The Autoimmune Wellness Handbook: Summary Guide

A DIY Guide to Living Well with Chronic Illness - Mickey Trescott and Angie Alt

1. Core Philosophy

Focuses on self-advocacy and lifestyle medicine through the Autoimmune Protocol (AIP), emphasizing that healing requires addressing root causes beyond just medication.

Key Principles:

- Food as medicine

- Stress resilience

- Sleep optimization

- Toxic burden reduction

- Community support

2. The AIP Framework

Dietary Protocol:

- Elimination Phase: Identical to Paleo Approach (no grains, dairy, legumes, nightshades, eggs, nuts/seeds, processed foods)

- Reintroduction: Systematic 5-step process after symptom improvement

Unique Additions:

- Emphasis on meal templates (protein + veggies + fat) rather than strict recipes

- 'Crowding out' approach - Add nutrient-dense foods first before eliminating

3. Beyond Diet: The Wellness Model

Stress Management:

- Nervous system regulation techniques

- Trauma awareness

- Setting boundaries

Sleep Optimization:

- Circadian rhythm alignment

- Digital sunset (screen cutoff)

- Sleep environment checklist

Movement:

- Focus on movement snacks (short, frequent activity)

- Heart rate variability (HRV) monitoring

- Avoidance of chronic cardio

Toxin Reduction:

- Home environment audit

- Clean beauty/product guidelines

- Air/water filtration priorities

4. Symptom Tracking & Problem Solving

- Daily check-in system (energy, pain, digestion scales)

- Symptom journal templates

- Flowchart for identifying triggers (food, stress, environmental)

5. Community & Healthcare Navigation

- Scripts for doctor conversations

- How to build a support team

- Online resource directory

6. Sample Tools & Templates

- 7-day AIP meal plan

- Pantry swap list

- Emergency kit checklist (travel/work)

- Reintroduction tracker

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Comparison to Paleo Approach

Feature	Autoimmune Wellness Handbook	Paleo Approach
Focus	Lifestyle integration	Scientific mechanisms
Diet	Flexible templates	Strict elimination
Stress	Nervous system focus	General management
Tracking	DIY journal system	Clinical markers