

# A Simple Guide to the Paleo Autoimmune Protocol


By Eileen Laird



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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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
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## A Simple Guide to the Paleo Autoimmune Protocol By Eileen Laird Bibliography

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### Editorial Review

#### Review

"My mother, mother-in-law and myself all had autoimmune disease, which is why I've been trying to educate people about the power of the Paleo AIP for decades. It's personal. This book is the ultimate get-started guide in an easy-to-read package. Leave your excuses at the curb, buy this book and change your life today."

~ **Robb Wolf**, New York Times Bestselling author of *The Paleo Solution*

"A Simple Guide to the Autoimmune Protocol delivers on its promise by presenting the dos and don'ts of the AIP while focusing on practical implementation rather than complex science....It's the perfect tool for anyone who wants to learn about and get started on the AIP as quickly and painlessly as possible."

~ **Sarah Ballantyne, PhD**, New York Times bestselling author of *The Paleo Approach*

"What a fantastic new resource for newcomers to the Paleo Autoimmune Protocol! Eileen clearly lays out everything that you need to know about the AIP in an easy to read manner that feels like a conversation with a friend - one who really understands and is there for you every step of the way. This book goes beyond food, gently guiding you through both the practical and emotional elements of adopting the AIP in a way that will leave you feeling inspired instead of overwhelmed!"

~ **Rachael Bryant**, author of *Nourish: A Paleo Healing Cookbook*

"In this book, Eileen boils down a whole new way to restore your health. All the basic steps, from diet to lifestyle, are covered with an easy-to-read, practical approach. Stop sifting through mountains of complex information and say goodbye to the old way of living with autoimmune disease! Eileen has created your essential guide!"

~ **Angie Alt**, author of *The Alternative Autoimmune Cookbook*

"Eileen deeply understands the process of healing from autoimmunity, and this simple guide is bound to be a lifesaver for anyone looking for a practical starting place."

~ **Mickey Trescott**, bestselling author of *The Autoimmune Paleo Cookbook*

"I work with thousands of clients with autoimmunity and many are interested in exploring the Autoimmune Protocol (AIP) but feel intimidated or overwhelmed by it. With her new book, Eileen provides an easy to understand and dare I say fun approach to AIP.... I can't wait to share this book with my clients, students, and fellow practitioners!"

~ **Andrea Nakayama**, Educator and Functional Nutritionist at Replenish PDX

#### From the Author

This book is dedicated to anyone whose autoimmune disease knocked them down so hard, they wondered if they would ever rise again. Never underestimate your ability to rise. We all have a phoenix within us.

#### About the Author

Eileen Laird is a writer, podcast host, and fellow autoimmune warrior. She uses the Paleo AIP diet and lifestyle to manage rheumatoid arthritis, reducing her symptoms by 95%. Her popular blog, Phoenix Helix, receives 1 million unique visitors annually. She features recipes, research and personal stories about the autoimmune experience. She also writes Autoimmune Answers, a regular column in Paleo Magazine, and is the host of the Phoenix Helix Podcast, the only paleo podcast focused 100% on autoimmune healing. Visit the author's website at [Phoenixhelix.com](http://Phoenixhelix.com).

## **Users Review**

### **From reader reviews:**

#### **Mona Savoy:**

In this 21st one hundred year, people become competitive in every way. By being competitive now, people have do something to make these people survives, being in the middle of typically the crowded place and notice by means of surrounding. One thing that often many people have underestimated the item for a while is reading. That's why, by reading a publication your ability to survive enhance then having chance to stand than other is high. For you personally who want to start reading a new book, we give you this particular A Simple Guide to the Paleo Autoimmune Protocol book as nice and daily reading guide. Why, because this book is usually more than just a book.

#### **Mildred Bostwick:**

Spent a free the perfect time to be fun activity to complete! A lot of people spent their sparetime with their family, or all their friends. Usually they undertaking activity like watching television, going to beach, or picnic in the park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your own free time/ holiday? Could possibly be reading a book can be option to fill your totally free time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to test look for book, may be the book untitled A Simple Guide to the Paleo Autoimmune Protocol can be great book to read. May be it might be best activity to you.

#### **Patricia Carter:**

Often the book A Simple Guide to the Paleo Autoimmune Protocol has a lot info on it. So when you make sure to read this book you can get a lot of benefit. The book was compiled by the very famous author. Tom makes some research previous to write this book. This specific book very easy to read you may get the point easily after perusing this book.

#### **Hazel Mercado:**

In this age globalization it is important to someone to receive information. The information will make you to definitely understand the condition of the world. The fitness of the world makes the information quicker to share. You can find a lot of referrals to get information example: internet, classifieds, book, and soon. You will observe that now, a lot of publisher which print many kinds of book. The actual book that recommended to you personally is A Simple Guide to the Paleo Autoimmune Protocol this book consist a lot of the information of the condition of this world now. This book was represented how does the world has grown up. The terminology styles that writer require to explain it is easy to understand. The actual writer made some research when he makes this book. Here is why this book ideal all of you.

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