

The Paleo Approach Cookbook: A Detailed Guide to Heal Your Body and Nourish Your Soul

By Sarah Ballantyne



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Autoimmune diseases affect more than 50 million Americans, but a Paleo diet can help calm your immune system, reduce inflammation, and help your body heal. This companion cookbook to the groundbreaking book *The Paleo Approach* makes changing your diet easy and economical with more than 200 Paleo recipes, shopping guides, meal plans, and more.

An estimated 50 million Americans suffer from some form of autoimmune disease. If you're among them, you may know all too well how little modern medicine can do to alleviate your condition. But that's no reason to give up hope. In this companion cookbook to the groundbreaking book *The Paleo Approach*, Sarah D. Ballantyne, Ph.D., shows you just how easy and delicious regaining your health can be.

The Paleo Approach Cookbook walks you through which foods you should eat to calm your immune system, reduce inflammation, and help your body heal itself. There's no need to worry that "going Paleo" will break the bank or require too much time in the kitchen preparing special foods. In *The Paleo Approach Cookbook*, Dr. Ballantyne provides expert tips on how to make the switch easily and economically. She explains how to stay within your food budget, how to make the best use of your time in the kitchen, and where to shop for what you need. Complete food lists, shopping guides, and meal plans take the guesswork out of eating to maximize healing.

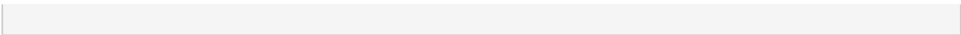
Don't know how to cook? Dr. Ballantyne walks you through essential kitchen techniques, from chopping vegetables to using a pressure cooker safely. Armed with more than 200 delicious recipes, from breakfast staples to decadent desserts, you can reverse your disease and love every bite!



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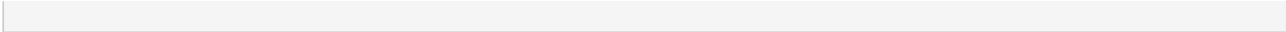
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Editorial Review

About the Author

Sarah Ballantyne, Ph.D., earned her doctorate degree in medical biophysics at the age of 26. She spent the next four years doing research on innate immunity and inflammation before becoming a stay-at-home mom. After her second daughter was born, she began to experiment with the Paleo lifestyle. It had an amazing effect on her health.

Over time, she healed herself of a long laundry list of physical complaints including irritable bowel syndrome, allergies, and the autoimmune disorder, Lichen Planus, an inflammatory skin condition. Inspired by her success, Dr. Ballantyne created the popular health blog www.ThePaleoMom.com and became co-host of a top-rated podcast, The Paleo View. Her passion for providing straightforward explanations of the science behind her diet and lifestyle recommendations for managing autoimmune disease, plus her love of food and cooking as well as her conviction that healing your body does not have to come at the expense of enjoying food, form the foundations of The Paleo Approach and The Paleo Approach Cookbook.

Users Review

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Christina Rogers:

This The Paleo Approach Cookbook: A Detailed Guide to Heal Your Body and Nourish Your Soul book is just not ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is usually information inside this reserve incredible fresh, you will get details which is getting deeper you read a lot of information you will get. This particular The Paleo Approach Cookbook: A Detailed Guide to Heal Your Body and Nourish Your Soul without we know teach the one who reading it become critical in thinking and analyzing. Don't end up being worry The Paleo Approach Cookbook: A Detailed Guide to Heal Your Body and Nourish Your Soul can bring any time you are and not make your tote space or bookshelves' turn into full because you can have it within your lovely laptop even mobile phone. This The Paleo Approach Cookbook: A Detailed Guide to Heal Your Body and Nourish Your Soul having good arrangement in word along with layout, so you will not really feel uninterested in reading.

Angela Rodriguez:

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