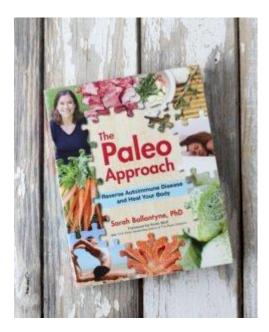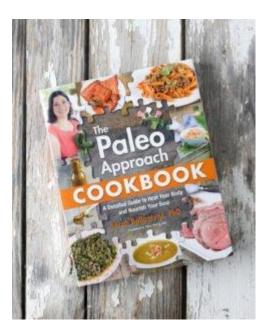## Dr. Sarah Ballantyne's Books

The Paleo Approach is the New York Times bestselling complete guide to using diet and lifestyle to manage autoimmune disease and other chronic illnesses. With over 400 pages of scientific explanations of the why's, what's, and how's behind diet and lifestyle recommendations to help regulate the immune system and provide the body with the opportunity to heal.

If you really want to dive deep into the science behind the AIP approach – this book is for you. It was for me – but definitely not for everyone.

The Paleo Approach Cookbook is the National bestselling companion cookbook to The Paleo Approach! The Paleo Approach Cookbook is over 400 pages and includes over 200 recipes, all strict autoimmune protocol (AIP).

A great resource, but it can be overwhelming for people just starting out changing their diet. I wasn't even sure what some of the foods were??
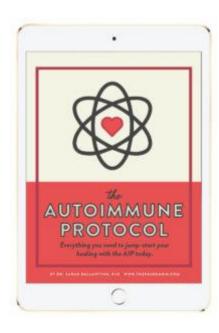
For starting out I would suggest her 2 other books:

The Healing Kitchen

I call this the "Reader's Digest" version of the other two books. It provides some of the science behind AIP and the recipes are simple with fewer ingredients, without sacrificing flavor!

This cookbook makes healing using the Autoimmune Protocol completely accessible to everyone, regardless of your budget, time limitations, or access to specialty grocers. Armed with more than 175 budget-friendly, quick and easy recipes made with everyday ingredients, you get to minimize time and effort preparing healthful foods.

E-BOOK

The Autoimmune Protocol **e-book** is a comprehensive quick-start guide for everyone new to the AIP. This all-in-one e-book includes 300+ pages of quick-access information on the AIP, 4 weeks of meal plans with shopping lists, over 80 family-friendly recipes, and more!