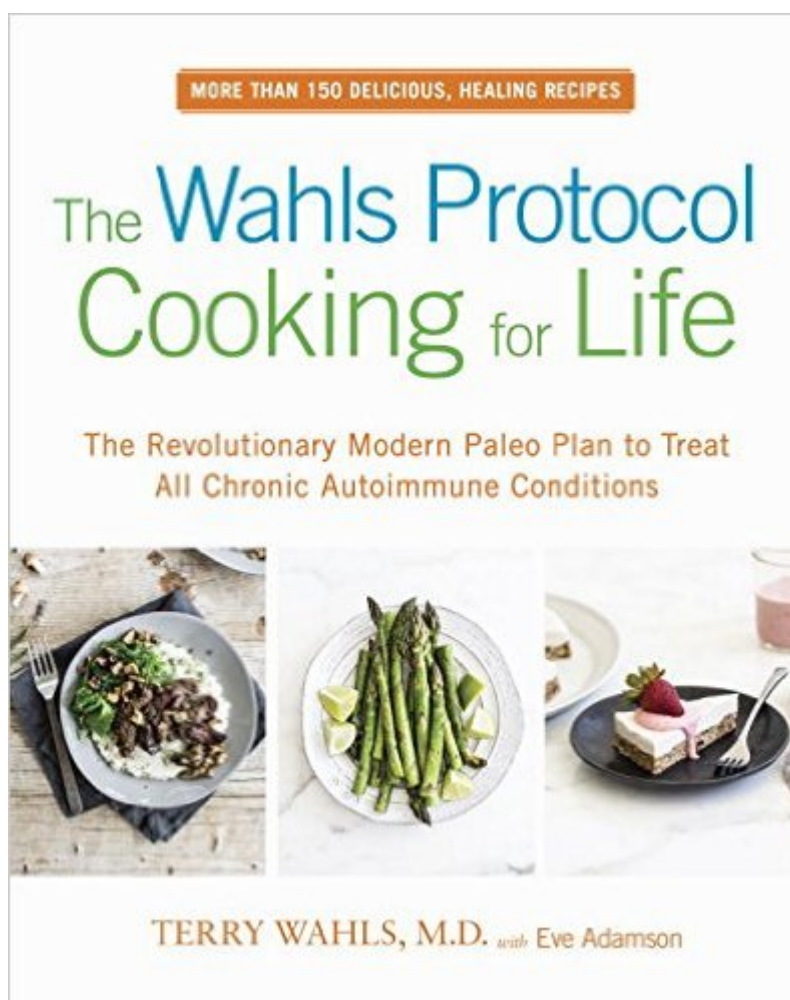


The book was found

# The Wahls Protocol Cooking For Life: The Revolutionary Modern Paleo Plan To Treat All Chronic Autoimmune Conditions



## Synopsis

Dr. Terry Wahls presents the long-awaited cookbook companion to *The Wahls Protocol*, the groundbreaking guide to reversing autoimmune conditions through diet, featuring more than 125 delicious, nutritionally dense recipes tailored to each level of the Wahls Paleo Diet. In *The Wahls Protocol*, Dr. Terry Wahls shared her incredible story of recovery from progressive multiple sclerosis "she went from being nearly bedridden to biking eighteen miles just over a year later" through the combined efforts of functional medicine and a complete overhaul of her diet. Now, in her highly anticipated follow-up, Dr. Wahls is sharing the essential Paleo-inspired recipes her readers need to reduce and often eliminate their chronic pain, fatigue, brain fog, and other symptoms related to autoimmune problems, neurological diseases, and other chronic conditions, even when physicians have been unable to make a specific diagnosis. Packed with easy-to-prepare meals based on Dr. Wahls'™s pioneering Therapeutic Lifestyle Clinic and her clinical research, in a simple format readers can customize to their own needs and preferences, this cookbook features breakfasts, smoothies, skillet meals, soups, wraps, salads, and snacks that are inexpensive to prepare, nourishing, and delicious. With strategies for cooking on a budget, reducing food waste, celebrating the holidays without compromising health, and helpful tips from fellow Wahls Warriors, *The Wahls Protocol Cooking for Life* will empower readers to make lasting changes and finally reclaim their health.

## Book Information

Paperback: 352 pages

Publisher: Avery (April 4, 2017)

Language: English

ISBN-10: 0399184775

ISBN-13: 978-0399184772

Shipping Weight: 13 ounces (View shipping rates and policies)

Best Sellers Rank: #14,001 in Books (See Top 100 in Books) #9 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases #19 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System #71 in Books > Cookbooks, Food & Wine > Special Diet > Paleo

[Download to continue reading...](#)

*The Wahls Protocol Cooking for Life: The Revolutionary Modern Paleo Plan to Treat All Chronic Autoimmune Conditions*  
Autoimmune Paleo Cookbook: Mouthwatering Recipes to Reverse

Autoimmune Disease and Heal your Body (Paleo Cookbook, Autoimmune Solution, Autoimmune Protocol, ... Weight Loss, Autoimmune Paleo Cookbook) The Wahls Protocol: A Radical New Way to Treat All Chronic Autoimmune Conditions Using Paleo Principles Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Paleo: Paleo Diet for beginners: TOP 100 Paleo Recipes for Weight Loss & Healthy Recipes for Paleo Snacks, Paleo Lunches, Paleo Desserts, Paleo Breakfast, ... Healthy Books, Paleo Slow Cooker Book 9) Paleo Diet: Paleo Slow Cooker COMBO 2 IN 1 SET - Paleo Diet for Beginners, Paleo Slow Cooker Cookbook, Paleo Diet Recipes and Paleo Slow Cooker Recipes, ... (Paleo Diet Paleo Slow Cooker COMBO SET 1) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners (paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Paleo Diet: 200 Delicious Paleo Diet Recipes (Paleo Slow Cooker, Paleo For Beginners, Paleo Diet Recipes, Paleo Recipes, Paleo Diet Cookbook,) Paleo: Paleo Slow Cooker Cookbook: Top 80 Paleo Recipes - Easy, Delicious and Nutritious Paleo Diet Cooking (FREE BONUS) (Paleo Crockpot, Paleo Baking, Whole Food) Paleo: Paleo For Beginners, Clean Eating, Weight Loss & Autoimmune Healing Solutions Includes 10 Day Paleo Diet Plan & 41 Amazing Paleo Fat Burning Recipes ... lifestyle change, clean eating) Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet, Paleo Slow Cooker Cookbook - Top 80 Paleo Recipes (Paleo Series) Paleo For Beginners: Paleo Diet - The Complete Guide To Paleo - Paleo Cookbook, Paleo Recipes, Paleo Weight Loss (Clean Eating) Paleo: Ultimate Paleo Diet Cook Book For Beginners-MELT 10 POUNDS IN 14 DAYS MEAL PLAN +100 Recipes, (FREE BONUS INCLUDED), Paleo Diet Plan, Paleo Diet cookbook: Paleo Diet Cook Book For Beginners PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Paleo Diet For Beginners: Paleo Solution: (Paleo Diet For Beginners, Paleo Recipes, Paleo Cookbook) Paleo Free: Diet Guide for Beginners - Over 50 Paleo Free Diet Recipes for Optimal Health & Fast Weight Loss (gluten free, lose belly fat, paleo beginners, ... paleo desserts, paleo diet, wheat free) Anti Inflammatory Diet: Autoimmune Dinner Recipes: 30+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Disease, Anti-Inflammatory Diet, Cookbook) Simple French Paleo: Flavorful Allergen-Free Recipes for the Autoimmune Protocol He Won't Know It's Paleo: 100+ Autoimmune Protocol recipes to create with love and share with pride The Essential AIP Cookbook: 115+ Recipes For The Paleo Autoimmune Protocol Diet

