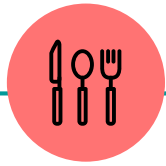


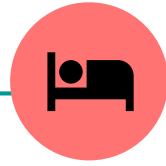
AUTOIMMUNE PROTOCOL

WHAT IS AIP?



ELIMINATION DIET

Eliminate potential
triggers & heal the gut



SLEEP

Ensure you are getting
enough quality sleep



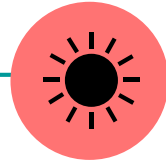
STRESS

Develop ways to manage
stress that work for you



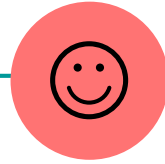
PHYSICAL ACTIVITY

Find forms of exercise
that keep you engaged



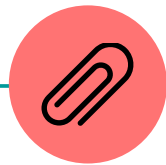
GET OUTDOORS

Spend time outdoors
and in the sun



SUPPORT NETWORK

Get trusted friends
& family on board



KEEP A FOOD & MOOD DIARY

...and use it!

Diet, sleep, stress, movement, time outside, mood -
It's the best way to identify patterns & alter behaviour



MAKE IT YOURS

As you experience positive change & start to reintroduce foods,
tweak the protocol to meet your needs