

*My*  
**7 BEST SECRETS**  
*to Healing an*  
**AUTOIMMUNE  
DISEASE**

*Insights from an Autoimmune Survivor*



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# My 7 Best Secrets to Healing An Autoimmune Disease

*Insights from an Autoimmune Survivor*

**Y**ou're probably reading this because you or someone you know has an autoimmune disease. Chances are you've seen multiple doctors, and many of them couldn't figure out what was wrong with you. Perhaps you were finally diagnosed with an autoimmune disease, but every health professional you've seen has told you that there is no known cure and the best they can do for you is manage your symptoms with medications. The outlook seems so hopeless. This is the plight of literally millions of autoimmune sufferers.

Then, you see a guy online that says he reversed his autoimmune disease and you think, really? Could it be true? No doubt autoimmune diseases can be very complicated, however the truth is once you understand what's *causing* them and the necessary steps reverse them which unfortunately most people are unaware of, there is hope.

I can say this from personal experience since my own life has been deeply affected by autoimmune diseases. There have been six people in my family who have had an autoimmune disease. I lost both my mother and grandmother from autoimmune hepatitis, and five months after Mom passed away I found out I had the same disease. This was no surprise since I already had several signs of liver problems like elevated liver bilirubin, jaundice, hemorrhoids, and suffered from many common autoimmune symptoms like food allergies, fatigue, stomach pain, infections, and headaches.

Thankfully, we had recently become friends with a health professional that also had an autoimmune disease herself and had discovered how to reverse it. She took my wife and I under her wing and walked us through the process. We spent several weeks learning how to stop the autoimmunity, repair the years of damage, and cleanse my body of the agitating toxins that were causing my issues. With her help, we put together a customized program which I faithfully self-administered at home. Within months I stopped experiencing many of my symptoms and felt better than I had since my teens. I had blood work and a liver ultrasound done, and the test results came back showing that

I had almost no inflammation in my body and my liver looked healthy. And one of the best results was that I felt great!

I was so grateful to God that my autoimmunity had stopped, and as the months rolled on the headaches, fatigue, fungal skin infection and food allergies got less and less. My wife and I learned a lot during this period through researching, experimenting, praying, and hoping that one day I could live a normal life again. It was all worth it because here I am today 100% free from literally every single autoimmune-related symptom I had experienced. And hopefully, our road of researching and finding out what worked can make your road a lot shorter and easier.

What I would like to do in this book is share with you the seven best secrets I've found to heal an autoimmune disease. These seven points have not only been keys in reversing my autoimmunity but also in dozens of others who have reported to us that as they have put this information into practice, they are reversing their autoimmune symptoms also. These seven secrets should give you some actionable things you can start doing right now to begin improving.

Let's start with secret number one.

## Secret #1: Eat Only Non-GMO and Mostly Organic Food

Research shows that the chemicals on our foods can cause autoimmune diseases.<sup>1 2 3</sup> One of the sad facts is that our food isn't what it used to be. Much of our food has been either genetically modified, sprayed with toxic chemicals such as RoundUp®, or both.

It was observed that women in the farming and agricultural community were getting really sick with two diseases in particular, rheumatoid arthritis and lupus. So researchers looked at data from a huge women's health study done in these exact farming communities which included about 76,861 women. They found a key culprit. Pesticides.

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1 Pollard KM, Hultman P, Kono DH. "Toxicology of Autoimmune Diseases." *Chemical Research in Toxicology*, 23.3 (15 Mar. 2010): 455-466.

2 B, Accarelli A, Bollati V. "Epigenetics and environmental chemicals." *Current Opinion in Pediatrics* 21.2 (2009): 243-251.

3 Reeves WH, Lee PY, Weinstein JS, Satoh M, Lu L. "Induction of autoimmunity by pristane and other naturally-occurring hydrocarbons." *Trends in immunology*. 2009;30(9):455-464.

From the study:

*“These results suggest residential and workplace **insecticide exposure** is associated with risk of ARD (autoimmune rheumatic diseases) in post-menopausal women.”<sup>4</sup>*

Question, do you think that if these women were getting RA and lupus by skin and lung contact with these insecticides that it might do similar things if we put them in our mouths and swallow them? It doesn't take a genius to figure that out. This RA-lupus-insecticide link has been repeated in numerous studies. What this means is that eating non-organic produce not only can contribute to RA and lupus, but probably many other autoimmune diseases which researchers have yet to test.

For me, I noticed a big difference in how I felt whether I ate organic or not. Some non-organic items would give me an almost immediate headache, but the organic versions wouldn't.

### *Glyphosate*

One of the most problematic of all of these chemicals is glyphosate. Researches have found *“clear evidence that glyphosate disrupts gut bacteria.”*<sup>5</sup> Why is this important? A disrupted gut bacteria has been found in **every autoimmune disease** in which its presence has been investigated!<sup>6</sup>

And this gut bacteria disruption is also directly linked to health conditions such as gastrointestinal disorders, obesity, diabetes, heart disease, depression, autism, infertility, cancer and Alzheimer's disease.<sup>7</sup>

Have you noticed that many of these health issues are also very common in those who have an autoimmune disease? As we will see later, gut health is central to having a properly functioning immune system and controlling inflammation in the body.

Not only does glyphosate disrupt the gut bacteria, but it damages the actual tissue in the gut. A video which can be watched on YouTube entitled “Glyphosate Dissolving Tight Junctions,” captured a lab experiment in which glyphosate was applied to the tight

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4 Parks, Christine G et al. “Insecticide use and risk of rheumatoid arthritis and systemic lupus erythematosus in the Women's Health Initiative Observational Study” *Arthritis care & research* vol. 63,2 (2011): 184-94.

5 Anthony Samsel, Stephanie Seneff “Glyphosate's Suppression of Cytochrome P450 Enzymes and Amino Acid Biosynthesis by the Gut Microbiome: Pathways to Modern Diseases” *Entropy* 2013, 15(4), 1416-1463 <http://www.mdpi.com/1099-4300/15/4/1416/htm>

6 Sarah Ballantyne, Ph.D. “Lifestyle and Autoimmune Disease (AHS14)” Ancestry Foundation Aug 23, 2014

7 Samsel, Seneff, *Entropy* 2013.

junction cells of the gut. These tight junction cells are what line the small intestine and keep out harmful substances from entering the bloodstream. Using immunofluorescence technology you can see glyphosate degrading these tight junctions in just 16 minutes. What was once healthy plump intestine cells pressing together is now an inflamed, damaged intestinal wall full of holes which is not a sufficient barrier to prevent harmful substances like viruses, bad bacteria, chemicals from our food, and other hazards from passing into the bloodstream and thus the rest of the body.

The science brings out that not only does glyphosate cause gaps in these tight junctions, but it also prevents the complete digestion of the proteins in our food. When these partially digested proteins pass through these gaps in the intestinal wall and enter the bloodstream, an autoimmune response can be triggered.

Here's an excerpt from the 2013 study that made this fact prominent:

*“Glyphosate may interfere with the breakdown of complex **proteins** in the human stomach, leaving larger fragments of wheat in the human gut that will then **trigger an autoimmune response...**”<sup>8</sup>*

The body does not recognize these partially digested proteins and attacks them, but due to various reasons this in turn leads to the immune system becoming activated to start attacking other parts of the body also. Now we have autoimmunity.

### *Do I have to eat everything organic?*

No. As far as pesticides and herbicides are concerned the most important foods to eat organic are the foods on the Dirty Dozen list. This is a list produced by the Environmental Working Group (EWG) of the top 12 produce items which have the greatest amount of chemicals on them.

Currently this list includes:

- |                 |              |
|-----------------|--------------|
| 1. Strawberries | 7. Peaches   |
| 2. Spinach      | 8. Cherries  |
| 3. Kale         | 9. Pears     |
| 4. Nectarines   | 10. Tomatoes |
| 5. Apples       | 11. Celery   |
| 6. Grapes       | 12. Potatoes |

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<sup>8</sup> Samsel A, Seneff S. “Glyphosate, pathways to modern diseases II: Celiac sprue and gluten intolerance. Interdisciplinary” Toxicology. 2013;6(4):159-184. doi:10.2478/intox-2013-0026. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3945755/>

For food items which you are not eating the skin such as avocados, bananas, melons, etc. it is not as necessary to eat organic. However, we always compare the prices as sometimes the organic versions of these items can be the same price as conventional, and if so eating organic is always preferred.

Besides the Dirty Dozen list which examines produce, legumes (beans, lentils) and grains are also items that should be purchased organic since they are also heavily sprayed with toxic pesticides and herbicides.

## *GMOs*

There is growing evidence showing a link between GMOs and a lot of serious health problems, many of which are connected with autoimmune diseases.

GMOs stand for “Genetically Modified Organisms” and are plants that have had their DNA modified at a genetic level. This artificial modification involves combining the DNA of plants with animal, bacteria, and viruses creating organisms that do not occur in nature or by normal crossbreeding methods. The purpose of this genetic modification is to enable the plants to withstand deadly doses of herbicides and pesticides.

GMOs have two factors that make them extremely dangerous. The first is that GMOs are drenched in a poisonous chemicals, one of which we have already looked at called glyphosate. And second is the genetic manipulation of the plant itself.

An example of intestinal damage by GMOs can be found in genetically modified corn which produces its own bacteria called Bt-toxin that kills insects by exploding their stomachs after eating it. For this reason the Bt-toxin is often called the “hole-punching toxin” since it punches holes in the bugs digestive tracts.

A 2013 study that looked at the effects of Bt insecticidal toxins on humans found that it’s unsurprisingly also lethal to human cells.<sup>9</sup> Combined with loads of clinical evidence, this suggests that GM corn is most likely “punching holes” in our digestive tracts too.

## *Food Allergies*

GM soy has up to a seven times higher amount of the soy allergen “trypsin inhibitor.” As a result of this, after GM soy was introduced into the UK soy allergies skyrocketed by

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<sup>9</sup> Mesnage R, Clair E, Gress S, Then C, Szekacs A, Seralini GE. Cytotoxicity on human cells of Cry1Ab and Cry1Ac Bt insecticidal toxins alone or with a glyphosate-based herbicide. *J Appl Toxicol.* 2013;33 (7):695-699. [http://onlinelibrary.wiley.com/doi/10.1002/jat.2712/epdf?r3\\_referer=wol&tracking\\_action=preview\\_click&show\\_checkout=1&purchase\\_site\\_license=LICENSE\\_DENIED\\_NO\\_CUSTOMER](http://onlinelibrary.wiley.com/doi/10.1002/jat.2712/epdf?r3_referer=wol&tracking_action=preview_click&show_checkout=1&purchase_site_license=LICENSE_DENIED_NO_CUSTOMER)

50%.<sup>10</sup> GM soy also has two times as much soy lectin leading to blocked nutrient absorption, malnourishment, and vitamin deficiencies.

### *Got Stomach Trouble?*

Unfortunately, it has been difficult to get the companies responsible for GMOs or the U.S. government to perform long-term health studies of GM foods on humans. However, many animal studies have been done with alarming results.

Rats fed GM tomatoes for 28 days found that many developed stomach lesions and over 20% died within 2 weeks<sup>11</sup>.

Rats feed GM potatoes developed:<sup>12</sup>

- Potentially **pre-cancerous cell growth** in the digestive tract
- Smaller **brains, livers and testicles**
- Partial **atrophy of the liver**
- **Immune system** damage

Mice fed GM soy had:<sup>13</sup>

- Reduced **digestive enzymes**
- Altered **cell structure**
- Altered **gene expression**

The only human study on GM food found that the genes from GM soy actually integrated into the DNA of the patients' gut bacteria.<sup>14</sup> This could lead to your own cells producing antibiotic-resistant diseases, increased viral infections, and the frightening potential to turn your own intestinal bacteria into living pesticide factories.

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10 UK Daily Express, 12 March 1999 p.28  
<http://www.ukpressonline.co.uk/ukpressonline/open/simpleSearch.jsp;jsessionid=18C41673A4380C1E57BD3CF413B67A99?is=1>

11 Arpad Pusztai, Susan Bardocz and Stanley W.B. Ewen, "Genetically modified foods: potential human health effects" (CABI April 2003) 3,4.  
[https://bangmosnowdotcom.files.wordpress.com/2015/12/genetically\\_modified\\_foods-potential\\_human\\_health\\_effects\\_arpad-pusztai\\_susan-e28093bardocz\\_stanley-ewen\\_2003.pdf](https://bangmosnowdotcom.files.wordpress.com/2015/12/genetically_modified_foods-potential_human_health_effects_arpad-pusztai_susan-e28093bardocz_stanley-ewen_2003.pdf)

12 Stanley WB Ewen, Arpad Pusztai, "Effect of diets containing genetically modified potatoes expressing *Galanthus nivalis* lectin on rat small intestine" *The Lancet* Volume 354, No. 9187, p1353-1354, 16 October 1999 [http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(98\)05860-7/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(98)05860-7/fulltext)

13 M. Malatesta,\* M. Biggiogera, "Fine structural analyses of pancreatic acinar cell nuclei from mice fed on genetically modified soybean" *European Journal of Histochemistry*, 2003 p385-388 <http://www.ejh.it/index.php/ejh/article/view/851/971>

14 Trudy Netherwood, Susana M Martín-Orúe, et al. "Assessing the survival of transgenic plant DNA in the human gastrointestinal tract" *Nature Biotechnology* volume 22, pages 204-209 (2004) doi:10.1038/nbt934 <https://www.nature.com/articles/nbt934>

My wife and I strictly avoid GM foods and non-organic versions of the foods on the Dirty Dozen list. Additionally, all of our beans and grains we get organic. This strategy was part of my healing protocol and whenever I strayed from it, I usually paid the price with a headache, fatigue, and worsening of my fungal skin rash.

## Secret #2: No Gluten

Unfortunately, wheat has become a very common allergen especially for those who have an autoimmune disease. Why are so many people having a problem with wheat when bread has been the staple of life for thousands of years? Wheat in the U.S. today is not the same as it was a thousand, one hundred or even 60 years ago. Although wheat is not legally considered “genetically modified,” it has been exponentially hybridized over the past 50 years using sophisticated wide-cross hybridization methods. In the U.S. we originally started with scores of different types of wheat grains, but they have now been hybridized down to just a few.

*Bread has been the staple of life for thousands of years. Why are so many people having a problem with it now?*

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In the original strains some would rise better, others had a better texture, others would thresh easier or give greater yields and therefore higher profits. So to make the perfect bread they kept blending features of all of these different strains until they came up with a super-bread that acts exactly how they want it to. Though it sounds good, this super-bread has your body super confused because it barely resembles God’s original creation. When we ingest it our body says, “What’s that? Attack!!!”

One of the main wide-cross hybridization methods used is called “mutagenesis” or “mutation breeding.” **Mutation breeding** uses radiation and/or chemical agents to produce new kinds of mutations in the wheat. The alarming thing about this method is that it is able to induce mutations throughout the *entire genetic code* of the plant. This is just as serious as GMOs, if not even more.

### *Are there any scientists that have concerns?*

Treatment of wheat with these methods is scientifically proven to generate *completely new* genetic diversity and “nonsense, missense and silent mutations.”<sup>15</sup> In fact, it was found in one new wheat hybrid that 5% of its proteins were not found in either of the

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<sup>15</sup> Lafiandra D, Riccardi G, Shewry PR. “Improving cereal grain carbohydrates for diet and health.” *Journal of Cereal Science*, 2014;59(3):312-326.

parents.<sup>16</sup> That's just one wheat hybrid. Multiply that by the thousands of hybrids that have been done and you have some very different wheat. Anyone want to eat food that scientists are calling genetic nonsense?

In another study was done by several scientist examining mutation breeding in plants, they said:

*“In their view... these mutations **pose a risk regarding biosafety**. The transgenic plant should in their opinion be as identical to its parent as possible.”<sup>17</sup>*

*“If the transgenic plant was to be released in the environment, **genotypes with mutations should be discarded**.”<sup>18</sup>*

In summary, here is what these scientist found:

- Frequently it is not published how new varieties have been obtained.
- In reality, the number of induced mutant varieties is much larger.
- These chromosomal parts may harbor hundreds of unknown “wild” gene mutation and thousands of deviations in the DNA sequence.
- The plant breeders usually do not know the number of mutations, changes, or kinds of mutations that will occur in the new wheat.
- Despite not knowing all the changes happening in the plants and its effects, these practices are still *“widely accepted, grown, and used.”*<sup>19</sup>

This mutation breeding is completely unregulated. The same study that said mutation breeding generates genetic nonsense also stated:

*“**Nonsense mutations can cause loss of gene function, with truncation or loss of expression of corresponding protein;**”*<sup>20</sup>

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<sup>16</sup> Song X, Ni Z, Yao Y, Zhang Y, Sun Q. “Identification of differentially expressed proteins between hybrid and parents in wheat (*Triticum aestivum* L.) seedling leaves.” *Theoretical Applied Genetics* 118.2 (Jan. 2009): 213-225.

<sup>17</sup> Schouten HJ, Jacobsen E. Are Mutations in Genetically Modified Plants Dangerous? *Journal of Biomedicine and Biotechnology*. 2007;2007:82612.

<sup>18</sup> *ibid*

<sup>19</sup> *ibid*

<sup>20</sup> Lafiandra D, Riccardi G, Shewry PR. 2014

Now more than ever humans are having lots of issues with their genes. Ever since the completion of the human genome project in 2003, science has been finding that we now have numerous genetic mutations which are contributing to many of our modern diseases. Some of these genetic mutations are a big reason why the autoimmune epidemic has grown so big. These genetic mutation almost always involve a **“loss of gene function.”**

If we're eating food every day that has been mutated to have a loss in gene function do you think that might have an effect on our genes also? You are what you eat right? I think what the science is going to start showing is that when you eat mutated DNA it in turn mutates your DNA.

Not just that, but if your bread is not organic it's likely that it's been doused with Roundup (glyphosate) just a few days before harvest. It's called “pre-harvesting.” We've already seen all of the terrible things associated with glyphosate.

### *Gluten and Autoimmune Diseases*

Due to these harmful modifications, modern mutated wheat can induce an autoimmune disease. One of the ways this happens is due to a malfunction when the immune system encounters a common virus called adenovirus 12. Upon encountering this virus the immune system does its job and destroys it. However, in the process it “remembers” this virus and later confuses it with gluten because the gluten protein looks chemically very similar to it.<sup>21 22</sup> In time, the immune system can also confuse the proteins in wheat gluten with portions of the intestine wall itself as they also look similar. Therefore, when wheat gets introduced into the intestines it thinks that it's the adenovirus 12 and begins to attack it which also triggers a reaction to start attacking those portions of the small intestine that also look similar. This is how **celiac disease** develops which is a serious disease that affects millions.

However, studies show there is an even larger group of people who don't have full-blown celiac disease, but are still getting damage in the small intestine lining when they eat wheat. Maybe this is you? When they eat gluten they can get symptoms like stomach pain, joint pain, anemia, bloating, brain fog, and tiredness. Like me, some people don't notice any problems with wheat until they completely go off of it for a few months then start eating it again. After a period of not eating wheat for two months, I accidentally

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21 Anna Sapone, Karen M Lammers, et al. “Divergence of gut permeability and mucosal immune gene expression in two gluten-associated conditions: celiac disease and gluten sensitivity” BMC Medicine, 9 March 2011

22 Marios Hadjivassiliou, Richard Grünewald, et al.; “Gluten ataxia in perspective: epidemiology, genetic susceptibility and clinical characteristics,” Brain, Volume 126, Issue 3, 1 March 2003, Pages 685–691,

had a very small exposure to it and almost immediately was laid out on the bed with extreme fatigue and a headache.

There is also an autoimmune disease called **gluten ataxia** in which gluten triggers an attack on the **cerebellum** leading to brain damage and problems with balance, speech, vision, and motor skills.<sup>23</sup>

### *Gluten and Mental Disorders*

Multiple studies are also now showing that gluten is linked to disorders like schizophrenia,<sup>24</sup> autism<sup>25</sup> and epilepsy.<sup>26 27</sup> In many of these studies, the patients saw relief from their mental illness symptoms when they were put on a gluten-free diet.

As more science emerges I think we're going to see many more clear links of how wheat is contributing to the rise of chronic illnesses we're experiencing throughout many parts of them globe.

## Secret #3: Detoxing with Lemon and Charcoal

Autoimmune diseases are largely triggered by toxins or infections invading the body. The liver is your body's main cleansing organ. If the liver is compromised or backed up, it is difficult to reverse an autoimmune disease. The liver filters the toxins out of your bloodstream, neutralizes them, and then dumps them with the bile into the small intestine to be eliminated in the feces. This system needs to be in place and working well in order to eliminate the causes of autoimmune conditions.

However when your body has a high level of toxins like it is in people who have an autoimmune disease, the liver becomes overtaxed and backed up. Therefore when the liver is supported and its pathways are opened up, it enables the body to rid itself of the toxins which can relieve many symptoms like bloating, headaches, rashes, and fatigue.

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23 Marios Hadjivassiliou Richard Grünewald, et al. "Gluten ataxia in perspective: epidemiology, genetic susceptibility and clinical characteristics" *Brain*, Volume 126, Issue 3, 1 March 2003, Pages 685–691, <https://doi.org/10.1093/brain/awg050>

24 F. Curtis Dohan, M.D. "Genetic Hypothesis of Idiopathic Schizophrenia: Its Exorphin Connection" *Schizophrenia Bulletin*, Volume 14, Issue 4, 1 January 1988, Pages 489–494, <https://doi.org/10.1093/schbul/14.4.489>

25 Knivsberg AM1, Reichelt KL, Høien T, Nødland M. "A randomised, controlled study of dietary intervention in autistic syndromes." *Nutr Neurosci*. 2002 Sep;5(4):251-61

26 Miguel A.Hernandez, GemaColina, LuisOrtigosa, "Epilepsy, cerebral calcifications and clinical or subclinical coeliac disease. Course and follow up with gluten-free diet" *Seizure* Volume 7, Issue 1, February 1998, Pages 49-54

27 AntigonimavroudiMD, ElizaKaratzamD, "Successful Treatment of Epilepsy and Celiac Disease With a Gluten-Free Diet" *Pediatric Neurology* Volume 33, Issue 4, October 2005, Pages 292-295

The liver is most active at night while you sleep. So in the morning, there can be a backup of toxins in your liver from the night before that need to be eliminated in order for the liver to function at full capacity.

Thankfully there's a simple way you can help the liver eliminate these backed up toxins. Lemon and charcoal. Here's how to do it.

1.) Drink the juice of **1 fresh lemon** followed by (or taken with) **2-3 cups of warm water**. (Before breakfast.)

Whether you take the lemon juice separately before the warm water or if you take it with the warm water, it's just a matter of personal preference. My wife and I both prefer it separately. If you do take the lemon juice mixed with the water, just be careful of how long it takes for you to drink it as having the acid of the lemon exposed to your teeth for an extended time will not be good for your teeth.

2.) 1-5 minutes after the lemon juice, take **1 Tbs of activated charcoal** powder mixed with **1 cup of water**.

What happens is when you take the lemon juice and water first thing in the morning the strong acidity of lemon juice stimulates the liver to release bile and with it, the toxic waste the liver has been filtering. Then the activated charcoal comes in and soaks up the toxic waste and escorts it out of the body.

Make sure to take the charcoal soon after the lemon juice. Why? The purpose of the activated charcoal is to bind with the toxins and escort them out of the body through the stool. Since the lemon stimulates the release of bile and toxins, you want to make sure the charcoal is going to be there just after this happens to bind to these toxins as their introduced into the small intestine. This prevents them from getting reabsorbed into the blood stream and re-lodging themselves back into the tissues or organs of the body again. I have used this approach with great success.

A study in the Western Journal of Medicine stated:

*"We review the current use of activated charcoal and recent studies that suggest that **activated charcoal may be the single most effective treatment in many types of poisoning.**"*<sup>28</sup>

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<sup>28</sup> Derlet RW, Albertson TE. Activated charcoal--past, present and future. West J Med. 1986;145(4):493-496.

This includes food-borne toxins. It is used daily in emergency rooms to counteract the effects of poisoning. Activated charcoal is a negatively charged molecule and therefore draws and binds to itself positively charged molecules including multitudes of toxic substances such as most heavy metals, chemicals such as pesticides,<sup>29</sup> chlorine, aflatoxins from mold,<sup>30</sup> BPA,<sup>31</sup> and viruses. Then it is simply eliminated in the bowels. Charcoal can especially decrease the absorption of toxins if taken soon after ingestion. (Note: This **includes medications too**, so taking charcoal 1 to 1 1/2 hours either before and after taking medications will minimize neutralization of medications.)

Activated charcoal is very different than charcoal briquets or burned toast. Charcoal is made by slowly burning hard wood, coconut shells, bamboo, or other organic substances in an enclosed space without oxygen. It is then activated by steam or acid, making it incredibly porous like a sponge. This creates a vast amount of surface area at 125 acres of surface area per pound. This is what gives it the amazing ability to adsorb toxic substances.

During my healing, if I would unknowingly eat something contaminated with gluten or soy or GMOs, I would get a headache and feel achey and not well in my stomach. When this happened, I would immediately drink 1 Tbs of activated charcoal mixed in 1 cup of water to adsorb whatever toxic element I was having a reaction to.

The U.S. National Library of Medicine Toxicology recommends these amounts for an emergency poisoning of something even such as gluten:

**Administer charcoal as a slurry 240 mL water/30 g charcoal<sup>32</sup>**  
(this is about 1 cup water + 3 Tbs charcoal powder)

Usual dose:

2.5 to 10 Tbs in adults/adolescents  
2.5 to 5 Tbs) in children (1 to 12 years)  
1/3 tsp) in infants less than 1 year old

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29 Chyka PA, Seger D. "Position statement: single-dose activated charcoal. American Academy of Clinical Toxicology; European Association of Poisons Centres and Clinical Toxicologists." *Journal of Toxicology. Clinical Toxicology* 35.7 (1997): 721-741.

30 Decker WJ, Corby DG. "Activated charcoal adsorbs aflatoxin B1." *Veterinary and Human Toxicology* 22.6 (Dec. 1980): 388-389.

31 Bautista-Toledo I, Ferro-García MA, Rivera-Utrilla J, Moreno-Castilla C, Vegas Fernández FJ. "Bisphenol A Removal from Water by Activated Carbon. Effects of Carbon Characteristics and Solution Chemistry." *Environmental Science & Technology* 39.16 (2005): 6246-6250.

<sup>32</sup> Hazardous Substances Databank. "Gluten." *TOXNET Toxicology Data Network*. U.S. National Library of Medicine, 20 Dec. 2012. Web. <https://toxnet.nlm.nih.gov/cgi-bin/sis/search2/r?dbs+hsdb:@term+@rn+8002-80-0>

## Secret #4: Fresh Vegetable Juice Instead of Supplements

As most autoimmune patients are deficient in vitamins and minerals, restoring this deficiency is a key part of the healing process. The best place to get our vitamins and minerals is from the plants that God packaged them in. However, there is an understandable challenge even in organic farming to put the necessary nutrients into the ground for optimal plant nutrition and still make a profit. We have friends who are commercial organic farmers who have told us that financially, they cannot put into their organic farm soil what they put into the soil of their own personal garden.

So without having your own garden to eat from, which is of course the ideal, many feel the need to turn to supplements to get their fill of vitamins or minerals. What I would like to suggest however is that for the most part this is a very ineffective way to get your nutrients and in some cases could even be detrimental to the healing process. When vitamins and minerals come from synthetic, made-in-a-lab sources, much of the nutrients are not usable by your body and are simply excreted as a waste product. Also, you may be surprised to see how many supplements contain wheat, soy, and dairy, all of which can be damaging to those with an autoimmune disease.

A growing number of vitamin supplements are even made with GMO ingredients such as GMO corn to make citric acid or to make Vitamin C in the form of ascorbic acid from GMO corn. This is where you will really want to be your own detective if you choose to supplement. Vitamins can be labeled as “natural” if they contain as little as only 10% of the natural form of the vitamin.

The synthetic versions of vitamins include:

- Vitamin B-12 as cyanocobalamin
- Folate (B9) as folic acid
- Vitamin C as ascorbic acid
- Vitamin D2 as ergocalciferol
- The “dl” form of any vitamin is synthetic

Vitamin supplements are often lacking the other elements which they were designed to come with because they have been isolated and created in a lab. But the vitamins and minerals in fruits and vegetables come packaged in just the right proportions with other nutrients to balance them and create a synergistic effect in the body where the total combined effect is great than the sum of the individual elements.

Contrary to what some may think, the amount of nutritional content in fresh produce completely blows away the amounts of nutrients found in most supplements. For example, your standard multivitamin will have around 5,000 IU of vitamin A, but one large carrot has 12,028 IU, and you can easily eat a carrot as a part of your meal or put 4-6 large carrots in one fresh juice. When you crunch the numbers, one 10 oz carrot juice comprised of 6 large carrots could have up to 72,168 IU of vitamin A! Think about it, that's about 14 and a half multivitamins just to rival the power of one 10 oz carrot juice! Even further, just one medium baked sweet potato has a whopping 34,592 IU of vitamin A.

Your typical multivitamin has 80 mcg of vitamin K, but just 2-3 collard greens leaves (half a cup of steamed) has 530 mcg of vitamin K. Your typical potassium supplement contains 99 mg of potassium, yet just a cup of fresh chopped beet greens or half cup of cooked has 655 mg. (Make sure you drink the leftover water the greens are steamed in to avoid losing the nutrients. It's like a vitamin tea.) I could go on. Since getting high levels of nutrition is our number one goal here, the choice is clear. Nutritious fruits and vegetables.

Eating the most nutritious fruits and vegetables is always a great thing to do. However when it come to rapid healing, unless you have your own garden you will never be able to eat the amounts of produce needed to rapidly replenish your undernourished body because of our greatly depleted soils. This is why juicing is so helpful. Every protocol that I have personally been involved with that has improved or even reversed autoimmunity has involved some form of juicing. By juicing fresh vegetables and fruits, you're able to get high amounts of nutrients in a short amount of time. And you want to go heavier on the vegetables more than the fruits because they're higher in nutrients and low in sugar. You want to go low sugar until your gut is healed and you're feeling better because sugar feeds the bad bacteria in your gut.

Here's one of our favorite juices.

### **Super Nutrifier**

- 4 midsize leaves of swiss chard, kale, or collard greens
- 1/2 bunch of parsley
- 2 cups cabbage
- 1/2 cucumber
- 4 celery stalks
- 6 carrots

Though it takes more time than popping a pill, it's time well spent. I'd rather spend more time doing something effective than spend a little time doing something that could possibly add to my problem due to synthetic, allergic, and GMO ingredients.

## Secret #5: Vitamin D

Vitamin D is amazing. While the typical drug treatment for autoimmunity is steroids, Vitamin D actually acts as a steroid hormone, increasing your immune system's ability to differentiate between self and foreign invader.<sup>33</sup> This is exactly what is lacking in the condition of autoimmunity – the immune system gets confused between self and invader and attacks your own cells.

Vitamin D boosts your immune system's capacity to self-tolerate. In contrast to using drug steroids which suppress the immune system and thus make you vulnerable to every sneeze, cough and germ around you, vitamin D balances your immune system so your immune system will be a walled fortress for you during your healing.

As you probably guessed, generally I do not like to rely on vitamin D supplements. There are certain situations where it may be necessary as I'll share later but for at least half of the year, the sun is the best source of Vitamin D. The sun amazingly turns a form of cholesterol in your body called 7-dehydrocholesterol into Vitamin D3. Just 30 minutes of full sun exposure on a large surface area of your body such as your back can give you around 20,000 IU of Vitamin D3. That is a massive amount of Vitamin D.

Research suggests that using moderate sun exposure lowers both high blood sugar<sup>34</sup> and high blood pressure.<sup>35</sup> I have personally seen it happen myself. Resting in the warm summer sun, soaking it into your back, all the while cholesterol is being converted into something that will educate and correct your immune system... incredible! This has got to be one of the most enjoyable natural therapies God has given us.

While it is important not to allow your skin to burn, sunscreen inhibits Vitamin D production. An easy solution we use is to simply go without sunscreen for the first 30-60 minutes or so of being in the sun and then we cover up with clothes or a non-toxic

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33 Prietl B, Treiber G, Mader JK, et al. "High-dose cholecalciferol supplementation significantly increases peripheral CD4 Tregs in healthy adults without negatively affecting the frequency of other immune cells." *European Journal of Nutrition* 53:3 (Apr 2014): 751-759.

34 Penkofer S, Kouba J, Wallis DE, Emanuele MA. Vitamin D and diabetes: let the sunshine in. *Diabetes Educ.* 2008;34(6):939–passim. doi:10.1177/0145721708326764

35 Liu D, Fernandez BO, et al. "UVA irradiation of human skin vasodilates arterial vasculature and lowers blood pressure independently of nitric oxide synthase." *J Invest Dermatol.* 2014 Jul;134(7):1839-1846. doi: 10.1038/jid.2014.27. Epub 2014 Jan 20.

sunscreen thereafter. Also, the darker the skin, the more sun exposure is needed to produce Vitamin D. Because dark skin is a natural sun protection, it requires at least three to five times longer exposure to make the same amount of Vitamin D as a person with light skin.<sup>36</sup>

In the continental U.S., if you live north of the 37<sup>th</sup> latitude (north of Arizona, Oklahoma or North Carolina), the sun is not strong enough for your body to make Vitamin D during the winter months of November through March. While it is possible for your body to save up enough Vitamin D from numerous days in summer sun to last you through the winter, it may also be wise to check your Vitamin D levels come mid-winter to verify if supplementing with D3 may be necessary to get you through the rest of winter. The best time to get good sun exposure is from 10am to 3pm in the spring, summer, and fall.

An ideal amount of sun exposure is about 20-40 minutes a day 5 days a week. This is what I shot for and still do.

## Secret #6: Fasting to Detox

Now on to a therapy that's not so enjoyable but tremendously effective, fasting. Fasting is so powerful. Studies show that both fasting and even calorie restrictive diets that mimic fasting have been successful in the treatment of multiple sclerosis (MS),<sup>37</sup> type 1 diabetes,<sup>38</sup> and rheumatoid arthritis.<sup>39</sup> Additionally, I have personally witnessed it improve people's Hashimoto's, PCOS, lupus, celiac, MCTD (mixed connective tissue disease), CREST and Raynaud's syndrome. I can't imagine an autoimmune disease it wouldn't help.

A study was done on RA patients with a 7-10 day juice fast and then a vegan plant-based diet. The results were incredible and long lasting.

***“After four weeks at the health farm the diet group showed a significant improvement in number of tender joints... The benefits in the diet group were***

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<sup>36</sup> Clemens TL, Henderson SL, Adams JS, Holick MF. “Increased skin pigment reduces the capacity of skin to synthesise vitamin D3.” *Lancet* 319.8263 (9 Jan 1982): 74–76.

<sup>37</sup> In Young Choi,1, Laura Piccio, et al. “Diet mimicking fasting promotes regeneration and reduces autoimmunity and multiple sclerosis symptoms” *Cell Rep.* 2016 Jun 7; 15(10): 2136–2146.

<sup>38</sup> Choi IY, Lee C, Longo VD. Nutrition and fasting mimicking diets in the prevention and treatment of autoimmune diseases and immunosenescence. *Mol Cell Endocrinol.* 2017;455:4–12. doi:10.1016/j.mce.2017.01.042

<sup>39</sup> *ibid*

*still present **after one year**, and evaluation of the whole course showed significant advantages for the diet group in all measured indices.”<sup>40</sup>*

Why is fasting so good? Toxins are easily stored in the organs or fat cells of our bodies. Toxins can hide in the gut by encasing themselves under a protective sheath called biofilm. They can hide in fat cells, in organ and muscle tissues, or even in fecal matter that’s plastered inside the walls of the colon. Pretty gross. They can cause bad bacteria overgrowth leading to nutritional deficiencies and neurological issues like depression, anxiety, and insomnia. They can disrupt our endocrine system causing hormonal imbalances. By hiding in certain tissues, these toxins can even be the underlying cause as to why the immune system is attacking certain body parts. Toxic buildup is responsible for many autoimmunity symptoms and even autoimmunity itself. So it is essential to cleanse out the years of toxic buildup in our body. We want that stuff out of there, and to do this the toxins need to be dislodged, bound, and eliminated by a thorough cleanse.

Your body cleanses and repairs itself by a process called autophagy, literally meaning “self-eating.” This is a process where dead or diseased cells are hunted down and recycled to produce new cells and energy. It can happen in cells throughout the body, organs such as the liver, and it even happens in the brain. This process is so essential, that if it doesn’t happen in the brain, it can lead to neurodegenerative disease. Increasing this cleansing is so protective for the brain that “much effort is being invested in developing drugs that cross the blood-brain barrier and increase neuronal autophagy.”<sup>41</sup> However, short-term fasting actually accomplishes this process, even in the brain and by dramatic amounts at that. Imagine, something so simple as fasting is able to accomplish what they’re expending much effort and money to find in an expensive drug. And not only is fasting not expensive like a drug; it’s cheaper than what it would cost you to eat for a day.

People from cultures from around the world have been doing short-term periodic fasting for spiritual and religious reasons for thousands of years. It’s a practice commonly found in the Bible. But only in recent times have we begun to understand the deep health benefits of fasting. Fasting does many wonderful things in your body. Fasting:

- Detoxes your body at a cellular level, including brain cells
- Burns fat

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<sup>40</sup> Kjeldsen-Kragh J, et al. Controlled trial of fasting and one-year vegetarian diet in rheumatoid arthritis. *Lancet*. 1991 Oct 12;338(8772):899-902.

<sup>41</sup> Alirezaei M, Kembal CC, Flynn CT, Wood MR, Whitton JL, Kiosses WB . “Short-term fasting induces profound neuronal autophagy.” *Autophagy* 6.6 (Aug. 2010): 702–710.

- Increases insulin resistance
- Removes excess estrogen from the body
- Gives your stomach a chance to rest and heal the lining
- Decreases any unnecessary electrical activity in the brain, clearing your mind
- Releases 5x your body's own HGH (human growth hormone)<sup>42</sup> stimulating the body to produce more collagen and therefore more muscles and tendons

There are two easy extremely beneficial kinds of short-term fasting — intermittent fasting and then your 36 to 48-hour fast.

### *Intermittent 16-hour Fasting*

The intermittent fast is actually a type of fasting you can do indefinitely on a 3 to 7 times per week basis if you so choose. This is what my wife and I aim for and are able to do most days of the week. A daily intermittent fast is where you keep all of your eating and calorie consumption within an eight hour window. And then you are fasting on water the other 16 hours. This is actually not that hard to do if you eat enough during those eight hours. And eating enough is easy to do if you are exercising enough during the day.

We've chosen our eight-hour window to be between 7am and done by 3pm, and we do two meals with no snacking in between. (This gives the food proper time to digest and then rest before introducing the second meal.) So what this looks like for us is:

7:00 Breakfast

12:30 Appetizer if desired: green juice or fruit smoothie

2:00 Lunch

3:00 No more food or calories for the next 16 hours until the next morning at 7am. Drinking plenty of water after giving several hours for our food to digest. Other non-calorie drinks such as unsweetened herbal teas are fine.

At times when we're traveling or on the weekend, we may not do the intermittent fasting schedule. Instead we may have breakfast, an earlier lunch, and then a light dinner in the early evening. But most days of the week, we are shooting for the intermittent fasting.

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<sup>42</sup> Hartman ML, Veldhuis JD, Johnson ML, et al. "Augmented growth hormone (GH) secretory burst frequency and amplitude mediate enhanced GH secretion during a two-day fast in normal men." *The Journal of Clinical Endocrinology and Metabolism* 74.4 (Apr. 1992):757-765.

### *The 36 to 48-Hour Fast*

This is pretty simple — nothing but water for 36 to 48 hours. This is the best way to cleanse your body in healing from autoimmune. After you've healed from your autoimmune disease, doing this kind of cleansing fast is also good for everyone to do at least several times per year as you are inevitably going to be exposed to some amount of toxins throughout the year. My wife and I do one of these fasts once every month on an ongoing basis. To prepare your body to fast for 36 to 48 hours, it's important to load your body up with condensed nutrients in the form of fresh green juices for several days prior to fasting.

A good detox program will flush your bowels, detox you at a cellular level, and will provide tons of much needed nutrition. If you do it right you can eliminate toxins that have been **causing your problems for decades**.

We observed a woman whom we'll call Ms. D that had suffered from MS for 50 years go through a detox program. She experienced significant pain all day almost every day. On day three of the program she woke up and realized her pain had gone from a 10 to a 3! She hadn't had a day where her pain was that low in over three years!

Another lady Susan had fibromyalgia, had unsteady balance, and was unable to walk without weakness and pain. After a 10-day cleanse she gave this report beaming with joy.

*“Even walking I had a lot of pain, I had a lot of weakness, and that's just really much much improved. I think it's **practically gone** and so I feel really good about that!”*

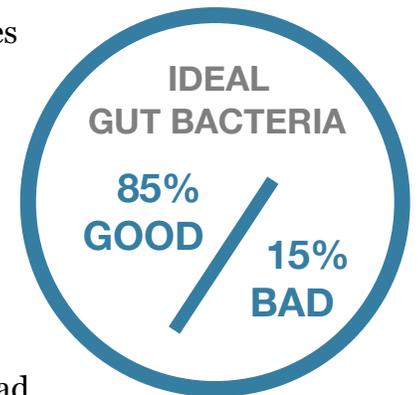
Additionally, Susan's balance came back, and she was even able to exercise again. It's so wonderful to see people get their health and life back. Fasting in many forms was one of the keys I used to reverse my many autoimmune symptoms.

## **Secret #7: Bring Down Inflammation in the Gut**

This is a huge key. A lot of what's happening that's wrong in the body with autoimmunity is based on inflammation. Joint pain, headaches, muscle weakness, rashes, organs like the thyroid, pancreas, or liver being attacked, brain fog, and even depression and anxiety are all due to inflammation. The secret that most people are missing is that the key to stopping inflammation in the entire body is in stopping the inflammation first in the gut. If you want your joints to stop aching, rashes to stop

flaring up, and energy to come back, then bringing down inflammation in the gut is a must.

With autoimmune diseases the small intestine is one of the places that takes the biggest beating. It's extremely common for those with autoimmune diseases to have two main gut related problems that are linked to perpetual gut inflammation. The first problem is an imbalance between the good and bad bacteria in the intestines often called **gut dysbiosis**. By default the natural state of the gut is that the good bacteria outweighs the bad in the ideal balance of around 85% good bacteria and 15% bad bacteria. As long as the balance between the good and bad bacteria remains in favor of the good outweighing the bad enough, everything is fine. The good will keep the bad in check as long as it is the great majority.



However when something causes the destruction of the good bacteria, the bad bacteria grow out of control and can wreak havoc in the body. Studies show that an overgrowth of bad bacteria is directly linked to the development of food allergies.<sup>43 44</sup> Got any of those?

Additionally, it's been found that the good gut bacteria balances the immune system and even determines how immune cells will function.<sup>45</sup> A mounting body of data supports the idea that if the intestinal micro-bacteria balance is disturbed that it can lead to triggering intestinal autoimmune diseases like celiac disease, Crohn's disease, and ulcerative colitis. But interestingly, it's also been found that disturbing the gut bacteria can also trigger non-intestinal autoimmune diseases like lupus, rheumatoid arthritis, Grave's diseases, multiple sclerosis, type-1 diabetes, and psoriasis.<sup>46</sup> This same data even suggests a strong link between a disturbed intestinal micro-bacteria and schizophrenia and autism spectrum disorders.<sup>47</sup>

So how do the bad bacteria get the upper hand? Three ways. First, by ingesting substances that kill off our good gut bacteria, second by ingesting substances that feed

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<sup>43</sup> Rachid R, Chatila TA. "The role of the gut microbiota in food allergy." *Curr Opin Pediatr*. 2016 Dec;28(6):748-753.

<sup>44</sup> Blázquez AB, Berin MC. "Microbiome and food allergy." *Transl Res*. 2016;179:199–203. doi:10.1016/j.trsl.2016.09.003

<sup>45</sup> Opazo MC, Ortega-Rocha EM, Coronado-Arrázola I, et al. "Intestinal Microbiota Influences Non-intestinal Related Autoimmune Diseases." *Front Microbiol*. 2018;9:432. Published 2018 Mar 12. doi:10.3389/fmicb.2018.00432

<sup>46</sup> *ibid*.

<sup>47</sup> Adams J. B., Johansen L. J., Powell L. D., Quig D., Rubin R. A. (2011). Gastrointestinal flora and gastrointestinal status in children with autism—comparisons to typical children and correlation with autism severity. *BMC Gastroenterol*. 11:22. 10.1186/1471-230X-11-22

the bad bacteria, and third doing both at the same time which is most commonly the case. Thankfully it's not rocket science.

Here are the main factors that lead to this bacteria imbalance in the gut:

- Antibiotics
- Cesarean section delivery (risk factor for child)
- Birth control pills
- Glyphosate (Roundup herbicide)
- Use of hormones, especially immunosuppressants like steroids (Hello? The exact medications given to manage autoimmunity.)
- Alcohol
- Bad diet, especially one high in refined sugar
- Stress
- Poor digestion
- Tap water containing chlorine and/or fluoride

Antibiotics damage gut flora and good bacteria, promoting the overgrowth of fungus and bad bacteria endotoxins. (Out of all types of prescription drugs, antibiotics are also the ones most likely to cause liver damage.)<sup>48</sup> Tap water with chlorine and fluoride also harm the body's good bacteria. Alcohol, chronic stress, refined sugar and a high-fat diet especially promote the growth of bad bacteria originating from E. coli and salmonella.

This is how your good gut bacteria is reduced or even wiped out, allowing the bad bacteria to dominate. Bad bacteria produce gas and ethanol (alcohol) which causes permeability in the colon, leaky gut. These bad bacteria negatively effect the brain causing increased anxiety, depression, and decreased brain function. They are also linked to obesity and insulin resistance.

Conditions that are often caused by gut dysbiosis are irritable bowel syndrome, acne, food allergies, chronic fatigue, and depression. The bad bacteria excrete many different types of waste byproducts in your gut. When the bad bacteria colonies get too large, the body gets overburden by the increased amounts of waste to remove. The body's

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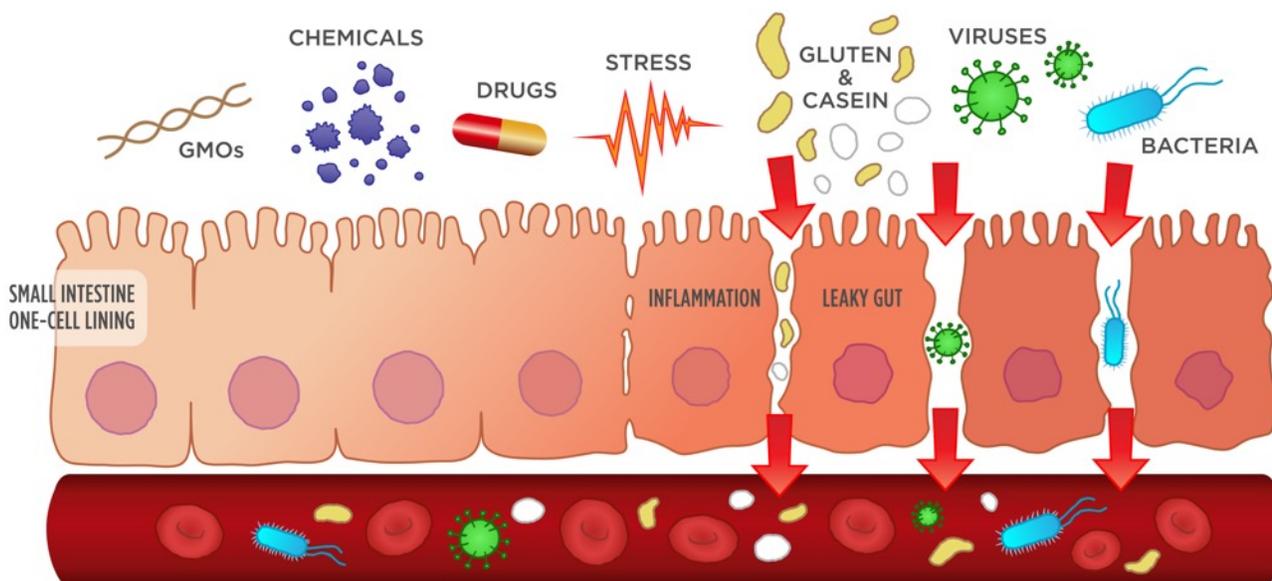
<sup>48</sup> Chalasani N, Fontana RJ, Bonkovsky HL, et al. "Causes, clinical features, and outcomes from a prospective study of drug-induced liver injury in the United States." *Gastroenterology* 135.6 (Dec 2008): 1924–1934.

pathways that eliminate toxins become overwhelmed, and then symptoms such as headaches, rashes, and fatigue can be the result.

Now that we've touched on gut dysbiosis as the first gut problem leading to autoimmunity let's move to the second. The second problem is a condition that we've already touched on in which the wall of the small intestines become damaged and permeable (meaning it gets holes in it). This is a condition that's often referred to as leaky gut. These holes in the small intestine allow large particles of undigested food, bad bacteria, and toxic waste to leak out into your bloodstream. Your immune system recognizes these foreign invaders in your body and attacks them. Unfortunately, your own tissues can get caught in the friendly cross-fire causing an autoimmune disease.

Both of these conditions often work in cooperation with each other to create a very unhealthy situation in the gut.

## LEAKY GUT



Healing my leaky gut greatly helped control my autoimmunity, rashes, and fatigue.

### *Healing a Leaky Gut*

So how does one heal a leaky gut and gut dysbiosis? There are many ways. Let's start with leaky gut. The good news is that it doesn't take some expensive supplement like

bone broth to heal the leaky gut. Here are the natural remedies I used and have seen others successfully use to heal a permeable gut.

- Anti-inflammatory healing soup (recipe below)
- Aloe vera
- Turmeric (fresh and powdered)
- Licorice root tea
- Slippery elm tea
- Coconut milk

These are foods which are cheap and preparing them is really quite simple.

I'll explain how to prepare the potato onion anti-inflammatory healing soup, one of my favorites.

#### ANTI-INFLAMMATORY HEALING SOUP

1 red onion, organic, cut in large pieces

1 potato, organic, cut in large pieces

2 inches orange peel, organic

1 inch fresh ginger, minced

1 inch fresh turmeric, minced (or 1 tsp turmeric powder)

1 tsp Himalayan salt (or other unrefined full mineral salt)

#### DIRECTIONS

Bring to boil, then simmer for 20 minutes. We add a spoonful of coconut milk to our bowl to give it a rich, creamy taste.

This recipe did amazing things for my digestion. I would eat this soup or drink the broth as the last thing I did before going to bed to coat and heal my small intestine lining. In serious conditions, I would do a 48-72 hour onion broth fast — only drinking the broth from a chopped onion with some salt. If I start having stomach pain or trouble digesting food, after several rounds of this soup my stomach goes back to normal.

Potatoes contains certain atropine alkaloids which have properties to heal gastrointestinal inflammation.<sup>49</sup> <sup>50</sup> Onions are some of the highest plant sources of quercetin, a powerful antioxidant which is anti-inflammatory, and anti-allergenic.<sup>51</sup> Additionally, turmeric, ginger, and orange peel are some of the most potent anti-inflammatory foods in nature. It's a powerful soup.

We were contacted recently by a lady we're currently filming for our documentary about reversing autoimmune diseases naturally. Her name is Jan and she has three autoimmune diseases (CREST syndrome, Raynaud's, rheumatoid arthritis) all of which cause her to be in considerable pain every day. She takes medication daily just to make the pain somewhat bearable. Also she has a fourth condition called ITP (immune thrombocytopenic purpura) which is also likely an autoimmune disease. In this disease her immune system destroys the platelets in her blood causing her to bleed very easily. At the time we visited her to film the interview her platelet count was almost critical at 37. After filming we showed her how to make this potato onion soup recipe. She loved it. Just a week and three days later she did another blood test and her platelet count had jumped to 137 bringing her almost to normal!

She said:

***"The doctor thought that it was because of the new steroid she ordered, but I never picked it up and told her I am trying natural ways now... Since I have been on the soup I do not even need my pain pills anymore."***

I love getting these messages. We were so very happy for Jan and are hopeful that as she continues the rest of the protocol she will realize much more improvement and potentially a total reversal.

This soup is an anti-inflammatory powerhouse when consistently taken. After I had taken it regularly for several months I had bloodwork done to see how the inflammation in my body was doing. One of the tests to measure this is called the sedimentation rate and it's given a normal range of 1 - 15. I was a 1. My doctor said that this was an inflammation rate lower than 99% of all patients.

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49 Mendel Friedman, "Potato Glycoalkaloids and Metabolites: Roles in the Plant and in the Diet." J. Agric. Food Chem. 2006,54,8655-8681

50 M. Umadevi 1 , P.K. Sampath Kumar, et. al "Health Benefits and Cons of Solanum tuberosum" Journal of Medicinal Plants Studies Vol. 1 No. 1 2013 p.22

51 Chirumbolo S. "The role of quercetin, flavonols and flavones in modulating inflammatory cell function." Inflammation and Allergy Drug Targets 9.4 (Sept. 2010): 263-285.

## *Healing Gut Dysbiosis*

Now on to healing gut dysbiosis. To heal gut dysbiosis it's necessary to restore the good gut bacteria and not feed the bad bacteria. So what is the diet that does this? Here's the rule, good gut bacteria love to eat plant foods with lots of fiber<sup>52</sup> and bad bacteria love eating high-sugar, fatty and highly processed/refined foods<sup>53</sup>. The one you feed the most will eventually be the strongest. In response to fiber the good gut bacteria will actually produce all kinds of anti-inflammatory chemicals that will help fight inflammation in your body. Shoot for 50% of your diet consisting of fruits and vegetables making sure that of this, at least half of the fruits and vegetables are raw.

What is needed to restore good gut bacteria are probiotics. Many often ask, what is a good probiotic? Commercial probiotics are unregulated so it is questionable whether or not you're actually getting the number and kinds of strains of good bacteria that are being advertised. Also, there may be specific strains of bacteria your body needs that may not be present in these commercial probiotics. In addition, people have a strong tendency to solve health problems with pill popping as opposed to character and lifestyle change. This is part of the reason why medications are so popular despite their utter failure to cure any disease and their certainty to cause additional health problems. This same pill popping mentality can come into play with probiotics. It would be a mistake to think that taking them could replace eating a high fiber diet that includes at least 50% fruits and vegetables.

Having said this, if you get a very good quality probiotic it has been proven in many studies to be very helpful in repopulating the good gut bacteria and aiding in the healing of many digestive, mood, and inflammation-based health problems.

Here are my guidelines for getting a good probiotic. You want a probiotic with:

- #1. At least 15-50 billion CFU/serving.
- #2. At least 7-12 different species/strains of probiotics in your supplement.
- #3. These bacterial strains in it:
  - Bifidobacterium family strains (sometimes labeled as, "B." then the strain name)
  - Lactobacillus family strains (sometimes labeled as, "L." then the strain name)
  - Streptococcus thermophilus (often labeled as "S. thermophilus")

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<sup>52</sup> Ditch E. "Bacterial translocation: the influence of dietary variables." *Gut*. 1994;35(1 Suppl):S23-7

<sup>53</sup> Velasquez OR, Tso P, Crissinger KD, "Fatty acids-induced injury in developing piglet intestine: effect of degree of saturation and carbon chain length." *Pediatr Res* 1993;33(6):543-7.

- #4. Shipping that is triple layer packaging, a cold pack, or that is temperature stable.
- #5. An expiration date. This means the manufacturer is paying attention to the longevity of their product.
- #6. A higher CFU than advertised on the bottle, if possible.

## Conclusion

I hope you have enjoyed this book and the seven secrets we've found to heal autoimmune diseases. I hope it's provided you with actionable tips that will bring health and healing to your body.

If you would like to learn our full five-step protocol including all the recipes, schedules and exact therapies that have brought me and dozens of others significant improvement and even total remission, then **take a look at our full 148-page book that has all the details.**

May you be blessed in your pursuit of health,

Gabriel and Jennifer Arruda