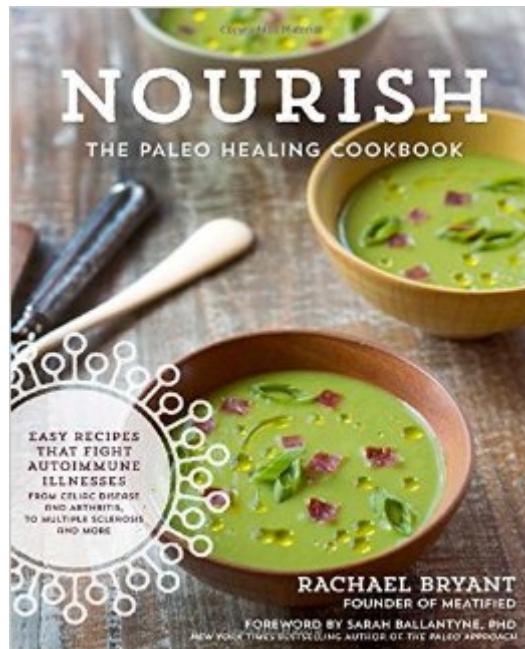


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# Nourish: The Paleo Healing Cookbook: Easy Yet Flavorful Recipes That Fight Autoimmune Illnesses



## Synopsis

Over 120 Easy Recipes That Battle Autoimmune Illness and Heal Your BodyLet Nourish show you just how delicious healing can be! Following the Paleo Autoimmune Protocol can reduce inflammation and ease your autoimmune symptoms with every bite. With over 120 simple, tasty and nutrient-dense recipes, Nourish can help you heal your gut, regain your health and feel great. Recipes like Glazed & Baked Chicken Wings, Perfect Sliced Roast Beef, Baked Swedish Meatballs, Slow Cooker Pork Shanks and more take the guesswork out of the Paleo Autoimmune Protocol and open up a world of complex, bold and enticing flavors that your whole family is sure to love.

## Book Information

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Average Customer Review: 4.5 out of 5 starsÂ ¤ See all reviewsÂ ¤ (92 customer reviews)

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## Customer Reviews

This cookbook kicks off discussing in the forward and introduction, the rise in autoimmune diseases in America, the role that leaky gut plays and how these medical conditions can be cured or symptoms greatly improved by eating the Paleo way. The fact that eating Paleo may be challenging and overwhelming for the beginner is stated but hope is planted that after the intial gut healing protocol is done people may begin to test to see which foods they can reintroduce and tolerate. So there is hope that not all must remain on a very strict Paleo Diet for the long term. Variety of foods is stressed which is a good recommendation for all people. The chapters are: breakfast, meat, seafood, vegetables, dessert and a last chapter on sauces, dips, condiments and broths. I would classify a good number of these as gourmet recipes or not your typical weeknight dinner items or expensive foods such as: salmon and avocado tartare, liver pate with apple, deep fried shrimp,

oysters, mussels, and thyme and prosciutto wrapped trout rolls. There are some odd things, I guess stretching our variety: crispy beef tongue wraps, rabbit, and fried sardines. All the vegetables seem doable or things I already make and find easy. The desserts are mostly frozen sorbets, granita, popsicles, and a pudding. For breakfast when eating eggless (full Paleo) it winds up being foods that Americans associate with lunch or dinner, savory dishes such as sausage gravy benedict on a portabello mushroom or breakfast meatloaf (with onion, garlic powder, sage, oregano and thyme and pork rinds as some of the ingredients). For the past two years under my doctor's advice I have been shifting my diet back and forth from grain-free to candida diet (no grains, sugar, alcohol, soy, dairy, corn).

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