

THE PALEO APPROACH

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[The Paleo Approach: Reverse Autoimmune Disease and Heal ...](#)

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

[The Paleo Approach - The Paleo Mom](#)

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[The Paleo Approach: Reverse Autoimmune Disease and Heal ...](#)

The Paleo Approach has 1,855 ratings and 164 reviews. Sara said: If you want to know what's wrong with this book, start with the fact that of those forty

[The Paleo Approach Book Review - Wellness Mama](#)

I recently received a review copy of The Paleo Approach by Sarah Ballantyne. Sarah runs the blog The Paleo Mom, where she chronicles her own health struggles, her research (as a PhD), and her protocols for reversing autoimmune disease. Her book came at a providential time, as I just found out

[The Paleo Approach - meatified](#)

The Paleo Approach is the most comprehensive guide to the Autoimmune Protocol - it will take you from the causes of Autoimmune disease to implementing AIP.

[The Paleo Approach: Reverse Autoimmune Disease, Heal Your ...](#)

"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

[The Paleo Approach for Autoimmune Disease: An Interview ...](#)

The Paleo Approach for Autoimmune Disease: An Interview with Sarah Ballantyne, PhD 17 March, 2014 People come to Paleo and the Whole30 for a variety of

reasons weight loss, increased energy, better sleep, and most important, improved health.

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The Paleo Approach Cookbook The Paleo Approach Cookbook ...

The Paleo Approach Cookbook is the highly anticipated companion cookbook to the groundbreaking guidebook The Paleo Approach. While The Paleo Approach explains the science and practical aspects of an autoimmune-friendly diet in more depth, The Paleo Approach Cookbook features: