

Autoimmune Paleo Approach (AIP)

Studies have shown that autoimmune disease is directly linked to our food choices and how we decide to live our life. The AIP is a version of the Paleo diet, with a greater focus on nutrient dense foods (health promoting) & elimination of foods that have compounds that may stimulate the immune system or harm the gut environment and thus contribute to discomfort or dis-ease.

The AIP works by addressing four key areas known to be important contributors to chronic and autoimmune diseases:

NUTRIENT DENSITY
GUT HEALTH
HORMONE REGULATION
IMMUNE SYSTEM REGULATION

"YES" FOODS

Meat & Poultry
Fish/Shellfish
Sea Vegetables
Organ Meats
Leafy Greens
Cruciferous Veggies
Root Vegetables
Winter Squash
Berries
Citrus Fruits
Olives, Avocados
Coconuts
Onions, Garlic
Other fruits/veggies

"NO" FOODS

Grains
Eggs
Alcohol, Coffee
Nuts & Seeds
Dairy
Legumes
Grain-like seeds
Nightshade veggies
Processed veggie oils
Processed chemicals & ingredients
Sugars & sweeteners
Spices derived from seeds

I believe that food can be medicine and what we choose to put in our bodies is one of the few things we can control today. I would love to assist you with your health journey. Email me at michelle@healthybeet.ca to book an appointment. Be sure to visit www.healthybeet.ca to learn more about my personal health transformation and follow me on Facebook @[healthybeet.ca](https://www.facebook.com/healthybeet.ca) to receive daily health tips, recipes and more.

~Michelle Gaetz, RHN

