

## Anti-Allergic/ Anti-inflammatory/ Anti-autoimmune Plan

### 2-week trial Diet

The GIT cells rapidly turnover in 14 days. But ½ life of IgG [antibody to chronic food allergies/ sensitivities] is 21 days to 3 months [90 days]. So improvement should be felt with a trial of 14 day on a diet - *less pain, fatigue, moodiness, allergies etc.* But it take approximately 90 days to fully recover after eliminating inflammatory food [the most inflammatory are corn, cow's milk, egg, gliadin [wheat], soy etc). Retest feeling better.

- Food Rotation** 4-day rotate consumption of 3 of the 6 most reactive foods [cow's milk, egg, gliadin/ wheat & corn, soy}. In other words, don't eat on of the allergenic food any more frequently than once every 4 days.
- Hypoallergenic foods** x 90 days [see handout]
- Anti-inflammatory Spices:** cumin, fennel, parsley, cinnamon, cardamom, ginger, garlic, turmeric
- Fresh organic berries & vegetables
- Fermented foods: miso, raw saukraut, tempha if tolerated
- Healing fats such those from/in avocadoes, coconut oil, fish, seeds, sprouts
- Increase Appropriate Protein & Small amounts of lean organic meat or poultry** to recover from adrenal fatigue. The liver needs protein in order to process the 80,000 chemicals and hormones and things that we are exposed to. If vegetarian, get a hypoallergenic rice protein
- WILD rice is gluten-free!
- Reduce** dairy, eggs, sugar, night shades, grains, legumes, nuts, seeds
- Reduce Lectins.** It can be reduced slightly by soaking, sprouting, and cooking. Soaking and then pressure-cooking is the most effective means of reducing lectins (and phytic acid, and other anti-nutrients which there are a ton of). Lectins are proteins that plants use as a natural defense against pests and fungus. These sticky proteins that can stick to the walls of the small intestine, causing inflammation and obstructing. The foods that contain the most lectins are grains, dairy, legumes (particularly soy), nightshade vegetables (tomatoes, potatoes, eggplant, peppers), and nuts.
- Eliminate gluten.** The most common autoimmune stressor, gluten and gluten grains. Wheat, barley, rye, and other grains containing gluten can aggravate inflammation and immune responses in people with leaky gut syndrome, and even people without leaky. leaky gut is when the tight junctions of the GI tract open and undigested proteins are allowed to pass through the intestinal wall into the bloodstream. The immune system is wondering why is that there, and it launches an immune response that can become autoimmune responses in genetically susceptible individuals.
- Eliminate all processed & junk foods, alcohol & OTC medications/ drugs** [unless it is Rx], **high fructose corn syrup, artificial sweeteners including stevia and agave (use regular sugar, turbinado, honey, molasses!**

## If NO improvement within 2-week Trial and/or 90 days

- STRESS MANAGEMENT!!!** See your **Take Care of Stress free e-book care plan**
- GI Effects by Metametrix/Genova stool testing:**
  - SIBO/dysbiosis
  - Parasites, fungus and other GI pathogens
  - Leaky gut/malabsorption
  - Support /heal the GI tract depending on the results
- Genova Diagnostics, NutrEval** - gross nutritional deficiencies, in every autoimmune condition
- Delayed Food Allergy /Sensitivity Testing- Type II, III [better to also ID leaky gutt]**
- hsLRA- Immune-repair Assay** (hsLRA™) by **ELISA/ACT™** The gold standard in delayed hypersensitivity testing. And IDR/ immune defense & repair deficit- chronic diseases.
  - > 500 live cell analysis: foods, Additives, preservatives, environmental chemicals, toxic minerals, medications, mold, dandr hair feathers, herbs
  - Live cell analysis of Type II, II [IgA, IgG, IgM], III [Immune complex], IV [cell mediated] allergy pathways with <1% false positives,
  - Substitute strongly reactive foods/ substances with the non reactive foods x 6 months
  - Moderately reactive foods/substances x 3 months
  - Rotation diet
- Radical Elimination Diet** for Auto-Immune Disorders: [www.thethyroidcure.com/phase1recipes](http://www.thethyroidcure.com/phase1recipes)
- Alkaline Way Program** Benefits DM I & II [6 months on this comprehensive program that is not specifically for diabetes]
  - Hbg A1c 13% less in the Type II and 46% less in the Type I
  - 18% lower insulin levels; 18% lower insulin growth factors
  - Managed DM better compared to ADA standard of care control group

### Add Basic Supplements:

- Multivitamin** that contains adequate B vitamins with methlyfolate:
- Pre/Probiotics** specific for your constitution. Start with **“Go-Live”** Brand, minimum of 15 to 30 billion CFU daily
- Vitamin D3/K2** [27 x your weight is daily dose of D]
- Liposomal C** 1000mg 10,000mg daily as tolerated [5,000 is good]
- EFA** [plant and fish sources]: CorOmega Brand

### Add Leaky Gut Supplements

Small intestine derives most of its energy for increased cell mass from oxidation. It should not be necessary to maintain this level of support for more than 60 days for thi purpose. *Search for food sources when possible::*

- L- Glutamine** 5 to 10 g daily. *It may be reduced to 1.5 g doses by adding: Pyridoxine/PSP 10mg + a-ketoglutaric acid 10 mg with each dose.* This combination appears to aid the efficiency of epithelial cell utilization of glutamine.
- Pantothenic acid** 1 to 3 g daily
- Zinc** 25 to 50 mg daily
- Aloe, chamomile, slippery elm, deglycyrrhizinated licorice (DGL), okra, marshmallow,** Herbals the possess mucilaginous proper-ties that allow for aprotective coating of the mucosal lining, reducing irritation and facilitating the healing.

- Ginger, curcumin, frnkinsence, quercitin [onions], rutin, hesperidin**, *Herbs with antioxidant and/or anti-inflammatory bioflavonoids may contribute to intestinal healing.*
- Pre/probiotic + vitamin D + EFA [see above]**

**Add SIBO (GERD) & IBS Supplements (see protocol):**

Prokinetics:

Antibiotic: berberine [diarrhea] or allicin [constipation]

**Add Detoxifications**

- See HM detox protocol in your *Take Care of Stress* free e-book care plan**
- Liver Bliss Detox [www.thethyroidcure.com/gift](http://www.thethyroidcure.com/gift)
- Beyond Clean [heavy metal EDTA cleanse by Longevity Plus]
- Rise & Shine [formerly Cleanse & Heal Thyself cleanse]

Be Well! Dr. Lori

**Call me with any Questions & Concerns about your product(s) 806-268-4897**