



What is Auto Immune Paleo?

Autoimmune Paleo is a diet that eliminates known common immune irritating foods and isn't a 'forever diet'. It becomes a customized food plan for you. Everyone has different foods that upset them. Once you've worked out what those are for you, you can just avoid them and add other foods back in. Even if you don't have an AI condition, this involves no calorie counting and leaves you full and energized!

WHO IS IT GOOD FOR?

This is good for people with conditions like eczema, psoriasis, Hashimoto's, Graves Disease, Coeliac, overactive NK (Natural Killer) Cells, Endometriosis, and Arthritis. It's also good for general inflammation.

With many autoimmune conditions causing pain, degeneration, infertility and potentially contributing to recurrent pregnancy loss, it's really important to know if you have an autoimmune condition.

HELP TO GET YOU STARTED

[Here's](#) some research for you

[Here's](#) some great recipes for you

[Here's](#) an awesome meal planner (it makes you a shopping list too!)

& [Here's](#) Some extra reading

