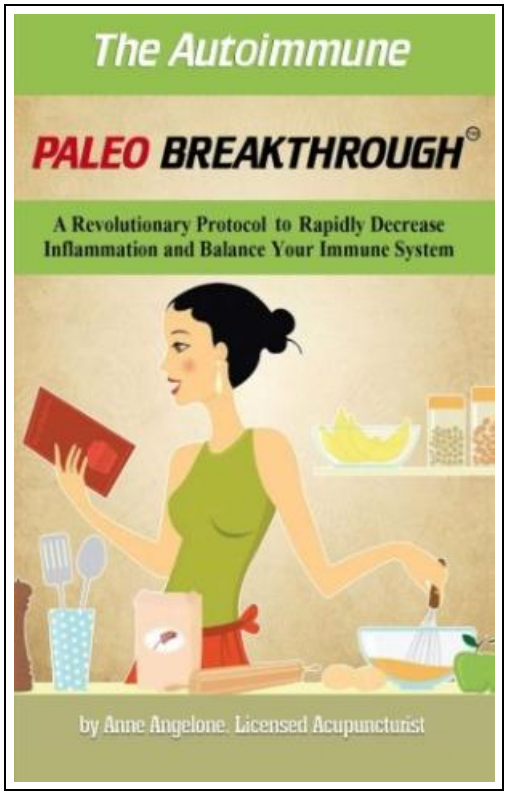
The Autoimmune Paleo Breakthrough: A Revolutionary Protocol to Rapidly Decrease Inflammation and Balance Your Immune System



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Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 200 x 126 mm. Language: English . Brand New Book ***** Print on Demand *****.The Autoimmune Paleo Breakthrough presents a new treatment model which consists of the Paleo autoimmune protocol along with strategies from functional medicine and Nutrigenomics to investigate and correct the root causes of your autoimmune reactions. The Autoimmune Paleo Breakthrough presents a new model for treating autoimmune disease which consists of a simple yet profound do-it-yourself (DIY) dietary template along with strategies from Functional Medicine and Nutrigenomics to investigate and correct the root causes of your autoimmune reactions. The dietary template provided in this book is designed to rapidly reduce inflammation and heal intestinal permeability (leaky gut). To calm down your immune/inflammatory response and allow your gut to heal, you ll need to remove the major offending foods (including eggs, grains, alcohol, nightshades, nuts, seeds, seed based oils and spices, legumes, and dairy) for at least 30 days. This is an upgrade from grain based elimination diets and the most direct, accurate and efficient way to heal a leaky gut and halt autoimmune reactions. Indeed, this is an advanced elimination diet which requires patients to be motivated and disciplined. Luckily this becomes easier and worth it as you recover your health! For more information please visit.

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