



Autoimmune Paleo Cookbook: Top 30 Autoimmune Paleo Recipes Revealed !

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The Autoimmune Paleo Diet is geared specifically for people like you with autoimmune diseases such as the following:

- Type I diabetes
- Celiac disease
- Addison's disease
- Graves' disease
- Hashimoto's thyroiditis
- Pernicious anemia
- Reactive arthritis
- Rheumatoid arthritis
- Sjogren syndrome
- Dermatomyositis
- Multiple sclerosis
- Myasthenia gravis
- Systemic lupus erythematosus

These health conditions are caused by a malfunctioning immune system. One way to handle your situation better is to be careful about what you eat. The Paleo Diet in general aims to recreate the peak health conditions of Paleolithic humans by copying what they eat. The Autoimmune Paleo Diet modifies the overall approach by restricting foods that trigger unpleasant immune responses. This ebook/cookbook provides useful information to help you know what to eat – so you can get the most pleasure and nutrition from food.

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