

THE PALEO APPROACH

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[The Paleo Approach: Reverse Autoimmune Disease and Heal ...](#)

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

[The Paleo Approach - The Paleo Mom](#)

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Discover what you can eat to calm your immune system, resolve inflammation, and help your body heal itself.

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The Paleo Approach is the most comprehensive guide to the Autoimmune Protocol - it will take you from the causes of Autoimmune disease to implementing AIP.

[The Paleo Approach: Reverse Autoimmune Disease and Heal ...](#)

The Paleo Approach has 1,820 ratings and 163 reviews. Sara said: If you want to know what's wrong with this book, start with the fact that of those forty

[The Paleo Approach Book Review - Wellness Mama](#)

I recently received a review copy of The Paleo Approach by Sarah Ballantyne. Sarah runs the blog The Paleo Mom, where she chronicles her own health struggles, her research (as a PhD), and her protocols for reversing autoimmune disease.

[The Paleo Approach for Autoimmune Disease: An Interview ...](#)

The Paleo Mom) is the blogger behind the award-winning blog [www.ThePaleoMom.com](#), cohost of the top-rated and syndicated The Paleo View podcast, and author of two upcoming books The Paleo Approach and The Paleo Approach Cookbook.

What Is The Paleo Diet? - Robb Wolf

The Paleo diet is the healthiest way you can eat because it is the **ONLY** nutritional approach that works with your genetics to help you stay lean, strong and energetic! Research in biology, biochemistry, Ophthalmology, Dermatology and many other disciplines indicate it is our modern diet, full of ref