

## [THE PALEO APPROACH](#)



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Even with this flaw Paleo Approach could certainly not be considered for anything less than a rock solid five stars. Another minor flaw which was surprising considering the comprehensive nature of this book is there was no talk about biofilm bacteria.

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### **The Paleo Approach Autoimmun Paleo auf Deutsch**

F r die englischsprachige AIP Community ist heute ein ganz besonderer Tag: Endlich ist Sarah Ballantynes lange erwartetes Buch The Paleo Approach erschienen! Sarah ist AIP-Anh ngern weltweit nicht nur ein Begriff, sondern auch ein echtes Vorbild.

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### **The Paleo Approach Cookbook A Detailed Guide to Heal Your**

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 Cookbook, Dr. Ballantyne provides expert tips on how to make the switch easily and economically. She explains how to stay within your food budget, how to make the best use of your time in the kitchen, and where to shop for what you need. Complete food lists, shopping guides, and meal plans take the guesswork out of eating to maximize healing.

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### **The Paleo Approach Book Review Wellness Mama**

The Paleo Approach Her book came at a providential time, as I just found out I have Hashimotos thyroid disease (autoimmune disease-strong family history in our family) and I m working to reverse it naturally.

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