

A Simple Guide to the Paleo Autoimmune Protocol (Paperback)



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Reviews

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(Dr. Pat Hegmann)

A SIMPLE GUIDE TO THE PALEO AUTOIMMUNE PROTOCOL (PAPERBACK)



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Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.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.

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