



# **The Alternative Autoimmune Cookbook: Eating for All Phases of the Paleo Autoimmune Protocol**

*Angie Alt*

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## **The Alternative Autoimmune Cookbook: Eating for All Phases of the Paleo Autoimmune Protocol**

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The Alternative Autoimmune Cookbook includes over 55 delicious recipes AND the surprising results that come with a healing journey. The Autoimmune Protocol can feel very limiting, even if you are ready and willing. In the beginning it is easy to doubt that you can enjoy life on such a restrictive diet. But when healing takes hold you will discover something amazing . . . all the other things that happen when you change your food. This cookbook will show you how to restore your health with one flavorful, nutritious meal at a time AND inspire you with the stories of wellness transformation.

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