



The Autoimmune Paleo Cookbook: An Allergen-Free Approach to Managing Chronic Illness

Mickey Trescott

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Autoimmune diseases are now epidemic, with modern science offering those who are diagnosed limited solutions. Given this, many people suffering from these conditions have searched for alternatives using nutrition and lifestyle changes. In *The Autoimmune Paleo Cookbook*, Mickey Trescott provides a resource for those looking to embark on the Autoimmune Protocol--a version of an ancestral diet that is focused both on removing potential food triggers as well as healing the gut. Research shows there is a clear connection between diet and autoimmune disease, and many, including the author, have used these principles to heal their bodies from these debilitating conditions and their accompanying symptoms. With the information and recipes in this book, you can embark on this process for yourself--without suffering through bland and tasteless "allergen-free" meals. Instead, with all of the incredible food you will be enjoying, you may forget that you are achieving better wellness!

In the first section of the book, you will learn all about the Autoimmune Protocol--what it is, why it works, and which foods you should eat and avoid while on the elimination diet. Instructions are given on how to clear your pantry of questionable ingredients and replace them with healing, nutrient-dense whole foods. Also included are sections on food quality, a shopping guide, tips and tricks to make the protocol go more smoothly, as well as ideas for batch-cooking and breakfast. Mickey provides two, 4-week meal plans, each of them corresponding with recipes from the book and featuring detailed shopping lists. Armed with this information, anyone can integrate the Autoimmune Protocol in to their routine!

In addition to the introductory material, *The Autoimmune Paleo Cookbook* includes 112 delicious recipes suitable for anyone on the strictest phase of the Autoimmune Protocol--no grains, beans, dairy, eggs, nuts, seeds, or nightshades. Although this is quite the list of exclusions, Mickey offers unique, flavorful, and delicious meals suitable for a variety of occasions and preferences. You will find simple recipes that anyone can make for a weeknight dinner, as well as more elaborate preparations for those who want to enjoy with company or for a special occasion. Full-page photos for every recipe show you what to expect and inspire you to create beautiful meals of your own.

With the Autoimmune Paleo Cookbook as your guide, you'll be inspired to take your health into your own hands--finding better health in the face of autoimmunity, while thoroughly enjoying every last bite!

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