

## AIP FAQs

Q. What does “AIP” stand for?

A. AIP stands for Autoimmune Protocol and is a diet specifically designed to reduce symptom severity for those suffering from autoimmune conditions. It supports gut healing as well as healthy inflammation levels.

Q. Why can nightshades cause problems for some?

A. Nightshades are plants that are in the Solanacea family and they include foods like tomatoes, white potatoes, goji berries and eggplant. They contain alkaloids like glycoalkaloid and solanine that can trigger inflammation or even toxicity. They also tend to be higher in lectins that an inflamed gut may struggle to digest.