

The Paleo Approach: Summary Guide

1. What is the Paleo Approach?

A science-backed protocol combining the Autoimmune Protocol (AIP) and lifestyle changes to reduce inflammation, heal the gut, and manage autoimmune disease.

Autoimmune Diseases It May Help:

- Hashimoto's thyroiditis
- Rheumatoid arthritis
- Lupus (SLE)
- Multiple sclerosis (MS)
- Psoriasis and eczema
- Inflammatory bowel disease (Crohn's, ulcerative colitis)
- Celiac disease (requires lifelong gluten avoidance)
- Type 1 diabetes (as complementary support)

2. The AIP Diet: What to Eat and Avoid

Foods to Eliminate (Phase 1):

- Grains (wheat, rice, corn, oats)
- Dairy (all forms)
- Legumes (beans, lentils, peanuts)
- Nightshades (tomatoes, potatoes, peppers, eggplant)
- Eggs
- Nuts and seeds (including coffee and seed-based spices)
- Processed foods and sugars
- Alcohol and NSAIDs (e.g., ibuprofen)

Foods to Eat:

- Meats and fish (grass-fed, wild-caught)
- Organ meats (liver, heart-rich in nutrients)
- Vegetables (except nightshades)
- Fruit (in moderation)

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- Healthy fats (coconut oil, olive oil, avocado)
- Fermented foods (sauerkraut, kombucha)
- Bone broth (for gut healing)

Reintroduction Phase (After 30-90 Days):

Slowly test eliminated foods one at a time to identify triggers.

3. Lifestyle and Healing Strategies

Gut Health:

- Bone broth (collagen/gelatin supports gut lining)
- Probiotics (fermented foods or supplements)
- Digestive enzymes (if needed)

Stress and Sleep:

- Prioritize 7-9 hours of sleep nightly.
- Practice stress management (meditation, yoga, nature walks).

Toxins and Environment:

- Switch to natural cleaning and personal care products.
- Filter water and air to reduce chemical exposure.

4. Exercise and Movement

- Gentle activities (walking, swimming, yoga) to avoid stress.
- Strength training (light weights, bodyweight exercises).
- Avoid overtraining (can worsen inflammation).

5. Sample AIP Meal Plan

Breakfast:

- Sautéed kale + ground turkey + avocado.
- OR Coconut milk smoothie (no nuts/seeds).

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Lunch:

- Grilled salmon + roasted carrots + cauliflower rice.

Dinner:

- Beef stew (AIP-friendly veggies + bone broth).

Snacks:

- Coconut yogurt + berries.
- Sardines + cucumber slices.

6. Additional Resources

Books:

- The Paleo Cure (Chris Kresser)
- The Wahls Protocol (Terry Wahls)

Websites:

- ThePaleoMom.com
- AutoimmuneWellness.com

Supplements:

- Vitamin D, Omega-3s, magnesium.