



The Autoimmune Paleo Cookbook: An Allergen-Free Approach to Managing Chronic Illness (US Version)

By Mickey Trescott

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Autoimmune diseases are now epidemic, with modern science offering those who are diagnosed limited solutions. Given this, many people suffering from these conditions have searched for alternatives using nutrition and lifestyle changes. In *The Autoimmune Paleo Cookbook*, Mickey Trescott provides a resource for those looking to embark on the Autoimmune Protocol--a version of an ancestral diet that is focused both on removing potential food triggers as well as healing the gut. Research shows there is a clear connection between diet and autoimmune disease, and many, including the author, have used these principles to heal their bodies from these debilitating conditions and their accompanying symptoms. With the information and recipes in this book, you can embark on this process for yourself--without suffering through bland and tasteless "allergen-free" meals. Instead, with all of the incredible food you will be enjoying, you may forget that you are achieving better wellness!

In the first section of the book, you will learn all about the Autoimmune Protocol--what it is, why it works, and which foods you should eat and avoid while on the elimination diet. Instructions are given on how to clear your pantry of questionable ingredients and replace them with healing, nutrient-dense whole foods. Also included are sections on food quality, a shopping guide, tips and tricks to make the protocol go more smoothly, as well as ideas for batch-cooking and breakfast. Mickey provides two, 4-week meal plans, each of them corresponding with recipes from the book and featuring detailed shopping lists. Armed with this information, anyone can integrate the Autoimmune Protocol in to their routine!

In addition to the introductory material, *The Autoimmune Paleo Cookbook* includes 112 delicious recipes suitable for anyone on the strictest phase of the Autoimmune Protocol--no grains, beans, dairy, eggs, nuts, seeds, or nightshades. Although this is quite the

list of exclusions, Mickey offers unique, flavorful, and delicious meals suitable for a variety of occasions and preferences. You will find simple recipes that anyone can make for a weeknight dinner, as well as more elaborate preparations for those who want to enjoy with company or for a special occasion. Full-page photos for every recipe show you what to expect and inspire you to create beautiful meals of your own.

With the Autoimmune Paleo Cookbook as your guide, you'll be inspired to take your health into your own hands--finding better health in the face of autoimmunity, while thoroughly enjoying every last bite!

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Editorial Review

Review

"Mickey has taught me so much about what dealing with autoimmune disease - and healing oneself with a nourishing, ancestral diet - really looks like. She is a force in the community and her work has change innumerable lives. Her story is powerful, and her recipes are incredible. This book is a bright, comprehensive, beautiful take on her recovery from life-altering autoimmune disease, and a road map for those who want to do the same."

-Liz Wolfe, NTP, author of *Eat the Yolks*

"Featuring recipes that will never leave you feeling left out or deprived, *The Autoimmune Paleo Cookbook* has transformed an intimidating elimination protocol into a simple, concise plan that even those new to Paleo can easily follow."

-Melissa Hartwig, New York Times bestselling author, *It Starts With Food*

"This beautifully done book is an essential resource for anyone beginning or currently following an autoimmune Paleo/ancestral eating plan. It's so much more than a cookbook - filled with information, meal plans, tips, tricks and delicious recipes to make living healthy and symptom free easy and enjoyable."

-Amy Kubal, M.S., R.D.

"Mickey Trescott has put together an outstanding guide for the autoimmune diet that is honest, simple, and inviting. This diet is foundational to autoimmune management but can be daunting initially. Trescott elevates what many view as a severe and limiting diet to its rightful place as a new beginning to radical self-care."

-Datis Kharrazian, DHSc, DC, MS, author of *Why Isn't My Brain Working?* and *Why Do I Still Have Thyroid Symptoms?*

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About the Author

Mickey Trescott is the cook, writer and photographer behind the blog Autoimmune Paleo. She holds a BA

from Westmont College and is a certified Nutritional Therapy Practitioner. After recovering from her own struggle with autoimmune disease, she started blogging to share her story as well as recipes and resources for those on a similar path. She lives in Seattle, Washington, with her husband Noah and their cat Savannah.

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