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Cookbook: Eating for All Phases...

The Alternative Autoimmune Cookbook For All Phases Of The Paleo Autoimmune Protocol includes recipes that meet the standards of the full elimination phase of the Autoimmune Protocol, which means there are no grains, no dairy, no legumes (including peanuts & soy), no eggs, no nuts or seeds (including chocolate & coffee), and no nightshade vegetables

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(including tomatoes,
white potatoes,
eggplants, & hot &
sweet peppers).

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includes over 55
delicious recipes AND
the surprising results
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The Alternative Autoimmune Cookbook - Naturopath Solutions

For years, we had no resources at all. Then, Mickey Trescott published The Autoimmune Paleo Cookbook in 2013. A year later, Sarah

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Ballantyne published the Paleo Approach Cookbook. And now, I'm excited to announce we have a third: The Alternative Autoimmune Cookbook by Angie Alt.

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“Grace under fire” – this describes Angie Alt’s approach to healing in her new

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Autoimmune Cookbook (which is so, so much more than a collection of delicious recipes!), The

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Cookbook: Eating for All Phases of the Paleo Autoimmune Protocol.

Confronting autoimmunity is no easy feat.

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IBS, chronic
headaches, fatigue,
multiple sclerosis,
colitis, Graves' disease,
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like celiac disease,
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avoiding certain foods
really can make a
difference in your
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has a delectable
variety of drinks and
desserts that will have
you saying hallelujah!
Just because I am a
huge fan of traditional

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English tea time, I chose to make these distinctive and elegant afternoon tea cookies, delicately perfumed with rosemary.

Book Review / The Alternative Autoimmune Cookbook by Angie

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online for answers and

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