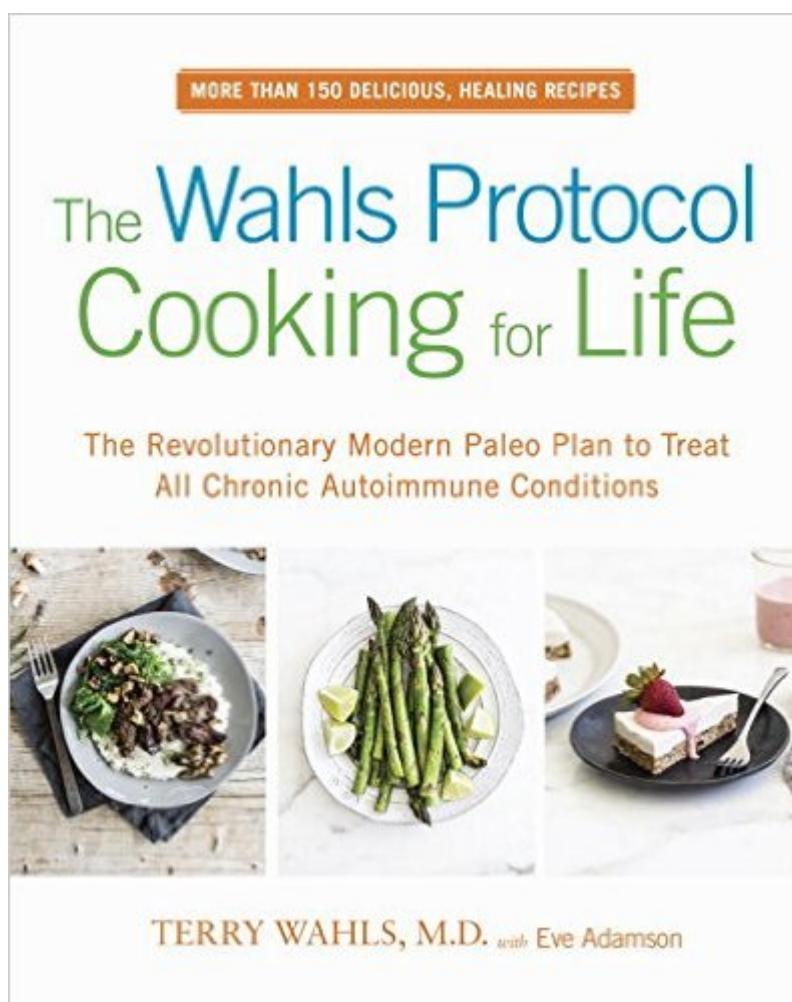


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# The Wahls Protocol Cooking For Life: The Revolutionary Modern Paleo Plan To Treat All Chronic Autoimmune Conditions



## Synopsis

Dr. Terry Wahls presents the long-awaited cookbook companion to The Wahls Protocol, the groundbreaking guide to reversing autoimmune conditions through diet, featuring more than 125 delicious, nutritionally dense recipes tailored to each level of the Wahls Paleo Diet. In The Wahls Protocol, Dr. Terry Wahls shared her incredible story of recovery from progressive multiple sclerosis—“she went from being nearly bedridden to biking eighteen miles just over a year later”—through the combined efforts of functional medicine and a complete overhaul of her diet. 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, skillets, 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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