

30 HABITS FOR
THRIVING WITH AN

Autoimmune



WELCOME!

This guide is packed with 30 habits that can help you hack your autoimmune health and get your immune system back in balance.

Before you start anything new or implement any new techniques, always, always check in with your trusted medical professional to ensure that your choices are appropriate for your unique health situation. Safety first!

I encourage you to:

1. Read through the guide.
2. Check off any of the things you are already doing or things that you have done. Give yourself extra time with the other ideas or go deeper with ones that you find helpful. This will help you customize your 30-day experience.
3. Gather supplies if you need to.
4. Complete your baseline quiz
5. Enjoy the 30-day challenge.
6. Use the Daily Routine sheet to track your progress and record your daily experiences.
7. Complete the baseline quiz again and compare your results.

AN INTRODUCTION TO THRIVING WITH AN AUTOIMMUNE

Your immune system is designed to guard against bacteria and viruses. When it senses these invaders, it triggers a release of response cells to attack them.

Normally, the immune system can tell the difference between foreign cells and your own cells. An autoimmune disease happens when your immune system mounts a response against healthy cells and tissue like your joints or skin. It releases proteins called autoantibodies that attack healthy cells and this attack creates inflammation that can damage tissues and organs if it's allowed to continue long term.

Some autoimmune diseases, like Type 1 diabetes (pancreas), target only one organ. Others affect the whole body like Lupus.

Why does the immune system attack the body?

Scientists don't know exactly what causes the immune system to misfire. But there are some known risk factors and some diet and lifestyle choices that can impact risk.

Gender. According to a [2014 study](#), women get autoimmune diseases at a rate of about 2 to 1 compared to men. Often the imbalance starts during a woman's childbearing years (ages 15 to 44).

Ethnicity. Some autoimmune diseases are more common in certain ethnic groups. For example, lupus affects more African-American and Hispanic people than Caucasians.

Genetics. Certain autoimmune diseases, like Celiac, multiple sclerosis and lupus, run in families. Every family member will not necessarily develop the disease, but they inherit a greater likelihood to develop it.

Environment. Researchers suspect environmental factors like chemical exposure, pesticides, pollution, nutrient depletion and germs/infections play a role in autoimmunity. A [2015 study](#) focused on hygiene. Exposure or lack of exposure to germs may trigger the immune system to overreact to harmless substances.

Diet. A "[Western diet](#)" or Standard American Diet(SAD) is a risk factor for developing an autoimmune disease. A diet that is high-fat, high-sugar, and highly processed triggers inflammation, which can trigger an immune response.

BOTTOM LINE: Researchers don't know exactly what causes autoimmune diseases. Genetics, diet, infections, and exposure to chemicals all seem to be involved.

HABITS TO GET/KEEP YOUR IMMUNE SYSTEM HEALTHY

This guide/challenge outlines 30 ways that you can support your immune system and help prevent or ease autoimmune disease.

- **If you are currently healthy**, use the techniques here to support your body and maintain balance.
- **If you are currently experiencing health challenges or an autoimmune disease**, use the guide to learn about your options and talk with your

healthcare provider to ensure that you make choices that are safe and appropriate for your unique circumstance.

BASELINE

Whenever we begin something new, it's always a good idea to take stock of where we are so we can assess how our actions impact the way we think and feel. Use the table below to capture your baseline. When you complete your 30-day challenge, come back to this exercise and reassess each piece. You may notice that some things are more beneficial than others.

Rate each item on a scale of 1-10, with 10 being high.

	Before	After	Notes
My understanding of autoimmune balance			
My knowledge of how to help reduce/ prevent autoimmune flares			
My stress level			
Quality of sleep			

Digestion/transit time/ quality of stool			
Gas/bloating			
Energy level			
Pain/discomfort			
Hydration			
Nutrition			

MY DAILY ROUTINE

Print this page for daily use or use the prompts in a journal.

Begin by noting how you feel BEFORE you do anything. Then, think about where you need support. The calendar will give you suggestions, but you should feel free to modify and choose something that aligns with your needs.

At the end of the day, come back and reflect. Your notes can be very helpful as you evaluate which practices and techniques work for you and which don't.

Waking, I feel: (tired, rested, stiff, achy, etc.)
My sleep was: (sound, broken, restless, etc.)
I want to feel: (more energetic, less pain, more focused, etc.)
My energy level today:
My digestion today:
My focus/mental clarity today:

My pain level today:

What I used to support myself today:

Afterward, I felt:

30 HABITS FOR THRIVING WITH AN AUTOIMMUNE

This is a list of 30 scientifically backed techniques for calming an overactive immune response and keeping inflammation at bay. Whether you find yourself in a flare or are working to prevent one, take a look at these 30 options. If you choose to use the 30-day challenge calendar, simply review the information for each item and give it a try. Remember to do your baseline and use your daily tracker so you can better evaluate each technique. It's prudent to note that most of these things take time to help, but most are a cinch to incorporate into a simple daily routine.

- 1. Hydrate.** Hydration is key for a healthy body and mind. Water makes up about 60% of your body weight. Your blood volume depends on it. Your

Lymph, hormone balance, cardiac health and brain health are all critically dependent on it. Dehydration leads to inflammation¹ and can impact everything from pain perception, sleep, focus and poop to skin tone. Chronic dehydration is linked to an increase in cortisol, which is known to trigger an immune response due to prolonged stress.

Focus on drinking 3 liters of pure spring water daily, less if you are petite, and more if you are larger or more active. Add a pinch of good Celtic Sea Salt to your water to improve electrolyte balance.

- 2. Eat clean.** When autoimmune issues are in play, diet is often the first thing targeted. You may be trying a diet free of gluten, dairy and sugar or you may be Auto Immune Paleo or Nutritarian or Keto. Whatever you're doing, the key is to identify any food sources that trigger inflammation or an immune response².

Remove the top 8 common allergens/inflammatory foods (gluten, dairy, eggs, corn, soy, sugar, shellfish, peanuts/tree nuts) and focus on clean protein, greens, veggies and fresh fruit.

- 3. Fast.** Just as eating healthy foods is important, so is fasting. When you have an autoimmune response, one of the most effective ways to stop it is by fasting. A water fast as brief as 24-hours or routine intermittent fasting are options to explore. For the challenge, consider fasting from

¹ <https://drsircus.com/water/dehydration-symptoms-causes-treatments/>

² <https://www.todaysdietitian.com/newarchives/110211p36.shtml>

dinner time through to lunch the following day. Or, take a 24-hour water fast (if you are medically cleared to do so.)

Before you make the decision, read more about the benefits here:

<https://www.amymyersmd.com/2018/06/intermittent-fasting-autoimmune-disease/>

<https://www.globalhealingcenter.com/natural-health/3-day-fast-resets-immune-system/>

4. Juice. Inflammation can be triggered when the body has difficulty digesting foods. High fat meals are known to trigger inflammatory factors; juicing has been shown to reduce those factors.³ Juicing removes fiber from fruits and vegetables while leaving vitamins and minerals in a highly absorbable form. The body doesn't have process the fiber from the juiced foods, instead, it simply bathes in the goodness and absorbs it for immediate use.

Joe Cross has brought light to juicing for autoimmune conditions. He changed his life and health by following a juicing protocol and has created resources to help others do the same.

Try Joe's [Mean Green Juice](#):

1 cucumber

³ <https://www.rebootwithjoe.com/juice-inflammation-and-auto-immune-diseases/>

4 celery stalks

2 green apples

8 kale (Tuscan cabbage) leaves with stalks

1 lemon

1 in (2.5 cm) piece of ginger

Directions: Wash all produce well. Peel the lemon and core apple. Add all ingredients through juicer and enjoy! Makes 1 serving, 16 oz (500 ml)

If you don't have a juicer you can blend the ingredients and then strain the mixture through a few layers of cheesecloth to remove the fiber and pulp.

- 5. Add probiotics and fiber** to your daily routine. Research has shown that healthy microflora in the intestines can modulate immune response and either make you sick or help make you well. Research on fiber shows that fiber is necessary to feed the good bacteria and maintain a healthy microbiome.⁴

Coconut yogurt and gluten free granola can be an easy and tasty way to try this technique for yourself. My favorite yogurt is [Cocoyo](#) because it is just raw young coconut, coconut water and probiotics. Simple. [Purely Elizabeth](#) makes a tasty, ancient grain gluten free, dairy free granola.

⁴ <https://www.sciencedaily.com/releases/2018/01/180112132755.htm>

Kombucha is another tasty way to enjoy a probiotic boost. If you want to combine this with fiber, simply use kombucha as a base liquid for your favorite smoothie.

- 6. Castor oil pack.** Castor oil packs are a comforting and easy way to support your liver and digestive health. Purchase [castor oil in a glass bottle](#) and an [organic wool](#) or cotton flannel cloth that you will use only for this purpose.

When placed over the liver, castor oil packs help stimulate the release of bile which helps cleanse the liver. When placed over the lower abdomen, the pack helps stimulate peristalsis which gets the bowels moving. Women should not use castor oil packs during menstruation or pregnancy.

To make a castor oil pack, follow the instructions on the bottle/flannel. Saturate the cloth by slowly adding castor oil. Fold the cloth to size and place it over the desired area. Cover with BPA free cling film or an old towel that you don't mind getting stained. Top with a hot water bottle or heating pad and relax for 20-30 minutes before removing. You can rub the oil into your skin or shower to remove residue.

- 7. Walk or Bounce.** So simple, but so helpful for immune health⁵. A gentle walk in fresh air or on a treadmill helps to stimulate the movement of lymph. Bouncing on a rebounder has a similar effect. Lymph doesn't

⁵ <https://www.health.harvard.edu/staying-healthy/5-surprising-benefits-of-walking>

have a pump system like blood does. To move lymph, we must move the body or massage the body (lymphatic drainage massage).

Lymph fluid helps collect and carry metabolic waste out of the body. Stagnant lymph can be a problem with autoimmune diseases. Getting it moving can help.

For the challenge, add a walk or rebound session into your daily routine. If you are new to it, start with 5 minutes. If you are a pro, walk for 15 minutes a few times a day or do a 30-45-minute walk mid-day for an immune boost or bounce on your rebounder or lightly in place for a few minutes, a few times a day.

8. Sweat. According to Dr. Mercola⁶, sweat helps “Expel toxins, which supports proper immune function and helps prevent diseases related to toxic overload.” Any activity that induces sweat can be beneficial, but some people prefer to use tools like infrared sauna or Epsom Salt baths to help get the body to sweat. Whatever you choose, it's important to shower or rinse off after a good sweat to remove the sweat and any toxins that it's carrying.

If you can, find an infrared sauna at a local gym or health center and try a sauna session. Research shows that up toxins make up to 20% of sweat induced in an infrared sauna, as opposed to only 3 % via other means⁷. If

⁶ <https://fitness.mercola.com/sites/fitness/archive/2014/01/10/sweating-benefits.aspx>

⁷ <https://new.hindawi.com/journals/jep/2012/184745/>

your goal is reducing toxins and supporting immune health⁸, sauna is a great way to do it!

- 9. Enema.** According to Donna Gates of Body Ecology, “enemas are powerful tools to help us open up our detoxification pathways.” Anyone with an autoimmune imbalance or who wants to avoid it should be concerned with detoxification. Think of toxins as burdens on the body. When your system is fragile, any little thing can tip the scale and trigger a flare or problem. When we support detox pathways in more substantial ways, like with enemas, we can enjoy a greater sense of relief and ease faster than if we use other strategies.

The thought of an enema is worse than the action. If you're scared or turned off by the idea of sticking something up your bum, let's address that fear head on. Hopefully, you are passing bowel movements every day. The tube used for enemas is thin and flexible and no more uncomfortable than passing a bowel movement. The sensation may be awkward the first time, but most people report no discomfort and find that the relief that comes from the practice is worth the quick set up and clean up time.

Read more about the practice here:

https://bodyecology.com/articles/home_enemas_how_and_why-php/

To do an enema at home, you will need:

⁸ <https://www.drnorthrup.com/infrared-sauna-sweat-toxins/>

- ❑ An Enema Kit – this kit will include a bag or bucket that holds the liquid, a catheter and a long hose.
- ❑ Up to 2 pints of your chosen liquid (If you are just starting out then use only 1 pint and work up to 2!)
- ❑ Lubrication (a natural oil or hypoallergenic jelly lube) to apply to the catheter end and also your anus for easy entry!
- ❑ A good book or relaxing music! Many people usually find enema time to be very relaxing and a great opportunity to catch up on reading!
- ❑ A clock or timer or your smartphone
- ❑ Toilet and Toilet Paper
- ❑ A towel to lie on in case of any spillages
- ❑ Time – turn off phones and take some time to not be disturbed so you can totally relax.

Prepared your liquid and allow it to come to room temperature before placing it into the enema bucket or bag. Run a little of the liquid off into the bath or sink to get rid of any air bubbles! There will be an on/off tap at the end of the long tube near the start of the catheter. Practice getting the liquid to flow and getting it to stop.

Place the bag or bucket to approximately the height of a door handle, if you have a bucket you can place it on the side of the bath. If you put it any higher it could run in too fast and make it challenging to hold! Don't place it too high!

Lie on your right side with your knees slightly up towards your chest and place a little oil onto your anus and onto the end of the catheter. Insert the catheter into your anus slowly. For most enemas, you don't need to

push it all in, just enough to allow the water to pass through (Gerson coffee enemas must be inserted to a specific point). Once the catheter is in, turn the tap on and allow the liquid to flow in.

The sensation may be weird to start. Use the on and off clip to stop and start the flow as often as you like. Anything new feels strange to begin with... so take your time. Breathe and relax.

If the sensation is too much and you can't deal with the amount of liquid, just sit on the toilet, let it out and start again. Gas and feces may need to be passed before you are comfortable holding an enema solution. You'll find what works for you.

Once the liquid is in, lie back and hold for 12 – 20 minutes. You can massage your belly if you wish. Some people prefer having a pillow or thick towel under their bottom or knees to raise the rectal area. The bottom line (sorry/not sorry) is that you should be comfortable. If you cannot hold it, just sit on the toilet and let it out and try again another time. You may feel the need use the toilet again during the day; this is totally normal and can be a good sign that the colon is releasing waste.

If no liquid comes out – don't panic! Dehydration can cause the colon to absorb the liquid instead of releasing it. It's not a problem. It's just your body's way of rehydrating. You'll urinate it out later! If this happens to you, make sure to get yourself hydrated before you try another enema!

Ok! Consider this an invitation to try a simple cleansing enema or a probiotic retention enema as a gentle introduction to the practice.

10. Sing. Scientists have found that singing helps to minimize feelings of stress and anxiety, which in turn, reduces cortisol. Lower levels of cortisol are associated with less inflammation and a lower risk of autoimmune imbalance and disease. Researchers have also been able to show that singing promotes a boost in protective cytokines. Cytokines are proteins of the immune system which enhance the body's ability to fight serious illness⁹.

Turn up the music and sing it out! Sing in the car. Sing in the shower. Sing when you're getting dressed and when you're cooking. Besides the science, the simple act of breathing deeply and releasing your voice is a beautiful way to exercise your lungs and shift some energy!

11. Aromatherapy. Use the power of scent to enhance your health. One of the best ways aromatherapy helps balance the immune system is by reducing stress, promoting sleep and reducing the perception of pain.

Open a bottle of pure essential oil and gently inhale. That's the easiest way to experience aromatherapy. Nothing needs besides a breath and a bottle. You can invest in a diffuser to explore added aromatherapy to your environment. In general, diffusing for 10-15 minutes per hour is considered safe and effective.

Lavender is known for its calming and relaxing properties, but it has also been shown to reduce the perception of pain in post-operative patients.

⁹ https://www.eurekalert.org/pub_releases/2016-04/e-csb040416.php

Research¹⁰ found that an essential oil blend of wild orange, clove, cinnamon, eucalyptus, and rosemary “exhibited significant effects on the levels of protein biomarkers that are critically involved in inflammation, immune modulation, and tissue remodeling processes. The overall inhibitory effect of the essential oil blend on these protein biomarkers suggests that it has anti-inflammatory and immune modulating properties.” The study also found that the essential oils “robustly affected signaling pathways related to inflammation, immune function, and cell cycle control.” Thieves blend or DoTerra OnGuard are similar to this blend.

12. Cryotherapy. Whole body cryotherapy has been shown to reduce discomfort and pain associated with autoimmune diseases. According to Cryotherapy Toronto, “whole body cryotherapy induces an intense sympathetic nervous system reaction causing a dramatic parasympathetic rebound. The circulatory system undergoes a dramatic peripheral vasoconstriction followed by strong rebound vasodilation. Due to vascular permeability, the peripheral vascular tone gets improved while reducing histamine release. The neuromuscular system’s response leads to a decrease in troponin I, edema and creatine kinase. It provides and immune system boost that promotes faster healing.” To simplify the science, whole body cryotherapy triggers a bit of a reset of the immune system that can support a reduction in inflammation and a return to balance.

¹⁰ <https://www.tandfonline.com/doi/full/10.1080/23312025.2017.1340112>

Look for a local cryotherapy experience¹¹ or try contrast showering at home. While it's not the same intensity as WBC, contrast showering can offer immune benefits. Start with 1 minute of warm water and then make it cold for 30 seconds. Alternate as many times as you can during the course of your shower. Or, try a cold shower instead of a hot one.

13. Practice gratitude. Researcher has found that gratitude fosters optimism, and its optimism that positively influences the immune system. Optimism is associated with balanced cortisol levels and with reduced risk of chronic disease. A study published in February 2003 in the Journal of Personality and Social Psychology found that participants who kept weekly gratitude journals exercised more regularly, reported fewer physical symptoms, felt better about their lives and were more optimistic about the coming week compared to those who recorded hassles or neutral life events. The same study reported that while grateful people don't deny or ignore the negative aspects of life, they tend to focus more on positive emotions, satisfaction and vitality and they experience greater optimism, lower levels of depression and less stress than people who are not grateful.

To try this for yourself, start a gratitude practice. It can be as simple as taking 2 minutes at the end of the day to think about everything for which you're grateful. Think about the things that support your success, the relationships, food, experiences, feelings... and take a moment to settle into a slow, deep breath while you close your eyes and internalize the blessing.

¹¹ <https://peakrecoveryandhealthcenter.com/2018/09/18/cryotherapy-and-your-immune-system/>

14. Connect. Social connection is important to health and immune function. UCLA researcher Steven Cole has done groundbreaking work that links social behavior and social connection with immune response¹². Feeling connected helps strengthen the immune system, increase longevity and may help you recover from injury and disease faster.¹³

Connection doesn't mean having lots of friends or even being in public. What it involves is feeling as though you have people you can turn to for support. Feeling as though you matter to someone, feeling heard and understood are part of the equation. If you don't have relationships like this in your life, think about ways that you can reach out and make new connections. Or, reach out to a friend or relative who may be receptive to a deeper relationship. Online communities can be helpful. Social media can be a source for groups and communities of people who have similar issues. The caution is to be mindful that you choose a group who practice positivity rather than dwelling in negativity. That vibe will drag you down and the purpose of connection in this way is to lift you up.

15. Laugh. Laughter stimulates the Vagus nerve, supports lymph movement by contracting the diaphragm and triggers a release of feel-good endorphins. All are known to modulate immune response¹⁴.

¹² https://www.semel.ucla.edu/sites/default/files/newsletter/UCLA-Newsletter_2016-FINAL.pdf

¹³ <https://emmaseppala.com/connect-thrive-infographic/>

¹⁴ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2686627/>

Experience the benefits for yourself. Pretend that you have just heard the funniest joke and begin to giggle. Allow yourself the freedom to laugh. Laugh hard. Sustain your laughter for 60 seconds and then relax. Breathe. You should feel a shift in energy and mood. Incorporating laughter into your day is easy and free. Over time, you will find that it's easier to induce laughter and easier to sustain. The body doesn't know the difference between fake laughter and real laughter/laughter that's a response to something funny, so don't feel like you need to watch comedies if you don't have the time. Simply laugh for the sake of your health and immune system.

16. Orgasm. It may seem taboo, but the science is showing a beneficial connection. Orgasm stimulates the release of oxytocin. Oxytocin can modulate the immune system¹⁵. If orgasm feels good to you, explore this as an option with a safe partner or on your own and see how it impacts your health. If nothing else, orgasm has been shown to relieve pain and ease the perception of pain.

17. Chill. Take a break. Pause. Line out some time on your schedule. Do nothing. Breathe. Enjoy a cup of tea. Sit alone. Take a short walk or enjoy the rhythm of a train ride. Sleep in. Whatever it takes for you to chill out, remove responsibilities and disconnect from social media for a little while. In the same way that connection has its benefits, disconnecting does too. This is your invitation to step out from under the weight of the world and just be you, in your own skin, on your own time, for as long as

¹⁵ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5223438/>

you need.

18. Supplement. Even the best diets can be deficient in some factors needed to support health. Supplements can be a good short-term solution for a boost.

Blood tests can help you determine if you need to supplement basics like Vitamin D, omega-3, zinc, selenium and magnesium¹⁶. Immune balance hinges on those being available to the body in sufficient quantity.

People with chronic conditions, chronic pain and autoimmune issues are usually deficient in Magnesium because magnesium is depleted as a result of stress. Natural Calm magnesium powder is a trusted supplement. The label instructions can help you get started. Remember to always consult with your medical advisors before changing anything or starting anything new.

You can also explore supplements like Ashwagandha for reducing stress and supporting the thyroid. "Ashwagandha inhibits NF-kappaB which is involved in inflammation and autoimmune disease. You want decreased activation of NF-kappaB if you have an autoimmune disease like Hashimoto's disease so Ashwagandha is an excellent choice to reduce inflammation and autoimmunity."¹⁷ Glutathione, resveratrol, curcumin

¹⁶ <https://www.amymyersmd.com/2018/04/6-key-nutrient-deficiencies-linked-to-autoimmunity/>

¹⁷ <https://drhedberg.com/ashwagandha-hashimotos-disease-hypothyroidism/>

and l-glutamine are other powerful options¹⁸. But something as simple as Vitamin C can be helpful. Do a little research and decide on a safe supplement to try.

19. CBD. CBD (cannabidiol) is a cannabinoid found in hemp that supports your endocannabinoid system. The link between the endocannabinoid system and the immune system isn't 100% clear, but researchers are exploring the connections between cellular communication as a primary focus. This new wave of research points toward cannabinoids having an adaptive, immunomodulating effect, rather than just suppressing immune activity¹⁹.

Choose a CBD product that is hexane free and processed via CO2 extraction so you avoid chemical residue that can burden the liver. Because CBD is considered a supplement, no company can or should make medical claims. However, reputable companies can and should have their third-party testing for purity and quality available.

Look for a formula that is absorbable. Liposomal is ideal. Typically, these are liquids designed to be dropped under the tongue. Capsules, tablets and edibles all have to go through the digestive process before they enter the bloodstream and are not optimal.

¹⁸ <https://www.amymyersmd.com/2018/02/5-best-supplements-autoimmune-disease/>

¹⁹ <https://www.projectcbd.org/science/cannabis-and-immune-system>

I highly recommend CBDone. It's patented , Liposomal for the best absorption and had no THC. It's available at Riseabovewellness.vasayo.com

20. Sleep. Lack of sleep creates stress and can have a profound impact on autoimmune imbalance and overall health. Poor sleep can prevent the formation of memories and make it challenging to focus or be creative. Your risk of all diseases rises when your sleep is poor²⁰.

Optimize your sleep by

- ✓ shutting off all electronics at least 90 minutes prior to bedtime
- ✓ creating a slightly cooler environment where you sleep
- ✓ exercising earlier in the day
- ✓ make your bedroom dark and shut off the light from digital clocks
- ✓ take a warm/hot bath an hour before bed
- ✓ try a magnesium supplement about an hour before bed

21. Skin brush and tongue scraping. Skin brushing helps to gently stimulate the flow of lymph while also supporting skin health. Skin is your largest organ and is considered a critical organ for health and detoxification. By brushing your skin lightly from the toes upward and hands upward, you can encourage lymph to circulate which helps the body to detoxify.

Tongue scraping removes buildup from the surface of the tongue. Often,

²⁰ <https://articles.mercola.com/sites/articles/archive/2012/06/02/can-sleeping-affect-immune-system.aspx>

that buildup contains bacteria and yeasts. Fragile immune systems are better protected when the bacteria and yeast are removed and not allowed to proliferate or go into circulation.

Include these 2 practices in your morning and evening routine. They take a couple of minutes, but the benefits can be substantial.

22. Herbal Tea. Nettle, dandelion, turmeric, ginger, green tea and chaga are herbal powerhouses for immune balance. All support the liver and offer anti-inflammatory benefits²¹.

Chaga is an immune stimulant, so not all autoimmune conditions will respond favorably. If you find yourself catching a lot of seasonal bugs or flus, chaga can be a boost. Read more about the specifics of chaga here: <https://draxe.com/nutrition/chaga-mushroom/>

Nettle, dandelion, turmeric, ginger and green tea can all be found as dried teas at your local health food store or on Amazon. Herbs, while natural, are powerful and shouldn't be underestimated. Over time, they can become a nourishing part of your healing routine. Don't expect instant results – give these herbal allies a chance to support you with their gentle nature.

Nourishing herbal infusions were made popular by herbalist Susan Weed. If you choose to try herbal teas and find that they are helpful, consider

²¹ <https://restorativemedicine.org/journal/natural-support-for-autoimmune-and-inflammatory-disease/>

exploring NHI's to go a step deeper.

[http://www.susunweed.com/How to make Infusions.htm](http://www.susunweed.com/How_to_make_Infusions.htm)

23. Bed of Nails. The [bed of nails](#) is an inexpensive tool that you can buy through a local yoga supply shop or amazon. This soft mat is covered in lots of quarter sized hard plastic discs that have sharp points. While it may sound like a torture device, the effect of the acupressure when you lay down on the mat is enough to provide a lot of sensory input. This input overstimulates the central nervous system and creates a release of endorphins for a calming effect.

Many people report that a regular practice including the bed of nails eases pain, boosts energy and promotes deeper sleep.

24. Meditate. A recent study reported in the journal Neurology demonstrated that health-related quality of life, including incidence of depression, anxiety and fatigue decreased significantly for those participating in a structured 8-week program of mindfulness training²². Other studies have found that meditation produces lasting improvements in both the brain and immune system function.

The American Autoimmune Related Disease Association (AARDA) recommends meditation as a tool for people with autoimmune disorders²³.

²² <https://www.ncbi.nlm.nih.gov/pubmed/20876468>

²³ <https://www.aarda.org/meditation-health-immune-system-benefits/>

Begin by simply focusing on breathing in through your nose and out through your mouth while seated quietly and comfortably. Aim to take 5-10 breaths this way. Slowly inhale, slowly exhale.

You can progress by trying a one-minute meditation and work your way up to 20-30 minutes a day. Meditation has benefits beyond the immune system... all of them are good!

25. Ground. Believe it or not, grounding has been shown to impact the immune system! The practice of grounding is literally allowing the body to come in contact with the Earth. Bare feet on the grass, dirt/ground, in sand or a natural body of water. [This study](#) provides insight into the practice and how the electromagnetic field of the earth can realign that of the body. According to the study, “grounding produces measurable differences in the concentrations of white blood cells, cytokines, and other molecules involved in the inflammatory response... Grounding reduces pain and alters the numbers of circulating neutrophils and lymphocytes, and also affects various circulating chemical factors related to inflammation.”

To take advantage of this technique, follow the suggestions in this article: <https://www.healthnutnews.com/grounding-a-simple-pleasurable-way-to-reduce-inflammation-and-chronic-disease/>

The ideal places to ground/walk barefoot:

- a. the beach, close to or in the water, as saltwater is a great conductor. (Your body is also somewhat conductive because it contains a large number of charged ions, called electrolytes, dissolved in water. Your blood and other body fluids are therefore good conductors.)
- b. a grassy area, especially if it's covered with dew, and /or bare soil.
- c. Ceramic tiles and concrete are good conductors as long as they've not been sealed; painted concrete does not allow electrons to pass through very well.
- d. Materials like asphalt, wood and typical insulators like rubber or plastic will not allow electrons to pass through and are not suitable for barefoot grounding.

While any amount of grounding is better than none, research suggests it takes about 80 minutes for the free electrons from the Earth to reach your bloodstream. Aim for 80 to 120 minutes of grounding each day.

26. Massage. A 2017 review in *Complementary Therapies in Clinical Practice*²⁴ found benefits to massage when used to treat a range of conditions that included autoimmune diseases such as diabetes, dermatitis and multiple sclerosis. Pain relief was the primary benefit. Other studies have focused on specific diseases. A 2017 study in *Evidence-Based Complementary and Alternative Medicine* compared deep tissue massage with therapeutic massage in 27 men diagnosed

²⁴ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5564319/>

with ankylosing spondylitis²⁵. While the study did not find significant differences between the two techniques, the results suggested that both may show benefit and warranted further study. Another recent survey of individuals living with lupus (Lupus, January 2018) revealed that massage and acupuncture are used commonly enough to also warrant further research into their benefits for the disease.

In addition to this preliminary research about the therapeutic effects of massage for specific autoimmune conditions, massage is relaxing, helps people reconnect to their body and promotes lymph movement. Those pieces alone are enough to make massage beneficial for health.

27. Journal. Autoimmune disorders can be frustrating and isolating. They can be painful, cause fatigue, insomnia and weight gain. Often, people who struggle with autoimmune issues suffer from strained relationships as they pull back from social situations and obligations. Journaling is a tool that can offer a release for emotions, fears and feelings²⁶. By pouring out your thoughts and things onto paper you can get everything out.

Journaling can also serve as a wonderful tool to keep track of symptoms and see how different strategies are serving you. Take a baseline before beginning anything new. How are you feeling, sleeping, pooping, thinking, etc. Once you've been employing a new technique for a few weeks, reevaluate and ask the same questions. You may be surprised to

²⁵ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5563410/>

²⁶ <https://www.verywellmind.com/journaling-a-great-tool-for-coping-with-anxiety-3144672>

see changes.

28. Dance. Movement to music gives your body an immune boost²⁷ while engaging your brain, fostering better balance, lowering your blood pressure and reducing stress²⁸.

Find some music that makes you happy and explore different ways you can move to it. You can do this seated if necessary. Move however you feel called. Just enjoy the experience and focus on feeling the music as you move.

29. Sleep naked. Sleeping in the buff lowers cortisol (which reduces stress), balances core temperature and supports deeper sleep²⁹. The immune system is healthier as a result! Go rogue, get naked and sleep deep!

30. Take a bath. Bath time isn't just for kids! Soaking in a hot bath with mineral rich Epsom salt or a cool bath with calming chamomile leaves and baking soda can help ease aching muscles and joints as well as release stress. Hot baths can induce hyperthermia or sweating. When you soak in a hot bath for 15-20 minutes and then get out, your body has to work to cool down. This cooling process is relaxing and can help you

²⁷ <https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system>

²⁸ <https://www.health.harvard.edu/blog/lets-dance-rhythmic-motion-can-improve-your-health-201604219468>

²⁹ <https://www.forbes.com/sites/travisbradberry/2016/09/13/4-reasons-sleeping-naked-makes-you-healthier-and-wealthier/#38a84ad169b4>

get to sleep faster and deeper if done 60-90 minutes prior to bed. Cool baths can tap into the cryotherapy techniques and also ease inflammation. They are great for sensitive skin and maintain the relaxation benefit.

Make a mineral bath by adding 4 cups Epsom salt, 1 cup Celtic sea salt, ½ cup baking soda and 1 cup kaolin clay powder to a tub of warm to hot water (be careful not to scald yourself). Soak for 15-30 minutes. Rinse off and rinse the tub before drying and getting into bed.

To enhance the benefits of a good bath, make sure you are hydrating with cool lemon water.

MY 30-DAY CALENDAR (suggested)

1 Hydrate	2. Eat	3 Juice	4 Fast	5 Add probiotics and fiber	6 Castor Oil Pack	7 Walk or Bounce
8 Sweat	9 Enema	10 Sing	11 Aromatherap y	12 Cryotherapy	13 Practice Gratitude	14 Choose joy
15 Laugh	16 Orgasm	17 Chill	18 Supplement	19 CBS	20 Sleep	21 Skin brush
22 Scrape your tongue	23 Bed of Nails	24 Meditate	25 Ground	26 Massage	27 Journal	28 Dance
29 Sleep Naked	30 Take a Bath					

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

MY 30-DAY CALENDAR (BLANK)

NEXT STEPS

30 days, 30 techniques. Complete your baseline quiz again and compare the results. Review your daily progress sheets. Do you have a favorite technique? Was there one that didn't align? Make a list of the things that you plan to continue to incorporate into your routine.

I hope you enjoyed the process and are eager to explore more! Reach out and let's schedule a consult where we can discuss other ways to support your health naturally.

My Rise Above 6 week Autoimmune protocol goes more in depth in to the connection between nutrition and Autoimmune disease. If you would like some information on that program please feel free to reach out and lets have a complimentary discovery session to see if it will be the right fit for you .

Need any help with finding the right supplements that are recommended here in the guide you can reach out to at Riseabovewithleslie@aol.com or check out riseabovewellness.vasayo.com

Looking forward to helping you continue to explore ways to live a natural healthy life!

Take care of you ,

Coach Leslie

