

# Autoimmune Protocol LECTURE Series

## COURSE OUTLINE

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### Week #1: Introduction to the Autoimmune Protocol

This first week of the course is all about introducing you to the Autoimmune Protocol and covering important topics that the tenets of the Autoimmune Protocol are built on.

1. **Welcome to The AIP Lecture Series**
  - a. Lecture Length: 10 minutes
  - b. There is no Recommended Reading for this lecture
2. **History of Dietary Recommendations and the Rise in Chronic Illness**
  - a. Lecture Length: 25 minutes
  - b. Recommended Reading: *Paleo Principles* pages 10-17
3. **What is Autoimmune Disease?**
  - a. Lecture Length: 18 minutes
  - b. Recommended Reading: *The Paleo Approach* pages 12-21
4. **Primer On The Immune System**
  - a. Lecture Length: 35 minutes
  - b. Recommended Reading: *Paleo Principles* pages 78-82 and *The Paleo Approach* pages 26-41
5. **Primer on Gut Health**
  - a. Lecture Length: 30 minutes
  - b. Recommended Reading: *Paleo Principles* pages 67-77 and *The Paleo Approach* pages 53-63
6. **The Causes of Autoimmune Disease**
  - a. Lecture Length: 45 minutes
  - b. Recommended Reading: *The Paleo Approach* pages 42-64
7. **What to Expect from the AIP**
  - a. Lecture Length: 20 minutes
  - b. Recommended Reading: *Paleo Principles* pages 127-133, 412-415 and *The Paleo Approach* page 264

## Week #2: The Science behind What to Eat

This week's lectures focus on what to eat on the Autoimmune Protocol, including the importance of nutrient density, the most nutrient-dense foods available in the food supply, optimizing macronutrients, and practical aspects of sourcing quality AIP foods.

### 1. Nutrient Density and Immune Function

- a. Lecture Length: 54 minutes
- b. Recommended Reading: *Paleo Principles* pages 20-49 and *The Paleo Approach* pages 69-89

### 2. The Importance of Vegetables

- a. Lecture Length: 23 minutes
- b. Recommended Reading: *Paleo Principles* pages 137-157 and *The Paleo Approach* pages 200-213

### 3. The Importance of Seafood

- a. Lecture Length: 15 minutes
- b. Recommended Reading: *Paleo Principles* pages 158-165 and *The Paleo Approach* pages 187-189

### 4. The Importance of Offal and Broth

- a. Lecture Length: 29 minutes
- b. Recommended Reading: *Paleo Principles* pages 166-182 and *The Paleo Approach* pages 194-198

### 5. Foods for Gut Health

- a. Lecture Length: 25 minutes
- b. Recommended Reading: *Paleo Principles* pages 39-46, 67-77, 190-193 and *The Paleo Approach* pages 221-224

### 6. Plants vs Animals: Macronutrients are Overrated

- a. Lecture Length: 15 minutes
- b. Recommended Reading: *Paleo Principles* pages 50-65 and *The Paleo Approach* pages 220-221

### 7. Variety, Quality and Budget

- a. Lecture Length: 20 minutes
- b. Recommended Reading: *Paleo Principles* pages 220-223, 387-390, 445-449 and *The Paleo Approach* pages 214-216, 190-193, 198-200



## Week #3: The Science behind AIP Eliminations, Part 1

This week's lectures focus on the science behind each of the dietary eliminations on the Autoimmune Protocol, detailing how compounds in eliminated foods affect our health at the cellular and molecular level.

### 1. Introduction to AIP Eliminations

- a. Lecture Length: 13 minutes
- b. Recommended Reading: *Paleo Principles* pages 109-119, 225-232 and *The Paleo Approach* page 90

2. **AIP Eliminations: Prolamins**
    - a. Lecture Length: 35 minutes
    - b. Recommended Reading: *Paleo Principles* pages 241-249 and *The Paleo Approach* pages 90-100
  3. **AIP Eliminations: Agglutinins**
    - a. Lecture Length: 15 minutes
    - b. Recommended Reading: *Paleo Principles* pages 249-251 and *The Paleo Approach* pages 100-103
  4. **AIP Eliminations: Saponins and Glycoalkaloids**
    - a. Lecture Length: 18 minutes
    - b. Recommended Reading: *Paleo Principles* pages 253, 296-299 and *The Paleo Approach* pages 108-110
  5. **AIP Eliminations: Digestive Enzyme Inhibitors and Phytates**
    - a. Lecture Length: 15 minutes
    - b. Recommended Reading: *Paleo Principles* pages 251-252, 254 and *The Paleo Approach* pages 104-107
  6. **AIP Eliminations: Alcohol and Eggs**
    - a. Lecture Length: 15 minutes
    - b. Recommended Reading: *Paleo Principles* pages 294-296, 300-302 and *The Paleo Approach* pages 111-113
  7. **AIP Eliminations: Refined and Manufactured Foods**
    - a. Lecture Length: 15 minutes
    - b. Recommended Reading: *Paleo Principles* pages 109-119, 227-240 and *The Paleo Approach* pages 114-115
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## Week #4: The Science behind AIP Eliminations, Part 2

This week's lectures continue explaining the reasons for each AIP elimination, detailing how compounds in eliminated foods affect our health at the cellular and molecular level. Practical aspects of AIP eliminations are also covered.

1. **AIP Eliminations: Sugar and Insulin**
  - a. Lecture Length: 17 minutes
  - b. Recommended Reading: *Paleo Principles* pages 85-87, 266-269 and *The Paleo Approach* pages 117-122
2. **AIP Eliminations: Sweeteners and Estrogen Mimics**
  - a. Lecture Length: 23 minutes
  - b. Recommended Reading: *Paleo Principles* pages 112-113, 227-228, 269-278 and *The Paleo Approach* pages 49-52, 122-126, 169-170, 214-215
3. **AIP Eliminations: Leptin and Ghrelin**
  - a. Lecture Length: 15 minutes
  - b. Recommended Reading: *Paleo Principles* pages 88-92 and *The Paleo Approach* pages 131-138, 164-165

#### 4. AIP Eliminations: Bad Fats

- a. Lecture Length: 20 minutes
- b. Recommended Reading: *Paleo Principles* pages 158-160, 183-189, 259-262 and *The Paleo Approach* pages 126-131

#### 5. AIP Eliminations: Other Immunogenic Foods

- a. Lecture Length: 19 minutes
- b. Recommended Reading: *Paleo Principles* pages 198-209, 213-215, 432-434 and *The Paleo Approach* pages 82, 136-137, 203, 225-227, 306-308

#### 6. Summary of AIP Eliminations

- a. Lecture Length: 22 minutes
- b. Recommended Reading: *Paleo Principles* pages 412-415 and *The Paleo Approach* pages 140, 237-239

#### 7. Living with Eliminations

- a. Lecture Length: 40 minutes
- b. Recommended Reading: *Paleo Principles* pages 380-392 and *The Paleo Approach* pages 264-286

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## Week #5: The Science behind AIP Lifestyle

Health is about more than just the food on our plates. This week's lectures discuss lifestyle factors that influence immune function, hormone regulation and gut health.

#### 1. Introduction to AIP Lifestyle

- a. Lecture Length: 11 minutes
- b. Recommended Reading: *Paleo Principles* pages 120-126 and *The Paleo Approach* page 143

#### 2. Sleep and the Immune System

- a. Lecture Length: 42 minutes
- b. Recommended Reading: *Paleo Principles* pages 321-338 and *The Paleo Approach* pages 151-157, 254-258

#### 3. Stress and the Immune System

- a. Lecture Length: 33 minutes
- b. Recommended Reading: *Paleo Principles* pages 339-354 and *The Paleo Approach* pages 144-150, 246-253

#### 4. Activity and the Immune System

- a. Lecture Length: 25 minutes
- b. Recommended Reading: *Paleo Principles* pages 355-364 and *The Paleo Approach* pages 158-163, 258-260

#### 5. Connection and the Immune System

- a. Lecture Length: 19 minutes
- b. Recommended Reading: *Paleo Principles* pages 372-377 and *The Paleo Approach* page 150

## 6. Nature and the Immune System

- a. Lecture Length: 20 minutes
- b. Recommended Reading: *Paleo Principles* pages 365-371 and *The Paleo Approach* pages 249-250

## 7. Lifestyle versus Diet: What's More Important?

- a. Lecture Length: 10 minutes
- b. Recommended Reading: *Paleo Principles* pages 120-126, 319-320, 384-386 and *The Paleo Approach* pages 241-242

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# Week #6: Implementing and Troubleshooting

This week's topics include many aspects of implementation of the Autoimmune Protocol, as well as troubleshooting, reintroductions, and lifelong health.

## 1. The Autoimmune Protocol Do's and Don'ts

- a. Lecture Length: 25 minutes
- b. Recommended Reading: *Paleo Principles* pages 380-392 and *The Paleo Approach* pages 264-286

## 2. Repairing the Gut

- a. Lecture Length: 35 minutes
- b. Recommended Reading: *Paleo Principles* pages 67-77, 190-193 and *The Paleo Approach* pages 290-305

## 3. Avoiding Environmental Toxins

- a. Lecture Length: 20 minutes
- b. Recommended Reading: *Paleo Principles* pages 109-120 and *The Paleo Approach* pages 44-52

## 4. Troubleshooting

- a. Lecture Length: 60 minutes
- b. Recommended Reading: *Paleo Principles* pages 430-441 and *The Paleo Approach* pages 289-325

## 5. Healthy Habits, Transition and Balance

- a. Lecture Length: 20 minutes
- b. Recommended Reading: *Paleo Principles* pages 220-223, 387-390, 445-449 and *The Paleo Approach* pages 214-216, 190-193, 198-200

## 6. Reintroductions

- a. Lecture Length: 20 minutes
- b. Recommended Reading: *Paleo Principles* pages 127-133, 412-415 and *The Paleo Approach* pages 327-337

## 7. Wellness for Life

- a. Lecture Length: 12 minutes
- b. Recommended Reading: *Paleo Principles* pages 380-392 and *The Paleo Approach* pages 338-339