

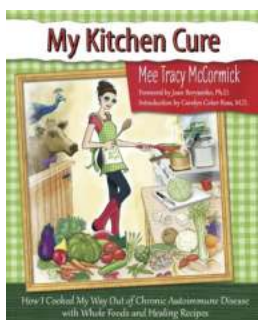
How I Cooked My Way Out Of Chronic Autoimmune Disease

Living with chronic autoimmune disease can be incredibly challenging. The constant pain, fatigue, and other symptoms can make it difficult to enjoy daily life. For years, I struggled to find relief from the medications and treatments prescribed by my doctors. But then, I discovered a powerful solution that changed everything - cooking.

The Healing Power of Food

Food has always been a central part of our lives, but it wasn't until I began researching the connection between diet and autoimmune diseases that I truly understood its healing potential. Certain foods can either trigger or alleviate the symptoms of autoimmune diseases, and by making intentional choices about what I ate, I was able to take control of my health.

It all started with a simple shift in perspective. Rather than seeing cooking as a chore, I began to view it as an opportunity to nourish my body and heal from the inside out. By experimenting with different ingredients and methods of preparation, I discovered a whole new world of flavors and textures that were not only delicious but also supportive of my healing journey.



My Kitchen Cure: How I Cooked My Way Out of Chronic Autoimmune Disease

by Mee Tracy McCormick (Kindle Edition)

★★★★☆ 4.3 out of 5

Language : English

File size : 8520 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 388 pages
Lending : Enabled



Power Foods for Autoimmune Healing

While everyone's body is unique, there are certain foods that are widely recognized for their healing properties in the context of autoimmune diseases.

These include:

- **Turmeric:** This vibrant yellow spice contains curcumin, a compound with potent anti-inflammatory properties. Adding turmeric to my meals not only brightened up the flavors but also reduced my overall inflammation.
- **Ginger:** Known for its anti-inflammatory and immune-boosting properties, ginger became a staple in my cooking. Whether grated into stir-fries or brewed into a soothing tea, it provided much-needed relief from my symptoms.
- **Leafy greens:** Spinach, kale, and other leafy greens are packed with essential nutrients and antioxidants that support immune function. Incorporating these greens into my salads, smoothies, and sautés made a noticeable difference in my energy levels.
- **Fatty fish:** Rich in omega-3 fatty acids, fish like salmon and mackerel can help reduce inflammation in the body. I made it a point to incorporate these fish into my weekly meal plans to support my healing journey.

- **Probiotic-rich foods:** Foods like yogurt, sauerkraut, and kimchi contain beneficial bacteria that support gut health. Since the gut plays a crucial role in autoimmune diseases, I prioritized including these probiotic foods in my diet.

Creating Flavorful Autoimmune-Friendly Meals

Transitioning to an autoimmune-friendly diet doesn't mean sacrificing flavor. In fact, I found that by getting creative in the kitchen, I could enjoy delicious meals that supported my health. Here are a few of my favorite recipes:

1. Turmeric Cauliflower Rice



This vibrant and flavorful dish replaces traditional rice with nutrient-packed cauliflower. The aromatic turmeric adds a beautiful color and a warm, earthy taste. Find the recipe [here](#).

2. Ginger-Garlic Chicken Stir-Fry



This quick and easy stir-fry combines the aromatic flavors of ginger and garlic to create a satisfying meal. Serve it over a bed of brown rice or quinoa for added fiber. Find the recipe [here](#).

3. Leafy Green Salad with Citrus Dressing



This refreshing salad combines nutrient-rich greens, juicy citrus fruits, and a tangy dressing for a burst of flavors. Add some grilled chicken or chickpeas for added protein. Find the recipe [here](#).

Embracing a New Lifestyle

Transitioning to an autoimmune-friendly diet was just the beginning of my healing journey. I soon realized that to truly overcome my chronic autoimmune disease, I needed to embrace a holistic lifestyle. This included regular exercise, stress-management techniques, and prioritizing self-care.

I started practicing yoga and meditation to reduce stress and promote relaxation. These practices not only calmed my mind but also soothed my body, allowing for

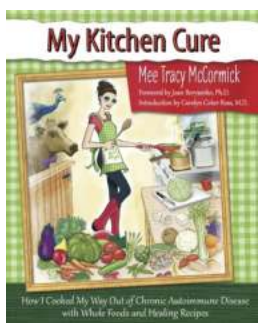
a deeper healing process. Additionally, I made sure to get enough sleep each night, allowing my body ample time to repair and regenerate.

Living a Life of Possibilities

Embracing cooking as a means of healing has been transformative for me. Not only have I managed to alleviate my chronic autoimmune disease symptoms, but I have also discovered a newfound passion for creating flavorful and nourishing meals.

Today, I am living a life that is not dictated by pain and fatigue. While autoimmune diseases can be challenging, they do not define me. Through the power of food and a holistic lifestyle, I have taken control of my health and opened up a world of possibilities.

If you are struggling with chronic autoimmune disease, I encourage you to explore the healing potential of cooking. By making intentional choices about what you eat, you too can embark on a transformative journey towards a healthier and happier life.



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My husband and I raised our glasses and said yes to adventure, moving ourselves and our two very young children to the Mexican jungle. After a year there, I became deathly ill, so we returned to our family farm and cattle ranch outside of Nashville, Tennessee, where I embarked on my greatest quest. I went from being a clueless kitchen woman, having lived on only processed foods, to becoming a REAL FOOD master cook.

I then began healing my body, shifting our cattle ranch to grass fed and creating an organic bio-dynamic produce company in the process. What started out as a Mee thing became a We thing, as I launched community kitchens throughout the city of Nashville and now Malibu, inspiring people to return to a healthy farm-table lifestyle.

This book is the story of my journey, the food facts I came to understand, and lots of healthy, healing recipes to share.

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Every day I seem to learn more and more about food, cooking, and healing. When I first embarked on this grand cooking adventure, I thought it was only to heal my own body . . . to get well enough to live pain free and to be able to eat whatever I wanted. I had no idea that I would not only learn to heal my intestines but also unveil the great secret to healing and preventing disease. This secret is that our intestines and their wellness are the key to balancing our immune systems. Therefore, everyone would do well to embark on a REAL FOOD DIET that strengthens the digestive tract, balances healthy bacteria versus unhealthy bacteria, and produces healthy, whole, and long shadoobies daily.

As I began to share with the world what I'd learned, the e-mails began to pour in from all over the country via my website, www.meetracy.com. I found myself digging for answers for folks who were suffering from autoimmune diseases and cancer. I knew that if food could heal a hole in my intestines, then for certain it could help others get well from an array of different illnesses.

What I found were tons of stories of food miracles. This hunt to understand our health and what makes us well expanded my own healing, and I found the “red thread” that connects all of us on the road to better health—REAL FOOD. I hope my journey inspires you to shift your relationship with life and know that you have a choice in what you eat and how you feel.

Mee McCormick believes that when we are armed with information and education, we can choose who we become. And this starts with the food we choose to eat. She knows firsthand how true this is and has made it her business to share and educate others on the healing power of foods. *My Kitchen Cure* opens with a chronicle of her struggles and eventual victory over the hereditary autoimmune dysfunction that had evolved into a life-threatening health crisis without any effective treatments or cures from traditional medicine.

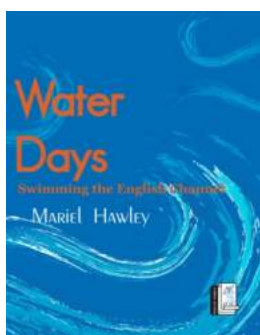
This book is Mee's story, but *My Kitchen Cure* is also chockfull of her tireless research and health-restoring strategies. It is a complete how to guide to living a Real Food Life, and using the healing properties of foods to regain control over your health and your life. Having traveled down the Real Food healing path, Mee shows you the way—step by step, meal by meal, and recipe by recipe. *My Kitchen Cure* is a book about overcoming chronic autoimmune disease, preventing cancer, and transcending a hereditary setup for a life of illness and a diminished existence.

My Kitchen Cure is about foods for healing, cooking for cures, and eating your way to wellness. And, finally, My Kitchen Cure is a book about recovering strength, regaining balance, reclaiming empowerment, and restoring vitality.



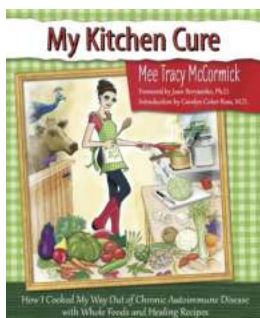
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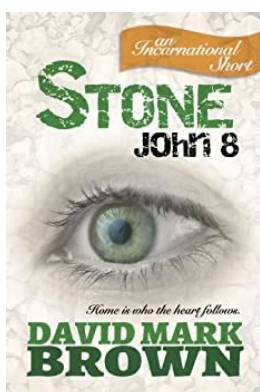
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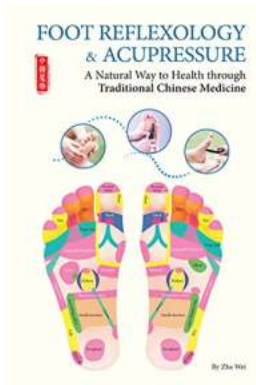
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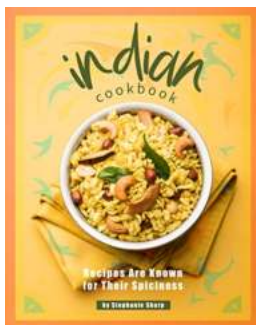
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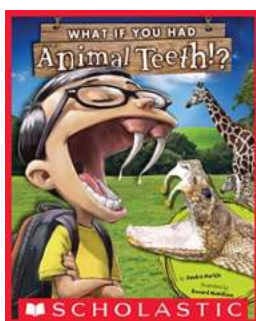
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