

Reclaim Immune Health with the R.I.G.H.T Diet

Board-certified nutritional therapist and health coach Darshi Shah shares plant-based and “clean” versions of popular dishes to improve autoimmune health nutritionally and deliciously

KATY, Texas – Autoimmune complications (taken collectively) are the third leading cause of death in the United States – and gluten, dairy and sugar-filled foods could be making things worse for many.

To combat the increasing number of autoimmune disorders, author and board-certified nutritional therapist and health coach Darshi Shah adapted a healing diet of plant-based foods free of common trigger ingredients such as gluten, dairy and refined sugar. The R.I.G.H.T Diet is the first plant-based/vegetarian diet designed to help manage autoimmunity, and Shah shares over 50 of these original recipes in her new cookbook.

“After suffering for years with an undiagnosed autoimmune disorder, I was fed up with feeling fatigued and foggy-headed, and having unexplained stomach discomfort,” Shah said. “I took my health into my own hands and eliminated the foods that were causing me to feel this way. My goal is to share these recipes and information with others so that they may start identifying triggers and begin to improve their immune systems also.”

A diet free of gluten, dairy and sugar like the R.I.G.H.T Diet has also been shown to improve symptoms of non-autoimmune issues like autism spectrum disorders and Down’s syndrome.

“There are so many people who can benefit from simply taking a closer look at what they’re putting into their bodies,” Shah said. “Even if you aren’t suffering from an autoimmune condition, simplifying the food you eat can have a drastic impact on your life.”

For more information, visit <http://www.darshishah.com>.

R.I.G.H.T Diet for Autoimmunity: A guide with recipes free of gluten, dairy and refined sugar
By Darshi Shah
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About the author

Darshi Shah is a board-certified nutritional therapist and health coach specializing in dietary and lifestyle transitions and empowering clients to success. Shah has consulted to Beyond Celiac (formerly the National Foundation for Celiac Awareness), and is a member of the International Association of Health Coaches, the American Association of Drugless Practitioners and will soon be a Certified Gluten Practitioner. She currently resides in Katy, Texas with her husband and two children.

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