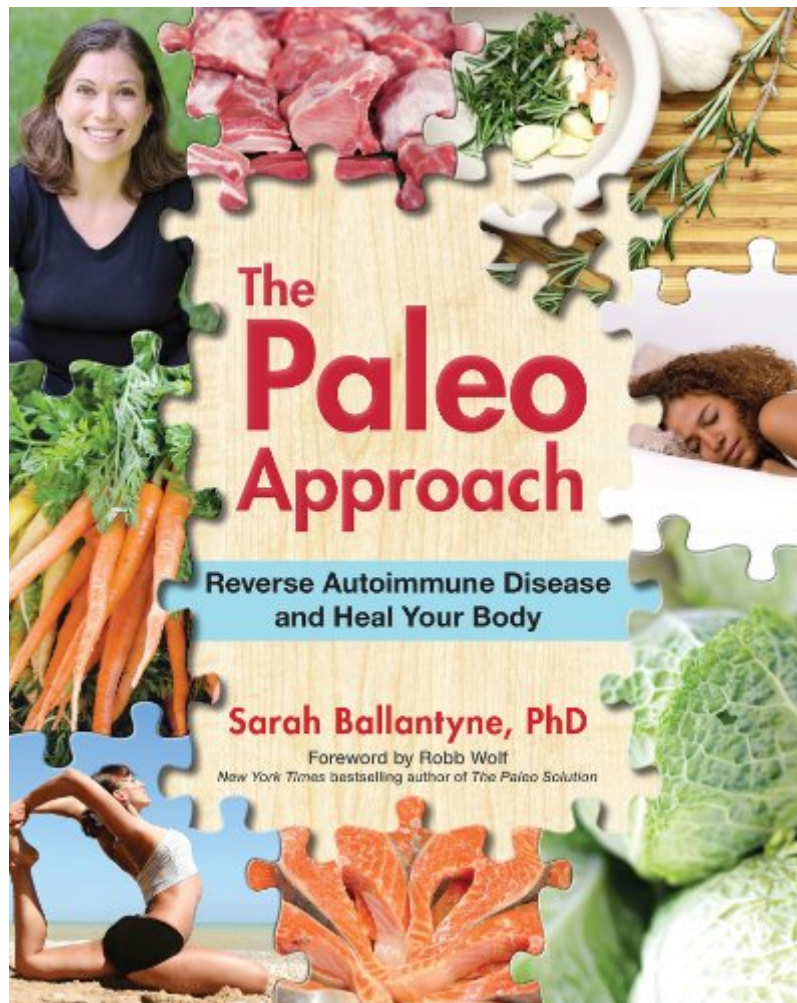


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# The Paleo Approach: Reverse Autoimmune Disease, Heal Your Body



## Synopsis

An estimated 50 million Americans suffer from some form of autoimmune disease. If you're among them, you may know all too well how little modern medicine can do to alleviate your condition. But that's no reason to give up hope. In this groundbreaking book, Sarah D. Ballantyne, Ph.D., draws upon current medical research and her own battle with an autoimmune disorder to show you how you can become completely symptom-free "the natural way." "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 out which simple lifestyle changes--along with changes in diet--will make the biggest difference for your health. There's no need to worry that "going Paleo" will break the bank or require too much time in the kitchen preparing special foods. In "The Paleo Approach", Dr. Ballantyne provides expert tips on how to make the switch easily and economically. Complete food lists with strategies for the day-to-day--how stay within your food budget, where to shop for what you need, how to make the most out of your time in the kitchen, and how to eat out--take all the guesswork out of going Paleo. Simple strategies for lifestyle adjustments, including small steps that can make a huge difference, guide you through the most important changes to support healing. Do you have a complicated condition that requires medical intervention, medication, or supplements? Dr. Ballantyne also walks you through the most useful medical tests, treatments, and supplements (as well as the most counterproductive ones) to help you open a dialogue with your physician. Features such as these make "The Paleo Approach" the ultimate resource for anyone suffering from an autoimmune disease. Why suffer a moment longer? Reclaim your health with "The Paleo Approach"!

## Book Information

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## Customer Reviews

While you all have waited patiently for years as Dr. Sarah Ballantyne wrote *The Paleo Approach*, I was lucky enough to begin following her protocol well before it was available to the public. I started my journey on healing when *Practical Paleo* first came out and I started with the methodologies Diane put forth for autoimmune conditions (autoimmune protocol: AIP). Problem was, after following the AIP for nearly 3 months I wasn't seeing healing. Some of the super negative symptoms were alleviated, like adrenal fatigue, clumps of hair falling out and terrible acne, but when I reintroduced foods I would get flares again. I distinctly remember it being SO. HARD. Like, temper tantrums in the car hard because everything, EVERYTHING I was used to eating had eggs or nightshades and I was overwhelmed at the idea of living the rest of my life that way. All of which contributed to my ongoing struggles with depression - the obsession with food was beginning to overwhelm me, it was starting to cause disordered eating again, as I looked for ways to "get around" the AIP. I was so frustrated, I began talking with Sarah about what her thoughts and recommendations were. It was at this time that Sarah was hundreds of thousands of words deep into writing *The Paleo Approach* (no, seriously, it's a tome). There were a few things she shared with me about what she found in the scientific literature about recommendations she was going to make, versus things I'd read in *Practical Paleo* and other resources. And so it began, in 2013 I started following *The Paleo Approach*. Mostly this meant that I focused more on what to add to my diet instead of what to remove from it.

For anyone with an autoimmune disease, this is the most incredible gift from heaven you could ever wish for. It is the most thoroughly researched, detailed and comprehensive roadmap for recovery. Seriously, this book is going to change thousands of lives, and that is no understatement! How do I know this, you ask? I used these principles, personally, to heal myself from two debilitating

autoimmune diseases. Back when I discovered the Autoimmune Protocol, Sarah's blog was in its infancy, and there were a few voices in the Paleo community talking about these extra modifications that were necessary for those with autoimmune disease. While I started with an elimination diet, my journey ended up addressing all of these other pieces of the puzzle that didn't really fit into a simple diet change. Things like learning how to prioritize sleep, managing my stress, getting the right amount of physical activity, sunlight exposure, circadian rhythms, and doing further testing and treatment for deeper issues (gut pathogens, parasites, fat malabsorption, and the MTHFR mutation) and finally finding meditation and doing work on an emotional level. Sarah addresses all of these topics, and then some, in this book, and has backed up what many of us have found by trial and error with hard science. The Paleo Approach is divided into two parts. The first half of the book is called "The Cause", and its chapters detail what autoimmune disease is, how the immune system works (complete with amazing diagrams), what causes autoimmunity, how diet and lifestyle factors contribute to our conditions, and what to do with all of this information.

There is a lot of information in this book on why you should follow this protocol if you have an autoimmune disease. She includes a lot of scientific data to prove her point. All that is good. She then gives information on how to start the program, which foods to avoid and which are ok. Then how to re-introduce foods that you have eliminated from your diet. Also good. (Kindle/tablet readers see my warning below) Then information on lifestyle change, also good. I think there was too much scientific information...at least half the book as it related to paleo and auto-immune disease. Then more when discussing lifestyle change in the second half. I would have preferred less science and more details on how to actually use the diet. I would have liked examples of several meal plans, I would have liked more specific information on how much to eat of each food group. I use My Fitness Pal to keep track of my daily intake of all foods and their nutritional values. I still am sometimes eating more carbs than fat or protein, sometimes the protein is more than fat. Because I am guessing as to quantity/ serving size. My understanding is fat should be the highest percentage of calories, then protein and then carbs, but I am not sure how to get there. I need that type of detail. There are NO recipes in the book. WARNING. I purchased the Kindle edition. The lists of foods are basically unreadable. Parts of words are scattered all over the page. This is true of 90 % of all the lists in the book. I had to go online to get food lists from other sources. So that part of the book was worthless to me. But did not base my review on that, but certainly left a bad experience.

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