

HOW TO *Prevent* REVERSE AUTOIMMUNE DISEASE



AUTOIMMUNE SECRETS

A COMPREHENSIVE GUIDE TO UNDERSTAND
AND IMPLEMENT THE THINGS YOU HAVE
LEARNED IN THE AUTOIMMUNE SECRETS SERIES

AUTOIMMUNE *How-to* GUIDE

AUTOIMMUNE 'HOW-TO' GUIDE

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Cover design by Brittany Escobar

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Autoimmune disease is the imbalance of the immune system. The primary goal of a healthy immune system is to kill pathogens, bacteria, viruses, or any other intruder in the body, including parasites. Autoimmune disease, however, is the result of an immune system that has begun attacking the body itself.¹ A particular organ may be under attack, or it might be several bodily systems.

There are over 80 different types of autoimmune disease, including rheumatoid arthritis, type 1 diabetes, lupus, Hashimoto's thyroiditis, multiple sclerosis and Crohn's disease.² In fact, other diseases such as type 2 diabetes, eczema and dementia are now being considered as autoimmune diseases.

There are many symptoms of autoimmune disease, including fatigue, joint pain, swelling and redness, low-grade fever, 'brain fog', numbness and tingling in the hands and feet, hair loss, skin rashes, belly pain, bloating, diarrhea, and more.³

In certain cases, these symptoms can morph and change over time, leaving the victim feeling as

if there is no known diagnosis for their particular disease.

Or, on the contrary, individuals can be diagnosed with multiple diseases and given multiple medications to take.

¹ <https://www.womenshealth.gov/a-z-topics/autoimmune-diseases>

² <https://www.healthline.com/health/autoimmune-disorders>

³ <https://www.mindbodygreen.com/0-8843/10-signs-you-have-an-auto-immune-disease-how-to-reverse-it.html>



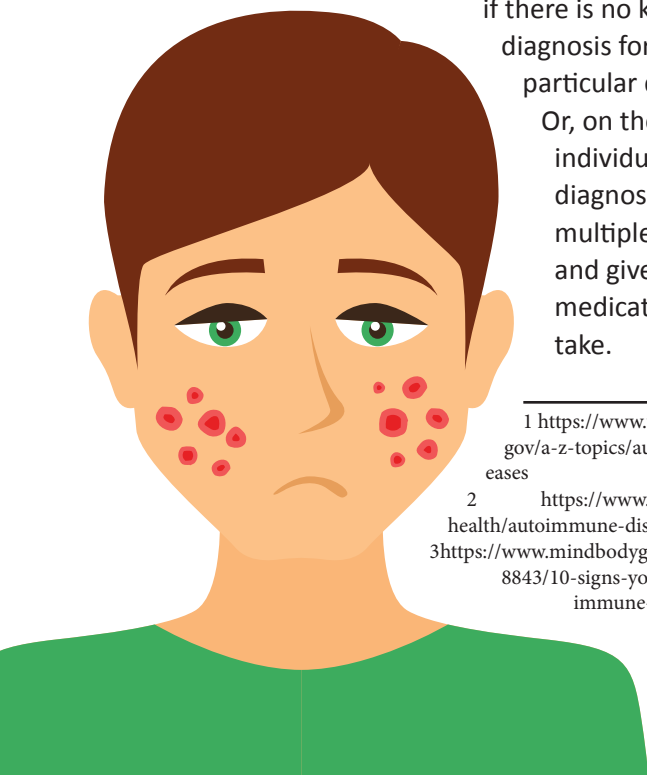
Sadly, most of these medications only address the symptoms, and have to be constantly adjusted in order to keep up with the rising symptoms. Sometimes these medications can even trigger new symptoms, leaving the patient feeling as if they are in a never-ending battle for normalcy and peace of mind.

TARGETING THE CAUSE

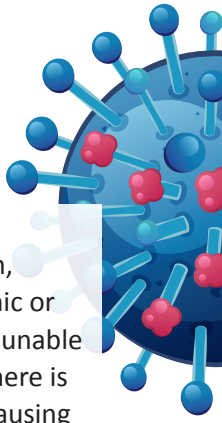
The good news is that autoimmune disease may be reversed. This is because while there may be many different bodily expressions of autoimmune disease, it is caused by very specific triggers.

Anything that causes an inflammatory response can trigger an autoimmune disease. In order to find healing, it is of utmost importance to discover your trigger of inflammation—the source of the issue. If the trigger can be identified, corrective measures can be taken and healing can begin.

This guide has been written to help you navigate through various approaches to healing autoimmune disease. We recommend that these changes be made with the assistance or supervision of a medical doctor.



Understanding Inflammation



Inflammation is part of the body’s response to harmful stimuli, such as pathogens, damaged cells, or irritants.¹

You’re probably familiar with acute inflammation, which occurs when we cut our finger or bang our knee – noticeable by redness and swelling at the affected area. This redness and swelling is simply your immune system dispatching an army of white blood cells to protect the area and destroy the invader. Infections like the flu or pneumonia incur the same response. In these settings, inflammation is essential, and without it, simple infections could be deadly.²



While acute inflammation is essential for health, chronic inflammation can lead to illness.³ Chronic or ongoing inflammation occurs when the body is unable to eliminate the stimuli it is fighting, or when there is repeated exposure to something that may be causing irritation.⁴

Chronic inflammation is worrisome because not only can it have collateral damage as it fights invaders, but it can also cause the immune system to become fatigued or overburdened, or worse - malfunction and inadvertently attack body itself.

Type 1 diabetes is an example of such an attack against the pancreas. Hashimoto’s is an example of such an attack against the thyroid gland.

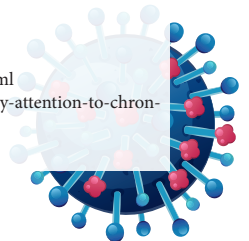
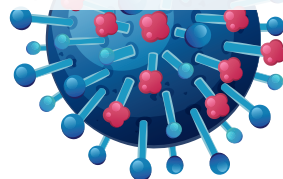
To stop and then reverse this trend, it is imperative to aim to completely eliminate any and all substances to which may be a trigger for an inflammatory response.

1 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1810472/>

2 <https://www.health.harvard.edu/heart-disease-overview/ask-the-doctor-what-is-inflammation>

3 <https://www.livescience.com/52344-inflammation.html>

4 <https://health.clevelandclinic.org/why-you-should-pay-attention-to-chronic-inflammation/>



IDENTIFYING THE TRIGGERS OF INFLAMMATION

We will now discuss some of the potential causes of inflammation. We encourage you to read through this list and assess your own previous or current exposure to any of the triggers. This process is integral to overcoming autoimmune disorder.

MOLD

Mold, whether in food or your home, is toxic to the body. An otherwise healthy body may be able to handle exposure to toxic mold until an infection or other trigger weakens the system, and then the burden of toxic mold may flare up into a variety of symptoms. It is important that you find out if mold could be growing in your home without you realizing it, so have your home professionally inspected.

PARASITES

Parasites, including but not limited to, roundworms, hookworms, tapeworms and pinworms, not only can cause diarrhea, steal your nutrients, and irritate your intestines, but they can also increase the likelihood of intestinal permeability/leaky gut.

Sometimes this crucial component of gut health is overlooked. While usually only associated with the colon, parasites can actually wreak havoc on the respiratory system, the brain, and the muscular system as well. All this contributes to a negative impact on the immune system and its ability to regulate the body and fight outside pathogens. Statistics show that over 50% of the Western world have parasites, though few even realize that could be a possibility. We tend to associate parasites with impoverished areas of the world, however, this

causes us to be blind to how often we are actually being exposed to these health-damaging organisms.

LYME & CO-INFECTIONS

Lyme disease, usually caused by a tick bite, is a bacterial spirochete that comes in different forms and can morph into a cyst or hide behind a biofilm to protect itself against antibiotics. It can also go inside of our cells and cause autoimmunity. The tick bite can also transmit parasites, viruses, and other co-infections that can complicate the symptoms.

To avoid becoming susceptible to Lyme, be aware of whether pets are bringing ticks into the house, and also be especially careful in the spring and summer months when outdoors, especially in heavily wooded areas. Use insect repellents that repel ticks and mosquitoes, but use safe alternatives to DEET, such as essential oils.

EVERYDAY CHEMICAL EXPOSURE

We are exposed to thousands of known toxins on a daily basis, just in our homes. All food that's been grown conventionally has been sprayed with pesticides. Every time we drink out of a plastic bottle or a plastic cup, we're consuming chemicals that are leaching from the plastic. Lotions, soaps, shampoo, toothpaste, and certain sunscreens all contain chemicals that seep into our bodies and disrupt the endocrine system. The water we drink, the exhaust fumes from cars, our household cleaning products, all add to the toxic load on our body's immune system.



FATTY LIVER

One of the major roles of the liver is to filter toxins in the body. However, if the liver is bombarded with too many toxins or is unable to filter properly due to nutritional deficiency, it begins to store the toxins. If there is not enough room in the liver to cater for the amount of toxins, the toxins then permeate into the rest of the body. This causes irritation to the body and an inflammatory response, which further exhausts the immune system.

PHARMACEUTICALS

Virtually every pharmaceutical is going to have an inflammatory response on the body. This is because most pharmaceuticals are synthetic, petroleum-based, and toxic to the body.

MENTAL/EMOTIONAL STRESS

Mental and emotional stress is not only traumatic for the individual, but it also has a detrimental impact on the immune system. When the body is stressed, the adrenal glands produce a hormone called cortisol in excess quantities. Cortisol weakens the ability of the immune system, as well as the lining of the gut.

HORMONAL IMBALANCE

The causes for hormonal imbalances are many, and differ depending on which hormones or glands are affected. Common causes include stress, food allergies, eating disorders, tumors, diabetes, hyper- or hypothyroidism, medications, injury or trauma, reproductive changes (puberty, pregnancy, menopause), taking birth-control pills, and more. These hormone imbalances can either be a symptom

of or lead to various autoimmune and thyroid conditions. Within this series, we cover details on how to go about balancing your hormones and getting your thyroid and other body systems functioning properly.

EMF/EMR

There are many studies suggesting that electromagnetic radiation, including those from WiFi, cell phones, and Bluetooth, may cause stress to the human body and trigger an immune response.

LEAKY GUT/INTESTINAL PERMEABILITY

Intestinal permeability or “leaky gut” occurs when the junctions in the gut are opened bigger than they should be. These large junctions allow undigested food and pathogens to enter the bloodstream, triggering an immune response. Left unaddressed, leaky gut can, in turn, cause chronic inflammation, giving rise to autoimmune disease.

GENETIC EXPRESSION/ALLERGENS

Humans are all bio-individual—meaning, we all have a unique genetic makeup predisposing us to certain sensitivities. People with a family history of allergies are at a higher risk for developing allergies. Allergies are the result of the immune system’s response to an otherwise harmless substance, such as dust, mold, pollen, or a food. A person becomes allergic when their body develops antigens against the substance.

There are eight foods most likely to cause allergies. They are eggs (especially egg-white), milk, nuts from trees, peanuts, wheat, soy, fish and shellfish. Other allergens include other foods, medications, insects, insect bites and stings, metals, latex, and more.

HEAVY METAL TOXICITY

Heavy metals are very damaging to human cells, including brain neurons, and cause an inflammatory response, so limiting exposure is very important. Heavy metals, their sources, and their effects include the following:

Aluminum is in many antiperspirants and over-the-counter medications, processed cheese and related products, baking mixes (e.g., pancake, cake, etc.), frozen dough, most cooking pans, and tin foil. It is also in many vaccines, often replacing mercury as a preservative. Aluminum is more easily absorbed when fluoride is present, such as in municipal water supplies. Aluminum creates inflammation, especially in the brain, and can contribute to Alzheimer's disease.

Mercury is often used as a preservative in the influenza vaccine and is in dental amalgams and farmed or Atlantic fish. Its toxic effects include injured neurons in the brain, neurological illness, and damage to kidneys and lungs.

Lead can be found in drinking water due to old pipes, in paint (unless it says 'lead-free' on the can), in some herbal remedies from questionable brands, and some chocolate. Lead impairs the brain and causes abdominal issues and headaches.

Arsenic is in conventionally raised chicken, drinking water, and some rice. It disrupts mitochondrial activity and causes serious neurological, respiratory, and gastrointestinal issues.

Cadmium is mostly in cigarettes but is also in plastics, in the water, air, soil and food supply in industrial areas, and even in some chocolate. Cadmium can cause atherosclerosis and kidney damage and increases blood pressure.

Copper is in many common foods like shellfish, soy, coffee, chocolate, and certain beans and nuts. Most IUDs are also made of copper. It causes loss of sexual interest, connective tissue problems, and nervous system dysfunctions.

POOR DIET

Nutritional deficiencies can cause or trigger autoimmune disease or make existing autoimmune disease worse. A diet high in sugar and processed foods and lacking in quality, nutritious, whole foods causes inflammation and continually exhausts the immune system's resources.

Some particular foods that cause inflammation are corn and soybean oil, pasteurized dairy, refined carbohydrates, conventional meat, sugars, GMOs (Genetically Modified Organisms, and trans fats¹).

Residuals of pesticides, herbicides and fungicides on foods are highly toxic to the body and can also be a trigger.

GMOs

GMO foods are foods that have undergone genetic alterations, with DNA from virus, bacteria, or from other plants or animals inserted into the genome to create, effectively, a new life form. The most common GMO foods have been engineered to be able to withstand heavy exposure to toxic pesticides, herbicides and fungicides.

GMOs are a concern because not only are they not regulated by the FDA, there are studies to suggest they contain more allergens than their natural counterparts². Secondly, because these plants were engineered to survive mass exposure to pesticides, the amount of toxins that could be on this food is troubling. Chemicals within these generously used pesticides and herbicides, such as glyphosate, have been linked to liver disease and birth defects. Glyphosate may kill beneficial gut bacteria and damage human DNA, particularly embryonic, placental and umbilical cord cells.³

Although not yet proven, GMOs have also been linked to autism and cancer.⁴

1 <https://state.com/inflammation-at-the-root-of-most-diseases/>
 2 <https://www.organicconsumers.org/news/five-ways-fda-has-failed-consumers-genetically-engineered-foods>
 3 <https://www.scientificamerican.com/article/weed-whacking-herbicide-p/>
 4 <http://responsibletechnology.org/gmo-education/autism/>. <http://responsibletechnology.org/gmos-and-cancer/>

GET A CORRECT DIAGNOSIS

Many people have a difficult time getting a correct diagnosis, and in some cases, are mistakenly diagnosed with other conditions. Sometimes doctors tell patients their symptoms are just in their heads or are stress-related. The quest to find a doctor who can arrive at a proper diagnosis can be difficult.

Steps you can take to increase your chances of getting a correct autoimmune disorder diagnosis include the following:

- Know and communicate your family history.** Autoimmune disorders tend to run in families, so ask family members if anyone has or has had an autoimmune disorder and what their triggers are. If there is a family history, tell your doctor about it so that information is on your risk assessment when evaluating your symptoms.
- Track your symptoms.** Symptoms of autoimmune disorders can be numerous and can come and go, so keep a journal of any symptoms you are experiencing and details about when you have them, such as what you were doing at the time, what you ate or drank, and medications you took, if any. This can help you look for triggering patterns. Then take the journal with you to your appointments so your doctor can review it.
- Ask about autoimmune disorder tests.** There is no single test that can confirm a diagnosis of an autoimmune disorder, but there are tests that can suggest or rule out the presence of a suspected autoimmune disorder. Sometimes doctors do not automatically perform blood tests for autoimmune disorders, but you can ask if there are any that may help. If your tests come back negative, it can sometimes help to do a repeat test at a later date since false-negative test results are possible when certain autoimmune conditions are in “remission.”
- Consider a second opinion.** If your doctor cannot satisfactorily explain persistent symptoms that you have, consider seeing another doctor for a second opinion. Ask around for referrals to good doctors who are known for diagnosing difficult-to-recognize conditions like autoimmune disorders.
- See a specialist.** If you or your primary care doctor suspects that you may have an autoimmune disorder, ask to be referred to a specialist. Depending on your specific condition, there is probably a specialist who has experience in diagnosing and treating it.
- Looking out for other disorders.** Since it is not uncommon to have more than one autoimmune disorder, talk with your doctor about the possibility of another diagnosis if your current treatment is not working well enough to manage your symptoms.

You may need some patience when you’re going through the diagnostic process and trying to determine your specific triggers because it can take months or even years to confirm an autoimmune disorder diagnosis and its causes(s), even when you or your doctor suspects that you have one.

THE NEXT STEPS

Once we have assessed our own potential triggers for autoimmune disease, it’s important to begin to look at ways we can both heal our bodies from previous exposure, and reduce further exposure.

This largely has to do with altering our diet and lifestyle. We also want to be thinking about detoxifying and cleansing our bodies.

In everything we do, we need to be thinking about reducing inflammation. If we can do this, we will be on the road to recovery.

Making

RIGHT

Food

CHOICES



DIET

“Let thy food be thy medicine,” said Hippocrates hundreds of years ago – and the truth of that statement still rings true today. What we eat has a dramatic effect on our health, and thus our ability to overcome autoimmune disease.¹ Therefore, it’s imperative that we address our diet.

A Note On Making Dietary Change

When adjusting to any new diet, the body may go through a period of withdrawal, when symptoms such as headaches or irritability may occur.² Many people may want to quit at this stage and say the new diet was just not for them. However, if they persist with the healthier diet, their body will adjust and begin to feel refreshed and rejuvenated. They will begin

¹ <https://www.arthritis.org/living-with-arthritis/arthritis-diet/anti-inflammatory/vegan-and-vegetarian-diets.php>

² <https://www.theglobeandmail.com/life/health-and-fitness/health/why-healthy-eating-causes-that-uncomfortable-feeling/article22275762/>

to have more energy and the symptoms will begin to disappear.

So, while we recommend you always seek the supervision of a doctor for any drastic changes to your lifestyle, we also recommend you continue with your new lifestyle protocol and be persistent until you start to see the positive results. As you begin to see results, you won’t want to go back.

Anti-Inflammatory Foods

We previously discussed how certain foods can cause an inflammatory response in the body. Foods such as sugar, dairy, refined carbohydrates, conventional meat and GMOs all wreak havoc on the body and can contribute to autoimmune disease.

However, you may find it encouraging to know that many other foods have incredible anti-inflammatory effects. Some of these are listed in the chart on the next page.

Anti-INFLAMMATORY Foods

Foods high in antioxidants help to reduce damage caused by inflammation.

01
Berries

04
Green Foods

02
Allium
vegetables

05
Nuts &
Seeds

03
Beans &
Lentils

06
Sprouts

Other nutrients shown to promote an anti-inflammatory response are vitamin E, curcumin, acetylcarnitine, catechin and Omega 3's (such as those found in flaxseed)

As seen above, exceptionally potent anti-inflammatory foods include berries, allium vegetables (such as onion, garlic¹, scallion, shallot, leek, and chives), beans and lentils, greens² (like kale, spinach and broccoli), nuts and seeds³, and sprouts.

Other noteworthy foods include açai, turmeric,⁴ and ginger⁵. All of these foods contain special chemical compounds that decrease inflammation and pain.

Our bodies thrive on foods that are naturally produced in nature. Because our bodies are predisposed to recognize these food types, we can see amazing changes when we turn to natural, whole foods instead of processed foods. Natural foods also contain the best nutrient profiles, which enable our bodies to efficiently absorb and utilize the vitamins and minerals we need.

Thus, a great way to begin addressing chronic inflammation is to go on a plant-based diet.⁷ A plant-based diet naturally eliminates many foods that cause inflammation, and increases food groups that catalyze healing.

Moreover, as you decrease processed and inflammatory foods, like sugar, dairy and meat, and increase whole, unprocessed anti-inflammatory foods, like fresh fruit and vegetables, it is likely that you may lose weight. This process is also good for the body as losing weight reduces inflammation due to the reduction of fatty acids circulating in the blood stream.⁸

1 <https://www.ncbi.nlm.nih.gov/pubmed/29576354>
 2 <https://www.ncbi.nlm.nih.gov/pubmed/21129940>
 3 <https://www.ncbi.nlm.nih.gov/pubmed/29510469>
 4 <https://www.ncbi.nlm.nih.gov/pubmed/29908031>
 5 <https://www.ncbi.nlm.nih.gov/pubmed/29857302>
 6 <https://www.ncbi.nlm.nih.gov/pubmed/24512603>,
<https://www.ncbi.nlm.nih.gov/pubmed/25054107>
 7 <https://www.arthritis.org/living-with-arthritis/arthritis-diet/anti-inflammatory/vegan-and-vegetarian-diets.php>
 8 <https://www.skyterrawellness.com/nutrition/natural-pain-relief-2/>

Buying Organic

The food you eat should be fresh and preferably organic. By seeking to comprise your diet of organic foods, you can avoid dangerous pesticides, herbicides, and fungicides which can trigger many autoimmune disorders when consumed over time. Also, products labeled “organic” are required to be free of any kind of genetic modification.⁹ This way you are getting products as close to the natural state as possible.

The Elimination Diet

An elimination diet involves removing foods from your diet that your body may not be tolerating well. After a time without those foods, they are reintroduced, one by one, while watching for any symptoms that show a reaction.

The process takes about 5–6 weeks and helps identify which foods are contributing to symptoms of food intolerances, allergy, or a sensitive gut. Once an offending food is identified, it can be eliminated from the diet to prevent symptoms in the future.

If you suspect you have a food allergy, check with your doctor before starting an elimination diet because reintroducing a food allergen may trigger a dangerous condition called anaphylaxis. Symptoms of an allergy include rashes, hives, swelling and difficulty breathing.

9 <http://time.com/4871915/health-benefits-organic-food/>



There are many types of elimination diets, but basically, the more foods you remove during the elimination step, the more likely you'll be able to discover which foods trigger symptoms.

Eating a Rainbow

A diet that helps promote health will contain all the colors of the rainbow on a daily basis. That means eating foods that are naturally colored red, orange/yellow, green, blue/purple, or white. It does *not* mean eating a rainbow of artificially colored foods like sodas, popsicles, gummy snacks, and multi-colored candies.

Color, such as what makes a purple grape purple, can indicate the presence of certain types of phytonutrients. There are literally thousands of phytonutrients that naturally occur only in plants. Some of them provide health benefits beyond those provided by essential vitamins and minerals. Some phytonutrients help our cells communicate better with each other, others help prevent mutations at a cellular level, some are anti-inflammatory, others are potent antioxidants and many have functions we are only beginning to understand. What we do know is they work to deactivate cancer-causing substances, help protect against heart disease and most chronic diseases in general, are anti-aging, boost the immune system and generally promote health.

It is thought that phytonutrients, vitamins, minerals, and fiber, all present in fruits and vegetables, work synergistically to promote health and lower disease risk. For this reason, many authoritative organizations, such as the National Cancer Institute and The American Heart Association, recommend getting phytonutrients from whole foods, such as fruits and vegetables, rather than from supplements

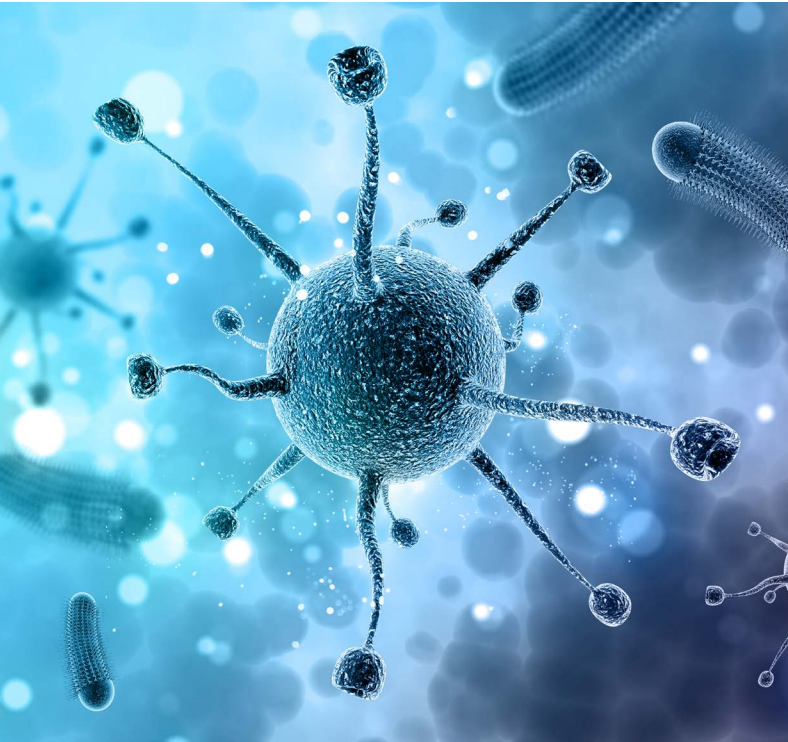
Eating at least one cup of each color group every day will give you a great start on getting all the phytonutrients that help promote health.

A great way to get started eating more healthfully is to increase the quantity of the plant foods you already eat and decrease the quantity of animal products you eat. Set goals like aiming for one or two animal product-free meals a day, and gradually increase that to days per week to whatever level you're comfortable with. Don't be afraid to start trying new fruits and veggies to find new favorites, and explore how to serve old favorites in new and exciting ways. You can have the same veggie in a different color, such as purple carrots or potatoes, or try different textures. Some fruits are smooth; some veggies are crunchy. And if you don't know how to prepare a particular food you want to try, a quick search on the Internet will likely result in several short videos to show you how.

As you know, some foods are more enjoyably eaten raw, while others are best cooked, and some, like carrots, celery, broccoli, peppers, many green leafy vegetables, and tomatoes, are good either way. Besides changing the taste and texture, food preparation can affect the phytonutrients for better or for worse. Raw vegetables usually have more nutrients than cooked ones, but not always. For instance, cooking broccoli releases the enzyme, indole, that helps fight cancer, and cooking tomatoes allows all the carotenoids, including lycopene, to be more easily absorbed by the body. Crushing or chopping garlic releases the enzyme alliinase to produce the active phytonutrient allicin.

The most important thing, however, is to eat more types and quantities of vegetables and fruits and prepare them in a variety of ways so you'll always be enjoying them.

Restoring **THE GUT MICROBIOME**



A healthy gut microbiome is a critical factor for good health and reversing autoimmune disease.

The gut is a complex place that is home to many different bacteria and flora that aid in digestion, absorbing vitamins and minerals, and immune function. Our gut health is linked to nearly every ailment that affects us—autoimmunity, brain function, emotions, cancer, diabetes, autism, and so much more.¹

When our gut bacteria are out of balance, inflammation can occur. It is this inflammation that

¹ <https://www.brit.co/conditions-linked-to-gut-health/>
<https://www.sciencedaily.com/releases/2016/04/160413151108.htm>

can be the root of many different diseases and chronic illnesses.

Some of the symptoms of an unhealthy gut are often blamed on a bad meal, but that is not accurate. Symptoms may include gas, bloating, diarrhea, constipation, abdominal pain and cramping, and chronic fatigue syndrome.

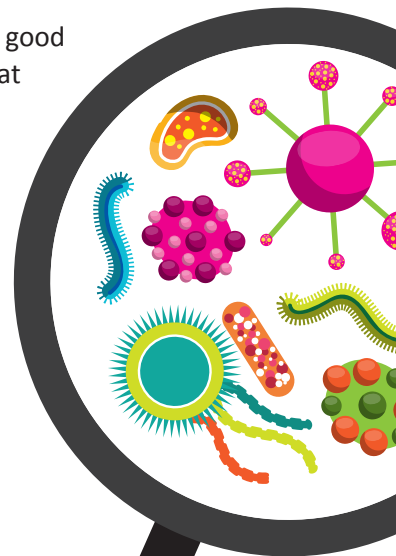
If you experience any of those symptoms, it is likely that your gut is in need of healing. However, the good news is, gut health is completely within our control because we can choose what we eat.

Some great ways to begin restoring your microbiome is with probiotics. Probiotics replenish the gut with good bacteria create a protective lining in the intestines that can improve digestion², boost immunity, help heal and balance the gut, promote a healthy weight, and more. However, this involves more than eating yogurt. Most yogurts and probiotic enriched foods only contain lactobacillus and bifidus, whereas there's up to a thousand different bacteria in our bowel.³ Therefore, we want to aim to consume a diversity of bowel bacteria by finding a quality probiotic supplement that contains a wide variety of species.

Fermented foods also contribute good bacteria to the gut. It is best to eat a variety of fermented foods because each has its own mix of micro-organisms that provide different benefits. Fermented foods include, but are not limited to, sauerkraut, kimchi, tempeh, kombucha, kefir, and miso.

² <https://www.ncbi.nlm.nih.gov/pubmed/17217568>

³ <https://www.ncbi.nlm.nih.gov/pubmed/25211071>



Watch the series now!

Prebiotics are the fuels that feed the beneficial bacteria in your gut. They are indigestible fibers found in certain foods. They move through the digestive system without being broken down. When they reach the colon, they are fermented by the gut's microflora and work together with the beneficial bacteria found in probiotics.

Some good sources of prebiotics are raw garlic, raw jicama, raw asparagus, raw leeks, raw onions, cooked onions, cooked beans, raw dandelion greens, raw banana, raw Jerusalem artichoke, chicory root, cocoa, apples, and flaxseeds.¹ Prebiotics can also boost your immune system function, so incorporate them into your day-to-day diet.²

Another mineral that may aid gut health is magnesium. Getting 320 to 420mg a day either through diet or supplements can support immune health and proper digestion.³

There are many habits that modern Americans do that damage our fragile microbiome.

One way is excessive antibiotic use.⁴ Antibiotics not only kill bad bacteria, but good bacteria, and create imbalance in our microbiome. Indeed, excessive antibiotic use is not only damaging for our gut, but increases our risk of cancer.⁵ There may be times when antibiotics are necessary, for example, when your body is unable to fight an acute infection.

However, we are living in a time where antibiotics are being over-prescribed, and distributed for basic ailments that they can't even cure, such as colds and flus.⁶

1 <https://www.prebiotin.com/foods-containing-prebiotics/>
<https://www.healthline.com/nutrition/19-best-prebiotic-foods#section15>
<https://www.ncbi.nlm.nih.gov/pubmed/23135760>
2 <https://www.ncbi.nlm.nih.gov/pubmed/23135760>
3 <https://www.activationproducts.com/blog/prebiotics-and-probiotics/>
4 <https://www.sciencedirect.com/science/article/pii/S0306452215004480>
5 <https://www.bmj.com/content/337/bmj.a1381>
6 <https://www.wsj.com/articles/antibiotics-dos-and-donts-1376953921>



As such, it is vitally important that we assess whether antibiotics are absolutely necessary for each situation.

If you have a bacterial related ailment, you could consider other options to antibiotics, including using ozone,⁷ silver⁸ or natural herbal solutions such as oregano.⁹ These natural remedies kill bacteria, but are more gentle on our microbiome.

Another way that we damage our microbiome is by eating too much sugar. Sugar feeds bad bacteria,¹⁰ leading to overgrowth and may trigger cognitive or mood degeneration,¹¹ irritable bowel syndrome¹², autoimmune disease, other chronic ailments or even cancer.¹³

A healthy microbiome is not only integral for overcoming autoimmune disease,¹⁴ it is key to heart health,¹⁵ weight management,¹⁶ mental health,¹⁷ and more.

7 <https://www.sciencedirect.com/science/article/pii/S037843201500130X>
8 <https://www.sciencedaily.com/releases/2017/05/170523084828.htm>
9 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3868303/>
10 <https://www.sciencedirect.com/science/article/abs/pii/S0306452215004480>
11 <https://www.sciencedirect.com/science/article/pii/S088915911630040X>
12 <https://www.sciencedirect.com/science/article/pii/S0163445317304127>
13 <https://www.sciencedirect.com/science/article/pii/S1470204518300950>
14 <https://www.ncbi.nlm.nih.gov/pubmed/27231050>
15 <https://www.ncbi.nlm.nih.gov/pubmed/26616538>
16 <https://www.ncbi.nlm.nih.gov/pubmed/26912499>
17 <https://www.ncbi.nlm.nih.gov/pubmed/22968153>

Lifestyle Tips FOR RESTORING HEALTH

Water

Part of starting to improve your health and getting your body working properly is making sure you are getting adequate amounts of water. Hydration is critical. It washes out toxins and waste products, and is a medium which helps everything happen in the body.

But how much water is enough? The necessary water intake is different in every individual and varies according to age¹, sex, general health, whether you are pregnant, breastfeeding, exercising or living in a hot or mild climate.² A general guideline is to drink half your bodyweight in ounces per day (i.e., weight of 150 lbs., drink 75 ozs. of water. However, studies show that the “thirst instinct” is more reliable than you may realize.³ Therefore, it is important that you listen to your body and drink clean water whenever your thirst requires it.

Sunshine

Getting a good amount of sunshine is also essential to maintain adequate levels of Vitamin D.⁴ Recent research has shown that Vitamin D is essential to a properly functioning immune system.⁵

1 <https://www.ncbi.nlm.nih.gov/pubmed/9039003>

2 <https://www.healthline.com/nutrition/8-glasses-of-water-per-day#section5>

3 <https://www.ncbi.nlm.nih.gov/pubmed/6514825>

4 <http://www.mdpi.com/2072-6643/9/2/136/xml>

5 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3166406/>

We can be giving our bodies nutrition from good food, but if we are not getting enough sunshine to create Vitamin D to synthesize those nutrients, our immune system will still be ill-equipped. It's important to get at least 15 minutes of sunlight a day without applying sunscreen.⁶ The sunscreen blocks the body's ability to convert the sunlight into vitamin D.

Another great thing about sunlight is its capacity to set our circadian rhythms.⁷ If you are having trouble getting to sleep at night, go outside first thing in the morning without sunglasses on and enjoy the sunshine for awhile. When your eyes are exposed to the sunlight in the early morning, your body resets its circadian rhythms. The morning sunlight helps the body to know when it is morning and approximately when night is coming and the time to start releasing melatonin.⁸ Because we use artificial lights, we often confuse our body, and that disrupts our sleep patterns. Those who go camping and don't use artificial light may notice how they naturally begin to wake up with the sun and get sleepy when the sun goes down. This is how our bodies were designed to operate, so if we can facilitate this process, it will help get us back on track for good sleeping habits.

Exercise

Exercise can sometimes be challenging with certain autoimmune conditions, but science continues to show that exercise promotes good overall health and actually boosts the immune system. Yet, due to the fact that many autoimmune conditions can negatively affect energy levels and cause joint pain and muscle weakness, managing to incorporate regular physical activity can sometimes seem overwhelming. The best way to begin is to start slow. Just start with walking a short distance at a slow steady pace, then slowly begin to increase the distance and the pace. Do this at least three times per week, and more if you can.

6 <https://health.usnews.com/health-news/family-health/heart/articles/2008/06/23/time-in-the-sun-how-much-is-needed-for-vitamin-d>

7 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2717723/>

8 <https://sleep.org/articles/circadian-rhythm-body-clock/>

The more you exercise, the more capable your body will become of providing the necessary energy for the task at hand. And when exercise is incorporated along with the other elements mentioned in this guide, you are likely to see marked improvement in your physical capabilities much faster.

Sleep

Sleep is the only time our body shuts down its other processes in order to focus on healing and repairing cells.¹ If we deprive our body of this essential time, it makes it very difficult for it to do the repairs necessary to heal. Not only this, but we will age faster and the damaged cells will multiply faster than they can be replenished.²



Here are some tips to improve your ability to fall asleep and your sleep quality:

- Eliminate all caffeine from your diet. Even drinking caffeine early in the day can disrupt your body and make it difficult to fall asleep at night.³

1 <https://news.harvard.edu/gazette/story/2007/03/sleep-found-to-repair-and-reorganize-the-brain/>

2 <https://www.sciencedaily.com/releases/2013/07/130723155002.htm>

3 <https://www.psychologytoday.com/us/blog/sleep-newzzz/201312/new-details-caffeine-s-sleep-disrupting-effects>

- As mentioned earlier, get out and take a 15- to 30-minute walk early in the morning to set your circadian rhythms.
- Turn off all screens and electronic devices two hours before bedtime. The blue light emitted from the devices interferes with your melatonin production. Melatonin is the hormone your body produces which creates a sleepy feeling.
- Charge electronics in another room, not the one you sleep in. This will eliminate EMFs from the area you sleep and also cut down on the temptation to get up and check your devices once you are in bed.⁴
- Have a bedtime routine. Do at least 3 to 5 things in the same order every night before bed. This will signal your brain that it is time to prepare to fall asleep.
- Try diffusing lavender essential oil as you lay down or right before. Lavender has been shown to relax and calm the body.⁵

Supplements

By adding certain supplements to your diet you will be able to support your immune system in any areas that it may be lacking. Since our food supply has changed so much over the last century⁶ and we spend much less time outside, it is possible to be lacking certain nutrients that may need to be supplied through supplements, such as B12⁷ and Vitamin D.⁸



4 <https://articles.mercola.com/sites/articles/archive/2018/01/08/reduce-emf-exposure.aspx>

5 <https://www.prevention.com/life/a20428348/how-lavender-can-help-you-sleep/>

6 <https://www.scientificamerican.com/article/soil-depletion-and-nutrition-loss/>

7 <https://www.sciencedaily.com/releases/2018/06/180626113338.htm>

8 <https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/>

Drainage & Detox

DRAINAGE AND DETOX

What's the difference between drainage and detox? Detox focuses on pulling chemicals out of the body, removing radiation, heavy metals, glyphosate, pesticides, herbicides.¹ On the other hand, drainage focuses on the pathways, such as the colon, liver or lymph drainage pathway. For example, if you're constipated - that's the colon drainage pathway that's blocked up that needs to be cleared out, so that the toxins can be flushed out.

So, if any of these drainage pathways are clogged or working inefficiently, then toxins will build up in the system.

As long as there's accumulated waste in your body, that waste is a pro-inflammatory substance²—and anybody with an autoimmune disorder cannot afford to have inflammation in their body. Thus, we must consider detoxing and drainage as part of our autoimmune recovery plan.

Opening Drainage Pathways

Before starting a cleanse or detox protocol, you want to be sure your drainage pathways are open to be able to carry the toxins and waste products quickly out of the body. There are many ways we can proactively stimulate the body's detoxification processes. One large drainage pathway is the skin, so an effective method of ridding the body of toxins is through sweating.³ This can be done either through exercise or a sauna. Also, the colon, liver, and kidneys are key drainage organs that need to be opened. There are

several natural products that can help open these pathways.

Our body manufactures a little bit of a product called TUDCA—the fancy name is Tauroursodeoxycholic acid—which is a water-soluble bile acid.⁴ It can also be extracted from plants and taken as a supplement, one capsule with a meal once or twice a day, to open the liver bile duct so the lymph is able to clear.⁵ This is not recommended for pregnant women.

Milk thistle is another great natural product to help open up the liver bile duct system to get things flowing.⁶ Dandelion root helps with bile production and also helps to clear the kidneys, so it works in two areas of drainage.⁷



You can make sure that your digestion stays very efficient, because that's another major escape route for toxins is through elimination. You can improve your digestion and elimination by eating a diet rich in insoluble fiber.⁸ Sources include nuts, linseed, beans, cauliflower, green beans and potatoes.⁹ If your diet doesn't usually consist of much fiber, slowly introduce these fiber-rich food items into your diet to avoid bloating or gas.

1 <https://www.drnuzum.com/blog/the-bodys-detoxification-pathways/>
 2 <https://www.sciencedirect.com/science/article/pii/S0041010118301636?via%3Dihub>
 3 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3312275/>

4 <https://www.evolutionary.org/tudca>
 5 <https://www.ncbi.nlm.nih.gov/pubmed/19417220>
 6 <https://www.cancer.gov/about-cancer/treatment/cam/patient/milk-thistle-pdq>
 7 <https://draxe.com/dandelion-tea/>
 8 <https://www.hsph.harvard.edu/nutritionsource/carbohydrates/fiber/>
 9 <https://www.healthline.com/health/soluble-vs-insoluble-fiber#benefits>

Treatments for Parasites

Eliminating parasites can have benefits that few people realize. It can even boost our moods and help us to be less irritated and depressed. Because 90% of serotonin, which is a neurotransmitter that regulates mood and creates emotional stability, is created in the gut, what is happening in our digestive system is intricately linked to our mental state. And oftentimes parasites are severely affecting the digestive system. In the Autoimmune Secrets series, we discuss the correct herbs to use, protocol details, and the benefits and challenges of getting parasites out of your system. By taking the steps needed to eradicate parasites, you will be able to see amazing improvements in your overall physical and mental health.

Dr. Jay Davidson discusses parasite cleanses in detail in several of the episodes. He discusses the connection of parasites to Lyme disease and the potential of healing when eliminating them. Actually, the more impaired your immune system, the more likely you are to be hosting parasites. Some studies even found that parasites will protect the bacteria associated with Lyme disease from the immune system's attacks.

Dr. Davidson suggests removing grains, sugars, and pork from the diet and adding in things like garlic, food-grade diatomaceous earth, and coconut oil. One key ingredient in fighting parasites is a supplement

called *Mimosa Pudica*.¹ It has the ability to paralyze and flush parasites out of the body. When you are in the process of eliminating parasites, there can be side effects caused by the die-off of the organisms, so it's



1 <http://drjaydavidson.com/removing-parasites-fix-lyme/>

important to know how to facilitate the body in the cleansing process to counteract these effects.

Other effective herbs include black walnut¹, wormwood,² oregano,³ grapefruit seed extract,⁴ and clove.⁵

Mold Detox

If you are in a moldy environment, the first thing to do is remove yourself from that environment. If you can't relocate or get into a different environment, you'll stay sensitive, reactive, allergic, and just seem to be reactive to everything, even as you progress through protocols, because mold in the environment creates a hypersensitive state.

Take small amounts of carbon or charcoal multiple times a day while you have mold exposure to bind on to the bile to clear it out. Always take it on an empty stomach with plenty of water, and then wait at least an hour after you take it to allow it to bind on to the mold before you eat again. If you take carbon with supplements or food, it's going to bind onto that instead of the mold.



1 <https://www.ncbi.nlm.nih.gov/pubmed/23163769>
 2 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2758403/>
 3 <https://www.ncbi.nlm.nih.gov/pubmed/10815019>
 4 <https://www.ncbi.nlm.nih.gov/pubmed/12165191>
 5 <https://www.ncbi.nlm.nih.gov/pubmed/24161990>

Heavy Metal Detox

Heavy metals such as arsenic, lead, mercury, cadmium, iron, and aluminum are very damaging to human cells, including brain neurons, and cause an inflammatory response. Exposure can come from sources such as dental fillings, personal care products, vaccines, dietary sources like fish, and air pollution.

Very limited exposure does not usually cause disease or harm but long-term exposure to low levels of heavy metals can cause the toxins to build up in your body.

Symptoms of heavy metal toxicity are similar to the symptoms of a variety of other medical conditions, such as migraine, chronic headaches, chronic sinusitis, asthma that is unresponsive to conventional therapy, depression, chronic fatigue syndrome, fibromyalgia, chronic Lyme disease, Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD). Symptoms can also mimic certain autoimmune diseases, such as celiac disease, irritable bowel syndrome, psoriatic arthritis, and rheumatoid arthritis.

If you suspect you have heavy metal toxicity, discuss it with your healthcare provider. You may want to be tested to determine the type and level of toxicity you have. The most common types of tests are blood, urine, and hair tests, and each has its advantages and disadvantages.

With or without tests, certain steps should be taken to ensure safe and effective detoxing.

First of all, **remove all sources of heavy metal exposure** (e.g., amalgam fillings safely removed, aluminum cooking pans replaced with non-aluminum, etc.).

Testing of detox pathways is recommended to be

sure the liver, kidneys, gut, and lymph system are open and functioning well. You want them to be able to excrete the toxins quickly when they are released from the tissues in your body and not have them floating around causing damage. If any of the pathways are not functioning well, take whatever steps are necessary to correct that before starting a heavy metal detox.

Supplement with folate and B vitamins, and eat sulfur containing foods like broccoli, kale, garlic, onions, and daikon radish to help open the pathways.

Supplement with essential minerals to ensure that your tissues have the correct minerals they need to function well. If they are short on the correct minerals (calcium, zinc, magnesium, etc.), the released heavy metals may substitute in for them instead of being excreted.



Increase your glutathione. Glutathione is a powerful antioxidant that protects you from heavy metal damage, according to studies in both human and rat cells.^{1,2,3} This powerful antioxidant also supports liver enzymes that break down mold toxins and heavy metals. Your digestion will destroy normal glutathione, so opt for a liposomal glutathione supplement that makes it through the stomach. You can also supplement with N-acetylcysteine (NAC) and alpha-lipoic acid (ALA), which your body can use to build glutathione on its own.⁴

1 <https://www.ncbi.nlm.nih.gov/pubmed/20535554>
 2 <https://www.ncbi.nlm.nih.gov/pubmed/16513172>
 3 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2882944/>
 4 <https://blog.bulletproof.com/7-detox-methods-that-really-work/#ref-16>

Cilantro/Coriander

Yoshiaki Omura, a doctor and director of Medical Research at the Heart Disease Foundation in New York, discovered by accident that cilantro could help chelate mercury, aluminum, and lead from the body. He had treated certain eye infections with antibiotics, and the infections would completely subside, but then return again a few months later. His investigation found the infectious organisms hiding in parts of the body that had large concentrations of heavy metals.

Since heavy metals are excreted in the urine, Dr. Omura began testing the patients' urine. After one patient ate a meal containing cilantro, his urine tested with increased levels of mercury. So Dr. Omura began testing cilantro for its chelating properties and found that it accelerated removal of heavy metals from his patients' bodies. The antibiotics then eliminated the infections for good.

A year later, a patient had three mercury-based amalgam fillings removed, resulting in a build-up of mercury in his lungs, liver, kidneys and heart.

Dr. Omura prescribed regular cilantro consumption, and after a few weeks, the levels of mercury had significantly decreased.¹

To use cilantro for its chelating properties, consume a quarter cup of its leaves and stems per day. It's a good idea to avoid exceeding this amount during the first two weeks, since you'll risk releasing more heavy metals than your body can efficiently remove. Once the initial deposits are cleared, however, you can increase this amount. You could even combine the cilantro with other chelating foods, such as spirulina and chlorella for a more potent detox.²

After detoxification, the immune system should begin to function better and do what it's supposed to do, but this can take time. Further exposure to more triggers will slow the process and may even cause a set back, so stay vigilant for and avoid potential exposures.

1 <http://www.ncbi.nlm.nih.gov/pubmed/8914687>
2 https://www.naturalnews.com/046428_cilantro_chelation_heavy_metals.html



Detoxing TIPS

REDUCE EXPOSURE TO TOXINS:

- By creating your own home and personal care products or buying healthy alternatives. Essential oils can be used to create amazing DIY products.
- Put a filter on your water to get rid of toxins, like fluoride
- Eating organic to avoid pesticide exposure

SUPPLEMENTS:

- Milk Thistle
- Dandelion Root
- Tauroursodeoxycholic Acid (TUDCA)
- Folate
- B Vitamins
- Essential minerals if you are deficient (calcium, zinc etc)
- Glutathione

TEAS:

There are many great detoxing teas available now. Several of these contain milk thistle and dandelion root as well as other great detoxification herbs.

FIBER:

- Nuts
- Linseed/Flaxseed
- Green Beans
- Potatoes
- Beans
- Cauliflower

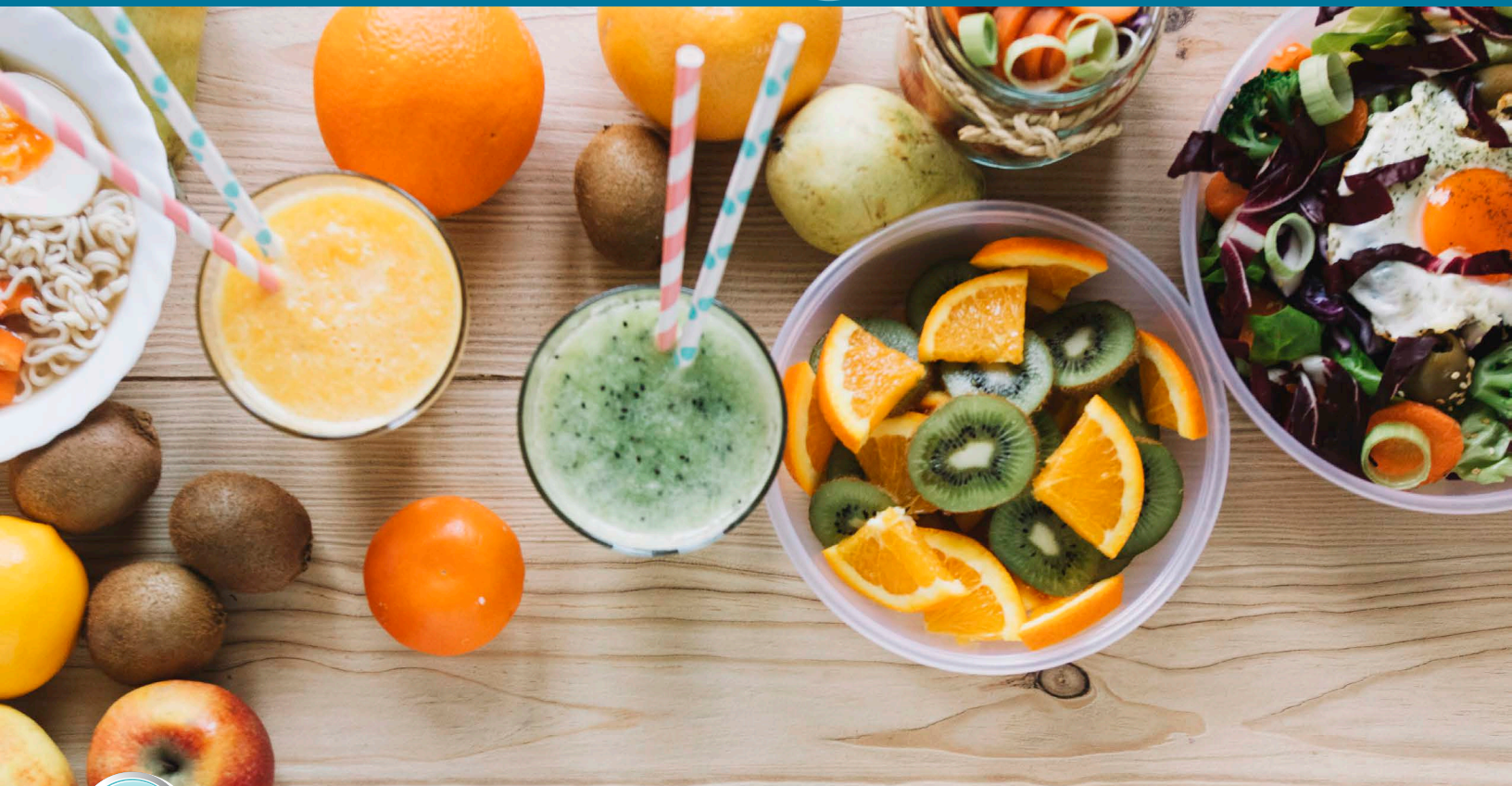
SWEATING:

Use a dry sauna to promote sweating and increase your body's opportunities to eliminate toxins.

ANTI-PARASITIC HERBS:

- Mimosa Pudica from Seed
- Black Walnut
- Wormwood
- Oregano
- Grapefruit Seed Extract
- Clove





Watch the series at www.autoimmunesecrets.com

This goal of this guide was to highlight a few of the practical steps you can take to begin improving your health *today*. Remember to always be seeking to identify and heal the root of the issue, and avoid taking products that will simply mask your symptoms, and will likely only create more severe problems in the long run.

If you are serious about finding all the answers to autoimmune disease, we encourage you to watch the **free 7-part documentary series, *Autoimmune Secrets***. This informative series contains sought-after knowledge from over fifty world leading doctors and experts, as well as countless stories from people just like you and me, who overcame their autoimmune disorders. Don't miss out on discovering this life-saving information. You and your loved ones deserve true health and happiness.

You hold the key to your health in your hands, and you can change it today. Your body is an amazing machine that has been designed to self-correct and regenerate – you just need to make the choices that will enable it to thrive!

**To Your Health,
Jonathan Otto & The Health Secrets Team**