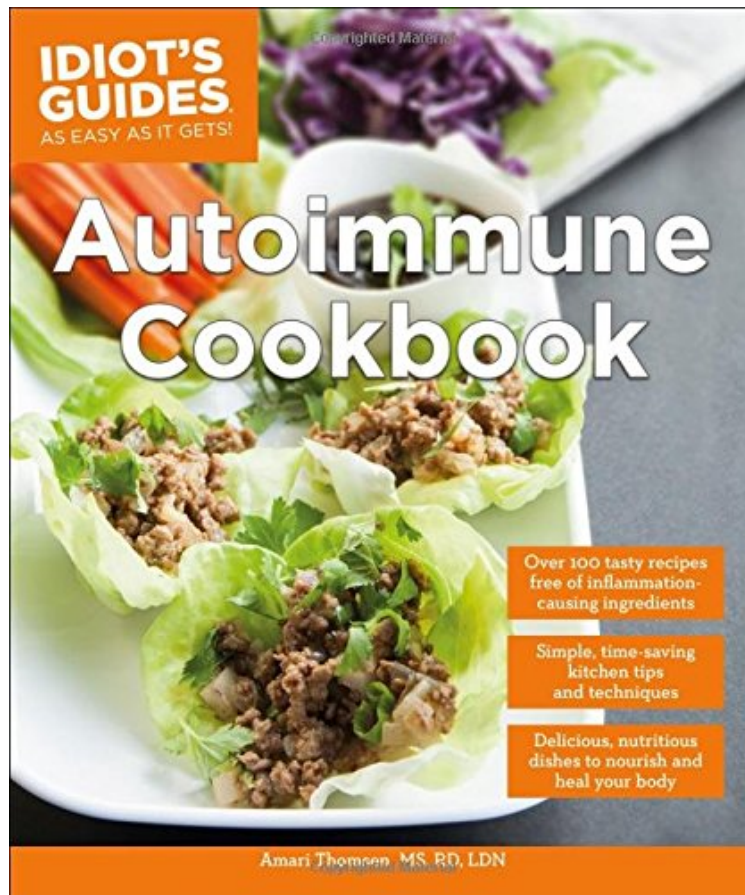


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Autoimmune Cookbook (Idiot's Guides)

Amari Thomsen

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#355017 in Books Thomsen Amari 2015-12-01 2015-12-01 Original language: English PDF # 1 9.19 x .55 x 7.75l, .0 #File Name: 1615648666224 pages Idiot's Guides Autoimmune Cookbook | File size: 17.Mb

Amari Thomsen : Autoimmune Cookbook (Idiot's Guides) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Autoimmune Cookbook (Idiot's Guides):

18 of 18 people found the following review helpful. This book is AMAZING! Went AIP a few years ago when I ...By Jackie Matthews This book is AMAZING! Went AIP a few years ago when I found out I had Hashimoto's but strayed away from it over the years. Decided that I needed to start back on it again and had AIP cookbooks on my Christmas list. I got this one thankfully! I am basically starting over in the journey and this time I have been a bit scattered in terms of how to get it all organized to get this going again, but this cookbook is MORE than just a cookbook! It also addresses STAPLE ITEMS as well as MEAL PLANNING! It even has the diet laid out in simple terms, the do's and don'ts as well as good, better, best options for those of us who are on a budget! I also love that it has a little bit about different ingredients, as a lot of them are new and different to many starting out on this journey. I feel this book is the PERFECT book for the person just starting (or starting again) before buying any other AIP cookbooks. LOVE THIS!! 13 of 13 people found the following review helpful. Simple. Brain-fog proof. Wait -- what was I talking about? By Michelle I got this book based on Jackie Mathews's review, and I'm glad I did! I second everything the

previous reviewer says. I've been toying with doing AIP for months now, but I've been so overwhelmed by it that I keep finding myself stuck. I've read all the AIP books out there, and this is my favorite. I suppose it depends what you're looking for. For me, I needed simple. I needed stuff boiled down, and I needed to be able to handle the shopping, meal planning, etc. with my brain fog. This book was it. This was also the book that had the most recipes in it that I would actually make. They look simple and delicious. Using the book, I did some shopping for staples and food items to make a few recipes, and I'm planning on batch cooking this weekend and starting the diet in earnest in a couple days. I'll update the review once I have tried some of the recipes. 7 of 8 people found the following review helpful. This Book is a Life Changer By Michael E. I have 4 Ketogenic Diet cookbooks, including this one. This is my second favorite. It's not a strict Ketogenic Cookbook, so some recipes have to be adapted (I don't eat legumes or artificial sugars) but it's easy to make those changes whatever your specific dietary limitations. I've been battling autoimmune disease for years. My doctor recommended this type of diet as treatment years ago but didn't think I could do it. I'm a full-blown sugar addict! After my symptoms got remarkably worse, I bought several keto cookbooks, including this one, and started planning meals. Two months later I am making most of my meals from this book and Eat Happy. These are hands-down the best Keto cookbooks I've found. I am eating less than 50 grams of net carbs daily and intermittent fast most days. Eating this way means you're not really hungry throughout the day! My prednisone usage is WAY down (1/4 of what I was taking 2 months ago), my gut and brain inflammation are way down, my blood glucose is consistently under 85 throughout the day and I've lost 15 pounds. These books are invaluable in helping you figure out how to adjust to this lifestyle (it's not a diet). It takes some time to adjust, and you actually will feel sick the first few weeks while your body adjusts to living off of fat rather than carbs, but once you're there, you'll look and feel magnificent!

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.