



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

By Angie Alt

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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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Editorial Review

Review

"*The Alternative Autoimmune Cookbook* is as much a resource to support emotional wellbeing as it is a cookbook full of accessible, creative and delicious recipes that support physical health. Insightful, compassionate, witty, and laugh-out-loud funny, Angie brings to the table exactly the adventurous, forward-looking spirit a book about healing should have."

-Sarah Ballantyne, Ph.D., author of *The Paleo Approach*

"This book is a must-have for anyone struggling with understanding and implementing the Autoimmune Protocol. It's the perfect guide that explains how to get started and follow through to make the process work for you. The recipes and photos are amazing! You definitely won't feel deprived on your journey to health."

-Amy Kubal, MS, RD, LN

"*The Alternative Autoimmune Cookbook* by the wonderful Angie Alt is a must-read for anyone with an autoimmune disease. Angie gently guides readers towards success through the steps of AIP elimination and reintroduction, and the dozens of delicious recipes she offers are nourishing and best of all, easy to make! So much more than a cookbook, Angie also touches upon the deepest aspects of the healing journey with her authentic, heart-spoken pieces on emotional wellness during recovery from illness."

-Dr. Fiona McCulloch, BSc., ND: Naturopathic Doctor

"*The Alternative Autoimmune Cookbook* offers both sage advice and unforgettable recipes to help you in your healing journey. With everything from decadent soups to comforting mains, Angie's practical perspective on food and life will have you eating well and recovering your health in no time flat."

-Russ Crandall, *The Domestic Man*, author of *The Ancestral Table*

"As a holistic health practitioner, I love that Angie not only includes easy steps to implement the autoimmune protocol but also addresses the emotional side of living with illness. And the nutritious recipes and gorgeous pictures can really help inspire everyone in the family to eat healthier, whether they have an autoimmune condition or not."

-Agláé Jacob, MS, RD, author of *Digestive Health with REAL Food*

From the Back Cover

"Fueled by lots of love, compassion and perseverance in healing, *The Alternative Autoimmune Cookbook* serves up both emotional guidance and mouth-watering recipes for all phases of AIP. Angie Alt's contribution is a true gem for everyone in the AIP community!"

-Anne Angelone, MS., L.Ac., author of *The Autoimmune Paleo Breakthrough*

About the Author

Angie Alt lives outside Washington, D.C. (but her heart belongs to Montana) with her incredibly supportive husband and teenage daughter. As a certified health coach she guides individual and group clients on the autoimmune journey with powerful diet & lifestyle techniques. She has been blogging regularly since 2009, with a special focus on mixing "data with soul." In her spare time, she enjoys nature walks, reminiscing about her days as a world traveler, and obsessively visiting "tiny home" websites. As an autoimmune warrior

herself, Angie's hope with this project is to connect people to their autoimmune answers and achieve wellness with balance.

Users Review

From reader reviews:

Octavio Martin:

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