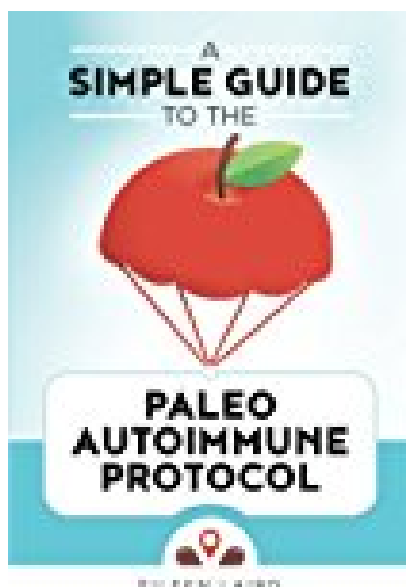


# A Simple Guide to the Paleo Autoimmune Protocol

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## BOOK DETAILS

- Author : Eileen Laird
- Pages : 146 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1519600283



## BOOK 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. Its 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. Its simple enough that even someone with brain fog can understand. And its written like a conversation between friends.

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