



The Terminals: A Novel

Royce Scott Buckingham

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On sale now for a limited time!

Paleo Autoimmune Protocol (AIP): Paleo Recipes and Meal Plan to Heal Your Body

Everything you need to start the Paleo Autoimmune Protocol. Find out:

- The link between autoimmune disease and diet
- What is a leaky gut and how to tell if you have one
- What is the Paleo Autoimmune Protocol (AIP)
- How to get started on the AIP
- Complete food lists of what to avoid and what to eat while on the AIP
- The best way to reintroduce foods
- FAQs about the Paleo Autoimmune Protocol
- Complete 14-day meal plan
- Over 80 delicious AIP-compliant recipes
- AIP breakfast recipes

This book will help guide you through the process of transforming your diet and regaining control over your health. Contains details about the AIP, its guidelines, and its many benefits. Also included is a meal plan to make it easier to stick to the Autoimmune Protocol, as well as detailed shopping lists, and many delicious, easy-to-prepare, AIP-compliant recipes.

Following the Paleo Autoimmune Protocol isn't easy, but the benefits are enormous and potentially life changing. This book attempts to make it as easy as possible for you to learn about and implement the AIP.

Download your copy now and get started with the Paleo Autoimmune Protocol.

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