



The Autoimmune Diet: Nourishing Your True Identity With Meals That Heal

Anne Angelone

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The Autoimmune Diet is a whole foods nutrition program used by a growing number of practitioner's and patients to rapidly decrease inflammation and balance the immune system. The e-book contains simple lists to get clear on what foods to include vs. foods to avoid along with delicious recipes designed to decrease inflammation, heal your leaky gut and halt autoimmune reactions. The Autoimmune Diet is encouraged for autoimmune conditions such as RA, Ankylosing Spondylitis, Hashimoto's Thyroiditis, Psoriasis, Eczema, Ulcerative Colitis, MS, Type 1 Diabetes, Celiac, Reiter's, Juvenile Rheumatoid Arthritis.

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