

Download Top Ten Vegan Recipes Simple Solutions Series

Browse the WebMD Questions and Answers A-Z library for insights and advice for better health. The autoimmune protocol is a version of the Paleo diet (no grains, legumes or dairy) where a person avoids foods like eggs, nuts, seeds, nightshades, alcohol, NSAIDs, emulsifiers, thickeners, and other food additives. Password requirements: 6 to 30 characters long; ASCII characters only (characters found on a standard US keyboard); must contain at least 4 different symbols; So far in this series on additives, I've discussed magnesium stearate, soy lecithin, carrageenan, and xanthan gum. These are the most common food additives found in processed foods, especially in processed "health" foods, and many health conscious shoppers have been unnecessarily concerned about avoiding some of the less harmful substances I covered in this series.