

Real life AIP tips and tricks

Intro:

Real life AIP tips and tricks features stories from people like you and me who are using the Paleo Autoimmune Protocol and lifestyle to manage their autoimmune condition and live well in spite of the obstacles they may encounter.

Healing from an autoimmune disease is not just about the food. While the food you eat (and don't eat) is extremely important, other factors are at play, such as reducing emotional stress, cultivating quality sleep, practicing regular exercise, or keeping a positive outlook on life.

My wish for you is to draw strength and inspiration from these real life stories from all over the world.

What I will need in addition to your written answers: 1 picture of you (landscape) and 3 pictures of your go-to AIP meals (landscape as well with a clear lighting and uncluttered background).

Any other picture you wish to submit will be most welcome as I like to incorporate lots of pictures in blog posts!

Examples: yoga practice, meditation practice, your favorite product for a bath soak, your garden, your bedtime routine, your favorite essential oils, favorite snacks, your AIP pantry, your fridge, etc.

Tell me about you: (*I would love it if you could answer all these questions. If you are uncomfortable with one, just skip to the next.*)

Name:

Location:

Diagnosis:

When did you start AIP?

Have you reintroduced any non-AIP foods?

Diet and lifestyle questions:

1. Which tips or tricks made your life easier in the kitchen and helped you stick with the AIP diet?
2. What are your top three AIP go-to meals that are easy and quick to prepare?
3. What are your favorite AIP snacks?
4. How do you manage to stay AIP outside of the house (at work, restaurants, travel, etc.)?
5. What other lifestyle components have you implemented in your healing routine (sleep, stress management, exercise, etc.)?
6. What advice would you give to a beginner just starting the AIP diet and lifestyle?
7. What are your favorite AIP resources?

That's it! Thank you so much for your participation. Your experience is highly valuable for other people starting or struggling with the Paleo Autoimmune Protocol.

**Please send this questionnaire back as well as the pictures to:
contact@asquirrelinthekitchen.com**