



Leading Paleo Diet Food Delivery Company Teams Up With Prominent Autoimmune Disease Expert

December 30, 2015

December 30, 2015 - PRESSADVANTAGE -

Paleo On The Go, an award-winning national paleo food delivery company based out of Florida, has teamed up with best selling author, autoimmune disease expert, and speaker Dr. Sarah Ballantyne, also known as The Paleo Mom, to create an entire menu built to support people with autoimmune disease.

Diagnoses of autoimmune diseases are growing at an alarming rate leaving more and more people desperate for answers, Dr. Ballantyne says. She notes that there are over 75 known autoimmune diseases including Hashimoto's Thyroiditis, Graves' disease, rheumatoid arthritis, and Celiac disease. With autoimmune disease being so complex with no clear answers from the medical community, many people have turned to food choices to help reverse their condition and heal their body.

Dr. Ballantyne has written two highly praised Paleo books, one of which being a cookbook with a focus on food healing the body, and for the past 4 years Paleo on the Go has been supplying frozen paleo and AIP meals to busy people all over the country. POTG is now offering some of The Paleo Mom's most popular recipes, pre-made and ready to send to to customers' homes with the click of a button. Menu items range from \$4.99 to an Autoimmune Protocol sampler package (10 menu items) for \$99 to full meal plans.

"Being a first time customer, I was not sure what to expect. This food was awesome. I can't wait to reorder. Some days, there isn't time to prepare a meal - and it is nice to know there is something great tasting in the freezer waiting for me," says a customer from Jacksonville, FL.

"Whether or not you are someone who has an autoimmune disorder or just looking to eat healthier, look better, and feel better, the principles of the paleo diet align with our human genetics and offer a much healthier option than the Standard American Diet," Dr. Ballantyne says.

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For more information about Paleo On The Go, contact the company here: Paleo On The Go
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Paleo On The Go

Paleo on the Go provides delicious pre-made frozen paleo meals shipped right to your door.

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