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The Hashimoto's AIP Cookbook: Easy Recipes for Thyroid Healing on the Paleo Autoimmune Protocol

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The ultimate cookbook for healing Hashimoto's with the autoimmune protocol An anti-inflammatory, allergen-free autoimmune protocol (AIP) diet can help relieve or even reverse the symptoms of Hashimoto's. This AIP cookbook makes it delicious, nutritious, and doable to adopt the diet, with step-by-step instructions and recipes that are easy and realistic for every lifestyle and budget. Each recipe contains a delicious combination of anti-inflammatory, nutrient-rich ingredients that are free of the common inflammatory triggers that exacerbate the condition. If you are living with Hashimoto's and are ready to follow a new path to healing, The Hashimoto's AIP Cookbook can help put your symptoms to rest. A health and diet overview Learn everything you need to know about Hashimoto's and hypothyroidism, and why your diet can help you heal. No-fuss AIP recipes These recipes take the guesswork out of following AIP guidelines and are fast to put together with options for 30-minute, 5-ingredient, one-pot, and make-ahead meals. Helpful extras With a 2-week meal plan and info on the foods to enjoy or avoid, this book is packed with useful tips and information for your new AIP lifestyle. Address the root cause of Hashimoto's symptoms with healing, restorative recipes.

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