

JULIE HAGER

**3 STEP
APPROACH
FOR
AUTOIMMUNE
DISORDERS**

**Functional Medicine approach in
my 3 month Inside Out Wellness Plan**

JulieHager.com

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Hello. It's Julie!

Did you know that 74% of Americans are living with digestive symptoms?

It's estimated that 23 million people suffer with Autoimmune Disorders.

The good news is that you can put both of these conditions into remission using *natural solutions* such as healthier food swaps, lifestyle choices, supplements and lab testing when needed.

Over 80% of your immune system resides in your gut.

The first step to wellness begins in the gut.

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Understanding a Healthy Immune System

Supporting the immune system is not about taking one supplement or avoiding certain foods. There is no quick fix. It's about a comprehensive strategy to provide your body with what it needs to function at its best.

Poor diet, stress, and toxins have an effect and can lower the body's ability to fight infections and viruses.



3 Step Approach for Autoimmune Disorders:

1. Identify the underlying root causes behind your symptoms
2. **Maximize** what's needed for your body
3. **Minimize** triggers & **Prioritize** a healing environment

There are many options listed below. Don't be overwhelmed. Just start with simple suggestions you know you can implement and then add what you can to build a complete strategy. This will serve you well both now and for years to come.

Root Causes

Immune dys-regulation and imbalances take many forms. Each person is unique in triggers, genetics, and predisposing factors. In all Autoimmune disorders 3 things happen - Genetic predisposition, intestinal permeability and inflammatory environmental/food triggers.

As a Functional Medicine Health Coach I'm trained in the interconnection of body systems. I'm able to map out and help you identify the root causes contributing to your symptoms. Together we'll work on a strategic plan to boost your immunity, balance your minerals, identify food or environmental triggers, toxins and pathogens or infections. The goal is restore any imbalances and dysfunctions and prioritize a healing environment.

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Begin in the Gut

The gut, and the good bacteria that reside there, is a major player for a healthy immune system. You can't be healthy without a healthy gut. Identify any pathogens, infections or dysbiosis (imbalance of good and bad bacteria) and identify intestinal permeability (leaky gut). Next step is to reduce inflammation and triggers contributing to leaky gut that is the gateway to autoimmune disorders.

Reduce Inflammation

Inflammation, either localized or throughout the body, is part of the tools your immune system uses to help fight anything it sees as harmful to you. Sometimes it's wrong, as in the case of allergy or autoimmunity.

If your intestinal mucosal lining is damaged aka leaky gut then undigested proteins, fungus and bacteria are released into the bloodstream and causes a systematic immune response. In order to restore and repair the gut lining you first eliminate triggers that caused the damage and restore microbial balance, repopulate and repair the lining with foods and supplement support.

What causes leaky gut - Medications, low vitamins, stress, environmental toxins food allergens, birth control pills, alcohol, sugar, gluten, grains, gut infections and pathogens all contribute to leaky gut.

Prioritize Healing

1. Eat a balanced diet to support the health of the immune system and the gut and to help lower inflammation.

Add more nutrient-rich fruits and vegetables. Variety is the key as well as healthy proteins that provide amino acids, the building blocks of the immune system. Complex carbs like grains and legumes provide substantial energy that the body needs to function properly. Vitamins and minerals are catalysts for all body functions, especially the immune system.

Nutrients the immune system loves (and these are just a few suggestions):

Ideally you should choose to buy organic. Lowering your exposure to toxic chemicals is just one way to lower inflammation and take some pressure off the body and the immune system. Do the best you can.

- ✓ **Essential Fatty Acids:** Found in chia, flax, hemp, cold-water fish such as salmon and tuna, butter, eggs, raw nuts and seeds
- ✓ **Vitamin A-Rich Foods:** Eggs, butter, cod liver oil, sweet potatoes, carrots, tuna, squash, spinach and other green leafy vegetables
- ✓ **Vitamin C-Rich Foods:** Citrus fruits, carrots, kiwi, bell peppers, tomatoes, strawberries and other berries, broccoli, cabbage

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- ✓ **Vitamin E-Rich Foods:** Olive oil, avocados, sunflower seeds, walnuts, salmon, turnip greens, mangos
- ✓ **Vitamin D-Rich Foods:** Cod liver oil, salmon, mushrooms, milk or fortified milk substitutes, eggs
- ✓ **Zinc-Rich Foods:** Meats, lentils and legumes, dairy products, vegetables, oysters, sesame seeds, cashews and other nuts, legumes, chocolate and cocoa, baker's and brewer's yeast



Lowering Inflammation

Consuming foods that have been studied to have anti-inflammatory properties is a good idea:

- ✓ Omega 3-rich foods such as cold-water fish like salmon and tuna, chia, hemp, flax
- ✓ Herbs and spices: Turmeric, ginger, cinnamon, garlic, cloves, black pepper, cayenne pepper, sage, rosemary, basil, peppermint, coriander, cilantro/coriander
- ✓ Many vegetables have phytonutrients that are anti-inflammatory: Tomatoes, eggplant, peppers, broccoli, cabbage, Brussels sprouts, kale, bok choy, carrots, cauliflower, asparagus
- ✓ Many fruits have anti-inflammatory phytonutrients: Berries, pineapples, papaya, citrus fruits, apples, cherries, avocado, sea buckthorn
- ✓ Hemp oil extract or full-spectrum CBD oil – has anti-inflammatory properties

Avoid any known food sensitivities.

This can also increase inflammation if you are reactive to specific foods. However, don't look at lists that claim certain foods are "inflammatory." Reaction to foods is an individual thing – the inflammation that a person may experience belongs to the person, not a food. **The sensitive food is the symptom, and the cause is gut health issues.** If you think this may be an issue for you, experiment by removing the food for three weeks and see if you notice a difference.

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Gut Health

If you're struggling with digestive issues and haven't identified any overgrowths, pathogens, or dysbiosis this is your first step. If you are taking a probiotic you may be taking the wrong kind. Not all probiotics are created equal. I recommend [MegaSporeBiotic](#) a spore based probiotic that is able to survive stomach acids and bile. If you've noticed that probiotic make you feel worse then please consult with a Practitioner.

Here are some examples of foods that help the gut: [If you're struggling with bladder or digestive issues you will need to address your gut imbalances before consuming fermented foods.](#)

Probiotic and/or Fermented Foods: Contain good gut bacteria that affect the adrenals, the thyroid, the liver and how our hormones function

- ✓ Cultured vegetables, miso, tempeh, sourdough, sauerkraut, kimchi, kefir, yogurt, kombucha, wine (red or white), unpasteurized beer
- ✓ Raw honey contains 10 strain of good bacteria and has antimicrobial properties
- ✓ Fermented foods also contain prebiotics so win-win.

Prebiotic Foods: Feed our resident good bacteria and aid good gut bacteria

- ✓ FOS and inulin foods: Jerusalem artichokes, chicory, garlic, onions, dandelion greens, asparagus, bananas, blueberries, almonds, broccoli, cabbage, kale, cauliflower, radish, chia, flax, tomatoes
- ✓ Pectin foods: Apples, pears, lemons, limes, oranges, grapefruit, kiwi
- ✓ GOS foods: Dairy products, legumes
- ✓ Resistant starch foods: Wheat, rye, spelt, kamut, barley, oats, corn, brown rice (and cooled white rice), potatoes, sourdough, quinoa, sweet potatoes

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Supporting other aspects of the gut

Bone broth provides amino acids that help the intestinal wall lining. Colostrum, aloe vera and collagen also help nourish the gut lining, and all have some anti-inflammatory properties. [If you have been diagnosed with IC](#) you'll want to make your own bone broth in an Instapot using a whole chicken and avoid the store bought broths that contain higher levels of histamines until you've identified whether your bladder issues could be histamine related.



Mushrooms are immune system stars. They have antimicrobial and anti-inflammatory properties. Plus, they are all prebiotics, so they feed good gut bacteria. They're available both fresh and dried (be sure to rehydrate dried by soaking in water for 30 minutes). Extract powders can also be added to recipes and smoothies or made into teas and supplements. [Make sure to rule out Candida](#). If you suspect Candida avoid mushrooms for now.

2. Take supplements that help the immune system fight pathogens.

For the Gut: Probiotics, glutamine, aloe vera, use essential oils. Note: If ingesting essential oils, make sure they are food grade and mix with a carrier oil such as coconut oil. I love DoTerra oils and use them personally. Herbal teas such as Gaia gas and bloat, Slippery Elm, Ginger or Peppermint are helpful for digestive problems.

For the bladder - D mannose available at a discount on my website, aloe vera, and herbal teas or herbs as needed. Chamomile, Peppermint, Rooibos, Marshmallow Root and Corn Silk teas are helpful.

3. Implement stress management techniques.

Some stress can be helpful for the immune system and inflammation. Too much stress can use up valuable nutrients that are needed by the immune system in other areas of the body. Even if you feel really stressed for periods of time during the day, it's important to find ways to relax and calm the adrenal glands down and lower the stress hormone cortisol.

Here's some ideas:

- ✓ Take regular breaks from the news or your work.

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- ✓ Distract yourself: Call friends or family and have a good chat. Watch a favourite movie or one that makes you laugh.
- ✓ Practice meditation or mindfulness – there are YouTube videos and online apps that can help if this is not something you currently practice.
- ✓ Listen to your favorite music; sing along and dance if you like.
- ✓ Exercise.
- ✓ Make time for your favorite hobbies.
- ✓ Take an adrenal supplement – there are many. Work with a Practitioner for advice.



4. Make sleep a priority.

The immune system needs the time you sleep to repair and regenerate itself.

Here's some tips:

- ✓ Lower stress - it can keep you awake at night.
- ✓ Go to bed at the same time every night and get at least 7–8 hours of sleep.
- ✓ Try to create a proper sleep environment with a completely dark room and no sound distraction. Sleep masks and ear plugs can help where necessary.
- ✓ Avoid caffeine or eating a large meal close to bedtime. Some people cannot sleep on an empty stomach so a light snack such as a piece of fruit or a few nuts is acceptable.
- ✓ Disconnect from electronics like computers, cell phones and even TV at least an hour before bedtime.
- ✓ Read a book, take a warm bath or practice some deep breathing or relaxation exercise before bedtime to quiet the mind and prepare the body to fall asleep more easily and get a better-quality sleep.
- ✓ Consider taking an herbal sleep formula or magnesium, if needed, to help you relax so that you can have a better sleep.

These are just a few suggestions. Think about these and know that you have the ability to help yourself and your family have a healthier immune system.

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To help you identify the root causes and [it's never a single cause](#) for autoimmune issues such as skin conditions, histamine, bladder or allergies, and digestive issues, I offer a comprehensive stool test called a GI Map to my clients. The fees are not included in my 3-month coaching program.

The GI-MAP (Microbial Assay Plus) is unique in the field of comprehensive stool testing. It relies **exclusively** on quantitative polymerase chain reaction (qPCR) technology to detect parasites, bacteria, fungi, pylori, viruses and the health of your digestion by targeting the specific DNA of the organisms tested.

The information on this test helped me personally identify infections, overgrowths and dysbiosis that would have otherwise caused further damage leading to autoimmune disorders.

I'm able to help clients make healthier swaps using food and lifestyle choices. I do suggest supplements to help boost immunity, balance insufficient minerals and to rid pathogens, infections or dysbiosis identified.

I offer top grade supplements at a discount available thru two dispensaries know for safe, top quality supplements only available through Functional Health Coaches and Medical Professionals.

I hope you found this information helpful. If you'd like to discuss your main health concerns and receive one on one coaching support to avoid confusion working thru each step please schedule a free 20-minute Zoom video consultation.

<https://www.insideoutwellnesswithjulie.com/work-with-me>

Julie Hager, Functional Medicine Health Coach

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