# 8 HOURS DIET



# **Primal Diet Journal The Blokehead Journals**

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top with the toasted nuts 9 Serve with herb crackers celery carrot sticks or zucchini slices Grab the book to learn more Autoimmune Paleo Cookbook The Blokehead, 2015-07-09 The Autoimmune Paleo Diet is geared specifically for people like you with autoimmune diseases such as the following Type I diabetes Celiac disease Addison's disease Graves disease Hashimoto's thyroiditis Pernicious anemia Reactive arthritis Rheumatoid arthritis Sjogren syndrome Dermatomyositis Multiple sclerosis Myasthenia gravis Systemic lupus erythematosus These health conditions are caused by a malfunctioning immune system One way to handle your situation better is to be careful about what you eat The Paleo Diet in general aims to recreate the peak health conditions of Paleolithic humans by copying what they eat The Autoimmune Paleo Diet modifies the overall approach by restricting foods that trigger unpleasant immune responses This ebook cookbook provides useful

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