

THE
AUTOIMMUNE
MANUAL

*A companion guide to the book
How I Reversed My Autoimmune Disease*

GABRIEL & JENNIFER ARRUDA

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The Autoimmune Manual

“For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.” — Jeremiah 29:11

This manual is a practical tool to help implement the 5-step autoimmune protocol and other health principles. It starts with a step-by-step progression outlining the process to follow, and then has helpful checklists, worksheets, and charts. Feel free to print out all or some of this manual to make notes for yourself.

Foundation #1: Start following the NEWSTART[®] principles

N — Nutrition: plant-based, vegan, non-GMO, mostly organic

E — Exercise: 30 minutes 5x/week, strength training 3x/week

W — Water: 8 - 10 cups pure water per day

S — Sunshine: 15-30 minutes per day

T — Temperance: nothing harmful and moderation of good

A — Air: regular deep breathing of good quality fresh air

R — Rest: 7-9 hours of early sleep per night (lights out by 9pm)

T — Trust in God: daily time in Bible reading and prayer

Foundation #2: Focus on spiritual healing (including emotional and mental)

- What is God trying to **teach** me through this?
- What am I **gaining** from this experience?
- How am I **growing** in my character through this experience?

1.) Remove harmful foods and toxins

- a) GMOs (especially soy, corn, and canola) and pesticide-laden produce
- b) Gluten
- c) Meat, poultry, fish, and animal products (dairy, cheese, and eggs)
- d) Soy and peanuts

- e) Medications (under the guidance of your doctor)
- f) Tobacco and alcohol
- g) Caffeine
- h) Mercury and other heavy metals
- i) Chemicals in personal care and cleaning products
- j) Environmental toxins in the air and water
- k) Refined sugar

Start learning new ways to cook, shop, and eat out according to an autoimmune-safe diet and healing the leaky gut. Be careful. Be strict. Remember that weeks and months of healing can be thrown out the window in a matter of minutes if you're not careful about what you eat. See the recipes page at ReverseAutoimmune.com for ideas.

2.) Heal the leaky gut

- a) Aloe vera
- b) Anti-inflammatory onion potato soup
- c) Turmeric
- d) L-Glutamine (found in cabbage, beets, kale, spinach, and parsley)
- e) Pectin (high amounts found in apples and pears)
- f) Licorice root tea and slippery elm tea
- g) Coconut

3.) Nutralify

- a) Fresh green juices
- b) Immune builder drink
- c) Probiotics to restore good gut bacteria (raw cabbage, unheated honey, sprouted seeds, microgreens) and prebiotics to feed the good bacteria (garlic, onions, leafy greens, fruit — all raw)
- d) Raw fruits and vegetables
- e) Vitamin D from sunshine
- f) Digestive enzymes (from papaya seeds and pineapple)

- g) Omega-3s (from ground flaxseed)
- h) Soaking and sprouting grains, seeds, nuts, and legumes (to remove anti-nutrients and to release more vitamins and minerals)

4.) Cleanse/detox

- a) Fasting
 - Intermittent 16-hour fasting
 - 36 to 48 hour fast

DISLODGING TOXINS
OPTIONS

- b) Lemon juice

- c) Activated charcoal, bentonite clay, diatomaceous earth

- d) Zeolite clinoptilolite

BINDING TOXINS
OPTIONS

- e) Modified citrus pectin

- f) Psyllium husk

- g) Detoxing enemas

ELIMINATING TOXINS
OPTIONS

- h) Saunas and sweat baths

- i) Hydrotherapy

- j) Organ support aids for the liver, kidneys, spleen. Options:

- dandelion
- milk thistle
- beets
- juniper berry
- horsetail
- selenium from Brazil nuts
- sulfur-rich foods

- k) Long-term gentle cleanse: Begin right away

- l) 10-day intense cleanse: Book one or do one at home

- Years Restored — YearsRestored.com
- Bella Vita — ModernManna.org
- Bayside Natural Health — BaysideNaturalHealth.com

- m) Address major infections: Mold, fungal, parasites, bacterial, viral

5.) Remove chronic stress

Begin a daily prayer and Bible reading time if you don't have one already. Address old traumas, forgive the people you need to forgive, get marriage counseling, gain better parenting skills, and learn to relate to stress better in general by praying to God in times of temptation.

a) Forgiveness

Step 1: Realize your offender can never pay back your debt. Only Jesus can.

Step 2: Remember the debt you've been forgiven too.

Step 3: Divorce your anger and bitterness by God's power.

Step 4: Accountability.

b) Cognitive behavioral therapy

- Daily read encouraging Bible promises and believe them.
- Thank God for His care and blessings. Be grateful for all that you do have.
- Trust in God's will and His love for you.

c) Eliminate stressors

- Work: Cut down hours, reduce spending
- School: Take a semester or two off
- Marriage: Personal Bible reading, family worship, pray together, counseling
- Kids: Improve parenting skills with study
- Damaged relationships: Apologize for your part, pray for them, confront
- Health challenges: Follow NEWSTART principles
- Laugh and play: Tickle, wrestle, play tag
- Turn off the noise: TV, radio, news, play soft classical music, talk to God

d) Stress relievers

- Sleep: 8-10 hours of early sleep in bed by 8pm
- Exercise: sweat and get heart rate up for 30 minutes 5x/week
- Hot baths

6.) Identify persistent contributing problems

Use your knowledge of your own situation and the *Autoimmune Progression Chart* in this manual to identify potential problems that could be contributing to your personal autoimmune picture such as toxins, deficiencies, infections, and genetic mutations.

7.) Testing

Based on the factors contributing to your autoimmune, decide which tests you are going to do. You may already have results from past tests. Testing may be helpful with the aid of a competent doctor.

8.) Continue an anti-infection program

After the 10-day program, continue with the long-term gentle cleansing program customized to your situation. Customize it according to your test results — meaning if you tested positive for certain genetic SNPs or vitamin and mineral deficiencies, then focus your nutrition in that direction. If you tested positive for certain infections, then customize your program to address your specific infections. If you have a serious infection such as Lyme or mold, you will need a continued anti-infection program to focus on eliminating it. These programs can be gentle but often need to be continued for many months and even years until the infection is completely gone.

A LAST NOTE:

Be prepared for some amount of permanent change.

If you want to stay healthy, every autoimmune sufferer needs to realize that there will be some permanent lifestyle changes. Realize that your body will never be able to deal with certain foods you used to eat. Some can be added back into the diet as I did, but some foods probably never will be able to be added back. Sadly, it's just the kind of world we're living in right now. Besides food, other permanent changes may be things to reduce your stress level, exercising more, sleeping more, and improving your relationship with God. Whatever it is for you, just understand it's what you have to do to be well.

At times when I've been mourning the loss of gluten or the ability to go out to just any restaurant, God has brought to mind this favorite quote of mine.

“Live like no one else, so you can live like no one else.” — Dave Ramsey

It's so true! If you want to eat and live like everybody else, then you're going to get sick like everybody else does. But if you want to live a life of being in remission from an autoimmune disease, then you need to take the road less traveled. I chose health and the road less traveled. It comes with some sacrifices, but as far as I'm concerned it's not nearly as much sacrifice as a life of sickness and an early death is.

Autoimmune Protocol Pyramid

Below is an illustration of the movement of the complete autoimmune protocol.



Autoimmune Checklist

Here's a checklist to keep organized in your progress as you reverse your autoimmune.

✓ if yes

NEUWSTART PRINCIPLES

- N — Nutrition:** plant-based, vegan, non-GMO, mostly organic
- E — Exercise:** 30 minutes 5x/week, strength training 3x/week
- W — Water:** 8 - 10 cups pure water
- S — Sunshine:** 15-30 minutes
- T — Temperance:** nothing harmful and moderation of good
- A — Air:** regular deep breathing of good quality air
- R — Rest:** 7-9 hours of early sleep per night (lights out by 9pm)
- T — Trust in God:** daily time in Bible reading and prayer

HANDLING STRESS

- Daily prayer time with gratitude
- Daily Bible reading
- People I need to forgive:

- Traumas I need healing from:

- Marriage counseling (if needed)
- Parenting skills improvement

ELIMINATED

- GMOs
- Gluten
- Corn (until I'm tested)
- Soy (until I'm tested)
- Meat, poultry, fish (animals)
- Dairy, cheese
- Eggs
- Tobacco
- Alcohol
- Caffeine
- Cleaning products with chemicals
- Personal care products with chemicals
- Refined sugars
- Fried foods
- Medications (under doctor's guidance)

STARTED TAKING TILL HEALED

- Aloe
- Anti-inflammatory soup
- Turmeric
- Activated charcoal
- Fresh green juices

HAVE I ...?

- Started the long-term gentle detox?
- Scheduled a 10-day cleanse?
- Done a 36 to 48 hour water-only fast?

Spiritual Healing Worksheet

What do I see God trying to **teach** me through this?

What am I **gaining** through this experience?

How am I **growing** in my character through this experience?

Who do I need to **forgive**? Have I made the choice and then asked God to do it in me?

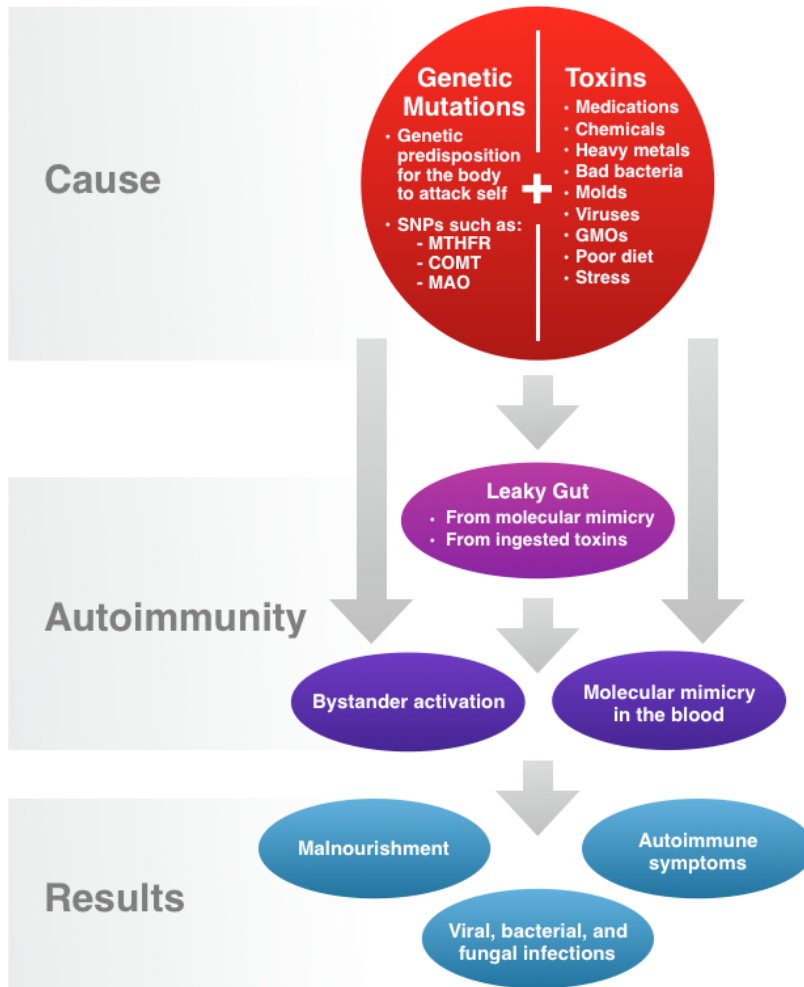
What do I need to ask God to heal in my **heart**?

Thoughts: _____

Autoimmune Progression Chart

How to use this chart: From your tests and what you already know about your situation, circle the areas in this chart which are factors in your autoimmune. Hint: Anyone with an autoimmune disease will have something circled in the first top section.

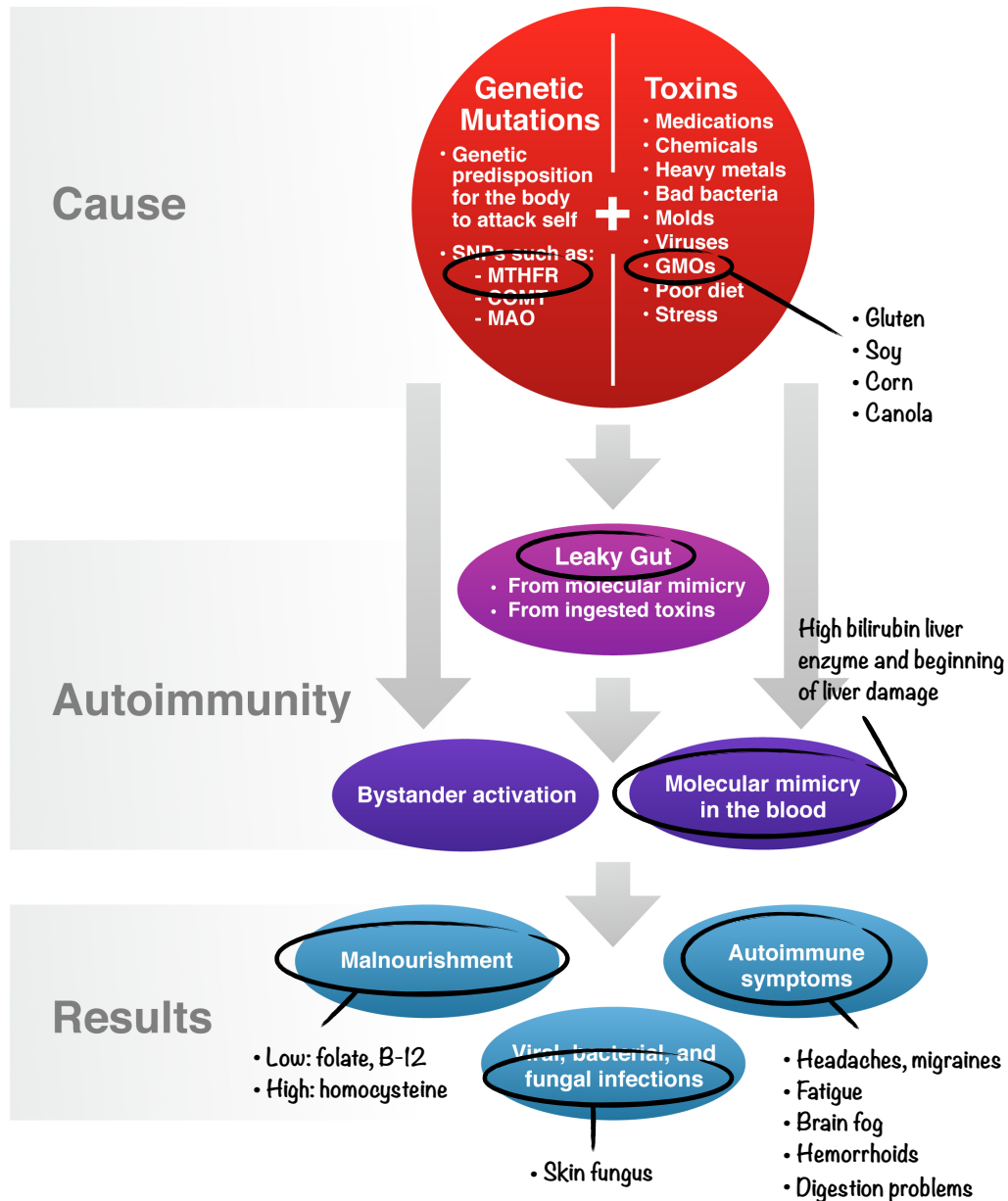
As you continue testing and learning more about what's going on, come back and circle more that's applicable to your situation. Based on what you have circled, write down the different areas which need to be addressed in your healing program in the lines below entitled "Priority List."



Priority List: _____

My Autoimmune Progression Chart

Here's what my filled out progression chart would have looked like during the progression of my autoimmune and skin fungus infection healing program.



Priority List: Remove gluten, soy, and corn right away. Focus on fixing leaky gut. Do fresh juices focused on healing my liver. Look into MTHFR mutation and how to bring up folate, B-12, and lower homocysteine. Focus on healing skin fungus during long-term program. Research about digestion.

How to Interpret Tests

Having a good doctor will really help with this step. Thankfully some tests come with directions of how to read and interpret them. I thought that it would be helpful to include some of the tests I got and how I interpreted them.

ENTERO LAB FOOD SENSITIVITY TEST

This test tells you what foods your immune system is producing above normal range antibodies for. This would tell you if gluten, soy, or corn is indeed an issue for you. If they're not, I recommend eating these only if they're organic and non-GMO since you don't want to develop a problem with them in the future. This test also comes with three additional pages of how to interpret it and what possible steps to take based on your results.

EnteroLab www.enterolab.com

Specialized Laboratory Analysis for Optimum Intestinal and Overall Health

Kenneth D. Fine, M.D.
Medical Director
13657 Jupiter Road, Suite 106 Dallas, Texas 75238

Laboratory Report

Date: 9/4/2013
Name: Arruda, Gabriel
DOB: 9/16/1979

Gluten/Antigenic Food Sensitivity Stool Panel

Fecal Anti-gliadin IgA 69 Units (Normal Range is less than 10 Units)
Fecal Anti-casein (cow's milk) IgA 39 Units (Normal Range is less than 10 Units)
Fecal Anti-ovalbumin (chicken egg) IgA 7 Units (Normal Range is less than 10 Units)
Fecal Anti-soy IgA 32 Units (Normal Range is less than 10 Units)

Expanded Antigenic Food Sensitivity Stool Panel

Mean Value 11 Antigenic Foods 26 Units (Normal Range is less than 10 Units)

While all of the foods tested can be immune-stimulating, the hierarchy of reactions detected were as follows:

Food to which there was no significant immunological reactivity:	Food to which there was some immunological reactivity (1+):	Food to which there was moderate immunological reactivity (2+):	Food to which there was significant and/or the most immunological reactivity (3+):
None	Beef Pork Walnut Cashew White potato	Corn Rice Chicken Almond	Oat Tuna

Gluten is almost 7x above normal range! This means my body really doesn't like it. I've seen tests as high as in the hundreds.

My body also not liking **soy**. This explained some of the headaches I would get when eating really processed soy products.

Dead giveaway sign of **leaky gut**. When you start producing above normal antibodies for this many foods and foods that are not common allergens, it likely means that partially digested proteins of these foods are passing into the bloodstream and the immune system doesn't recognize them in that state and is reacting to them.

Not too concerned about milk and eggs since I'm vegan anyways. It showed up on the test due to contamination from somewhere. Probably restaurants.

MTHFR Gene Mutation

There are multiple ways to determine if you have the MTHFR gene mutation, but one of them is by determining if you're low in vitamin B-12 by looking at your homocysteine, Methylmalonic Acid (MMA), and MCV in your blood work.

Homocysteine (amino acid) level - Details

Details | Past Results | Graph of Past Results

Study Result

Narrative

HOMOCYSTEINE

Component Results

Component	Your Value	Standard Range	Flag
HOMOCYSTEINE, CARDIO	19.3 umol/L	<11.4 umol/L	H

Homocysteine is increased by functional deficiency of folate or vitamin B12. Testing for methylmalonic acid differentiates between these deficiencies. Other causes of increased homocysteine include renal failure, folate antagonists such as methotrexate and phenytoin, and exposure to nitrous oxide.

@ Test Performed By:
Quest Diagnostics Nichols Institute
Basel Kashlan M.D., FCAP, Laboratory Director

If your homocysteine is above 10 umol/L ...

METHYLMALONIC ACID

Component Results

Component	Your Value
METHYLMALONIC ACID Q	273 nmol/L

This test was developed and its analytical performance characteristics have been determined by Quest Diagnostics Nichols

... and your Methylmalonic Acid (MMA) is above 260 nmol/L ...

Narrative

COMPLETE BLOOD COUNT

Component Results

Component	Your Value	Standard Range
WBC	6.4 10 ³ /uL	
RBC	5.33 10 ¹² /L	
HGB	15.9 g/dL	14.0 - 18.0 g/dL
HCT	46.8 %	42.0 - 54.0 %
MCV	103.6 fL	81.0 - 100.0 fL
MCH	29.8 pg	26.0 - 34.0 pg
MCHC	34.0 g/dL	33.0 - 37.0 g/dL

... and your MCV is above 98, it means you probably have low B-12 and it's very possible you have the MTHFR gene mutation.

Inflammation

These test can be helpful in diagnosing inflammatory symptoms such as rheumatoid arthritis, lupus, vasculitis, or to monitor whether your autoimmune protocol is effectively reducing the inflammation in your body. Two markers to test and look for to determine the level of inflammation in your body is the **C-reactive protein (CRP)**, and the **sedimentation rate**. CRP is produced in the liver and its levels will rise in response to inflammation. The sedimentation rate test, also called the erythrocyte sedimentation rate (ESR), is helpful since inflammation can cause the cells to clump together, and this test would look for that.

C-Reactive Protein <0.20 0.00-3.00 mg/L
 Inflammatory Response - Reference Range: 0-10 mg/L

Cardiovascular Reference Range:
 CARDIO CRP CARDIOVASCULAR RISK ACCORDING TO AHA/CDC GUIDELINES

<1.0 mg/L	Low cardiovascular risk
1.0-3.0 mg/L	Average cardiovascular risk
3.1-10.0 mg/L	High cardiovascular risk
>10.0 mg/L	Persistent elevations may represent non-cardiovascular inflammation

inflammatory marker

H E M A T O L O G Y

TEST NAME	RESULT	AB	NRM	RANGE	UNITS	SITE
<u>Misc Hematology</u>						
COLLECTED 06/10/14 10:07 RECEIVED 06/10/14 10:35						
Sedimentation Rate	1			0-15	mm/hr	

inflammatory marker

These were my results after I did the 10-day detox and several months of my self-administered at-home program. Only 1% of patients have inflammation this low! The detox programs really work.

SEDIMENTATION RATE RI
AUTOMATED - Details

[About This Test](#)

Details Past Results Graph of Past Results

Component	Standard Range	Your Value	Flag
SEDIMENTATION RATE	0 - 15 mm/h	7	

General Information
 Collected: 05/17/2016 7:30 AM

Now it's not as low, but still well within acceptable ranges.

General Blood Work Terms

Here are definitions of some general terms you may see on your blood work. This may also help you to know what kind of blood work you need to order.

CBC

A complete blood count (CBC) blood test is used to look at overall health and find many different disorders, like **anemia**, **infections**, and **leukemia**. This test will look at both your red blood cells, which carry oxygen and the many different white blood cells which fight infections.

WBC: *White Blood Cell count*

RBC: *Red Blood Cell count*

HGB: *Hemoglobin*, a protein in your red blood cells that carry oxygen to your body.

HTC: *Hematocrit*, measures the number and the size of red blood cells.

MCV: *Mean Corpuscular Volume*, measures the average size of your red blood cells. Too small can indicate anemia.

MCH: *Mean Corpuscular Hemoglobin*, measures the average amount of hemoglobin in the red blood cells.

MCHC: *Mean Corpuscular Hemoglobin Concentration*, measures the average concentration of hemoglobin inside a single red blood cell.

RDW: *Red Cell Distribution Width*, measures the amount of variation in red blood cell volume and size. Another anemia indicator.

Platelets: Measures the average number of platelets in the blood. Platelets are cells that help your body form clots to stop bleeding.

MPV: *Mean platelet volume*, measures the average size of your platelets and thus their health.

Neutrophils, Lymphocytes, Monocytes, Eosinophils, Basophils: These are different kinds of white blood cells. They should be present in the blood in certain ratios. These tests will find out if the ratio is close to the ideal amounts.

NRBCs: A very immature form of Red Blood Cells. High amounts indicate a severe demand for RBCs to be released by the bone marrow and is an indicator of many forms of disease.

Immature Granulocyte: White blood cells that have small granules or particles. An increase in the numbers of these usually happen in response to infections. Meaning if this number is high then your body may be trying to fight off a hidden infection.

CMP

A CMP (comprehensive metabolic panel) is a blood test that measures your sugar (glucose) level, electrolyte and fluid balance, kidney function, and liver function. Glucose is a type of sugar your body uses for energy. Here are some of the terms you will see on this test and what it pertains to:

Kidney Function

Sodium, Potassium, Chloride, CO₂, Glucose, Nitrogen (BUN), Creatinine

Liver Function

Calcium, Total Protein, Albumin, Globulin, Albumin/Globulin (A/G) Ratio, ALT, AST, GGT, Alkaline Phosphatase, and Bilirubin.

LIPIDS

A lipid panel measures lipids (fats) and fatty substances used as a source of energy by your body. Lipids include cholesterol, triglycerides, high-density lipoprotein (HDL), and low-density lipoprotein (LDL).

TSH

TSH (thyroid-stimulating hormone) is tested to check for problems in the thyroid gland. TSH tells the thyroid gland how much T₄ and T₃ hormones to produce, therefore abnormally high TSH could be a sign of an underactive thyroid (hypothyroidism) and low TSH may indicate an overactive thyroid gland (hyperthyroidism).

MMA

MMA (Methylmalonic acid) is a compound produced in very small amounts in the body that reacts with vitamin B-12 to produce coenzyme A (CoA). Measuring methylmalonic acid in the blood or urine can help detect early vitamin B12 deficiency. It may be ordered by itself or along with a homocysteine test and a vitamin B12 test.

SAMPLE: MY 10-DAY INTENSE CLEANSE SCHEDULE

Take the time off of work to do a 10-day intensive program.

Days 1 - 5 Schedule:

5:00	Morning Flush	Juice of 1 fresh lemon followed by 3 cups warm water
5:15	Charcoal 1	1 heaping tsp activated charcoal mixed with 1 cup water
	Worship	Bible reading, prayer – gratitude to God, positive thoughts
6:00	Walk or run	40 minutes
6:40	Aloe Vera	Eat 1 inch of the inside gel of fresh aloe vera leaf (no skin)
	Enema prep	Make a batch of dandelion tea for enemas for the next two days
	Juicing	Juice 80 oz of vegetable juice for the entire day
7:30	Zeolite	Take once on the first day and slowly graduate up to 3x/day
	Cleansing Tea 1	Herbals for parasites, molds, fungus, viral, bacterial infections
	Organ Aids 1	Herbals for supporting liver and/or kidneys in detoxing
7:45	Family Worship	Pray, read encouraging Bible verse, sing
8:00	Juice 1	Drink first juice of the day 16 oz
8:30	Sauna	Or exercise if you have energy, drink lots of water
9:30	Charcoal 2	Or bentonite clay
9:40	Dandelion Enema	
10:30	Juice 2	16 oz
11:00	Sunbath	30 to 60 minutes
	Charcoal 3	Or bentonite clay
	MCP	1-2 capsules of Modified Citrus Pectin
11:30	Juice 3	16 oz
12:15	Zeolite 2	
	Cleansing Tea 2	
	Organ Aids 2	
12:30	Aloe Vera 2	1 inch of the inside gel of fresh aloe vera leaf (no skin)
1:00	Juice 4	16 oz
2:30	Juice 5	16 oz

3:15	Charcoal 4	Or bentonite clay
3:30	Healing Broth	Onion potato broth (or eat the soup if preferred)
5:00	Zeolite 3	
	Cleansing Tea 3	
	Organ Aids 3	
	Charcoal 5	Or bentonite clay
6:00	Optional Juice	If you feel you need it, otherwise fast for deeper cleansing
	Walk	20 min.
6:30	Hydrotherapy	Hot & cold shower (1 min. hot + 30 sec. cold) x 4
7:00	Health Video	Relax and watch an educating health video
	Organ Aids 4	
7:45	Family Worship	Pray, read encouraging Bible verse, sing
8:00	In Bed	Lights out
8:30	Sleeping	

Days 6 - 10 Schedule:

The schedule for days 6 - 10 is exactly the same as the first five days except I replaced two of the juices with two raw vegan meals which were low in fat (such as fruit for breakfast and salad for lunch). Days 9 - 10 you can start adding in simple cooked foods like steamed vegetables, baked potatoes, and sprouted seeds (such as flax, chia, sunflower, pumpkin, quinoa, buckwheat, sesame).

As you've seen, the juices are pretty frequent throughout the day, ending with the onion potato soup in the afternoon. My wife and I have found we are able to keep our energy up pretty well during a cleanse like this with the juices and soup. The idea is to keep all of the calories within an eight hour window to be doing intermittent fasting throughout the cleanse, but if you feel you need it, simply have another juice in the early evening as the schedule suggests.

Don't forget to drink lots of water and get plenty of rest throughout the day. We feel that these cleanses are so important to our health that my wife and I try to do one cleanse every year for maintenance. Our yearly maintenance program is on average about 3 to 7 days long and we try to do it in the fall right before cold and flu season starts usually in October. When we do this, we don't get sick even when everyone else around us is sick.

LONG-TERM GENTLE CLEANSE SCHEDULE

Morning:

- Juice of 1 fresh lemon followed by 3 cups warm water
- 1 Tbs activated charcoal mixed with 1 cup water
- Walk or jog

Meals:

- 1 inch of aloe vera from the inside of the leaf (no skin) 20 minutes before each meal
- 4 to 7 days per week: Two meals, breakfast and lunch, contained within an 8 hour window (16 hr. intermittent fast), no snacking
- Start each meal with fresh fruits or a salad
- Make sure your meals don't have any of the harmful foods or toxins outlined in Step #1 (vegan, gluten-free, non-GMO, mostly organic)

2-3x a day:

- Activated charcoal, bentonite clay, zeolite, or modified citrus pectin. You can rotate these binders doing a different one every week.
- Parasite, molds, fungus, viral or bacterial infection killing herbals. Can take at same time when the above binders are taken.

Evening:

- Instead of an evening meal, rotate between: fasting (4 to 7 nights per week) and green juice or onion potato soup for the few nights you decide not to fast
- End the day with a liver or kidney detox tea (dandelion, milk thistle, horsetail, etc.)

Several times per week:

- Sun exposure to large area of skin for 30 to 60 minutes
- Hydrotherapy shower (1 min. hot + 30 sec. cold) x 4
- Sauna or sweat bath
- Strength training (weights, push ups, sit ups, planks, pilates, etc.)

As needed: Dandelion tea enemas to relieve detox symptoms.

Timeline: Continue this program for 3-12 months or until symptoms subside.

If you feel the detox symptoms are too much, then simply back down on taking the binders and herbals from every day to every other day, and increase the liver and kidney detox teas and dandelion enemas to support your liver to expel the toxic die-off.

MY DAILY ROUTINE ON THE LONG-TERM GENTLE CLEANSE

Here is what a sample day of my daily routine looked like on the program I did at home for the 5 months following the 10-day detox. (The following schedule does not include the extra treatments for my skin fungus.)

5:00	Juice of 1 fresh lemon followed by 3 cups warm water
5:15	1 Tbs activated charcoal mixed with 1 cup water
	Bible study and prayer
6:00 - 6:40	Walk or run
6:40	Aloe vera, shower, get dressed
7:00	Digestive enzymes, breakfast, and more Bible study
7:45	Family worship
8:00 - 1:00	Work
11:00 - 11:30	Sun exposure on my back
12:00	Immune builder drink
12:40	Aloe vera
1:00 - 2:00	Lunch
2:00 - 5:30	Work
5:30	Immune builder drink
5:45	Green juice
6:00	Workout, take a walk, free time
7:25	Detox tea (dandelion, licorice root, milk thistle) or onion potato broth
7:35	Family worship
7:45	Get ready for bed
8:00	In bed
8:30	Sleeping (hopefully)

Program Timelines

Here are two illustrations showing the timeframe it took for my complete recovery and another one of what a typical timeline could possibly look like.

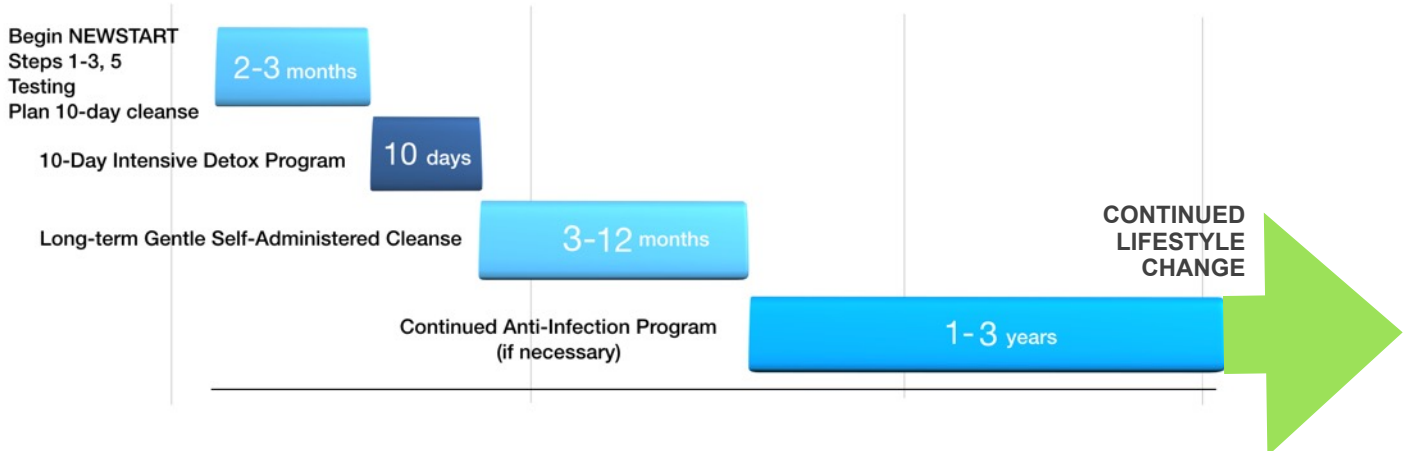
MY TIMELINE

Total program length 3 years and 2 months:



*I continued Steps 1-3 throughout the entire program.

TYPICAL TIMELINE



Total time could be anywhere from 6 months to 54 months long depending on the level of sickness involved.