AIP QUICKSTART GUIDE

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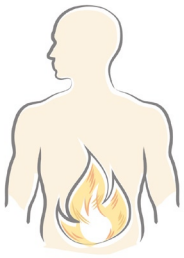
AIP QUICKSTART GUIDE

WHAT IS AUTOIMMUNE DISEASE?



Autoimmune disease is an epidemic in our society, affecting an estimated 50 million Americans. There are more than a hundred confirmed autoimmune diseases—some of the most common being Graves' disease, Hashimoto's thyroiditis, lupus, rheumatoid arthritis, multiple sclerosis, Sjögren's syndrome, alopecia, psoriasis, ulcerative colitis, Crohn's disease, and type 1 diabetes—and many more diseases that are suspected of having autoimmune origins. Although each condition brings unique symptoms, the root cause of all autoimmune diseases is the same: our immune system, which is supposed to protect us from invading microorganisms, turns against us and attacks our own proteins, cells, and tissues instead. Which proteins, cells, and tissues are attacked determines the specific autoimmune disease and its symptoms. For example, in Hashimoto's thyroiditis, the thyroid gland is attacked. In rheumatoid arthritis, the tissues of the joints are attacked. In psoriasis, proteins within the layers of skin cells are attacked.

Although genetic predisposition accounts for approximately one-third of the risk of developing an autoimmune disease, the other two-thirds comes from diet, lifestyle, and environmental factors. In fact, experts are increasingly recognizing that certain dietary factors are key contributors to autoimmune disease, placing these autoimmune conditions in the same class of diet- and lifestyle-related diseases as type 2 diabetes, cardiovascular disease, and obesity.

> *That means that in many cases, managing autoimmune disease and preventing (or at least minimizing) flare-ups is within our power.*

Because the Paleo diet naturally eliminates a number of autoimmune triggers (including foods that cause or aggravate a leaky gut) while including key nutrients that support healthy immune and hormone function, simply adopting a Paleo diet may lead to noticeable improvements in

symptoms. However, a modified form of Paleo called the Paleo Autoimmune Protocol (typically abbreviated AIP) takes the therapeutic effects of Paleo even further. The AIP is a powerful strategy that uses diet and lifestyle to regulate the immune system, putting an end to the attacks and giving the body the opportunity to heal.

WHAT TO AVOID ON AIP

ALCOHOL: beer, wine (okay for cooking), spirits

COFFEE: except for perhaps an occasional cup

DAIRY: butter, buttermilk, butter oil, cheese, cottage cheese, cream, curds, dairy protein isolates, ghee, heavy cream, ice cream, kefir, milk, sour cream, whey, whey protein isolate, whipping cream, yogurt

EGGS

PSEUDOGRAINS: amaranth, buckwheat, chia, quinoa

GRAINS: barley, corn, durum, fonio, Job's tears, kamut, millet, oats, rice, rye, sorghum, spelt, teff, triticale, wheat (all varieties, including einkorn and semolina), wild rice

LEGUMES: adzuki beans, black beans, black-eyed peas, butter beans, calico beans, cannellini beans, chickpeas (garbanzo beans), fava beans (broad beans), Great Northern beans, green beans, Italian beans, kidney beans, lentils, lima beans, mung beans, navy beans, peanuts, peas, pinto beans, runner beans, soybeans (including edamame, tofu, tempeh, other soy products, soy isolates [such as soy lecithin]), split peas

NIGHTSHADES AND SPICES DERIVED FROM NIGHTSHADES:

ashwagandha, bell peppers (sweet peppers), cape gooseberries (ground cherries, not to be confused with regular cherries, which are okay), cayenne pepper, eggplant, garden huckleberries (not to be confused with regular huckleberries, which are okay), goji berries (wolfberries), hot peppers (chili peppers and chili-based spices), naranjillas, paprika, pepinos, pimentos, potatoes (sweet potatoes are okay), tamarillos, tomatillos, tomatoes (Note: Some curry powders contain nightshade ingredients.)

NUTS AND SEEDS: almonds, Brazil nuts, cashews, chestnuts, flax seeds, hazelnuts, hemp seeds, macadamia nuts, pecans, pine nuts, pistachios, poppy seeds, pumpkin seeds, sesame seeds, sunflower seeds, walnuts, any flours, butters, oils, or other products derived from nuts or seeds

PROBLEMATIC SUGARS AND SWEETENERS: agave, agave nectar, barley malt, barley malt syrup, brown rice syrup, brown sugar, cane crystals, cane sugar (refined), caramel, corn sweetener, corn syrup, corn syrup solids, crystalline fructose, dehydrated cane juice, demerara sugar, dextrin, dextrose, diastatic malt, evaporated cane juice, fructose, fruit juice, fruit juice concentrate, galactose, glucose, glucose solids, golden syrup, high-fructose corn syrup, inulin, invert sugar, lactose, malt syrup, maltodextrin, maltose, monk fruit (luo han guo), panela, panocha, refined sugar, rice bran syrup, rice syrup, sorghum syrup, sucrose (saccharose), syrup, treacle, turbinado sugar, yacon syrup

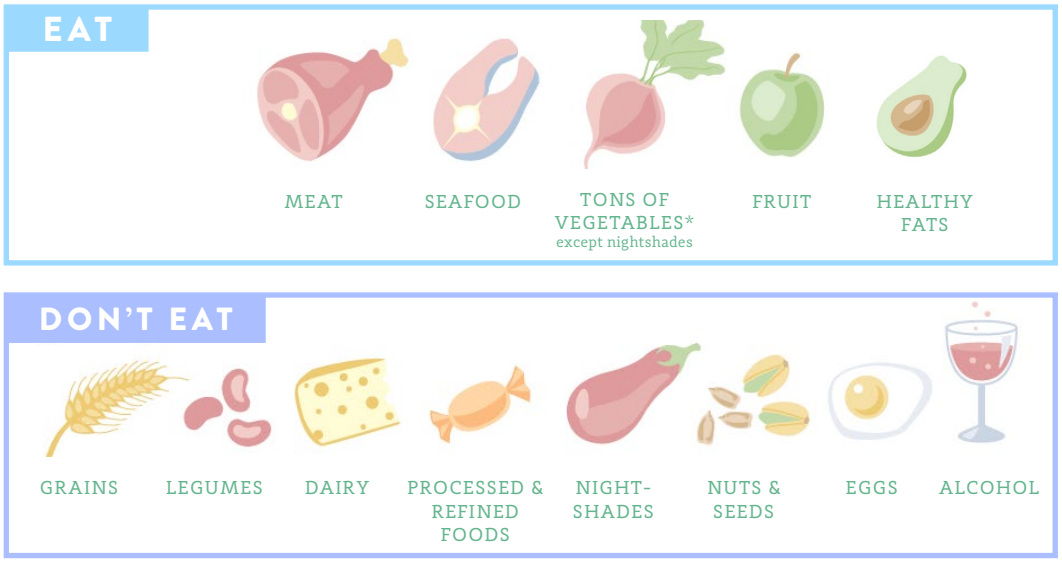
PROCESSED FOOD CHEMICALS AND INGREDIENTS: acrylamides, artificial food color, artificial and natural flavors, autolyzed protein, brominated vegetable oil, emulsifiers (carrageenan, cellulose gum, guar gum, lecithin, xanthan gum), hydrolyzed vegetable protein, monosodium glutamate, nitrates or nitrites (naturally occurring are okay), olestra, phosphoric acid, propylene glycol, textured vegetable protein, trans fats (partially hydrogenated vegetable oil, hydrogenated oil), yeast extract, any ingredient with a chemical name that you don't recognize

PROCESSED VEGETABLE OILS: canola oil (rapeseed oil), corn oil, cottonseed oil, palm kernel oil, peanut oil, safflower oil, soybean oil, sunflower oil

SPICES DERIVED FROM SEEDS: anise, annatto, black caraway (Russian caraway, black cumin), celery seed, coriander, cumin, dill, fennel, fenugreek, mustard, nutmeg

SUGAR SUBSTITUTES: acesulfame potassium (acesulfame K), aspartame, erythritol, mannitol, neotame, saccharin, sorbitol, stevia, sucralose, xylitol

WHAT IS THE AUTOIMMUNE PROTOCOL?



The Autoimmune Protocol, or AIP, is a science-based diet and lifestyle intervention for autoimmune disease. In a recent clinical trial in patients with Inflammatory Bowel Disease, 73% of participants were in full clinical remission after following the AIP for only six weeks, and they experienced continued improvement over the entire course of the study.

The Autoimmune Protocol is a specialized version of the Paleo diet with an even greater focus on nutrient density and even stricter guidelines for which foods should be eliminated. The elimination list includes some foods typically allowed on the Paleo diet that have compounds that may stimulate the immune system or harm the gut environment, including nightshades (like tomatoes and peppers), eggs, nuts, seeds, and alcohol.

> *The goal of the AIP is to flood the body with nutrients while avoiding any food that might be contributing to disease (or at the very least interfering with efforts to heal).*

It is an elimination diet strategy, cutting out those foods that are most likely to hold back our health. After a time, many of the excluded foods, especially those that have nutritional merit despite also containing some (but not significant quantities of) potentially detrimental compounds, can be reintroduced systematically.

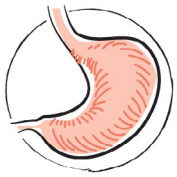
The Autoimmune Protocol is a complementary approach to chronic disease management focused on providing the body with the nutritional resources required for immune regulation and tissue healing while removing inflammatory stimuli from both diet and lifestyle. The AIP diet provides balanced and complete nutrition while avoiding processed and refined foods and empty calories. The AIP lifestyle encourages sufficient sleep, stress management and activity as these are important immune modulators.

As is always the case with chronic disease, consult with your physician before beginning this or any other regimen, or altering medications or supplements.

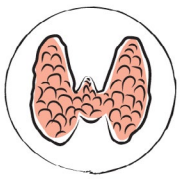
HOW DOES THE AIP WORK?

The Autoimmune Protocol works by addressing four key areas known to be important contributors to immune and autoimmune diseases. Drawing on insights gleaned from more than 1,200 scientific studies, these diet and lifestyle recommendations specifically target:

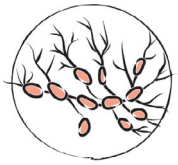
- NUTRIENT DENSITY. The immune system (and indeed every system in the body) requires an array of vitamins, minerals, antioxidants, essential fatty acids, and amino acids to function normally. Micronutrient deficiencies and imbalances are key players in the development and progression of autoimmune disease. Focusing on consuming the most nutrient-dense foods available enables a synergistic surplus of micronutrients to correct both deficiencies and imbalances, thus supporting regulation of the immune system, hormone system, and detoxification system and the production of neurotransmitters. A nutrient-dense diet further provides the building blocks that the body needs to heal damaged tissues.



GUT HEALTH. Gut dysbiosis and leaky gut are key facilitators in the development of autoimmune disease. The foods recommended on the AIP support the growth of both healthy levels and a healthy variety of gut microorganisms. Foods that irritate or damage the lining of the gut are avoided, while foods that help restore gut barrier function and promote healing are endorsed.



- HORMONE REGULATION. What, when, and how much we eat affect a variety of hormones that interact with the immune system. When dietary factors (like eating too much sugar or grazing rather than eating larger meals spaced farther apart) dysregulate these hormones, the immune system is directly affected—typically stimulated. The AIP is designed to promote regulation of these hormones, thereby regulating the immune system. These and other essential hormones that impact the immune system are also profoundly affected by how much sleep we get, how much time we spend outside, how much and what kinds of activity we get, and how well we reduce and manage stress.



- IMMUNE SYSTEM REGULATION. Immune system regulation is achieved by restoring a healthy diversity and healthy number of gut microorganisms, restoring gut barrier function, providing sufficient amounts of micronutrients, and regulating the key hormones that regulate the immune system.

Although scientific research on Paleo and autoimmune disease is still in its infancy, studies of multiple sclerosis patients have already shown that the AIP has therapeutic potential for the debilitating autoimmune disease secondary progressing multiple sclerosis, and studies of Crohn's disease have shown that full remission occurs in a matter of weeks in the majority of patients. And while anecdotal stories cannot be used to validate any dietary approach, the tens of thousands (and counting!) of people who have successfully used variations of the Paleo diet, including the AIP, to mitigate and even completely reverse their diseases is compelling.

THE SCIENCE BEHIND THE AIP

The Paleo Approach by Sarah Ballantyne, PhD provides detailed scientific rationale including more than 1,200 citations for every aspect of the Autoimmune Protocol, including why some foods need to be avoided and why it's important to eat more of others, and why it's important to get more sleep, manage stress, and get the right amounts of the right kinds of activity.

Though it's not essential to understand the science behind the Autoimmune Protocol recommendations in order to implement and benefit from them, many people find motivation in the knowledge that these recommendations have a firm scientific foundation.
Here are some of the highlights:

NUTRIENT DENSITY

- A nutrient-poor diet is one of the biggest risk factors for autoimmune disease. Autoimmune diseases have been linked to dietary insufficiencies of a staggering number of vitamins and minerals, as well as to insufficiencies in antioxidants, fiber, and essential fatty acids.
- The immune system requires micronutrients (water-soluble and fat-soluble vitamins, minerals, and antioxidants), plus essential fatty acids and amino acids, to function normally.
- Some of the nutrients that we're most likely to be deficient in are the most important for immune system regulation, including vitamins A and D, and zinc.
- Eating fat is good for you. The healthiest fats are saturated and monounsaturated fats (with the caveat that it's important to limit saturated fat to no more than 15% of total calories), and it is essential to consume a balanced ratio of omega-6 to omega-3 polyunsaturated fatty acids (ideally between 1:1 and 4:1).
- Eating fat is necessary for the absorption of fat-soluble vitamins.

- Eating a nutrient-dense diet based on quality meats, seafood, vegetables, and fruits is the healthiest and most effective way to ensure that your body is getting all the nutrients it needs for optimal health.
- Increasing nutrient density can increase your resilience to stress, meaning that stressors in your life have less of an impact on your well-being, and help regulate important hormones and neurotransmitters.

GUT HEALTH

- A leaky gut is necessary for autoimmune disease to develop.
- A variety of proteins in grains—including prolamins, such as gluten, and agglutinins, such as wheat germ agglutinin—cause increased intestinal permeability (gut leakiness) and feed bacterial overgrowth in the gut.
- Digestive enzyme inhibitors in grains, legumes, nuts, seeds, and dairy products cause inflammation in the gut and feed bacterial overgrowth in the gut.
- A high dietary intake of phytates or phytic acid—found in grains, legumes, nuts, and seeds—may increase intestinal inflammation and gut dysbiosis.
- Types of saponins called glycoalkaloids, found in vegetables of the nightshade family, cause increased intestinal permeability. Other saponins found in legumes may also be problematic.
- Alcohol consumption causes increased intestinal permeability, damages the gut, and feeds bacterial overgrowth and dysbiosis.
- Excessive fructose intake (more than 40 grams per day) may cause increased intestinal permeability and damage to the liver. It's best to aim for 10 to 25 grams daily.
- All sugar substitutes have negative health effects, and many of them cause increased intestinal permeability.
- Too much omega-6 fatty acids cause gut dysbiosis. Increasing omega-3 fatty acid intake helps correct gut dysbiosis.
- Too much saturated fat also skews gut bacteria towards unfavorable strains. Aim for 10% to 15% total calories from saturated fats.

- A diet rich in vegetables, including plenty of nonstarchy vegetables and some starchy vegetables, supports a healthy variety and amount of probiotic gut organisms. Aim for 8+ servings daily.
- Probiotic-rich foods support a healthy gut microbiome.
- Foods rich in vitamin A, vitamin D, vitamin K2, and the amino acids glutamine and glycine can help restore gut barrier function.
- The medium-chain triglycerides in coconut oil may help restore gut barrier function.
- Reducing and managing stress is critical for gut barrier health and gut microbiome health.
- Living an active lifestyle (but avoiding overtraining) supports a healthy, diverse gut microbiome.

HORMONE REGULATION

- High-carbohydrate diets cause insulin resistance and leptin resistance.
- Following a low-carbohydrate diet is not optimal (it's nearly impossible to get enough fiber and phytochemicals on a low-carb diet), but avoiding a high-carbohydrate diet is.
- Regulating blood glucose levels and insulin release by eating low- to moderate-glycemic-load foods is important. This approach helps regulate insulin and insulin sensitivity as well as leptin and leptin sensitivity.
- Fructose causes insulin resistance and leptin resistance. Fructose also doesn't suppress ghrelin levels after eating. Dietary fructose should be maintained in the 10- to 20-grams-per-day range.
- Hunger hormones are intricately linked to the immune system. Eating large, balanced meals that contain protein, fat, and low- to moderate-glycemic-load vegetables and fruits and minimizing snacking is the best way to regulate hunger hormones.
- Cortisol levels may rise as a result of skipping meals or intermittent fasting and stimulate the immune system.
- Dietary fiber, especially insoluble fiber, from whole-food sources such as vegetables helps regulate ghrelin levels and may regulate peristalsis by increasing gastrointestinal melatonin production.

- Reducing and managing stress, getting plenty of low- and moderate-intensity activity, and getting adequate sleep help regulate critical hormones.

IMMUNE HEALTH

- The immune system requires a tremendous amount of nutrients to function optimally. Eating a nutrient-dense diet is the best way to supply the immune system with those nutrients.
- A variety of proteins in grains—including prolamins, such as gluten, and agglutinins, such as wheat germ agglutinin—stimulate the immune system.
- Gluten may be an important trigger in all autoimmune diseases.
- Digestive enzyme inhibitors in grains, legumes, nuts, seeds, and dairy products cause inflammation.
- Types of saponins called glycoalkaloids, found in vegetables of the nightshade family, significantly stimulate the immune system. Other saponins found in legumes may also be problematic.
- Alcohol consumption stimulates inflammation.
- Proteins found in egg whites act as carrier molecules for bacterial proteins to cross the gut barrier, which then stimulate the immune system.
- Excessive fructose intake (more than 40 grams per day) causes inflammation.
- Eating too much omega-6 fatty acids causes inflammation, whereas increasing omega-3 fatty acid intake helps reduce inflammation and modulate the immune system. Moderate consumption of monounsaturated fats and saturated fats is healthy.
- Reducing and managing stress and getting plenty of sleep are critical for normal immune function.

NUTRIENT DENSITY

Micronutrient deficiency is increasingly showing up as a major underlying driver of chronic disease including autoimmune disease. Many of us think that nutrient deficiencies are mainly a problem in developing nations (whereas in Westernized countries like the United States, our problem is that we have too much food!), but this is a misconception. The Standard American Diet is definitely energy-rich, but it's also nutrient-poor: the types of food that many people eat each day are high in added sugars, refined grains, and industrially processed oils, but devoid of the vitamins and minerals (and other health-promoting compounds) found in whole foods. The result is a high prevalence of nutrient deficiency right in our own backyard.

Nutrients are the molecular building blocks of our bodies. Not only are we made up of these raw materials, but our cells also use nutrients when they perform their various functions. This is why we need to continually consume enough nutrients for our cells to stay healthy and keep doing their jobs effectively.

The term nutrient density refers to the concentration of micronutrients (mainly vitamins and minerals, but the term micronutrients also encompasses phytochemicals, essential fatty acids and essential amino acids) per calorie of food. High nutrient density foods supply a wide range of vitamins and minerals (or alternatively, high levels of a specific, important vitamin or mineral) relative to the calories they contain, whereas low nutrient density foods supply lots of energy without much in the way of additional nutrition.

Achieving nutrient-sufficiency requires an additional focus on incorporating more of the nutrient powerhouses readily available to us. This means focusing on organ meats, shellfish, brightly pigmented fruit, sea vegetables, fatty fish, cruciferous vegetables, leafy greens, fermented veggies, fresh herbs and fibrous roots whenever possible. Eating 8 or more servings of vegetables per day is important for nutrient sufficiency!

When we consciously opt for the most nutrient-dense foods the majority of the time, we find our whole diet becomes nutrient-dense as a result. The dietary foundation of the Autoimmune Protocol is the most nutrient-dense foods in the foods supply, including eating copious amount of vegetables, plus fish, shellfish, sea vegetables, organ meat, fruit, healthy fats, and fresh herbs.

TOP FOOD SOURCES OF ESSENTIAL NUTRIENTS

VITAMIN A Abundant in: Fish, Liver, Shellfish	**VITAMIN C** Abundant in: Berries, Citrus fruits, Dark leafy greens	**IRON** Abundant in: Dark leafy greens, Liver, Red meat
VITAMIN B1 Abundant in: Nuts & seeds, Pork, Asparagus	**VITAMIN D** Abundant in: Fish, Liver, Mushrooms	**MAGNESIUM** Abundant in: Avocados, Green vegetables, Fish
VITAMIN B2 Abundant in: Organ meat, Red meat, Nuts & seeds	**VITAMIN E** Abundant in: Avocados, Leafy greens, Fish	**PHOSPHORUS** Abundant in: Seafood, Nuts & seeds, Red meat
VITAMIN B3 Abundant in: Organ meat, Poultry, Seafood	**VITAMIN K1** Abundant in: Dark leafy greens, Cruciferous vegetables, Asparagus	**POTASSIUM** Abundant in: Leafy greens, Root vegetables, Bananas
VITAMIN B5 Abundant in: Mushrooms, Liver, Egg yolks	**VITAMIN K2** Abundant in: Fermented vegetables, Nuts & seeds, Liver	**SELENIUM** Abundant in: Fish, Poultry, Red meat
VITAMIN B6 Abundant in: Leafy greens, Root vegetables, Red meat	**CALCIUM** Abundant in: Leafy greens, Nuts & seeds, Fish* *(especially canned fish with the bones)	**ZINC** Abundant in: Oysters, Red meat, Poultry
VITAMIN B7 Abundant in: Egg yolks, Organ meat, Fatty fish	**CHLORIDE** Abundant in: Seaweed, Celery, Leafy greens	**TRACE MINERALS** Abundant in: Unrefined sea salt, Sea vegetables, Vegetables grown in quality organic soil
VITAMIN B9 Abundant in: Avocados, Beets, Green vegetables	**CHROMIUM** Abundant in: Shellfish, Nuts (especially Brazil nuts), Pears	**DHA AND EPA** Abundant in: Fish, Liver, Sea vegetables
VITAMIN B12 Abundant in: Fish, Shellfish, Red meat	**COPPER** Abundant in: Mushrooms, Organ meats, Shellfish	**MONOUNSATURATED FATS** Abundant in: Olives & olive oil, Avocados & avocado oil, Macadamia nuts
CHOLINE Abundant in: Egg yolks, Organ meat, Grass-fed dairy	**IODINE** Abundant in: Fish, Shellfish, Sea vegetables	**ALANINE** Abundant in: Seafood, Red meat, Poultry

ARGININE
Abundant in: Red meat, Seafood, Nuts & seeds

ASPARAGINE
Abundant in: Red meat, Poultry, Nuts & seeds

ASPARTIC ACID
Abundant in: Shellfish, Wild game, Avocados

CYSTEINE
Abundant in: Red meat, Poultry, Eggs

GLUTAMINE
Abundant in: Fish, Red meat, Poultry

GLUTAMIC ACID
Abundant in: Seafood, Red meat, Poultry

GLYCINE
Abundant in: Bone broth, Seafood, Red meat

HISTIDINE
Abundant in: Red meat & poultry, Fish, Dairy products

ISOLEUCINE
Abundant in: Seaweed, Poultry, Fish

LEUCINE
Abundant in: Fish, Red meat, Nuts & seeds

LYSINE
Abundant in: Red meat, Poultry, Fish

METHIONINE
Abundant in: Fish, Red meat, Poultry

PHENYLALANINE
Abundant in: Red meat, Poultry, Seafood

PROLINE
Abundant in: Red meat, Poultry, Seafood

SERINE
Abundant in: Red meat, Poultry, Seafood

THREONINE
Abundant in: Dairy products, Fish, Red meat

TRYPTOPHAN
Abundant in: Eggs, Seafood, Poultry

TYROSINE
Abundant in: Poultry, Fish, Nuts & seeds

VALINE
Abundant in: Dairy products, Nuts & seeds, Seafood

CARNOSINE
Abundant in: Red meat, Fish, Poultry

CREATINE
Abundant in: Red meat, Poultry, Seafood

CoQ10
Abundant in: Fatty fish, Heart, Red meat

L-CARNITINE
Abundant in: Rad Meat, Fish, Poultry

LYCOPENE
Abundant in: Tomatoes, Red & orange fruits & vegetables

POLYPHENOLS
Abundant in: Herbs, Berries, Dark chocolate

QUERCETIN
Abundant in: Apples, Berries, Cruciferous vegetables

RESVERATROL
Abundant in: Grapes & red wine, Berries, Dark chocolate

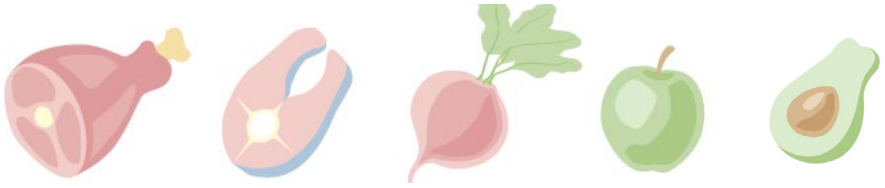
TAURINE
Abundant in: Seafood, Dairy products, Eggs

PLANT PHYTOCHEMICALS
Abundant in: Berries, Cruciferous vegetables, Leafy greens

INSOLUBLE FIBER
Abundant in: Celery, Cruciferous vegetables, Leafy greens

SOLUBLE FIBER
Abundant in: Root vegetables, Apples, Dried beans & lentils

WHAT DO I EAT ON THE AIP?



MEAT | SEAFOOD | TONS OF VEGETABLES* except nightshades | FRUIT | HEALTHY FATS

Some foods are obvious wins for a health-promoting diet because they have tons of beneficial constituents and very few or no constituents that undermine health—good examples of these superfoods are organ meats, seafood, and most vegetables. Other foods are obvious fails because they have a relative lack of health-promoting constituents and are rife with problematic compounds—good examples are gluten-containing grains, peanuts, and most soy products. But many foods fall into the amorphous world of gray in between these two extremes. Tomatoes, for example, have some exciting nutrients, but they also contain several compounds that are so effective at stimulating the immune system that they have been investigated for use in vaccines as adjuvants (the chemicals in vaccines that enhance your immune response to whatever you're getting immunized against).

> *The biggest difference between a standard Paleo diet and the Autoimmune Protocol is where we draw the line between "yes" foods and "no" foods in order to get more health-promoting compounds and fewer detrimental compounds in our diet.*

Those who are typically quite healthy can tolerate less-optimal foods than those who aren't. You can think of the Autoimmune Protocol as a pickier version of the Paleo diet; it accepts only those foods that are clear winners.

Following the AIP diet involves increasing your intake of nutrient-dense, health-promoting foods while avoiding foods that may be triggers for your disease.

In summary, the rules of what to eat are:

- organ meat and offal (aim for 5 times per week, the more the better)–read more here.
- fish and shellfish (wild is best, but farmed is fine) (aim for at least 3 times per week, the more the better)–read more here and here.
- vegetables of all kinds, as much variety as possible and the whole rainbow, aim for 8-14 cups per day
- Green vegetables
- Colorful vegetables and fruit (red, purple, blue, yellow, orange, white)
- Cruciferous vegetables (broccoli, cabbage, kale, turnips, arugula, cauliflower, brussels sprouts, watercress, mustard greens, etc.)
- Sea vegetables (excluding algae like chlorella and spirulina which are immune stimulators)
- Edible Fungi, like mushrooms
- herbs and spices
- quality meats (grass-fed, pasture-raised, wild as much as possible) (poultry in moderation due to high omega-6 content unless you are eating a ton of fish)
- quality fats (pasture-raised/grass-fed animal fats [rendered or as part of your meat], fatty fish, olive, avocado, coconut, palm [not palm kernel])
- fruit (keeping fructose intake between 10g and 40g daily-note that 20g is probably optimal)
- probiotic/fermented foods (fermented vegetables or fruit, kombucha, water kefir, coconut milk kefir, coconut milk yogurt, supplements)–read about them here and here.
- glycine-rich foods (anything with connective tissue, joints or skin, organ meat, and bone broth)
- Source the best-quality ingredients you can.
- Eat as much variety as possible.

AIP "YES" FOODS

ORGAN MEAT
bone broth
heart
kidney
liver
tongue

MEAT & POULTRY
beef
bison
chicken
lamb
mutton
pork
turkey
wild game

FISH
anchovies
catfish
cod
halibut
herring
mackerel
mahi mahi
salmon
sardines
snapper
tilapia
trout
tuna

SHELLFISH
clams
crab
crawfish
lobster
mussels
octopus
oysters
prawns
scallops
shrimp
squid

SEA VEGETABLES
arame
dulse
kombu
nori
wakame

LEAFY GREENS
arugula
beet greens
bok choy
carrot tops
collard greens
dandelion greens
endive
herbs
kale
lettuce
mustard greens
napa cabbage
spinach
Swiss chard
turnip greens
watercress

CRUCIFEROUS VEGETABLES
arugula
broccoli
Brussels sprouts
cabbage
cauliflower
collard greens
kale
kohlrabi
mustard greens
napa cabbage
radishes
radicchio
turnips
watercress

ROOT VEGETABLES & WINTER SQUASH
arrowroot
beets
carrots
cassava (tapioca, yuca)
jicama
pumpkins
squash
rutabagas
sweet potatoes
taro
yams

BERRIES
blackberries
blueberries
cranberries
currants
grapes
raspberries
strawberries

CITRUS FRUIT
clementines
grapefruit
lemons
limes
Mandarin oranges
oranges

OLIVES & OTHER HIGH-FAT FRUITS
avocados
black olives
coconuts
green olives

ONIONS, GARLIC & OTHER ALLIUMS
chives
garlic
leeks
onions
scallions
shallots
spring onions

OTHER FRUITS & VEGGIES
apples
apricots
artichokes
asparagus
bananas
cantaloupes
capers
celery
cherries
coconuts
cucumbers
dates
figs
honeydew melons
kiwis
mangoes
nectarines
okra
papayas
peaches
pears
pineapples
plantains
plums
pomegranates
watermelons
zucchini

THE ROLE OF LECTINS WITH AUTOIMMUNITY

Lectin Foods

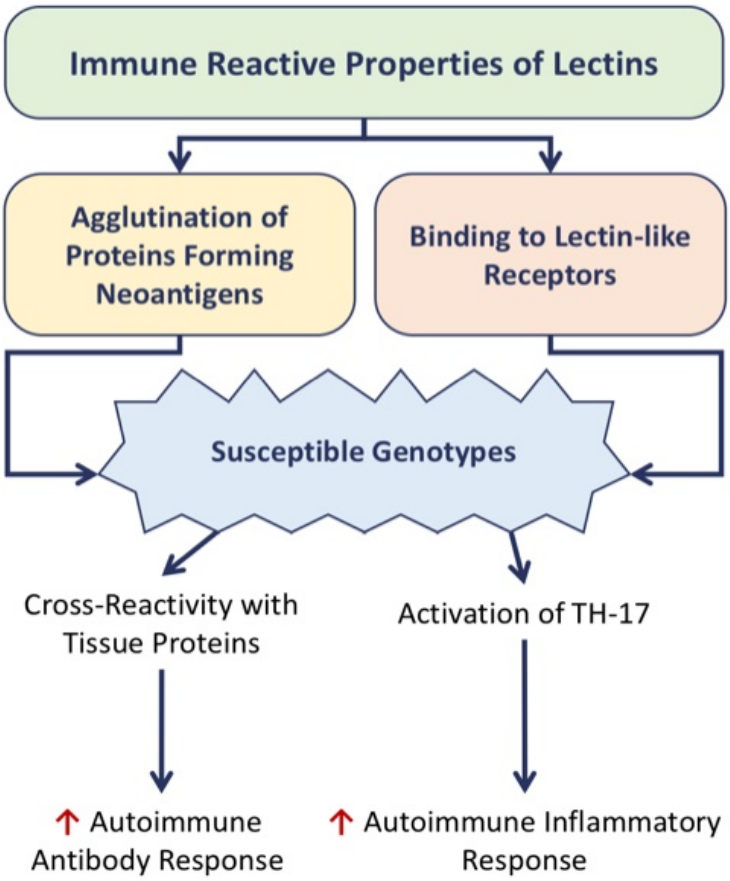
Legumes
- → Beans
- → Chickpeas
- → Lentils
- → Peas
- → Soy beans

Nuts and Seeds
- → Almonds
- → Cashews
- → Sunflower Seeds
- → Sesame Seeds

Grains
- → Wheat
- → Rice
- → Buckwheat
- → Quinoa
- → Millet
- → Kamet

Fruits
- → Melons

Vegetables
- → Tomato
- → Potato
- → Eggplant
- → Corn



WHAT FOODS DO I AVOID?

The first dietary recommendation for those with autoimmune disease is to adhere to a strict Paleo diet with no cheating. To be clear, this means: no grains, no legumes, no dairy, no refined sugars, no modern vegetable oils, and no processed food chemicals. While other people may be able to enjoy the occasional bowl of rice or corn chips or even ice cream, if you suffer from an autoimmune condition, you are most likely not one of these people. Gluten-containing grains should be banned for life. Other grains and legumes can be very problematic for those with autoimmune conditions. Dairy of any kind (even grass-fed ghee which can still have trace lactose and dairy proteins!) should be avoided initially. This may be true for the rest of your life but some people may be able to reintroduce many foods after their diseases are in remission.

If you have an autoimmune condition, other foods can be triggers. These foods are also omitted from the Autoimmune Protocol because they cause gut irritation, cause gut dysbiosis, act as carrier molecules across the gut barrier, stimulate the immune system, increase gut permeability, and/or cause inflammation. In addition, it's important to ensure that your blood sugar levels are well managed. This does not mean low carb. It just means not high carb.

Remove the following from your diet:

- Grains
- Legumes
- Dairy
- Refined and processed sugars and oils

- Eggs (especially the whites)
- Nuts
- Seeds (including cocoa, coffee and seed-based spices)
- Nightshades (potatoes [sweet potatoes are fine], tomatoes, eggplants, sweet and hot peppers, cayenne, red pepper, tomatillos, goji berries etc. and spices derived from peppers, including paprika)
- Potential Gluten Cross-Reactive Foods (corn, dairy, instant coffee, milk chocolate, millet, oats, potatoes, rice, soy, brewer's and baker's yeast)
- Alcohol
- NSAIDS (like aspirin or ibuprofen)
- Non-nutritive sweeteners (yes, all of them, even stevia)
- Emulsifiers, thickeners, food dyes, processed food chemicals, and other food additives

FOODS TO AVOID

ALCOHOL

Beer, wine (okay for cooking), spirits

EGGS

COFFEE

Except for perhaps an occasional cup

GRAINS

Barley, corn, durum, fonio, Job's tears, kamut, millet, oats, rice, rye, sorghum, spelt, teff, triticale, wheat (all varieties, including einkorn and semolina), wild rice

GRAINLIKE SEEDS

Amaranth, buckwheat, chia, quinoa

DAIRY

Butter, buttermilk, butter oil, cheese, cottage cheese, cream, curds, dairy-protein isolates, ghee, heavy cream, ice cream, kefir, milk, sour cream, whey, whey-protein isolate, whipping cream, yogurt

LEGUMES

Adzuki beans, black beans, black-eyed peas, butter beans, calico beans, cannellini beans, chickpeas (garbanzo beans), fava beans (broad beans), great Northern beans, green beans, Italian beans, kidney beans, lentils, lima beans, mung beans, navy beans, peanuts, peas, pinto beans, runner beans, split peas, soybeans (including edamame, tofu, tempeh, other soy products, and soy isolates, such as soy lecithin)

PROCESSED VEGETABLE OILS

Canola oil (rapeseed oil), corn oil, cottonseed oil, palm kernel oil, peanut oil, safflower oil, soybean oil sunflower oil

PROCESSED FOOD CHEMICALS & INGREDIENTS

Acrylamides, artificial food color, artificial and natural flavors, autolyzed protein, brominated vegetable oil, emulsifiers (carrageenan, cellulose gum, guar gum, lecithin, xanthan gum), hydrolyzed vegetable protein, monosodium glutamate, nitrates or nitrites (naturally occurring are okay), olestra, phosphoric acid, propylene glycol, textured vegetable protein, trans fats (partially hydrogenated vegetable oil, hydrogenated oil), yeast extract, any ingredient with a chemical name that you don't recognize

PROBLEMATIC SUGARS & SWEETENERS

Agave, agave nectar, barley malt, barley malt syrup, brown rice syrup, brown sugar, cane crystals, cane sugar (refined), caramel, corn sweetener, corn syrup, corn syrup solids, crystalline fructose, dehydrated cane juice, demerara sugar, dextrin, dextrose, diastatic malt, evaporated cane juice, fructose, fruit juice, fruit juice concentrate, galactose, glucose, glucose solids, golden syrup, high-fructose corn syrup, invert sugar, inulin, lactose, malt syrup, maltodextrin, maltose, monk fruit (luo han guo), panela, panocha, refined sugar, rice bran syrup, rice syrup, sorghum syrup, sucrose (saccharose), syrup, treacle, turbinado sugar, yacon syrup

SUGAR SUBSTITUTES

Acesulfame potassium (acesulfame K), aspartame, erythritol, mannitol, neotame, saccharin, sorbitol, stevia, sucralose, xylitol

NUTS & SEEDS

Almonds, Brazil nuts, cashews, chestnuts, flax seeds, hazelnuts, hemp seeds, macadamia nuts, pecans, pine nuts, pistachios, poppy seeds, pumpkin seeds, sesame seeds, sunflower seeds, walnuts, any flours, butters, oils, or other products derived from nuts or seeds

NIGHTSHADES & SPICES DERIVED FROM NIGHTSHADES

Ashwagandha, bell peppers (sweet peppers), cayenne peppers, cape gooseberries (ground cherries, not to be confused with regular cherries, which are okay), eggplant, garden huckleberries (not to be confused with regular huckleberries, which are okay), goji berries (wolfberries), hot peppers (chili peppers and chili-based spices), naranjillas, paprika, pepinos, pimentos, potatoes (sweet potatoes are okay), tamarillos, tomatillos, tomatoes (Note: Some curry powders contain nightshade ingredients.)

SPICES DERIVED FROM SEEDS

Anise, annatto, black caraway (Russian caraway, black cumin), celery seed, coriander, cumin, dill, fennel, fenugreek, mustard, nutmeg

Common NIGHTSHADE VEGETABLES

TOMATOES

WHITE POTATOES

EGGPLANT

OKRA

GOJI BERRIES

PEPPERS

TOMATILLOS

SORREL

GOOSEBERRIES

GROUND CHERRIES

PEPINO MELONS

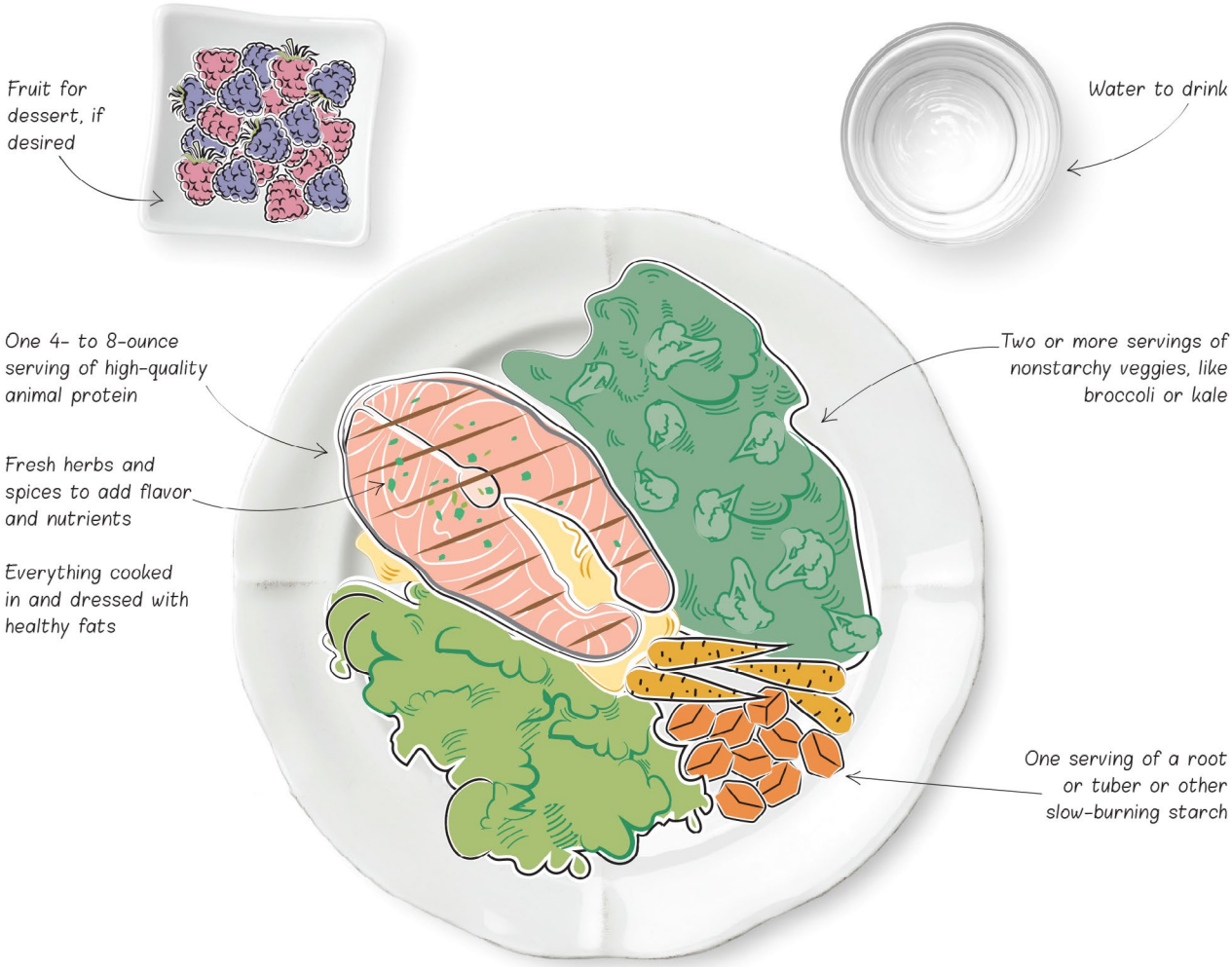
TOBACCO

PAPRIKA

CAYENNE PEPPER

CAPSICUM

CONSTRUCTING AN AIP PLATE



WHEN CONSTRUCTING A MEAL, THINK OF:

NUTRIENT-DENSE PROTEINS:
Choose fish, shellfish, and organ meat for proteins more often; seek the highest-quality meat you have access to and can afford (grass-fed or pasture-raised, organic).

TONS OF VEGGIES:
Aim for at least three servings per meal to hit your eight-a-day minimum.

EATING THE RAINBOW:
Choose vegetables of different colors.

MIXING UP RAW VERSUS COOKED:
Vary the way you prepare your vegetables.

SLOW-BURNING CARBS:
Choose starchy roots and tubers.

PHYTOCHEMICAL-RICH FRUITS:
Options like berries and citrus pack more antioxidant bang for your buck.

CHOOSING HIGH-QUALITY FATS FOR COOKING AND DRESSING:
Use rendered fats from grass-fed or pasture-raised animals, high-quality cold-pressed extra-virgin olive oil, avocado oil, coconut oil, or grass-fed butter or ghee.

ADDING A PROBIOTIC FOOD:
Think of raw sauerkraut or pickles as a probiotic boost to your meal.

USING FRESH HERBS AND SPICES WHENEVER POSSIBLE:
Fresh herbs and spices not only provide tons of flavor and variety, but also are packed with vitamins, minerals, and phytochemicals.

COOKING AT HOME MOST OF THE TIME:
Take control of your food quality by committing to cooking your meals yourself; when eating out, choose healthier options like farm-to-table restaurants.

AVOIDING GETTING IN A RUT:
Aim for a wide variety of fruits, vegetables, cuts of meat, types of seafood, and so on.

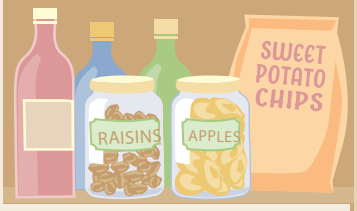
STOCKING YOUR AIP KITCHEN

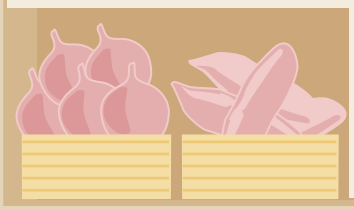
DRIED HERBS & SEASONINGS: basil, dill, marjoram, mint, oregano, rosemary, sage, thyme, garlic powder, onion powder, cinnamon, cloves, ginger, mace, sea salt, truffle salt

BAKING STAPLES : arrowroot starch, baking soda, blackstrap molasses, carob powder, coconut flour, cream of tartar, gelatin, honey, maple syrup, palm shortening, sweet potato flour, tapioca starch

FATS: avocado oil, coconut oil, olive oil, lard, tallow

VINEGARS: apple cider vinegar, balsamic vinegar, pear cider vinegar, red wine vinegar





PICKLED STAPLES: artichoke hearts, olives, horseradish*

EMERGENCY PROTEINS: canned haddock, mackerel, oysters, salmon, sardines, shrimp, tuna

FLAVORINGS: anchovies, coconut aminos, fish sauce,* wasabi*

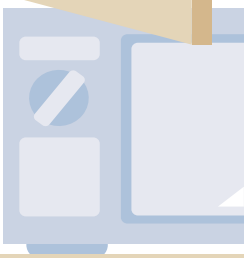
DRIED FRUIT : apples, bananas, coconut, dates, mangoes, raisins

EXTRAS: coconut wraps, nori wraps, apple chips, banana chips, cassava chips, plantain chips, sweet potato chips,* coconut flakes, coconut milk or cream

ROOT VEGETABLES & ALLIUMS : fresh garlic, ginger root, onions, sweet potatoes, winter squash

FRESH FRUIT : apples, avocados, bananas

*Check ingredients for "no" foods.



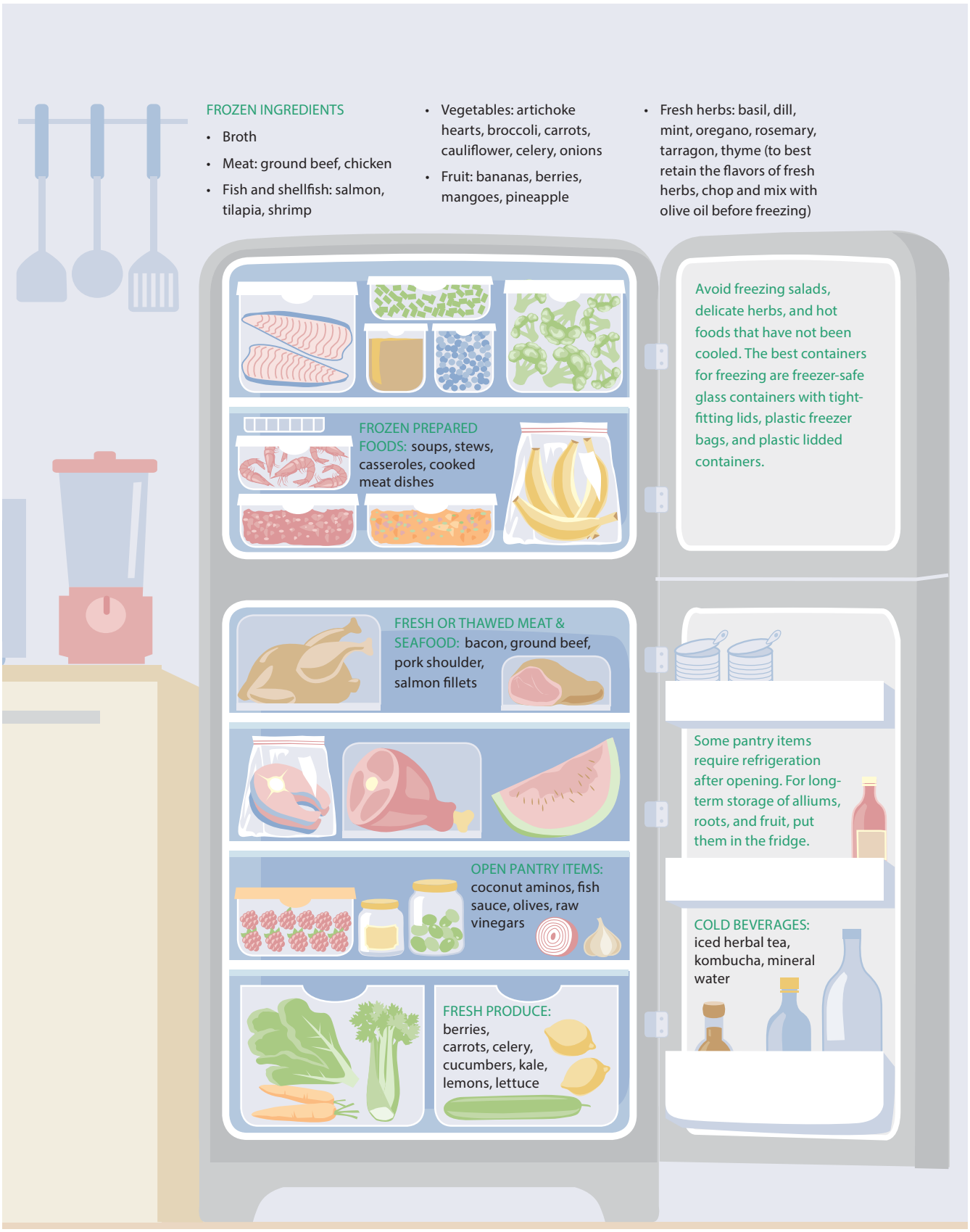
TURNING YOUR KITCHEN INTO AN AIP KITCHEN

Now that you have the right information about how to eat healthy, the next big hurdle is actually doing it! It's time to turn your kitchen into a Healing Kitchen. This means throwing out (or donating to a food bank or composting) all of the foods in your home that you don't plan to eat anymore and restocking your freezer, fridge, and pantry with nutrient-dense choices.

If your family isn't going to join you on this health adventure, this is a good time to find strategies to make sure that you aren't exposed to things like gluten and figure out how you're going to handle the temptation of off-plan foods your family is eating. A strategy that works well for us is to have easy foods on hand that can be prepared quickly in a pinch, as well as comfort foods and treats for those times when food you shouldn't eat seems to be calling your name.

When it comes to restocking your pantry, you don't need to go out and buy everything in one enormous (and expensive!) shopping trip. Instead, add to your pantry a little each week, prioritizing those ingredients that you'll need for the meals you plan to make that week. Stocking a few emergency proteins and grab-and-go snacks also makes life easier!

How do you know what to put where? If you buy it refrigerated at the store, place it in your fridge at home. If you buy it frozen, put it in the freezer. And if you buy it off a shelf or out of a bin, put it in your pantry. Any pantry item that requires refrigeration upon opening will say so on the label. All fresh produce can be stored in the fridge to extend shelf life, and always refrigerate fresh produce after it's sliced.


FROZEN INGREDIENTS
• Broth
• Meat: ground beef, chicken
• Fish and shellfish: salmon, tilapia, shrimp
• Vegetables: artichoke hearts, broccoli, carrots, cauliflower, celery, onions
• Fruit: bananas, berries, mangoes, pineapple
• Fresh herbs: basil, dill, mint, oregano, rosemary, tarragon, thyme (to best retain the flavors of fresh herbs, chop and mix with olive oil before freezing)
FROZEN PREPARED FOODS: soups, stews, casseroles, cooked meat dishes
Avoid freezing salads, delicate herbs, and hot foods that have not been cooled. The best containers for freezing are freezer-safe glass containers with tight-fitting lids, plastic freezer bags, and plastic lidded containers.
FRESH OR THAWED MEAT & SEAFOOD: bacon, ground beef, pork shoulder, salmon fillets
Some pantry items require refrigeration after opening. For long-term storage of alliums, roots, and fruit, put them in the fridge.
OPEN PANTRY ITEMS: coconut aminos, fish sauce, olives, raw vinegars
COLD BEVERAGES: iced herbal tea, kombucha, mineral water
FRESH PRODUCE: berries, carrots, celery, cucumbers, kale, lemons, lettuce

MEAL IDEAS

BREAKFAST. Think of breakfast as including a protein, like meat, and some veggies and/or fruit. Your protein could come from bacon, sausage, or even steak or a pork chop! Leftover meat from last night's dinner makes for a very quick breakfast. Your sides could include any fresh fruit. Vegetables can be raw (like mixed greens, or carrots and celery sticks), sautéed (a great pairing for bacon) or steamed, fermented (homemade or raw sauerkraut makes a great accompaniment to sausage) or leftovers of any kind. Many root vegetables make for delicious breakfast hash.

Soup also makes for a very satisfying breakfast. Smoothies can be made with veggies, fruit, coconut milk, and Paleo-friendly protein powder like beef isolate or beef plasma protein. If you're really missing breakfast staples, try making Plantain Pancakes.

LUNCH. Just like breakfast, think of lunch as including some animal foods and some plant foods. Lunch can look very much like supper with some kind of protein and some kind of vegetable side dish or dishes. Or lunch could be a salad that includes some leftover chicken or steak or pre-cooked shrimp. Soups and stews make for a quick lunch as do reheated leftovers. If you're really used to sandwiches, you could make them with lettuce or nori wraps instead. Looking for something really easy to eat on the go? Try jerky with some raw veggies and guacamole and some fruit or sweet potato chips.

DINNER. Dinner may be the easiest meal for people to adapt to a Paleo diet, simply because the old standby of meat-and-potatoes is already halfway there. Instead of potatoes, you can include any starchy vegetable. Any number of vegetables and even fruit can easily find its way on the side of meat, poultry or fish. Many soups and stews can be easily adapted with some simple ingredient substitutions.

SNACKS. Apples or celery with almond butter, homemade crackers with uncured deli meats, fruit, and jerky make quick, delicious snacks.

Handy Pre-packaged On The Go Foods. Jerky, Epic bars or pemmican, Sea Snax, plantain crackers, sweet potato chips, and fruit and vegetable leathers are all great Paleo-friendly convenience foods.

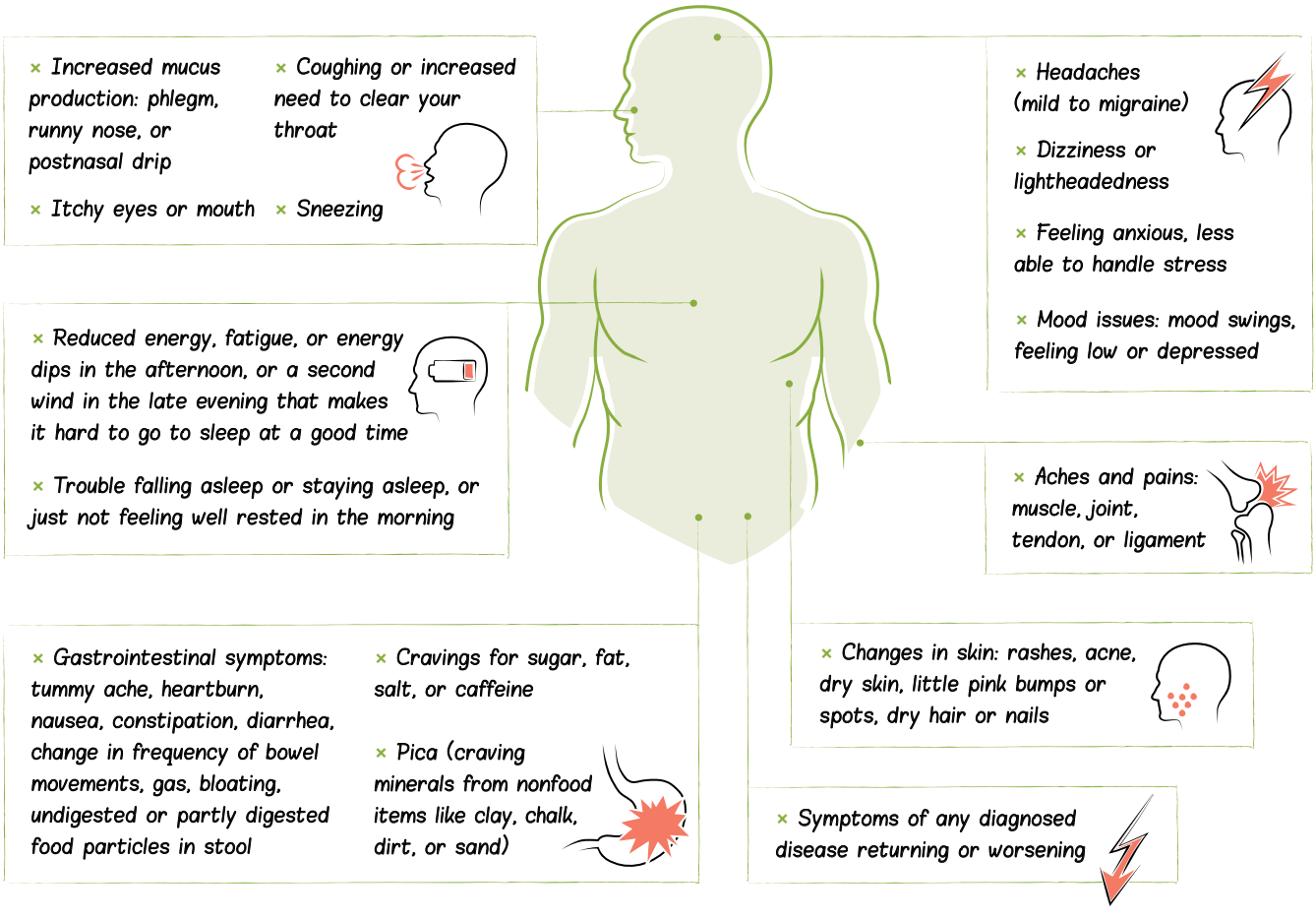
READY-MADE MEALS

Paleo on the Go offers pre-made Paleo meals delivered right to your door. I partnered with them to create a menu that is 100% autoimmune-friendly!

REINTRODUCING FOODS

Ideally, you should avoid food reintroductions until your disease is in full remission. Your decision should come from feeling good and seeing improvement, not cravings. If you think your immune system is still attacking your organs, then it is too early for reintroduction.

SYMPTOMS OF A REACTION AREN'T ALWAYS OBVIOUS, SO KEEP AN EYE OUT FOR ANY OF THE FOLLOWING:



THE STANDARD PROCEDURE FOR FOOD CHALLENGE IS AS FOLLOWS:

1. Select a food to challenge. Be prepared to eat it two or three times in a day, then avoid it completely for a few days.

2. The first time you eat the food, eat 1/2 teaspoon or even less (one teensy little nibble). Wait 15 minutes.

3. If you experience any symptoms, don't eat any more. If you don't, eat 1 teaspoon of the food (a small bite). Wait 15 minutes.

4. If you experience any symptoms, don't eat any more. If you don't, eat 1 1/2 teaspoons of the food (a slightly bigger bite).

5. That's it for now. Wait 2 to 3 hours and monitor yourself for symptoms.

6. If you still haven't experienced any symptoms, eat a normal-sized portion of the food, either by itself or as part of a meal.

7. Do not eat that food again for 5 to 7 days, and don't reintroduce any other foods during that time. Monitor yourself for symptoms.

8. If you have no symptoms during the challenge day or at any time in the next 5 to 7 days, you may reincorporate this food into your diet.

STAGE 1 FOODS

Egg yolks, legumes with edible pods like green beans, scarlet runner beans, sugar snap peas, snow peas, and peas, fruit- and berry-based spices, seed-based spices, seed and nut oils, ghee from grass-fed dairy

STAGE 2 FOODS

Seeds, nuts (except cashews and pistachios), coffee, cocoa or chocolate, egg whites, grass-fed butter, and alcohol in small quantities

STAGE 3 FOODS

Cashews and pistachios, eggplant, sweet peppers, paprika, grass-fed raw cream, and fermented grass-fed dairy like yogurt and kefir

STAGE 4 FOODS

Other dairy products, chili peppers, tomatoes, potatoes, other nightshades and nightshade spices, alco-hol in larger quantities, white rice, traditionally prepared legumes and gluten-free grains, and foods you are allergic or have a history of strong reactions to

TIPS

Don't reintroduce a new food if you have an infection, had an unusually strenuous workout, got less sleep than normal, are feeling unusually stressed, or are under any other circumstances that may make interpreting a reaction difficult. If you have a hard time determining which food caused what reaction, wait longer between reintroductions. Even if a reintroduction is successful, you may wish to keep your consumption of the food to a minimum (like reserving coffee as a treat for Sunday brunch) for the best long-term results. The foods you tolerate may change over time, so a failed reintroduction does not mean you can never eat that food again.

AIP LIFESTYLE

Eating a nutrient-rich diet is important, but it's not everything. In fact, if you ignore lifestyle factors, you might completely undermine all of the efforts you are making with your diet. Specifically, you need to prioritize getting enough quality sleep, man-aging stress, and getting a decent amount of low-to-moderate intensity exercise. The tips on this page will help you do just that.

Your lifestyle plays an important role in regulating your hormone systems, which in turn help regulate your immune system.

Hormone balance is critical for immune health, which is why diet change can only go so far if you aren't addressing lifestyle factors that may be holding you back. Making small changes to the way you exercise, sleep, eat, socialize, and handle stress can reap enormous health benefits. It's okay if your lifestyle becomes a constant work in progress. Getting your ducks in a row (and keeping them there) takes time, dedication, and is a constant learning process.

ACTIVITY

- Aim for at least 300 minutes of moderately-intense activity per week, like walking, swimming, yoga, tai chi, gardening, dancing, bicycling, weight lifting, fitness classes, and various sports.
- If you have limited mobility, try swimming, water-exercise, water-therapy, chair exercise, and chair aerobics.
- If you have parts of your day that are sedentary (like a desk job), take a 2 minute movement break every 20 minutes.
- Investigate the option of an active desk at work (treadmill desk, desk elliptical, desk cycle).
- Take up a hobby that is not sedentary.
- Avoid strenuous, exhaustive activity.

IMPROVING SLEEP

- Spend time outside every day. Use a light-therapy box on days you don't go outside or when the weather is gloomy.
- Keep lights dim in the evening and use blue-blocking glasses for the last 2-3 hours before bed.
- Sleep in a dark environment that is cool, quiet, and a place you associate with peace and rest.
- Keep mealtimes and exercise "on schedule"
- Figure out your ideal bedtime for getting enough sleep and stick with it.

MANAGING MEALS

- Prioritize family meals.
- Make cooking fun, social, and relaxing.
- Sit down to eat and focus on your food.
- Chew thoroughly and don't rush through a meal.
- Don't eat when under duress.
- Eat 2-3 large meals a day.

MANAGING STRESS

- Decrease the number and severity of stressors in your life
- It's OK if you can't do it all.
- It's OK to ask for help.
- Decrease the effect that stressors have on you
- Practice mindfulness for 10-15 minutes daily
- Take a few moments for deep breathing or stretching during the day.
- Maintain good posture.
- Find excuses to get up and move.
- Leave your work at work.
- Engage in stress-relieving activities before and after work.
- Have fun with hobbies, humor, and enjoying nature.

- Use your brain (learn a language or an instrument, puzzles, reading).
- Turn your brain off with active (yoga, tai chi, martial arts) or mindful meitation.
- Nurture yourself with small changes like music, candlelight, aromatherapy, getting a massage, using a light alarm, or a gratitude journal.
- Increase your resilience with humor, faith in your abilities, planning, positive thinking, and a secure social network.