

Name: _____

Date: _____

Autoimmune Disease Diet

D J J A J E B E F I T Z C P A A D V I M Z P U U
G W Y I F M P K E E W X I C S I N E T U L G M T
V B M D X J A Y I Z Q U Q M X G K N J I C S H T
S G P Z D K T D H V A C U E K N Q C K I L C J A
E N Y I A S N T W O S G B R U O N L G Z O M H E
I T F T Q N I E V V N Y W B W P Z O M D H K U U
C C Q J K A Y A P B E D X N J G Y C D J O H S O
N O I T A M M A L F N I M L Z E W O E K C J G Y
O Q X X D O L Q B K V T R I L R E T Y V L T N T
C W Y K Y O A P T U F Z X Y M H R O R G A M K A
Z E H E A L T H Y E A T I N G R G R L F B E H H
G J O N Z Y M P G G M C C W O W P P V T R R E W
B Y F E N L X C J N O W X D C G O A T R X D M E
C P L E N I T S E T N I S N I D I T L P W Q I R
I Y G Q T R Y O S P I M M U N E S Y S T E M I A
J D E A J Q A I D I V G M R Y M W Y N V R A N U
A U T O I M M U N E D I S E A S E D I E T H C O
R F C G F F B A D F W H Y W Y R R W X U A T P Y
D W M U K T S P L S P S Z O N Z J Y M B Q B K N
H X U R T W M F V U U Z G D R M Q P Z F S Z G J
L N L E H X B A L P T B H C S X Q D H M O R K R
L Y B J R E P B S U A S B R H B X C F P A L L H
R N O N E S F D E L F X V K M N B M D E X V N E
S D O O F D E S S E C O R P V W G U R D H G K L

autoimmune disease diet

you are what you eat

processed foods

healthy eating

immune system

inflammation

intestine

protocol

alcohol

gluten

lupus

diet