

LET'S GET STARTED!



AUTOIMMUNE
Freedom

A FEW THOUGHTS

BEFORE YOU BEGIN

What you're about to do is going to be hard. But you *want* to do it. That's why you're here. That's why you paid for this program. Remember that. On the following pages and in the coming weeks of material, you will find lots and lots of information. Don't let this discourage you. Knowledge is power. Once you know what to do and why, you can get started down the path that is right for you. You'll eliminate some foods, add in extra nutritious foods, work on managing your stress, eliminating environmental toxins and lots more. You'll be busy healing your body. Take some deep breaths and let's get started!



Course Outline

WHAT'S COMING

SIX WEEKS - YOU CAN DO IT!

CONTACT

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MODULE 1 - A PATH

Where in the world do I start?
What is my path going to look like?
What is functional medicine? What is autoimmunity and why do I have it?
Do I have a leaky gut? Do I have to go gluten free?

MODULE 2 - THE FOOD

What am I supposed to eat?
What can't I eat?
Organic, non-GMO, pasture-raised, oh my!
Meal plans
Best recipes
Cook ahead tips
Cleaning out the pantry and setting it up for success

MODULE 3 - I'M SO STRESSED OUT

Sources of stress and the link to autoimmunity
Success strategies for handling stress
More recipe ideas and a weekly meal plan

MODULE 4 - SLEEP

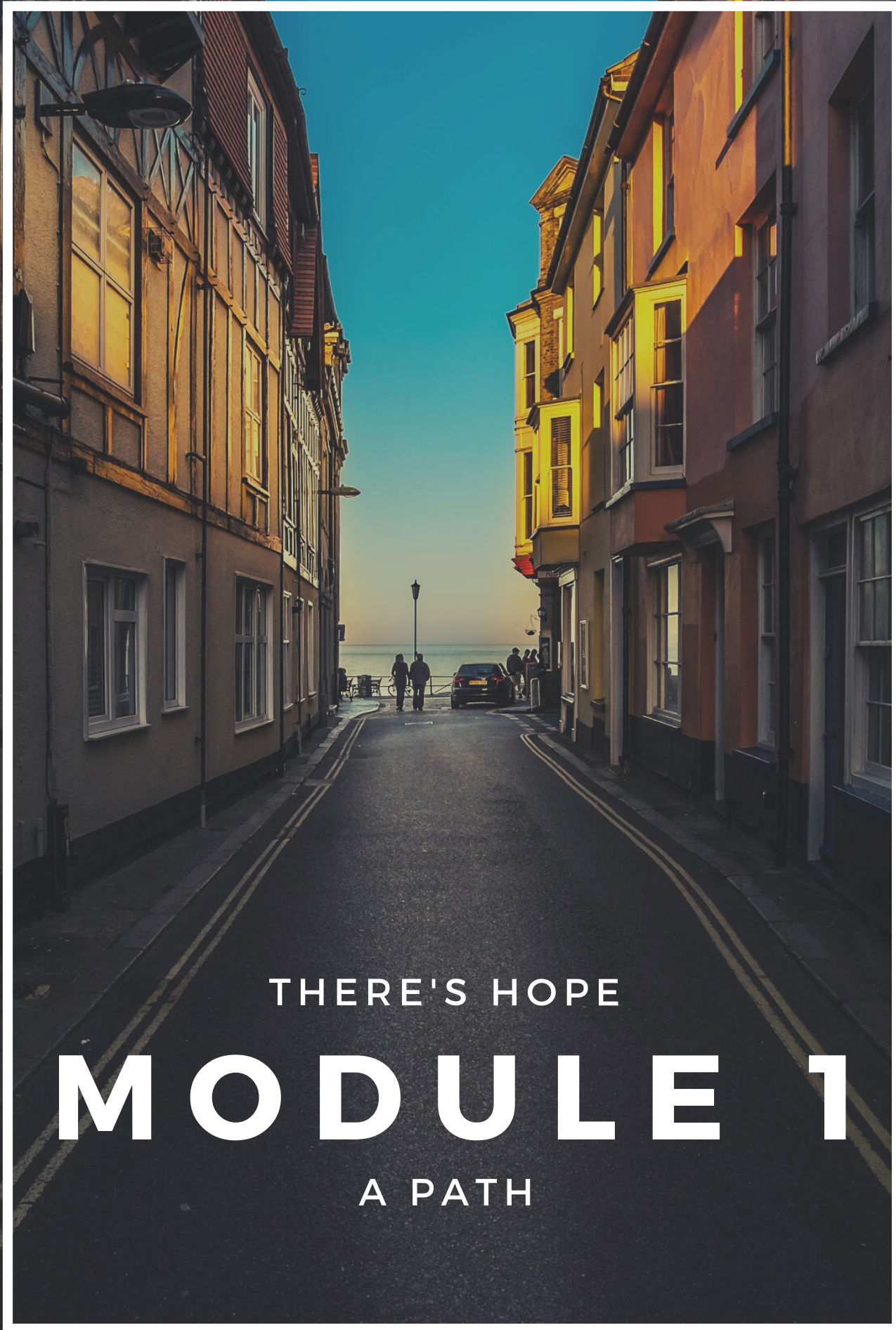
How much sleep do I need?
How can I improve my sleep?
Does my sleep really affect my health?
Yep, more recipes and a new meal plan

MODULE 5 - THERE'S MORE?

Pinpointing environmental toxins, suggestions for replacements and how to manage all these changes
Do I have to exercise too?
Finding and encouraging the supportive relationships needed for success
Another week of easy, family-friendly recipes and meal ideas

MODULE 6 - WHAT'S NEXT?

How do I make this sustainable? It's forever, right?
When can I eat my favorite foods again?
When will I feel better? aka How long is this going to take?
Troubleshooting - planning for long-term success
One more set of recipes to keep you going
Invitation to private group for ongoing support



THERE'S HOPE

MODULE 1

A PATH



WHERE TO BEGIN

What do you think of when you see the pictures to the left? Do they stir up feelings of adventure? Sadness? Longing? There was a day when I was so sick, I could barely get off the sofa to care for my toddlers, let alone dream of visiting such exotic locations. But that dream was within me. I've always loved exploring, seeing new places, but when I was sick, I didn't believe that would ever be my reality.

If that's how you're feeling now, I understand. You're here because you want out from under the oppression of your disease. You're tired of letting it control you - your time, your finances, your family, your entire life.

It's possible to have freedom from your autoimmune disease. It doesn't have to control you because there are many things that are within your control that can greatly improve your health. In this six week course, we're going to tackle them!

No, you won't be cured at the end of six weeks, but you can be well on your way. You could be experiencing so many positive effects of the changes you will implement, that you will be encouraged and motivated to **KEEP ON GOING**.

In this first week, we are going to cover the basics of autoimmune disease - what it is and why it happens in the first place. We'll tackle leaky gut, gluten free diets, and all sorts of other science-y topics. Don't shake your head and say, "Let's just get on with it." I think it's important for you to understand the why before you can really grasp the gravity of the what. If you don't fully buy in to why you have your disease in the first place, you're less likely to be committed to the changes that are going to be necessary to correct it.

Let's face it - we're not talking a temporary fix. You've tried that before. We're not talking about trying the latest and greatest pharmaceutical intervention. You've tried that too. Unsuccessfully. That's why you're here.

There will be days when your motivation is high and you can easily turn down the donut, the pizza, the alcohol. And there will be days when your motivation is lacking and you will want to say YES to all those inflammatory foods and circumstances that are just waiting to derail your success. It is my strong belief that understanding the basics of how your disease works, will help to keep you in the frame of mind that will keep moving you forward.

Ok? Do you trust me?

LET'S GO!

Functional Medicine is an evolution in the practice of medicine that better addresses the healthcare needs of the 21st century.

By shifting the traditional disease-centered focus of medical practice to a more patient-centered approach, functional medicine addresses the whole person, not just an isolated set of symptoms. Functional Medicine practitioners spend time with their patients, listening to their histories and looking at the interactions among genetic, environmental, and lifestyle factors that can influence long-term health and complex, chronic disease. In this way, Functional Medicine supports the unique expression of health and vitality for each individual.

WHY DO WE NEED FUNCTIONAL MEDICINE?

- **Our society is experiencing a sharp increase in the number of people who suffer from complex, chronic diseases**, such as diabetes, heart disease, cancer, mental illness, and autoimmune disorders like rheumatoid arthritis.
- **The system of medicine practiced by most physicians is oriented toward acute care**, the diagnosis and treatment of trauma or illness that is of short duration and in need of urgent care, such as appendicitis or a broken leg.
- **Unfortunately, the acute-care approach to medicine lacks the proper methodology and tools for preventing and treating complex, chronic disease.**
- **There's a huge gap between research and the way doctors practice.** The gap between emerging research in basic sciences and integration into medical practice is enormous—as long as 50 years—particularly in the area of complex, chronic illness.
- **Most physicians are not adequately trained to assess the underlying causes** of complex, chronic disease and to apply strategies such as nutrition, diet, and exercise to both treat and prevent these illnesses in their patients.

HOW IS FUNCTIONAL MEDICINE DIFFERENT?

Functional Medicine involves understanding the **origins, prevention, and treatment** of complex, chronic disease. Hallmarks of a Functional Medicine approach include:

- **Patient-centered care.** The focus of functional medicine is on patient-centered care, promoting health as a positive vitality, beyond just the absence of disease.
- **An integrative, science-based healthcare approach.** Functional Medicine practitioners look “upstream” to consider the complex web of interactions in the patient’s history, physiology, and lifestyle that can lead to illness. The unique genetic makeup of each patient is considered, along with both internal (mind, body and spirit) and external (physical and social environment) factors that affect total functioning.
- **Integrating best medical practices.** Functional Medicine integrates traditional Western medical practices with what are sometimes considered “alternative” or “integrative” medicine, creating a focus on prevention through nutrition, diet, and exercise; use of the latest laboratory testing and other diagnostic techniques; and prescribed combinations of drugs and/or botanical medicines, supplements, therapeutic diets, detoxification programs, or stress-management techniques.

Quick lesson on Autoimmunity

When you have an autoimmune disease, that means that your body has attacked itself in some way and the result is a disease or condition affecting one or more parts of your body. For example, Hashimoto's Thyroiditis is autoimmune disease of the thyroid gland causing low levels of thyroid hormones. Crohn's disease is an autoimmune disease of the digestive tract causing anything from pain, indigestion to chronic diarrhea. Type I Diabetes is an autoimmune disease that attacks the Islet Cells of the pancreas rendering them unable to produce insulin. The autoimmune disease develops in response to a trigger that may be genetic or environmental, which could be the food you eat, chemicals in the carpet in your workplace, a bout of food poisoning, chronic stress and on and on. All autoimmune disease begins in the gut when proteins leak out into the body and the body sees those proteins as invaders and mounts an attack. The body's attack is just misguided and the end result is your disease.

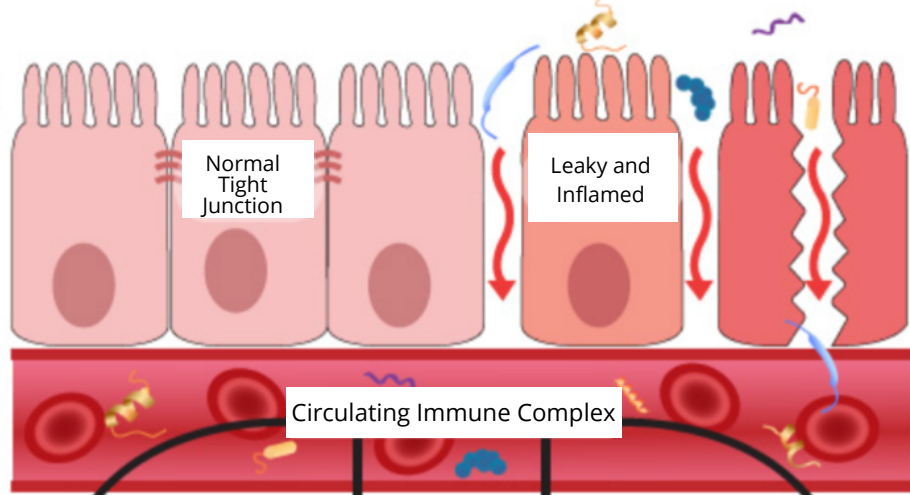
Because all autoimmune disease begins in the gut, the first step toward healing your disease is healing the gut. On the next page, we'll take a closer look at what's happening in your digestive tract that allows autoimmune disease to develop in the first place. Then we'll talk about how to fix it.

Leaky Gut Syndrome

Triggers causing intestinal damage



Intestinal Mucosal Cells



Blood Stream

Blood Brain Barrier Breach Inflammation Autoimmunity Malabsorption & Nutrient Deficiency

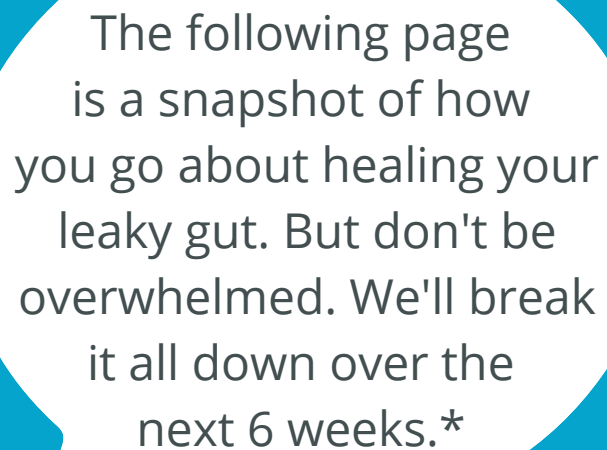
Leaky gut - sounds lovely, doesn't it? How about intestinal permeability? More lovely words that mean the same thing. Bottom line - something has happened - some sort of trigger - caused the previously tight junctions between the cells lining your intestines to be come less tight, aka leaky.

Some people can pinpoint the cause of their leaky gut (a particularly bad bout of food poisoning perhaps), but most people will never know what truly kicked off their disease. It may have even happened when you were a child. The fact is, it doesn't matter. What matters is what you do moving forward to heal your leaky gut and then keep it in tip top shape. It is possible.

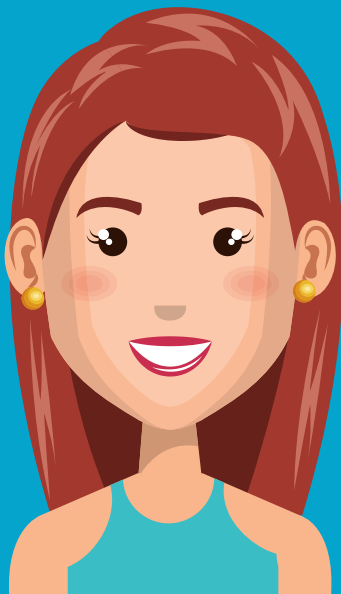
It starts with eliminating as many of the potential triggers as possible.

WARNING!!

TECHNICAL INFORMATION INCOMING!



The following page is a snapshot of how you go about healing your leaky gut. But don't be overwhelmed. We'll break it all down over the next 6 weeks.*



*Some of what is outlined on the next page will be tackled with this course and some of it you will need to discuss with your team of medical professionals, but I include it here so you have a full picture of the healing process.

A properly functioning digestive system is critical to good health. In fact, problems with the gastrointestinal (GI) tract can cause more than just stomach aches, gas and bloating or diarrhea. GI issues may underlie chronic health problems that seem unrelated to digestive health, including autoimmune diseases such as rheumatoid arthritis and type 1 diabetes, skin problems such as eczema and acne rosacea, and heart disease (just to name a few). So in the bigger picture, how can we deal with all that can go wrong “down there”? In Functional Medicine we use a program that goes by the simple acronym of the ‘5Rs’: remove, replace, reinoculate, repair, and rebalance. When applied to various chronic health issues, the 5R program can lead to dramatic improvement in symptoms, and sometimes even complete resolution. The elements of the 5R program are described briefly below.

1. Remove

Remove stressors: get rid of things that negatively affect the environment of the GI tract including allergic foods, parasites and potential problematic bacteria or yeast.

- This might involve using an allergy “elimination diet” to find out what foods are causing GI symptoms or it may involve taking medications or herbs to eradicate a particular bug

2. Replace

Replace digestive secretions: add back things like digestive enzymes, hydrochloric acid, and bile acids that are required for proper digestion and that may be compromised by diet, medications, diseases, aging, or other factors.

3. Reinoculate

Help beneficial bacteria flourish by ingesting **probiotic** foods or supplements that contain the “good” GI bacteria such as *bifidobacteria* and *lactobacillus* species, and by consuming the high soluble fiber foods that good bugs like to eat, called **prebiotics**.

- **Probiotics** are beneficial microorganisms found in the gut that are also called “friendly bacteria.” Use of antibiotics kills both good and bad bacteria. Probiotics in the form of supplements or food are often needed to help reestablish a balanced gut flora. Fermented foods, such as yogurt, miso, and tempeh are food sources of probiotics.
- **Prebiotics** are food ingredients that selectively stimulate the growth of beneficial microorganisms already in the colon. In other words, prebiotics feed probiotics. Prebiotics are available in many foods that contain a fiber called inulin, including artichokes, garlic, leeks, onion, chicory, tofu, and other soy products. Grains such as barley, flax, oats, and wheat are also good sources of prebiotics. Another good prebiotic source is a supplement called “fructo-oligosaccharide” or FOS.

4. Repair

Help the lining of the GI tract repair itself by supplying key nutrients that can often be in short supply in a compromised gut, such as zinc, antioxidants (e.g. vitamins A, C, and E), fish oil, and the amino acid glutamine.

5. Rebalance

It is important to pay attention to lifestyle choices. Sleep, exercise, and stress can all affect the GI tract. Balancing those activities is important to an optimal digestive tract.

The *Practical* road map

Remove the offending foods and behaviors – start with one or two areas

Be meticulous in your tracking – note what you do & how you feel (physically and mentally).

After a couple weeks, make another small change. Ask yourself: what is working? what isn't? Repeat as long as needed.

Experience so much freedom and well-being that you never want to go back to the way things were.

It may be
bumpy
twisty
confusing...but
in the end,
you'll reach
your
destination

where should I start?

Want to know where to start? Thoughtfully, work through the exercises on this page and the next to help pinpoint the right starting place for you.

Why do you want to make a change? This helps you pinpoint your motivation.

What worries you most about making a change? This helps you prepare for possible stumbling blocks.

What excites you most about making a change? This helps you keep your eyes on the prize.

What are you looking forward to doing or experiencing that you can't currently do because of your health?

PROS AND CONS

refining your why

This exercise will take a closer look at your response to the first question on the previous page - why you want to make a change.

In this box, list all the reasons you can think of that would be *benefits of not making a change*

In this box, list all the reasons you can think of that would be *benefits of making a change*

pros

In this box, list all of the possible negative consequences of *not making a change*

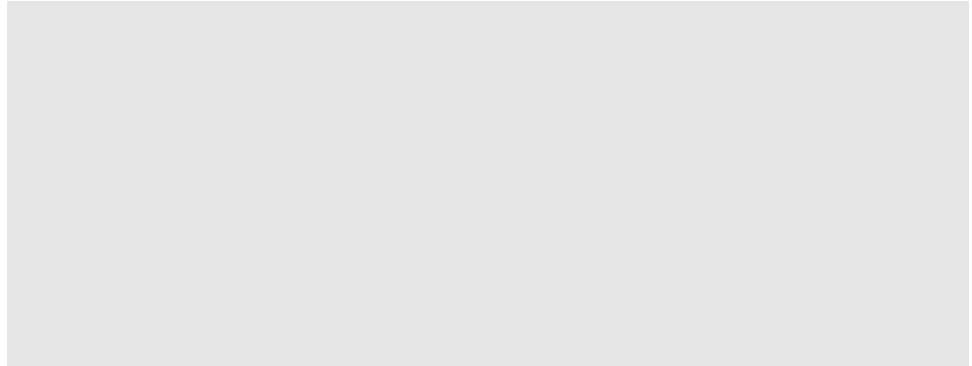
In this box, list all of the negative consequences of *making a change*

cons

GOAL SETTING

Time to set a goal - an action step to move you toward your ultimate goal

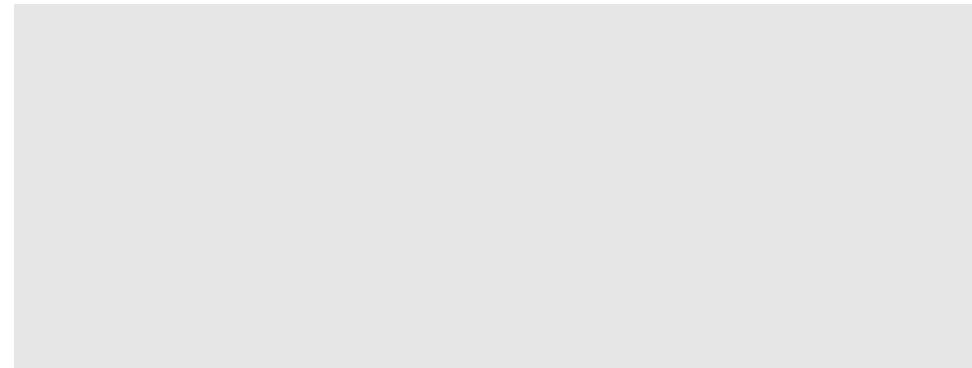
1. What is your goal? Be specific - what? when? who? why? where?



2. How will you measure your success?



3. Is your goal realistic? List your action steps.



4. What is your timeline? Is this a one day goal? One week?

