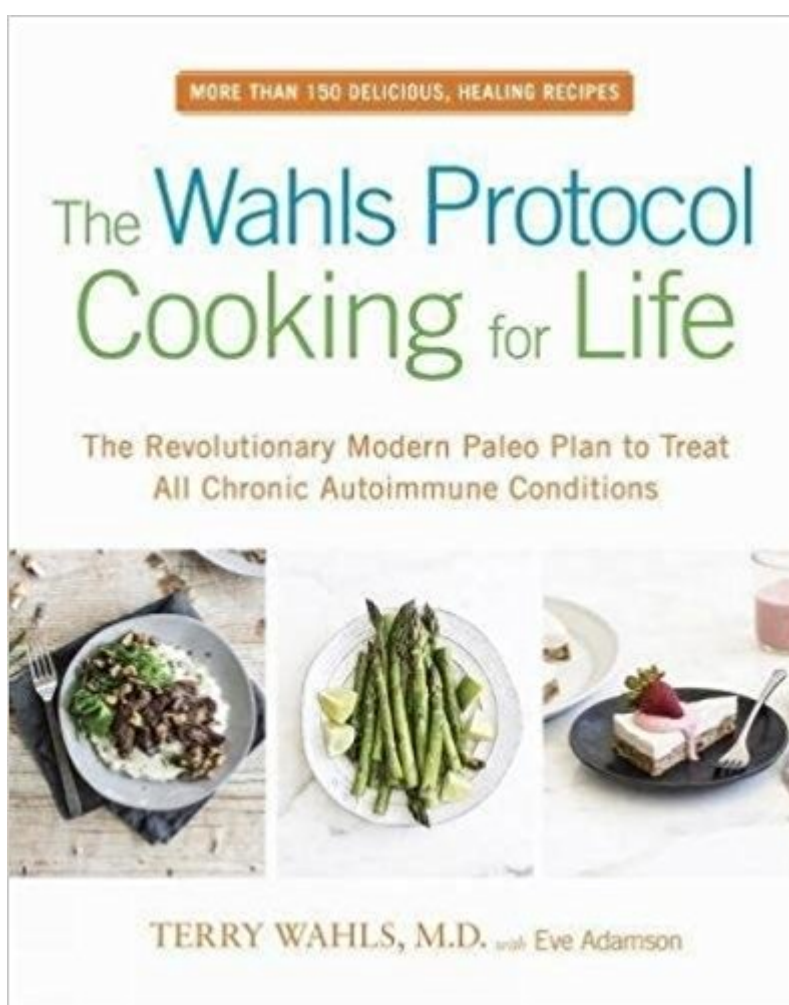


The book was found

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



Synopsis

The cookbook companion to the groundbreaking The Wahls Protocol, featuring delicious, nutritionally dense recipes tailored to each level of the Wahls Paleo Diet. The Wahls Protocol has become a sensation, transforming the lives of people who suffer from autoimmune disorders. 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

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Customer Reviews

"Our food choices are nothing short of pivotal as it relates to our health, and Dr. Wahls has done a masterful job leveraging the very best of nutritional science to create a breathtaking array of recipes that cover all the bases in terms of personal preference. The Wahls Protocol Cooking for Life

deliciouslyÂ helps you to re-write your health destiny, for the better!" â "David Perlmutter, MD, author, New York Times #1 Bestseller, Grain Brain, and The Grain Brain Whole Life Plan"Based on Dr. Wahls' pioneering research, this empowering, easy-to-useÂ cookbookÂ willÂ transform the health of anyone suffering from autoimmune disease."Â â "Mark Hyman, MD, Director, Cleveland Clinic Center for Functional Medicine, #1 New York Times bestselling author, Eat Fat Get Thin

Terry L. Wahls, M.D., is a clinical professor of medicine at the University of Iowa Carver College of Medicine in Iowa City. She conducts clinical research studying the use of diet and lifestyle interventions in autoimmune and other chronic disease states. Her current clinical trial featuring the Wahls Paleo Diet received the support of the National Multiple Sclerosis Society. She has made it her mission to spread the word aboutÂ The Wahls ProtocolÂ through her TEDx talk; her website, terrywahls.com; the Wahls Foundation; and Wahls Protocol Seminars. Dr. Wahls lives in Iowa City, Iowa, with her wife.

I love, love, love this new cookbook! I am a bit biased Dr. Wahls is my favorite doctor! Her protocol has given me back life. I suffered with daily symptoms of Multiple Sclerosis and Lyme disease for 9 years. I found the Wahls Protocol 4 years ago and have been symptom free for 3 years, except for one flare when a restaurant accidentally fed me gluten. Her protocol really works! This cookbook is beautiful and so well written. The pudding and fudge recipes are amazing! Getting healthy just got tastier!

Great information but no pictures of the recipes I like to know what my end product should look like. But again, the information and recipes are very good and that's the most important thing.

I have MS, this book and the cookbook are exactly what I need.

I have been suffering from an as of yet undiagnosed illness that has taken my strength, my thought clarity, my steadiness on my feet and my career. I know beyond a shadow of a doubt this lifestyle change is keeping me making it to my bulletproof coffee in the morning!

Great book by a great doctor

very informative

Cooking recipes are great.

Arrived quickly and as described.

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