

# [PDF] The Paleo Approach: Reverse Autoimmune Disease And Heal Your Body

Sarah Ballantyne - pdf download free book



## Books Details:

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Author: Sarah Ballantyne

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## Description:

An estimated 50 million Americans suffer from some form of autoimmune disease. If you're among them, you may know all too well how little modern medicine can do to alleviate your condition. But that's no reason to give up hope. In this groundbreaking book, Sarah D. Ballantyne, Ph.D., draws upon current medical research and her own battle with an autoimmune disorder to show you how you can become completely symptom-free—the natural way.

*The Paleo Approach* is the first book ever to explain how to adapt the Paleo diet and lifestyle to bring about a full recovery. Read it to learn why foods marketed as "healthy"—such as whole grains, soy, and low-fat dairy—can contribute to the development of autoimmune conditions. Discover what you can eat to calm your immune system, reduce inflammation, and help your body heal itself. Find out which simple lifestyle changes—along with changes in diet—will make the biggest difference for your health.

There's no need to worry that "going Paleo" will break the bank or require too much time in the kitchen preparing special foods. In *The Paleo Approach*, Dr. Ballantyne provides expert tips on how to make the switch easily and economically. Complete food lists with strategies for the day-to-day—how stay within your food budget, where to shop for what you need, how to make the most out of your time in the kitchen, and how to eat out—take all the guesswork out of going Paleo. Simple strategies for lifestyle adjustments, including small steps that can make a huge difference, guide you through the most important changes to support healing.

Do you have a complicated condition that requires medical intervention, medication, or supplements? Dr. Ballantyne also walks you through the most useful medical tests, treatments, and supplements (as well as the most counterproductive ones) to help you open a dialogue with your physician.

Features such as these make *The Paleo Approach* the ultimate resource for anyone suffering from an autoimmune disease. Why suffer a moment longer? Reclaim your health with *The Paleo Approach!*

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Start by marking "The Paleo Approach: Reverse Autoimmune Disease and Heal Your Body" as Want to Read: Want to Read  
Want to Read. Features such as these make The Paleo Approach the ultimate resource for anyone suffering from an  
autoimmune disease. Why suffer a moment longer? Reclaim your health with The Paleo Approach! ...more. Get A Copy. Amazon. The  
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Find out which simple lifestyle changes along with changes in diet will make the biggest difference for your health. There's no need  
to worry that "going Paleo" will break the bank or require too much time in the The Paleo Approach by Sarah Ballantyne provides a  
framework for reversing autoimmune disease through diet and lifestyle with a modified paleo approach. Throughout the book, Sarah  
covers in detail: What are autoimmune diseases and how do you know if you have one? The causes of autoimmune disease. Leaky Gut  
and gut dysbiosis related to autoimmune disease. Foods that can cause inflammation, especially in those with autoimmune disease. Diet  
and lifestyle factors to help reverse autoimmune disease. Many people may think that this book isn't applicable to them since they  
don't have an autoimmune disease, but as Sarah points out, many of these symptoms can be associated with the early stages of  
autoimmune disease (and the best time to catch it) In The Paleo Approach, Dr. Ballantyne provides expert tips on how to make the  
switch easily and economically. Complete food lists with strategies for the day-to-day how stay within your food budget, where to  
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Autoimmune Solution, Autoimmune Protocol