



# **Autoimmune Cookbook: Autoimmune All-Day Recipes Vol. 3**

*Melissa Groves*

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## Autoimmune Cookbook

Autoimmune All-Day Recipes Vol. 3

**There are strong beliefs that some specific foods are more likely to trigger autoimmune reactions. These foods contain certain toxins, proteins or molecules that cause inflammation and trigger autoimmune reactions. This interesting topic has led to the creation of a very restrictive diet designed to eliminate all the common inflammation-causing “problem foods” from one’s diet and reintroduce them one at a time in order to identify the culprit(s). This diet is known as the autoimmune protocol (AIP). The goal of the autoimmune protocol is to allow the person’s immune system to rest, lower inflammation levels and allow for recovery. Once inflammation levels are low enough and the gut is healed, the person can start reintroducing foods one by one, carefully monitoring any resulting autoimmune flare-ups. Since the autoimmune protocol is generally pretty boring, most people are excited to reintroduce foods after several weeks.**

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