



AIP HOW-TO SHEET

NO

* = denotes that some types of the food are allowed, some not (e.g. fermented)

- *Grains (wheat, rice, corn, oats, etc.)
- *Nightshades (Tomatoes, Potatoes, Peppers, Goji, etc.)
- *Legumes (beans, lentils, peanuts, etc.)
- **Non-living Dairy (non-aged cheese, factory milk, butter, etc.)
- *Eggs (that have been fed grains)
- Seeds & Nuts (Quinoa, almonds, coffee, cocoa, seed spices)
- *Refined sugars (sugar, agave, corn syrup, artificial sweeteners, bananas)
- *Preservatives (except salt, no industrial preservatives)
- **Plant oils (canola, soybean, sunflower)
- *Sterilized or micro-filtered alcohol
- Additives (carrageenan, “natural flavors,” *artificial dyes, *emulsifiers, all industrial preservatives, etc.)
- Drugs (*NSAIDs, antihistamines, etc.)

YES

- Any animal tissue (meat, bone broth, fish/seafood, offal, etc. Animal organs are encouraged.)
- #Eggs (that have not been fed grains, e.g. free-range chicken eggs)
- Fruits (*except bananas - be careful to get organic for the “dirty dozen”. Berries are encouraged.)
- Animal fats & Specific plant oils ((1) Coconut oil, (2) Avocado oil, (3) #un-heated [real] Olive oil)
- #Raw Dairy (raw milk, aged cheeses, milk kefir, Ghee. Milk kefir is encouraged.)
- Fermented foods (sauerkraut, pickles, un-sterilized or un-micro-filtered wine, ACV)
- Honey or maple syrup, in moderation
- Herbs & Spices (#optional: seeds and nightshade spices)
- Vegetables (allowable, but prefer animal over plant. Be careful to avoid nightshades, legumes, grains)
- Misc: seaweed, tea, coconut, capers, gelatin, Konjac, plantain, cassava, pumpkin

What is AIP? AIP (Autoimmune Protocol) is the definitive anti-inflammatory diet. 10-14 days of it allows users to get a low-inflammation “baseline,” and then reintroduce foods and understand the impact of that food on their system. It is also used as an alternative to Keto (often more dependably putting you in ketosis than the Keto diet), as well as a “safe harbor” diet for dire situations where healing is imperative (illness, post-op, post-autoimmune, etc.). **LongCovidX has modified the “standard” AIP based on experience and understanding of diet.**

Note: items above marked with # are not recommended by the “standard” AIP diet, and users should consider removing them if they find themselves in a critical health situation if they are not 100% sure about how those elements affect their diet.

Items above that are marked with a * are considered *crucial* - do NOT ignore them!!! In general, cheating with any “core” element negates the entire diet - however, certain elements are absolutely “no go,” while others (such as seed or nightshades spices) can be fudged in non-critical situations. If the situation is life-and-death critical, I’d suggestion going with a standard AIP diet (e.g. Dr. Sarah Ballantyne’s original structure)

After at least 10 days of not cheating (restart the clock if you cheated), users can begin adding things back in. Re-introducing foods from a zero-inflammation perspective allows you to assess the impact of that food on your system.

I've never heard of anyone who didn't have dramatic, noticeable results from AIP. Everything from better sleep to eliminating arthritis or back pain, to healing chronic situations. If you do AIP, cheat-free, and you notice nothing, chances are that one of the "allowed" items is still giving you inflammation - in that case, look up a more stringent AIP and work with that.

Re-introduction begins with the "generally least inflammatory foods" and follows to the "generally most inflammatory foods" categories. Re-introduce foods no quicker than once every other day, as sometimes (quite often), the systemic inflammation follows the eating of a certain food happens 24-48 hours later (sometimes (rarely) even longer).

IN ORDER OF SUGGESTED RE-INTRODUCTION

- Factory eggs
- Butter (preferably grass fed)
- Seeds
- Non-seed or bean oils: palm oil, sesame oil, almond oil, etc.
- Nuts
- Cocoa
- White Rice
- Alcohol
- Coffee
- Cream
- Bell Peppers
- Hard cheeses (cheddar, etc.)
- Tomatoes
- Potatoes
- Soaked and Sprouted Grains
- Soaked and Sprouted Legumes
- (factory) Milk (**which I would never recommend consistently - no milk is better than factory milk*)
- Grains, generally



HARD-LINE NEVEREVERLIST (in order): Artificial Dyes/BHA/BHT/TBHQ, Hydrogenated oils/fats, Artificial Flavors, NSAIDs, Seed/Bean oils, cellulose (sawdust), all non-traditional preservatives