



MY AIP JOURNEY

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Hi there! My name is Alexa Sutherland. I'm a 24-year-old actress, writer, and advocate for individuals living with invisible disabilities! At just 15 months old, I was diagnosed with Juvenile Rheumatoid Arthritis. From that point on I've tried just about every Arthritis medication out there. Everything from pills, to injections, to IV infusions, along with pretty much every holistic measure under the sun. Considering I've lived with RA most of my life, it is pretty manageable for me at this point. However earlier this year I was diagnosed with another autoimmune disease: Graves' Disease, or hyperthyroidism. It was quite devastating news and my health was the poorest it has been in quite some time.

I figured things needed to change which is when I decided to give the AIP (autoimmune protocol) diet a try. If medications, supplements, and an otherwise healthy lifestyle weren't enough... I had to take the next step. While it meant giving up all my favorite foods, I was desperate for a change and didn't want to continuously rely on medications to make me better.

I won't lie, the beginning weeks of AIP were rough. Ingredients were hard to shop for, cooking meals took forever, and a lot of times I wasn't even that fond of what I was eating! Thankfully I found Paleo On The Go which has made my AIP journey far easier and A LOT more enjoyable! The fact I can pop a frozen meal in the oven or microwave that is COMPLETELY AIP compliant saves so much time and effort throughout the day, not to mention I've seriously enjoyed every single meal I've ordered from them so far. (Their chicken nuggets, Thai basil shrimp, and empanadas are delicious!)

POTG is also really beneficial for days I'm not feeling my best in regards to my arthritis or Graves' disease. Many times at the end of the day I don't have the energy to prep, cook, then clean up an entire meal. My joints are tired and my muscles are aching and being on my feet is the last thing I want to do. I thought the days of convenience were over, but alas, POTG saved me!

In regards to the AIP diet, I have noticed major improvements in my health. My Graves' symptoms have completely stabilized which is all I could've asked for considering how miserable I was just a few months ago. It's comforting to know that I am putting all good ingredients into my body and seeing the positive results encourage me to keep going. Eliminating trigger foods sounds tricky at first, but once you get the swing of it, it's easy as can be. Plus if it means feeling your best, what's the harm in giving it a try?

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