This is a quickstart guide that gives you a full overview of the program in a short PDF. For a more thorough understanding of this topic and strategies, be sure to read the Autoimmune Elimination manual and the support guides in this program.

This program is not a cure for autoimmune or chronic inflammatory conditions but it is a foundational lifestyle to help one reduce these conditions and even put them into remission as long as they continue to follow the proper lifestyle habits.

### What is an Autoimmune or Chronic Inflammatory Condition:

An autoimmune condition is when the body attacks itself and breaks down its own tissue. This is similar to someone who is experiencing a chronic inflammatory condition although the part of the immune system that is activated in an autoimmune condition is different.

An autoimmune condition is characterized by specific anti-bodies to a target tissue in the body. Whereas a chronic inflammatory condition (CIC) is not as specific and is instead an overall increase in immune-mediated inflammatory compounds in the body.

### Examples of Autoimmune Conditions:

- Rheumatoid Arthritis
- Graves Disease
- Crohn’s Disease
- Lupus (SLE)
- Psoriasis
- Ulcerative Colitis
- Type I Diabetes
- Hashimoto’s
- Sjogren’s Syndrome
- Multiple Sclerosis
- And Many Others

### Examples of Chronic Inflammatory Conditions:

- Osteoarthritis
- Alzheimer’s
- Cancer
- Chronic Pain
- Osteoporosis
- Parkinson’s
- COPD
- Heart Disease
- Asthma and Allergies
- Dementia
- High Blood Pressure
- Diabetes
Based on twin studies, we now know that 25% of autoimmunity is genetics, and the other 75% is environment. Major environmental factors that stress the body and can overwhelm our ability to adapt and heal include the following.

1. Gluten Sensitivity
2. GMO’s
3. Gut Dysfunction
4. Neurological Stress
5. Toxins and Detoxification Ability
6. Stress and Hormones
7. Infections

This program focuses on diet and lifestyle practices to impact all of these major areas and help our body to reduce inflammation, heal and adapt to the stressors in our life more effectively.

### 12 Areas to Address for Autoimmune and CIC

1. Poor Blood Sugar Stability
2. Low Vitamin D Levels
3. Gut Dysbiosis
4. Mitochondrial Dysfunction
5. Low Glutathione Levels
6. Poor Omega 6:3 Ratio
7. Upper Cervical Subluxation
8. Environmental Toxins
9. High Stress and Poor Breathing Habits
10. Lack of Sleep
11. Methylation
12. EMF Exposure
The elimination diet is very effective for reducing gut mediated immunity and research shows that individuals with autoimmune conditions and CICs respond very well to various forms of the elimination diet. This is because the elimination diet helps the gut to heal which plays a big role in our immune sensitivity and reactivity.

In this program, we take a very conservative approach in that we eliminate a lot of foods at first and then slowly and intentionally reintroduce them. This approach helps the individual to understand and master their own physiology and how their physiology is responding to various foods.

**Research Shows an Elimination Diet Improves**

1. Leaky Gut Syndrome or Intestinal Permeability
2. Autoimmune and Chronic Inflammatory Conditions
3. Gastrointestinal Symptoms
4. Skin Irritations
5. Frequency and Severity of Migraines
6. The Discovery of Hidden Food Sensitivities
7. Physical Energy, Memory and Learning

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**Foods to Eliminate on This Program**

- Processed and Organic Sugars
- Gluten
- Nuts
- Nightshade Vegetables
- Conventionally raised animal products
- Soy
- Corn
- Eggs
- Shellfish
- All grains
- Legumes
- Dairy Protein (grass-fed ghee is ok)
- Vegetable Oils (corn, soy, safflower, peanut, cottonseed, canola)
For the first 3 weeks of the program, we recommend avoiding red meat simply because it takes more digestive juices in order to metabolize. We have you reintroduce grass-fed beef, bison and/or lamb at week 4.

***In general, we advise that you purchase organic, non-GMO verified products as much as possible. All organic products are non-GMO so you don’t need to look for that verification if the product is already labeled organic.

**The Most Important Things to Get Organic Include**

1. All Animal products
2. Oils – olive oil, avocado oil, coconut oil
3. Fruit and Vegetables with a soft outer layer that you would normally consume such as cucumbers, berries, apples, spinach, celery, etc.

If you do consume non-organic meat, oil or soft skinned fruit/vegetables and want to minimize the impact you can take probiotics or activated charcoal about 1 hour after the meal to help the body deal with the chemicals and remove them from the system. Charcoal is the best for this but probiotics can do the job as well.

For fruits and vegetables, you can peel the outer layer (such as with a cucumber) or wash with a fruit and veggie wash such as [this](#) to reduce the amount of chemicals in it. Fruits and Vegetables with a peel or a hard, outer-layer are less likely to have much if any pesticide and herbicide sprayed on them. These include:
It is not important to get these organic. The general rule is that anything you would naturally consume the outer layer of, should be purchased organically. If you discard the outer layer than it isn’t as important. Farmers markets are a great place to get natural produce fresh from the ground and often you will find farmers that don’t use harsh chemicals and do farming the right way.

Recipe Book and Meal Plan and Additional Resources

In this program, we provide 70 great tasting recipes and a specific meal plan to follow. You don’t have to follow the meal plan or only stick to the recipes I created for you to the letter, but instead use it as a reference so you understand how to set up your meals and follow the elimination diet strategy I discuss in the program. Feel free to make your own recipes and stick with the ones you enjoy the most, as long as they are following the elimination diet principles.

We also have a number of additional resources such as booklets and videos on improving stomach acid levels, gallbladder health, adrenal health and strategies for cleansing and healing.

Biggest Mistakes on the Elimination Diet

1. **Not Reading Labels:** Often there are foods or ingredients we are supposed to eliminate that are in various food products.

2. **Non-Compliance:** If you are not following the plan the way it is designed and are consuming foods that should be eliminated than your results will most likely not be good.

3. **Too High Stress Levels:** If you are overly stressed out than a nutrition change such as this may not have the desired impact you are looking for. Look for ways to reduce stress and prioritize sleep, rest and healing so you can get well.

4. **Eating Too Quickly:** If you are consuming your food very quickly than you are not chewing it effectively and you are causing more stress on your digestive system. This will lead to poor results on the plan.

5. **Not Hydrating Well:** If you are not hydrating your body well than your body will be more stressed and will not respond well. I recommend drinking a minimum of half your body weight in ounces of water daily. Best to drink your water away from meals, beginning 1 hour after finishing a meal and hydrating well up until 15-30 minutes before beginning your next meal.

6. **Reintroducing Foods too Quickly:** If you follow an elimination diet but then reintroduce too many foods too quickly, you won’t be able to understand how your body is responding to them. The reintroduction needs to be slow and intentional.

7. **Not Listening to Your Body:** One of the main tenets of an elimination diet is to take time to listen to the biofeedback messages your body is giving you. We recommend doing pulse testing (see AI Program manual or Pulse Biofeedback PDF for more details) in order to see if a food elicits a stress response.
Additionally, we recommend charting and scoring symptoms in order to see if you notice a difference when certain foods are added back into your diet. If you don’t do these things than there is a high probability you will not get good results.

8. **Inadequate Digestive Juice Production:** For many individuals, their digestive system has been overwhelmed for years and is unable to produce enough stomach acid, bile and enzymes in order to effectively digest their meals. If you are trying to eat a lot of meat and raw vegetables without these digestive juices, you will most likely have more symptoms.

In order to reduce stress on the gut, I recommend foods easy on the digestive tract such as smoothies, green juices, broth, well-cooked soups, etc. We also recommend an initial liquid diet for the first 10-14 days in order to ease stress on the gut and improve digestive juice production.

We also recommend supplementing with digestive enzymes and for some, you may need betaine HCL and/or ox bile.

In this program, we offer specific guides to improving stomach acid, gallbladder health and adrenal function. Be sure to check those out for more details.

**Beneficial Supplements**

There are literally hundreds of supplements I could discuss that would have potential benefit for individuals dealing with chronic inflammation and autoimmunity. It is hard to say which are the most important for you, that really depends on your unique history.

However, the number one goal I have with my autoimmune and chronic inflammatory patients is to stabilize their blood sugar and reduce inflammation in their body. Here are the key every day supplements to do that.

<table>
<thead>
<tr>
<th><strong>Vitamin D3</strong></th>
<th>5-10,000 IU with your first meal of the day</th>
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<tr>
<td><strong>Omega 3</strong></td>
<td>1-2 grams of EPA/DHA from a purified fish oil with first meal of day</td>
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<tr>
<td><strong>Probiotic</strong></td>
<td>High quality probiotic every day, away from food</td>
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<tr>
<td><strong>Multi-Vitamin</strong></td>
<td>Take bioavailable, pre-methylated multi each day with meals</td>
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<tr>
<td><strong>Curcumin</strong></td>
<td>This is a powerful anti-inflammatory compound that reduces inflammation and improves blood sugar stabilization</td>
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<tr>
<td><strong>Glutathione Precursors</strong></td>
<td>This is your bodies main anti-oxidant. Support this daily by using S-acetylated, liposomal or reduced forms of glutathione and/or precursors such as N-Acetyl Cysteine (NAC) and Alpha Lipoic Acid</td>
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We have put together all of these key areas into a simple 4 supplement blood sugar support pack to make your life easier. We also discounted this by over 20% of the retail cost to help you with the overall cost. You can [find this pack here](#).

**The Pro Omega CRP does contain a non-GMO soy lecithin. Soy lecithin is a hypoallergenic form of soy that is well-tolerated. The vast majority of my autoimmune clients do great with it. However, if you do have a major sensitivity or allergy to soy it would be best to avoid.**

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, nursing, taking medication, or have a medical condition, consult your physician before doing any of these health strategies.

*This information is based on Peer Reviewed published studies and all references can be found on [DrJockers.com](http://DrJockers.com)*