



Jesabe Warner Naturopathy

PERSONALISED AND SPECIALISED FUNCTIONAL MEDICINE

The Auto-Immune Paleo (AIP) diet can make a massive difference in chronic skin conditions, body pain, auto-immunity, migraines IBS, and other chronic conditions. It's not for the long-term but is an important first step in reducing symptoms.

Foods to Be Avoided on the AIP Diet

- Gluten
- Grains, including buckwheat and rice. Quinoa and amaranth are okay
- Dairy
- Eggs
- Soy
- Mushrooms
- Alcohol
- Caffeine
- Beans and legumes
- Nightshades - tomatoes, white potatoes, eggplant, peppers, goji berries
- Seaweed and other sea vegetables
- Sugars (including honey, maple syrup, and agave)
- Canned foods, processed foods, coffee (perhaps reduce and try roasted dandelion or green tea)
- High glycemic index foods (pasta, breads and limit fruit to 1 piece per day)

You may experience withdrawal-like symptoms including brain fog, irritability, cravings, fatigue, and headaches, after quitting gluten, dairy, and sugar while adhering to the Autoimmune Paleo diet. You can expect to see results within 30-90 days.

Foods to Be Included on the AIP Diet

- Organic vegetables (except nightshades and legumes)
- Fermented foods (sauerkraut, nightshade free kimchi, coconut kefir, kombucha, fermented vegetables, and jams)
- Organic and grass-fed meats
- Organic and grass-fed organ meats
- Wild-caught fish
- Fats & oils
- Low-glycemic organic fruits
- Coconut (including coconut milk and coconut oil)
- Herbs and spices
- Sweet potato

Optional foods to avoid if you experience high histamine symptoms such as hives, hayfever, skin rashes and headaches.

High histamine level foods:

- Alcohol
- Pickled or canned foods – sauerkrauts
- Matured cheeses
- Smoked meat products – salami, ham, sausages etc
- Shellfish, anchovies
- Beans and pulses – chickpeas, soy beans, peanuts
- Nuts esp walnuts, cashew nuts
- Chocolates and other cocoa based products
- Vinegar
- Packaged meals
- Salty snacks, sweets with preservatives and artificial colourings