

Autoimmune Freedom



Be Free

**A beginner's guide to reversing autoimmune
disease permanently**

Does this sound familiar?

You have recently been diagnosed with an autoimmune condition and are now taking a bunch of pills, most of which you can't pronounce.

Or...

You have pain, stomach issues, weird rashes, anxiety and debilitating fatigue, yet no one can seem to tell you what's wrong, but you suspect autoimmunity because your friend's cousin recently got diagnosed with something and her symptoms sound eerily similar.

Or....

You've had an autoimmune condition for some time and can't seem to ditch the meds, become more and more debilitated everyday and are slowly but steadily losing hope.

Or...

On your follow-up visit to your doctor, you report that you still aren't feeling like yourself. You complain of more stuff and worsening stuff, leave your doctor's office with more pills while feeling a little more dis-empowered.

This continues for weeks, months, years until one day you look in the mirror and don't recognize the person staring back at you. I happen to know exactly how you feel! (You can read more about my personal autoimmune journey [here](#))

If your life is currently defined by having multiple doctors, taking lots of prescription medication and never really feeling well, then reading this guide is important to your health!

In my article [Environmental Influences and Autoimmune Disease](#), I discuss what autoimmune diseases are and how our environment can impact them. So please review that article for a nice overview. In this offering, I'd like to focus on some simple and holistic ways that you can take your life back, begin to reverse your autoimmune condition and feel better soon!

1. Change what you put into your body

This is by far the easiest thing you can begin today at your next meal, to help decrease the roaring fire of inflammation that fuels autoimmunity.

Cutting out gluten (yes, that means wheat, breads, pastas, pizza and pie), grains (even gluten-free grains like corn, rice and quinoa- only temporarily), night shade vegetables (these include tomatoes, peppers, potatoes and eggplant), sugar and anything processed, can neutralize flares and make a huge impact on your quality of life.

Significantly increasing your water intake, while ditching soda, caffeine and alcohol is also a wonderful step in the right direction.

In addition, consider having your holistic physician test you for food allergies, so that you can avoid those foods that may be instigating flare-ups. Alternatively, you could eliminate all the above crap for approximately 1 to 3 months, and slowly start to reintroduce one food at a time to see what foods might be wreaking havoc on your body. This is known as an *Allergy*

Elimination Diet.

I know what you're thinking... This seems like a massive sacrifice to give up all the food you love and are comfortable with. So let's examine that for a minute:

- #1 If you are feeling that strongly about giving up certain foods and beverages and it is stagnating you from taking action, then we might need to be talking about food addiction (or other addictions), and how you might be using food and drink as self-medication. This is a whole other thing but worth mentioning here so that you can at least be aware of this as a possibility. Knowing that you will have to, at some point, look at the emotional turmoil that is contributing to your need to use food in this way. I personally know what this feels like and once I addressed this part of myself, I can't even tell you how my disease began to shift!
- #2 The Good News! There are so many fresh, delicious alternatives to the processed junk that you might currently be consuming. There are healthy, gluten-free pizza, dessert and baked good options, just waiting for you to find them! There are tons of recipes that won't cause inflammation, that don't compromise taste and never leave you feeling deprived! Check out [these recipes](#) for some inspiration.

To recap: Changing your diet is the single best and easiest thing that you can do for yourself RIGHT NOW to start to see rapid and significant changes in your autoimmune condition. Promise 😊

2. Use nature's anti-inflammatories

Vitamin D, turmeric and omega-3 fatty acids are three *very potent and powerful anti-inflammatory* nutrients that will do

Kung-Fu all over the inflammation that perpetuates and exacerbates autoimmunity.

To learn more about natural remedies, join [my free Facebook group 'Autoimmune Freedom'](#) to get up to date information, tips, and resources that will support you in your journey to being free.

3. Heal your gut

It has become widely accepted that intestinal permeability (AKA *Leaky Gut Syndrome*) is a huge underlying reason for autoimmune disease. The single cell layer of your gut lining is meant to be tightly closed (or impermeable) to allow only passage of necessary nutrients. When this lining is compromised (due to stress, medications, infection, poor diet, excessive alcohol intake etc.), it becomes loose (or permeable) and can allow unrestricted passage across the gut lining, inevitably leading to increased inflammation and exacerbation of autoimmunity.

It is actually quite simple to heal Leaky Gut Syndrome with a '4-R program' as follows:

- a. **Remove**- remove food allergens (that means, change your diet- see guidelines above), infections and other pathogens that might have taken refuge in your body.
- b. **Replace**- replace low stomach acid and digestive enzymes, both of which become depleted as we age with medications, poor dieting and disease.
- c. **Reinoculate**- reinoculate the gut flora with probiotics and prebiotics. That means give your gut some of the good

bacteria that it needs to help keep the gut environment happy and healthy.

- d. **Repair**- repair the leaky gut lining with nutrients like L-glutamine, aloe vera, omega-3 fatty acids, and deglycyrrhizinated licorice (DGL).

See, easy peezy, lemon squeezy! (Of course, this is best done with the support of your holistic doctor)

4. Chill Out

Stress is akin to taking a canister of lighter fluid and pouring it on the fire of inflammation in your autoimmune body.

Whether it is the stress of having disease, physical stress like over-exercising or emotional stress like a toxic relationship, an annoying boss or lack of self-love, it needs to be acknowledged and addressed. *Learn to relax*. Teach yourself to relax. Taking up meditation, regular deep breathing, tai chi or qi gong are all wonderful ways to create meaningful responses to stress. Check out this [free \(and my favorite\) meditation app](#) that you can download to your phone RIGHT NOW and receive instant instruction on how to meditate while testing out thousands of meditation practices. Again, consider joining 'Autoimmune Freedom' free Facebook group where we delve into mindset and emotional health deeply and lovingly.

5. Get Acquainted with All of Yourself

Unfortunately, our medical paradigm is not completely up-to-date on uniting all the scientific disciplines, so that you have a complete story on who you truly are. I'd like to briefly shed light on some of the continued myths that plague medicine and healthcare today, thus creating a system that cannot assist you

in complete and full healing of any illness, let alone your autoimmune condition.

- a. **You aren't just a bunch of cells randomly bumping into each other** subsequently leading to chemical and physiological processes. In fact, you are a highly-organized, deliberate, self-directed being that is interdependent on and with your quantum field (AKA your human-body field or biofield). Because biology and physics never married as allied sciences, this is a critical missing piece about who you are and how you operate. Obviously, this fills in a whole lot of gaps about why we are getting sicker over time, why chronic illnesses (like autoimmune disease) continue to pop up and why the pills and surgeries don't fix anything. Further, this explains how the human body can do all the beautiful things that it does instantaneously, effortlessly and in perfect balance without assistance. This is a super loaded conversation and I'm happy to extrapolate if you need more.
- b. **Matter isn't the only thing that matters.** Keeping the above in mind, you are energy FIRST! This is fact and cannot be overstated. While your physical body is made up of cells, tissues & organs that perform chemical and physiological activities. Those tangible substances are taking direction from information in your quantum energetic environment (talking about that body-field again). This is another fundamental truth that needs to be learned and understood in our collective society if we truly want to experience holistic healing. Again, more to say, but just planting the seed here.
- c. **Your emotions are inextricably connected to your physical experience.** You must, must, must address the mental-emotional stuff that has seeped its way into your

body for safe keeping. Our body's love to protect us from complete melt down, so our tissues and organs store our emotional wounds and traumas for us, until we are ready to deal with them. At a point, if unchecked and compounded upon, our physical body's will want to unload this stuff and it looks a lot like chronic disease when it does.

I know I might be hitting you with some new concepts and it may feel a little overwhelming. That's okay! Don't judge it, just take what resonates and leave the rest behind.

These steps are a great place to start on your healing journey with autoimmune disease. Other important steps to keep the reversal process going include regular and gentle detoxification, correcting nutrient deficiencies, maximizing your sleep and finding true joy, happiness and purpose. And all of that will happen when you are good and ready! But nothing is stopping you from making better food choices **RIGHT NOW!**



Jamie