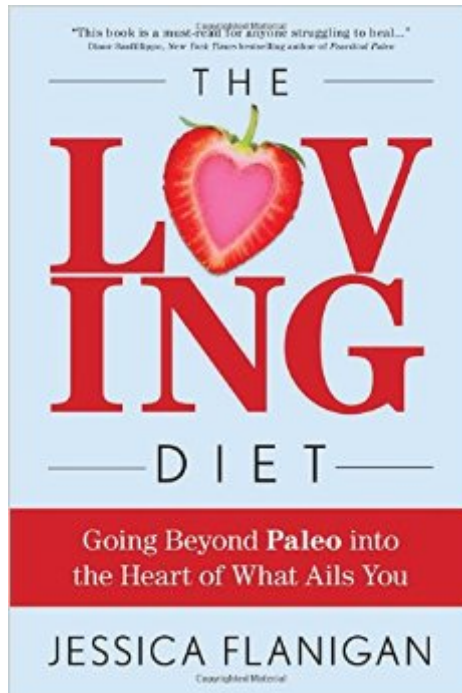


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# The Loving Diet: Going Beyond Paleo Into The Heart Of What Ails You



## Synopsis

“This book is a must-read for anyone struggling to heal” — Diane Sanfilippo, New York Times bestselling author of *Practical Paleo*

How can we make our life work for us instead of against us? Can the entire nature of disease actually be a gift? Can joy and abundance be yours in unlimited amounts despite the presence of illness? What is the role of forgiveness and held beliefs in relation to disease? *The Loving Diet* introduces a fresh approach to your current health care plan: Love. *The Loving Diet* goes beyond typical Paleo food plans because it incorporates not only the low-inflammatory Autoimmune Paleo diet but also the spiritual, heart-centered side of healing. *The Loving Diet* incorporates a new mindfulness approach to heal what ails you through diet, love, and trust. *The Loving Diet* provides a full road map of healing. In addition to teaching you exactly how to incorporate love into how you approach your illness, it provides meal plans and recipes that favor low inflammation and nutrient dense foods. It also includes loving affirmations, helpful sidebars and prescriptive exercises, as well as stories of people who have followed *The Loving Diet* and experienced its extraordinary benefits.

## Book Information

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## Customer Reviews

More people suffer from Autoimmune Diseases than Cancer and Heart Disease combined. There is an epidemic happening and the healthcare world is just not equipped to diagnose, treat or heal. The immune system is so nebulous and just in the last few years has anyone made a substantial dent in how to heal from an Autoimmune Disease. As someone who has suffered from Hashimoto's and

Celiac for over four years, I know first hand how hopeless healing an Autoimmune Disease is. I started out trying the SCD (specific carbohydrate diet) and then moved on to Paleo and AIP and started to feel better. But it wasn't enough. Jessica Flanigan is a trained Clinical Functional Nutritionist. She takes the AIP Diet, Clinical training and introduces a concept that has not yet been explored by the Autoimmune community - which is LOVE. This book introduces a whole new concept to the Autoimmune Paleo world. What if your illness was the key to happiness? What if you started to love yourself in the midst of illness? What if Loving was the missing link to healing? What if you could resolve suffering by reframing the gifts? In this new approach Jessica has given a clear and easy roadmap to anyone suffering from Autoimmune Disease. Each chapter includes exercises and specific ways to reframe your illness. It was a game changer for me. Instead of blaming my body for rejecting (that is really what is happening when you have an Autoimmune Disease - the body begins to attack itself) I then started to love it. I started to cooperate with my illness. I started to see changes. I was able to approach my illness with such love and tenderness - the againstness and hopelessness started to dissolve.

Jessica Flanigan has written a book not only for health, and not only for spirituality, but for almost seemingly total rebirth. I realized while I don't have an autoimmune disease, I do have issues I live with that are not in alignment with what I see for myself, namely pain, sleeplessness, and poor eating choices. I ruminate about these often. By constantly casting aspersions on these things, and mentally plotting my actions to end them, this book suggests that I've been living in opposition to them, creating friction, or at least energy to keep them active and powerful, or at least to keep myself powerless. This is in fact what I normally experience. I now understand that radical trust is tantamount to happiness and progress and the resolution of these. In addition to love, total self acceptance is a tenet of the book and what Flanigan sees as crucial to serenity and happiness. She adroitly straddles the concepts of self-love and acceptance while also championing working hard to change or align yourself with the health or life goals you have. Unlike so many other self-betterment books, Flanigan knows that there is nothing "wrong" with you, even if you are suffering from a debilitating or even terminal illness. This because you're more than your body, you're your soul, and your soul is perfect. At the same time she is smart, compassionate and careful not to be guileless about the tremendous suffering that can occur with people struggling with auto-immune disorders, this because we learn she is a practitioner as well. She has embraced the paleo diet and also not regarded it as a sacred cow, and has tirelessly worked to discover new ways to augment and improve upon it.

Since my health started changing, I approached healing in two ways. Since anxiety was such a strong component, I did mindfulness, therapy, and mindset work in addition to working with different doctors to find my root cause. What I experienced was confusion and self blame, because I had a doctor who told me I could do all the therapy I wanted, but it wouldn't go away until the toxins were gone. Recently my Lyme doctor told me how much Babesia can influence your mind (both docs said those things as encouragement that it's not my fault). Then I had therapists who ignored my diagnosis, and couldn't look deeper than the anxiety, and were upset that I didn't improve. I was left with feeling even more broken. The reality, is that it's a mix of the two. However, the power of the mind should not be overlooked, and in my gut I never felt right about not doing anything for my mind, while healing from an infection. I was searching for the perfect thing. Something that really resonated with me, and was the combination of mindset work along with respecting the work I was also doing with my doctors. Then came Jessica Flanigan and her wonderful book. Jessica respects the illness, while teaching you how to use mindfulness to help you draw healing toward you. As soon as I read about Jessica, I knew she was the perfect combination of medical and emotional that I had been searching for. What if your illness could teach you, and you could see what it has brought to your life, rather than taken away? It changes the perspective, and helps bring peace and healing because you are no longer running away and resisting, but accepting and loving. This book has really brought me a lot of peace, and the exercises in the book have helped me a lot.

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