spilled water on my hard copy so I actually bought the Kindle version too. AIP will change your life. Do it.

Concise and super helpful as I start this process! It can be confusing but Eileen hit all the high notes. She is a fantastic resource. Thank you!

Eileen Laird has really done a great service with this book. She has distilled the key points of Sarah Ballantyne's book and put them into a very helpful digest to help people get started on the program. This book is also a great way to share the AIP diet with others in an easily-accessible format. I will be sharing my copy to help start the conversation about the AIP with a friend who is struggling with autoimmune disease and who just needs a simple introduction. Eileen's website is also a very valuable resource. She really researches issues and brings clarity to what can be a confusing issue. I can't recommend this book more highly!!

I am new to AIP, so I can't say I recommend the protocol, but the author does a really good job of explaining autoimmune and how to do the protocol, offering great tips to maximize success. I'm on day ten of the protocol and have found the book's information to make it a more doable challenge. I do recommend finishing the book completely before beginning to make it easier to stick to the plan; it's a quick read and the author has an informal, easy to read writing style.

I appreciate that the author knows what she's talking about even mentions Dr. Terry walls and Sarah Ballantyne . I love her approach to making it easy. When I sent my husband to the store I

could flip in the book and make my list without any problem at all! Easy peasy! Thank you!

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