

10 STRATEGIES TO REVERSE  
**AUTOIMMUNE  
DISEASE**



*thyrosisters*



# Autoimmune Disease

## **INTRODUCTION**

Autoimmune diseases are more prevalent than heart disease and cancer combined. As many as 50 million Americans suffer from autoimmune diseases, and that number is rising. Researchers have identified nearly 100 different autoimmune diseases, including celiac disease, lupus, multiple sclerosis, Hashimoto's thyroiditis, Graves' disease, and Type 1 diabetes, and they expect more diseases to be categorized as autoimmune.

The conventional medical approach prescribes intravenous steroids or prednisone, hormones, painkillers, acid blockers, and strong immunosuppressant drugs for autoimmune conditions. This is a band-aid approach — like taking painkillers for the nail still stuck in your foot. While it may be necessary to manage symptoms, it's better to remove the nail.

You ultimately want to address the root cause using functional medicine.

Every autoimmune disease is identifiable by one central biochemical process: A dysfunctional runaway inflammatory response caused by your immune system attacking your own body tissues. In functional medicine, we look for the root cause of that inflammation and ask why it exists. Then we can help restore healthy function and reduce symptoms.

Following are ten helpful strategies to reduce inflammation and manage an autoimmune condition.



## STEP 1: EAT AN ANTI-INFLAMMATORY DIET

Many autoimmune patients find an anti-inflammatory paleo (AIP) diet is key for dampening the autoimmune process.

Consider anti-inflammatory supplements such as emulsified turmeric, emulsified resveratrol, vitamin D, omega 3 fatty acids, and glutathione support.

Eliminate inflammatory foods such as refined, omega-6, and inflammatory oils (including corn, soy, and seed oils), gluten, dairy, and nightshades.

Ask my office for more advice on what the autoimmune paleo diet includes, the best way to follow it so you are not hungry and your energy stays up, and how and when to start reintroducing foods.

There are also supplements and shake powders we recommend that gently detoxify the body and help repair the gut.



## STEP 2: TEST FOR CHRONIC INFECTIONS

It's important to determine if a chronic infection is driving your immune system to be over reactive. Common chronic infections are:

- Yeast
- Virus (i.e., Epstein Barr)
- Bacteria (such as H. Pylori, or too much bad gut bacteria)
- Lyme disease
- Parasites

These types of infections are more common than people realize. Different types of infections require different types of testing.

Addressing chronic infection is vital for managing autoimmunity. This is because infections tax the immune system and exhaust the body's stress handling systems.



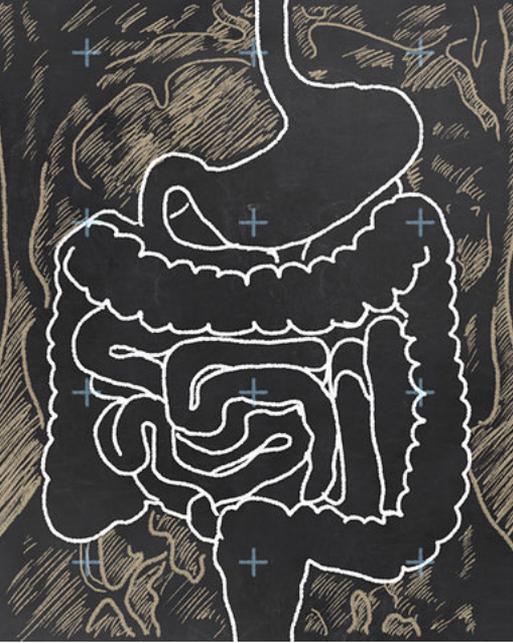
## STEP 3: TEST FOR FOOD SENSITIVITIES

We can help you determine the best test to see which foods are triggering autoimmunity in you. The most common culprits are gluten and dairy, but other foods may be an issue.

In addition to lab testing, an elimination/provocation diet such as the autoimmune protocol or GAPS diet can be helpful in determining food sensitivities.

In these protocols, you eliminate common inflammatory foods for about six weeks to allow the body to rest and recover. Then you add in the eliminated foods one at a time every three days to see if you react poorly to them. This tells you which foods trigger inflammation in you. Symptoms can vary widely. It's important to eat a variety of produce and different safe foods during this period to support healthy gut bacteria and immune health; eating the same foods over and over can increase your chances of developing new food sensitivities.

This process can take some time, but thousands of autoimmune patients have used this to manage their autoimmunity and recover from symptoms.



## STEP 4: FIX YOUR LEAKY GUT

A large part of your immune system is in your gut. When it breaks down due to inflammation, your immune system will get activated and start reacting to foods, toxins, and bacteria in your gut and your bloodstream. The easiest way to begin healing your gut involves eating a whole food, anti-inflammatory paleo diet and removing gluten and other food sensitivities.

## STEP 5: SUPPLEMENT WISELY

Many people with autoimmune conditions benefit from nutritional therapy that includes vitamin D, essential fatty acids, and glutathione precursors to reduce chronic inflammation. You may also find you need vitamin B12, iron, or magnesium, depending on your nutritional status. Taking the right kind of probiotics can also help your immune system function appropriately. Other helpful botanicals include flavonoids that reduce inflammation.



## STEP 6: EXERCISE REGULARLY

The right amount of exercise is naturally anti-inflammatory. Too much can be inflammatory. If heading to the gym isn't possible or appealing, move in any way you can:

- Walk with your friends, family, or dog.
- Have a play date in the park with your kids or friends.
- Choose an active hobby that's fun and gets you out and moving.

In addition to focused exercise, just standing up more and moving around counts:

- Take the stairs instead of the elevator
- Park further away
- Walk to the next bus stop

Get up and walk around the office for a few minutes every hour.

Doing small movements regularly will help your metabolism stay active and healthy, reduce inflammation, and reduce symptoms.



## STEP 7: PRACTICE RELAXATION

Stress is one of the worst culprits in autoimmunity and inflammation. Use daily calming techniques such as yoga, deep breathing, biofeedback, massage, or listening to calming music.

You don't have to "ommm" for half an hour. Even five minutes of slow, even breathing or lying on the ground with your eyes closed can do wonders.

Of course, exercise is one of the best known stress relievers around if done regularly.

If you are stressed out about not doing stress-relieving strategies, follow this tip: Start with a goal you know you can easily obtain - say five minutes of doing something physically active - whatever feels ridiculously easy. Then do it.

The ability to attain a goal, no matter how small, is how you forge a new habit. You will naturally continue to take on more until stress relief strategies have become a daily habit you enjoy and feel good about.

A photograph showing a person's legs in brown shoes and patterned pants, sitting on green grass. Their hands are visible, holding a silver spiral notebook and a black pen, writing on the page. The scene is outdoors with soft, natural lighting.

## STEP 8: DITCH THE NEGATIVES

Take an honest look at the stress factors in your life, and write them down. Consider these examples:

- People that drain you
- Bad relationships
- Negative job environments
- Situations that drain you
- Over commitment: volunteering, projects, school groups, committees
- Saying yes to often
- Negative self-talk
- Unresolved conflicts

Once you make your list, start reducing and eliminating where you can. Be strong with yourself about it. The effect on your stress level and your immune function can be profound and affect your ability to heal.

A person with long brown hair, wearing a blue hooded jacket, is seen from behind, walking away through a dense forest of tall, thin trees. The ground is covered in green grass and fallen leaves. The lighting is soft, suggesting an overcast day.

## STEP 9: CONNECT WITH OTHERS AND NATURE

Studies have shown that we need connection to cope better with stress, recover from traumas, and to heal and thrive. The connections we make with our family, friends, pets, and others are critical for our well-being.

Take a look at the positive social time in your life, and if you don't see enough, try:

- Joining a Meetup.com group
- Join a support group
- Take a class where you get to interact with others
- Volunteer
- Take up a new hobby that gets you out with people
- Foster those friendships that bring you support and joy

Spending time in nature is a great way to reduce stress and allow the nervous and immune systems to unwind. Surround yourself with nature any time you can, whether it's a hike in the woods, a bike ride in the park, sitting quietly on a hill, laying on the grass under a tree, or even a stroll through a greenhouse.



## STEP 10: MAKE GOOD SLEEP A PRIORITY

Many autoimmune patients experience issues with poor sleep. This is a deal-breaker for autoimmune healing.

While finding the cause and the fix for insomnia can sometimes be a puzzle, here are some guidelines to set the best foundation for good sleep:

- Go to bed at the same time every night.
- Avoid screen time in the two hours before bed.
- If you must use a screen, install the f.lux app to reduce blue light and mimic evening light.
- Avoid sugary foods and drinks to maintain stable blood sugar, especially in the evening.
- Keep your bedroom cool and dark.
- Get regular exercise.
- Get sunlight on your skin every day.
- If you suffer from middle-of-the-night insomnia, keep a small high-protein (low carb/sugar) snack by your bed to eat if you wake up.
- Prioritize getting enough sleep every night.



# CONCLUSION

These are a few basics thousands of people have used successfully to manage their autoimmune condition and even drive it into remission. It's all about improving your quality of life.

**ASK US HOW WE CAN HELP YOU!**

Did the information in this report resonate with you?

If so, let's get started on your ThyroSisters™ MVP Program for Measurable, Verifiable, Progress. Get the lab work you need to identify the root cause of your issues, stop suffering, wasting your time and resources, and speculating anxiously. Get the results you've been waiting for so you can be there for your family, have more energy, and enjoy a normal weight, good sleep, a good mood, and a clear mind.

Click [HERE](#) to contact our office to get started.

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