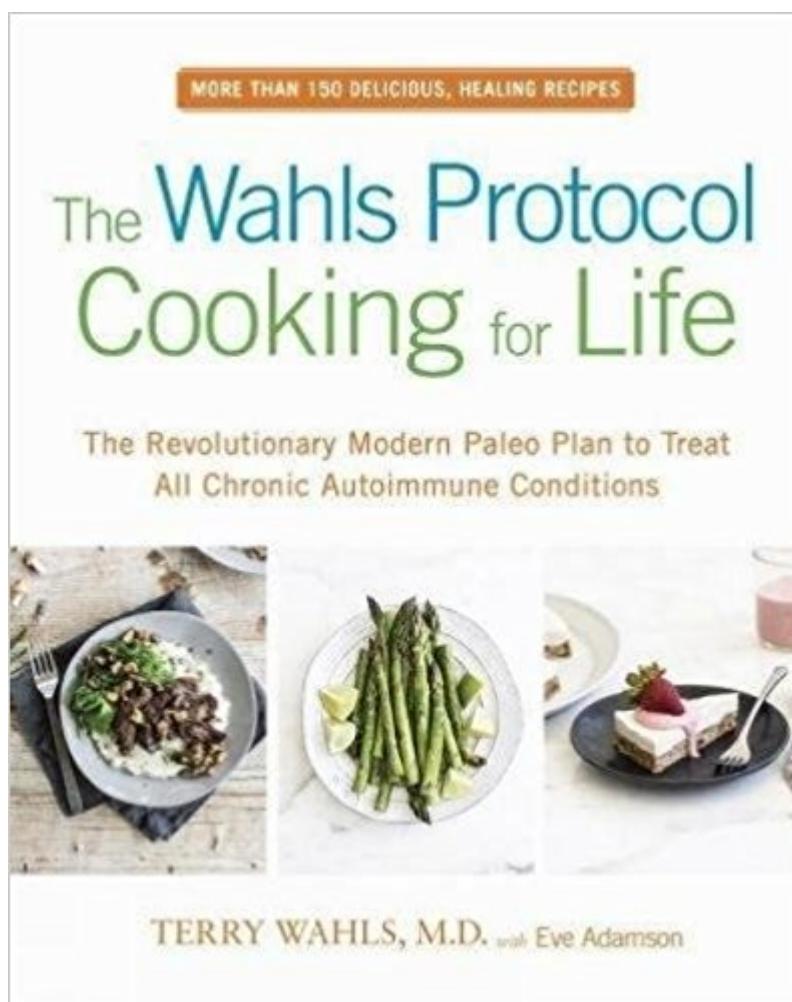


The book was found

# 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' 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

Paperback: 368 pages

Publisher: Avery; 1 edition (April 4, 2017)

Language: English

ISBN-10: 0399184775

ISBN-13: 978-0399184772

Product Dimensions: 7.4 x 0.7 x 9.1 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 71 customer reviews

Best Sellers Rank: #4,518 in Books (See Top 100 in Books) #5 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases #9 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System #21 in Books > Cookbooks, Food & Wine > Special Diet > Paleo

## 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

deliciouslyÃ  Ã  helps you to re-write your health destiny, for the better!" Ã¢â 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-useÃ  Ã  cookbookÃ  Ã  willÃ  Ã  transform the health of anyone suffering from autoimmune disease."Ã  Ã  Ã¢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 aboutÃ  Ã  The Wahls ProtocolÃ  Ã  through her TEDx talk; her website, [terrywahls.com](http://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.

[Download to continue reading...](#)

The Wahls Protocol Cooking for Life: The Revolutionary Modern Paleo Plan to Treat All Chronic Autoimmune Conditions Autoimmune Hepatitis: Learn to Cure Yourself, Your Doctor Never Will! (Autoimmune Disease, Autoimmune Paleo Cookbook, Autoimmune Paleo, Autoimmune, autoimmune diet) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) The Wahls Protocol: A Radical New Way to Treat All Chronic Autoimmune Conditions Using Paleo Principles The Wahls Protocol: A Radical New Way to Treat All Chronic Autoimmune Conditions Using Paleo Principles Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) The Everyday Paleo Slow Cooker: 100+ Quick and Easy Paleo Slow Cooker Recipes for Busy People (paleo diet, paleo, paleo solution, paleo diet cookbook, paleo books, paleo ebooks, paleo diet kindle) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Paleo Diet for Beginners: Lose Weight and Start Living the Paleo Lifestyle. Easy Paleo Diet Recipes for Weight Loss(paleo books, Paleo Diet, Paleo Diet ... diet, living paleo for dummies Book 2) Paleo Diet: Ultimate Guide For Beginners, How To Lose Weight And Get Healthy (Paleo For Beginners, Paleo Diet Cookbook , Paleo Diet Recipes, Paleo Diet For Rapid Weight Loss, Paleo Diet Plan) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) Paleo: Paleo Slow Cooker Cookbook: Top 80 Paleo Recipes - Easy, Delicious and Nutritious Paleo Diet Cooking (FREE BONUS) (Paleo Crockpot, Paleo Baking, Whole Food) Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet, Paleo Slow Cooker Cookbook - Top 80 Paleo Recipes (Paleo Series) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Paleo Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Paleo Recipes, Paleo, Paleo ... Paleo Recipe Book, Paleo

Cookbook) (Volume 1) Paleo For Beginners: Paleo Diet & The Complete Guide To Paleo & Paleo Cookbook, Paleo Recipes, Paleo Weight Loss Paleo For Beginners: Paleo Diet & The Complete Guide To Paleo & Paleo Cookbook, Paleo Recipes, Paleo Weight Loss (Clean Eating) Paleo Instant Pot Cookbook: Amazing Paleo Instant Pot Recipes for Whole Family ( Paleo Instant Pot Recipes Cookbook, Paleo Diet Guide Cookbook, Paleo Diet Recipe Book, Paleo Diet for Beginners ) The Wahls Protocol: How I Beat Progressive MS Using Paleo Principles and Functional Medicine PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)