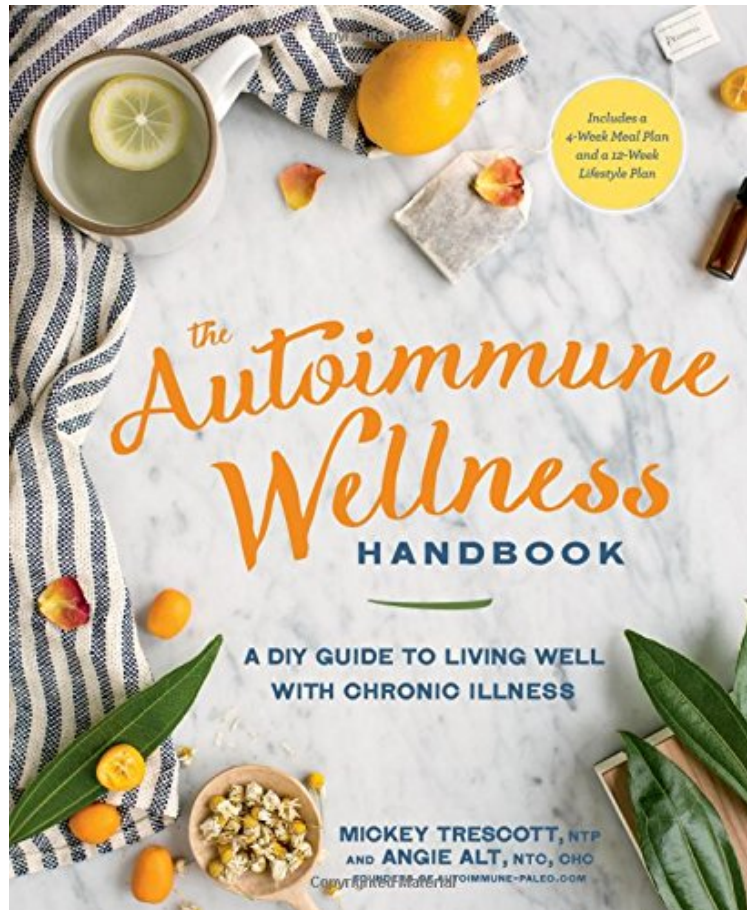


(Get free) The Autoimmune Wellness Handbook: A DIY Guide to Living Well with Chronic Illness

# The Autoimmune Wellness Handbook: A DIY Guide to Living Well with Chronic Illness

Mickey Trescott NTP, Angie Alt

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**Mickey Trescott NTP, Angie Alt : The Autoimmune Wellness Handbook: A DIY Guide to Living Well with Chronic Illness** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Autoimmune Wellness Handbook: A DIY Guide to Living Well with Chronic Illness:

68 of 69 people found the following review helpful. How-to for AIP (or any chronic illness and other things like life)By M. DoyleI think this book is fantastic! and am only giving 4 stars because of these few, somewhat petty irks...As another reviewer wrote, The pumpkin and butternut squash are missing from the week 2 shopping list. I write a lot of notes in my cookbooks and the paper this is printed on isn't great for that. So if you take notes, expect a messy book or test an ink pen in the back first. Also, I wish this wasn't pigeonholed to "autoimmune" as these are the steps that anyone with chronic illness might want to follow, and are really just a strong solid foundation for anyone to have good health.Other than that, I am finding this to be an excellent step by step workbook. Perhaps because my brain puts information in as the order it was written by the authors, or they just made it accessible. I have the mothership book by

Sarah Ballantyne, The Paleo Approach, that the authors of AWH referenced for their book. This book puts the textbook-like writing of Dr. Ballantyne's into an approachable step by step... at least I think so, I have some serious mental fog so keep that in mind, ha! I can tell that it is well thought out as I have to retrace things many times to process and this book is fluid for me, which I need right now. I get the why but stumbled putting together the how. I also love that it starts with sleep and meditation. So many well meaning people start with a big push on the movement, really not understanding that it can take all day to make a pot of soup when you are ill. Which brings up something else about this book I appreciated: the cooking wasn't overwhelming, but I couldn't have started without a hand that first week. My stamina has been improving since then (probably because of the "permission" to rest, be still and silent). When I add in the local market that has online ordering that can be picked up by anyone (which saves days when I consider all it takes to get there, shop, home, put away and then recover for a day or three) and I don't have to wait for the delivery window and delivery person in the house. {side note: I can't manage a butternut squash yet, some days carrots are a lot, so I do have bags of frozen on hand instead (it saves a lot of kitchen recovery time). Seems like 2 10oz bags of frozen butternut equal one fresh and a bag of sliced carrots is usually what goes well in soups, stews, and the like. Also, I look for any kale, chard, etc. already washed and prepped. It's worth the extra pocket change to spare the kitchen time; I had to let go over my penny-pinching tendencies} The recipes are good and the portions are generous. We eased in the first week and just did the meal plan as written (which is for 1 person) With my husband eating leftovers from the week before and transitioning the last of our fresh produce, we had plenty of food for the 2 of us. I have a lot of nausea and I found the meals easy on my gut and I can always manage to eat at least 1/2 because they smell so tantalizing. Having leftovers planned in the meal plan is perfect! Thank you for not turning leftovers into something else and having to basically recook something. So many meal plans try to make things glamorous and I simply need fast, easy, clean, and tasty. That they freeze well and say how long they keep is great! I don't have to watch my husband play leftover roulette trying to remember when he made something (I don't participate in this bizarre game of his.) Also, I sort of blew up our oven like a Molotov cocktail and have been using an Instapot instead of baking the recipes. I find a similar recipe in an instapot cookbook and just adapt the time and pressure to the AWH recipes (then make a messy note of it in the book for next time). Any liquid gets simmered down into a sauce. I'm looking forward to trying these in an oven when it is back online. I'm honestly surprised that I was able to take a shower from start to finish, drying hair, the full gig, without feeling like I was going to pass out for the first time in over a year. I'm so skeptical and jaded after giving so many promises a go but it has only been a few weeks and that's a big shift. I'm also not feeling exhausted today after such a wild ride that most people don't give thought to every morning. I'm looking forward to making exciting progress, like a shower and checking the mail in the same day... maybe a walk around a park (to dream!). Snark aside, I am very appreciative to the authors for putting together the workbook that I needed and getting me started when I wasn't able to think and plan. 67 of 71 people found the following review helpful. The recipes and meal plan are worth the purchase price alone, but you get so much more! By Jaime - Gutsy By Nature This book is a must have for anyone trying to find "wellness" while living with an autoimmune disease like Crohn's, celiac, Hashimoto's, lupus, rheumatoid arthritis, or any of the 100+ other known or suspected conditions that occur when the body's own immune system is triggered to turn against itself. Being diagnosed with an autoimmune disease and then navigating the medical system of treatment is a confusing process, but this book provides a comprehensive resource that helps you build a collaborative care team that may include both conventional and alternative providers and implement DIY lifestyle changes that will truly make a difference. I particularly like that the authors do not claim to have a magic solution that would work for everyone, but instead guide the reader through a series of steps that help each person create a personalized plan for wellness that will continue to evolve and refine over time. Diet is a significant part of that plan and often the element of lifestyle change that causes the most angst for people who undertake it. With Angie and Mickey coaching you though, it is not hard at all. The book includes 30 autoimmune protocol elimination phase (AIP) recipes, all of them easy to make and requiring no unusual or expensive ingredients, and a four week meal plan with shopping lists. I think this book would be worth the purchase price alone for just this section, but you also get so much more, including support and encouragement that you just can't put a dollar figure on. 2 of 2 people found the following review helpful. Excellent book! By Kathy Young Excellent information for anyone trying to heal from autoimmune diseases. Love Mickey Trescott. She has some very helpful cookbooks and recipes, too!

The way autoimmune disease is viewed and treated is undergoing a major change as an estimated 50 million Americans (and growing) suffer from these conditions. For many patients, the key to true wellness is in holistic treatment, although they might not know how to begin their journey to total recovery. The Autoimmune Wellness Handbook, from Mickey Trescott and Angie Alt of Autoimmune-Paleo.com, is a comprehensive guide to living healthfully with autoimmune disease. While conventional medicine is limited to medication or even surgical fixes, Trescott and Alt introduce a complementary solution that focuses on seven key steps to recovery: inform, collaborate, nourish, rest, breathe, move, and connect. Each step demystifies the process to reclaim total mind and body health. With five autoimmune conditions between them, Trescott and Alt have achieved astounding results using the premises

laid out in the book. The Autoimmune Wellness Handbook goes well beyond nutrition and provides the missing link so that you can get back to living a vibrant, healthy life.

"The Autoimmune Wellness Handbook will help you understand exactly what steps to take to help you achieve health and wellness. Mickey and Angie are two autoimmune warriors speaking from the heart, and with years of practical experience, to their community."--Terry Wahls, M.D., author of *The Wahls Protocol* Autoimmune wellness advocates Mickey and Angie have created a must-have resource for each and every one of the estimated 60 million Americans battling autoimmune disease, an epidemic now spread across the globe. This comprehensive guidebook not only brims with compassion and understanding but also gives you all of the information, tools and inspiration you need to live your best life with autoimmune disease.--Dr. Sarah Ballantyne, PhD, New York Times bestselling author of *The Paleo Approach* The road to recovery from autoimmune disease can feel like an overwhelming expedition full of twists and challenges. Autoimmune disease is not a quick fix and often times patients need multiple interventions to get themselves well. Mickey and Angie have created a comprehensive and practical handbook that will guide you down the path to recovery from autoimmune disease. The Autoimmune Wellness Handbook is a roadmap that can accelerate the journey to health for autoimmune patients!--Izabella Wentz, PharmD, FASCP New York Times bestselling author of *Hashimotos the Root Cause* Packed to the gills with applicable solutions, The Autoimmune Wellness Handbook is my new favorite resource for today's #1 emerging health challenge. If you or a loved one suffers from autoimmunity, and aren't sure where to begin--START HERE.--Russ Crandall, The New York Times bestselling author of *Paleo Takeout* and *The Ancestral Table* It is normal to meet an autoimmune diagnosis with a tremendous sense of confusion, loss, and betrayal, and the information overwhelm can leave the initiate tumbling in its wake. This is where Mickey and Angies book comes in. The Autoimmune Wellness Handbook is an elegant and encouraging guide that not only succinctly reviews the nuts and bolts of autoimmune disease management, but also leads you through an often tumultuous inner journey with loving wisdom. In its own unforgiving way, autoimmune diseases forces us to honor human design, not societys (often shaming) version. The autoimmune patient must learn to rest, self-advocate, love and be loved, self-nourish, move appropriately, release toxic people and situations, and lift the veil on buried shadows. Like all of lifes best rewards, autoimmune management is hard won. But, as this handbook shows you, the autoimmune journey can also be an enriching path to a more authentic you.--Dr. Datis Kharrazian, author of *Why Do I Still Have Thyroid Symptoms?* and *Why Isnt My Brain Working?* About the Author MICKEY TRESCOTT, NTP, is a Nutritional Therapy Practitioner, chef, blogger, and author of *The Autoimmune Paleo Cookbook*. She is the creator of *AIP Batch Cook*, a video-based cooking program that teaches users how to prepare allergen-free meals in their own home. She teaches cooking classes online and at seminars around the country, as well as at Bastyr University. Mickey is on the board of directors for Hashimotos Awareness, an advocacy organization for sufferers of Hashimotos disease. In 2012, Mickey founded *Autoimmune-Paleo.com*, a website with recipes and resources for those suffering from autoimmune diseases. She lives in Willamette Valley, Oregon. ANGIE ALT, NTC, CHC, is a Nutritional Therapy Consultant, Certified Health Coach and author of *The Alternative Autoimmune Cookbook*, a recipe and guidebook for the Autoimmune Protocol. She is the creator of *SAD to AIP in SIX*, an online coaching program that has helped over a 1,000 members on the path to wellness, teaching them how to transition their diets and lifestyle over a six-week period. In 2015, Angie became a partner at *Autoimmune-Paleo.com*. She lives in Washington, D.C.