



Idiot's Guides: Autoimmune Cookbook

Amari Thomsen

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According to the American Autoimmune Related Diseases Association, autoimmune disease affects up to 50 million Americans-that's 1 in 12-and disease rates have tripled in the last 30 years. Modern medicine doesn't seem able to help much, but diet can make a huge difference. The autoimmune protocol (AIP) program makes specific food choices to help reduce inflammation in the body and assist in managing symptoms.

In beautiful full color, *Idiot's Guides: Autoimmune Cookbook* is for those who seek tasty dishes that adhere to the auto-immune protocol. Featuring 120 delicious recipes, the dishes avoid all the problem ingredients that can increase inflammation-grains, dairy, eggs, legumes, nuts, seeds, nightshades, and refined or processed oils and sugars- without sacrificing an ounce of flavor.

The AIP method can be challenging-some of the techniques for working with substitute items are labor-intensive, and ingredients may be pricey and hard to find. *Idiot's Guides: Autoimmune Cookbook* is ideal for people with budget and time constraints. It sticks to quick, simple cooking techniques, as well as ingredients that shoppers can readily find. A glossary covers basic cooking terminology and technique. Information on stocking a pantry, meal plans, and shopping lists are also included.

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