

The Paleo Approach: Reverse Autoimmune Disease and Heal Your Body

By Sarah Ballantyne

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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 groundbreaking book, Sarah D. Ballantyne, Ph.D., draws upon current medical research and her own battle with an autoimmune disorder to show you how you can become completely symptom-free—the natural way.

The Paleo Approach is the first book ever to explain how to adapt the Paleo diet and lifestyle to bring about a full recovery. Read it to learn why foods marketed as "healthy"—such as whole grains, soy, and low-fat dairy—can contribute to the development of autoimmune conditions. Discover what you can eat to calm your immune system, reduce inflammation, and help your body heal itself. Find out which simple lifestyle changes—along with changes in diet—will make the biggest difference for your health.

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*, Dr. Ballantyne provides expert tips on how to make the switch easily and economically. Complete food lists with strategies for the day-to-day—how stay within your food budget, where to shop for what you need, how to make the most out of your time in the kitchen, and how to eat out—take all the guesswork out of going Paleo. Simple strategies for lifestyle adjustments, including small steps that can make a huge difference, guide you through the most important changes to support healing.

Do you have a complicated condition that requires medical intervention, medication, or supplements? Dr. Ballantyne also walks you through the most useful medical tests, treatments, and supplements (as well as the most counterproductive ones) to help you open a dialogue with your physician.

Features such as these make *The Paleo Approach* the ultimate resource for anyone suffering from an autoimmune disease. Why suffer a moment longer? Reclaim your health with *The Paleo Approach!*

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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, form the foundations of *The Paleo Approach.*

Users Review

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Barbara Goodman:

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