



42

Common Mistakes
**that will make your
autoimmune
condition worse!**

nourish

food + nutrition with intention

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Let's make this clear: If you don't feel good, then something is wrong.

Your norm *should not* include:

- ✓ pain or discomfort
- ✓ medications and pharmaceuticals
- ✓ foggy brain or loss for words
- ✓ anxiety or feelings of despair
- ✓ hot flashes, hormone imbalance, weight loss, or weight gain
- ✓ Psoriasis, excema, acne, or dry skin
- ✓ dependence on coffee, energy drinks, or caffeine
- ✓ digestive distress, bloating, extended belly, gas, constipation, or diarrhea
- ✓ loss of energy and fatigue
- ✓ insomnia or inability to sleep throughout the night

Anyone who tells you differently, is wrong.

- ✓ You should feel good.
- ✓ Your energy levels should be good and balanced through the day.
- ✓ You should be free from medications.
- ✓ Your weight should be under control.

- ✓ Your mind should be clear.
- ✓ Sleep should come easily at night with no difficulty waking.
- ✓ Your skin should be healthy with a glow.



WHEN YOU KNOW SOMETHING ISN'T RIGHT

You know you should feel better than you do. And you probably know that you're doing something wrong because not all of your symptoms are under control.

Figuring out what to do can be confusing and overwhelming. There's a lot of nonsense out there and people who don't know what they're talking about are dispensing nutrition advice.

- ✓ The American Autoimmune Related Diseases Association reports that about 50 million people suffer from autoimmune disease and the number is rising.
- ✓ *The Institute of Medicine* states that current US medical education provides "minimal learning on autoimmune disease."
- ✓ The Office of Research on Women's Health at the National Institutes of Health named **autoimmune**



disease a “major women’s health issue” and says it’s the underlying cause of more than 100 serious, chronic illnesses.

- ✓ The website *RightDiagnosis.com* reports that **1 in 8 women are at risk for thyroid disorder** and about 85% of thyroid issues are caused by the autoimmune condition Hashimoto’s Disease.

Your body and mind want to be well.



1 EATING WHEAT. Wheat is one of the most inflammatory foods and one of the Top 8 allergens. It is directly linked to leaky gut, autoimmune disease, and a myriad of other illnesses, symptoms, and conditions.



2 EATING DAIRY. Dairy is directly linked to Hashimoto's, asthma, and other inflammatory diseases. It is acidic to the body, is one of the Top 8 allergens, and most people do not even produce the enzymes needed to break down the sugars (lactose) in dairy after the age of four.

3 RELYING ON "NORMAL" LAB RESULTS. If you are having symptoms, but your lab results say your "in normal range" that doesn't mean everything is fine. If your symptomatic, your body is telling you something isn't right. You could be borderline and on your way to a bigger issue, the tests may not have been comprehensive enough, or your body demands a different "normal" range to be healthy.

4 EATING THE WRONG FOODS FOR YOUR SPECIFIC NEEDS. Too often people eat what they think is "healthy" even though it may be aggravating or even the cause of your symptoms. You have to understand what foods are good for you and your personal needs.



5 TAKING PPIs. PPIs (acid suppressors) actually exacerbate autoimmune symptoms and can lead to additional autoimmune conditions. Interestingly, the reason many people have acid reflux or heartburn is because they have *too little* stomach acid, not too much.

6 TAKING SYNTHROID. Synthroid (aka Levothyroxine) is a synthetic hormone prescribed to help with symptoms of hypothyroidism and Hashimoto's. It is the *number one most prescribed medication*, and the most complained about medication by patients for ineffectiveness. This synthetic version of the thyroid hormone T4 lessens the ability to make T4 naturally and does not fix the issue of poor conversion of T4 to usable T3. There are natural options which studies prove are more effective and do not cause the side effects, but few traditional doctors are familiar with them and the pharmaceutical companies are doing a great job of you not finding out about them.



7 TAKING PREDNISONE OR CORTICOSTEROIDS. Steroids suppress the immune system and lessen the body's natural ability to manage inflammation. They *mask the root issue* which caused the inflammation in the first place. Side effects of steroids include fungal infections, glaucoma, fluid retention, high blood pressure,

mood swings, memory issues, bone fractures, suppression of adrenal function, slower wound healing, increased risk of infection, weight gain, and fat deposits which all influence bigger problems.



8 NOT HAVING A SPECIFIC PLAN TO HEAL YOUR GUT. A compromised digestive system is one of the components that lead to *every single autoimmune disease*. In order to heal, you must have a comprehensive gut healing plan. Otherwise, your symptoms will continue, you may develop new symptoms, and you are more likely to develop additional autoimmune conditions and other illnesses.

9 NOT GETTING THE RIGHT LAB TESTS. There are general lab tests and specific lab tests. If the results are not being read effectively, then chances are high that you could be at risk for (or already have) a problem that is going undiagnosed. Interestingly, if the right basic tests are done and correctly interpreted, then you won't need hundreds of dollars of test.

10 NOT UNCOVERING THE CORE REASON FOR YOUR SYMPTOMS. Patients are often told their symptoms are *because* of their autoimmune disease. In reality, their *autoimmune disease* is because of something deeper. **The disease is a symptom.** If your arm is cut off, then you have no arm because it was cut off. If you are diagnosed with a disease, you don't just magically have the disease - it

was *caused* by something. You have to get to the cause in order to stop the symptoms and the progression of the disease.

11 INEFFECTIVELY HANDLING STRESS. Stress is a major factor in autoimmune disease. By learning how to properly manage stress, you can stop many symptoms and create an environment to heal your body, mind, and soul.

12 TAKING IMMUNE SUPPRESSING DRUGS. Many drugs on this list suppress the immune system and your ability to protect yourself from illness and disease. Traditional doctors will purposely give autoimmune disease patients drugs to suppress the immune system, with the intention of stopping the immune system from attacking itself. The more logical, holistic approach for long term success is to support the immune system, help the body protect itself the way it was designed to, and stop what is actually causing the body to attack itself in the first place.

13 NOT TAKING THE PROBLEM SERIOUSLY. When you have an autoimmune condition, your body has been giving you warning signs for years. Take it seriously and take the proper steps to stop the progression of the disease and the manifestation of additional issues.

A rectangular orange box containing a black warning triangle icon on the left and the word "WARNING" in bold, black, uppercase letters to its right.

WARNING

14 NOT UNCOVERING YOUR SPECIFIC DELAYED FOOD ALLERGENS. If you have an autoimmune condition, then you have delayed food allergies. Simple as that. Testing is an important part of the healing process. Make sure you work with a professional who knows the difference between IgE, IgG, and food sensitivity testing, and who knows how to properly read the results. You don't want to spend a bunch of money on testing which doesn't give you the information you need.



15 TRUSTING MEDICAL PROFESSIONALS WHO BELIEVE THE ONLY TREATMENT FOR AI IS A PRESCRIPTION. If your doctor tells you nutrition will have no impact on your autoimmune condition or does nothing other than reach for a prescription pad to stop your symptoms, then run screaming. Find a health professional who knows how to help you manage your symptoms and get the body to heal itself, without meds.



16 TAKING THE WRONG PROBIOTICS. Finding the right probiotic can be frustrating. Should you take one that is refrigerated? How many billions of bacteria do you need? What do the different types of bacteria mean and which ones do you need? These are all fantastic questions and ones that need to be answered based on your specific needs, symptoms, and diagnosis.

17 BELIEVING THERE IS NOTHING YOU CAN DO. You absolutely have the power to reverse your symptoms, stop the progression of your disease, and turn your condition around. You need the right plan designed for you that does not involve another prescription or fad diet.



18 NOT HAVING AN EFFECTIVE DETOX STRATEGY. Each person detoxes differently. The liver, kidneys, colon are constantly working to help properly flush toxins from your body. When your system is compromised by an autoimmune condition, it struggles to properly eliminate toxins. A systematic approach designed for you will help you cleanse the system and promote the right healing response to stop your symptoms and the progression of your disease.

19 EATING FOODS THAT CONTAIN PESTICIDES AND INSECTICIDES. Chemicals in our foods is a factor in leaky gut, (one of the three root causes of autoimmune disease). These chemicals directly impact the heart, digestive system, immune system, lungs, and brain function.

20 NOT UNDERSTANDING YOUR SYMPTOMS. The body, mind, and soul are constantly communicating with you and giving you feedback. If you are not listening or you don't understand what your body is telling you, then you will not know what the body needs to manage your symptoms and stop the progression of the disease.



21 EATING FOODS CONTAINING ANTIBIOTICS. When you eat foods that contain antibiotics (corn-fed beef, non-organic chicken, milk, etc.) you are still being impacted negatively by that antibiotic.

22 TAKING ANTIBIOTICS. Studies show that taking antibiotics only twice can lead to leaky gut. They also lead to a weakening of the immune system and a shift in the body's ability to fight infection on its own. Antibiotics also kill off good bacteria and disrupt the proper balance of the gut.



23 FOLLOWING A DIET NOT CUSTOMIZED TO YOUR SPECIFIC NEEDS. Should you follow a vegan, Paleo, plant-based, diabetic, low-carb, high-protein, whole foods, or no-fat diet? It depends. There is no one-diet-fits-all which will perfectly fit your needs. Everyone is different so you can't just follow what your friend did and expect the same results.

24 USING BEAUTY OR CLEANING PRODUCTS THAT CONTAIN “FRAGRANCE.” Don’t use any product with the word fragrance in the ingredients. When you see *fragrance*, think: “disease causing” and put the product back on the shelf.



25 TAKING NSAIDs. NSAIDs (pain killers and anti-inflammatories) do damage to the digestive system and are a leading cause of leaky gut. They also reduce your body’s ability to naturally manage pain on its own, which leads to the body needing progressively higher dosages to manage the same level of pain.

26 NOT UNDERSTANDING WHAT YOUR BOWEL BEHAVIOR MEANS. The bowels give a lot of insight into proper digestive balance. Bowels that run through the body too quickly is a sign that the body isn’t absorbing the right nutrients and that there is a significant food allergy present. Bowels that move too slowly is a sign that the body is reabsorbing toxins and estrogen that should have left the system and that there is a food sensitivity.

27 TAKING INEFFECTIVE OR POORLY MADE VITAMINS AND SUPPLEMENTS. There's not a lot of control over the supplement industry, so you want to make sure you are taking vitamins that are from a reputable company with quality ingredients, no fillers, and unnecessary added ingredients.



28 EATING PREPACKAGE "GLUTEN FREE" FOOD. This is one of the biggest mistakes. Just because the package says "gluten-free" doesn't mean it's healthy. Do not get lured by marketing and packaging.

29 NOT REALIZING YOUR AI DISEASE IS A SYMPTOM OF SOMETHING DEEPER. If you are diagnosed with an autoimmune condition, you don't just magically have the disease - it was caused by something. You have to get to the cause in order to stop the symptoms and the progression of the disease.

30 MISINTERPRETING YOUR BODY'S CRY FOR HELP (SYMPTOMS). Symptoms are warning signs that the body, mind, or the soul isn't getting something that it needs. Do not dismiss your symptoms. Learn how to listen to what the body is telling you so you can make the appropriate adjustments.

31 USING A MICROWAVE. Microwaves change the biochemical design of the protein in the food. This causes confusion in your digestive system when your body attempts to break that protein down at a cellular level.

32 RELYING ON CAFFEINE. Caffeine taxes the adrenal glands, which impact energy level, proper hormone production, thyroid balance, and immune system response. It also depletes important B vitamins needed for energy.



33 DISMISSING SYMPTOMS. Dismissing symptoms such as hot flashes, foggy brain, sensitivity to hot or cold, sugar cravings, salt cravings, excess weight held in the mid-section, fatigue, bloating, gas, diarrhea, constipation, difficulty waking, or challenges sleeping as “normal.” Listen to your body.

34 EATING FOODS MARKED “NATURAL.” *Natural* is a term used by marketers to increase sales and does not mean that the ingredient or product is healthy, organic, non-GMO, or even safe. It means only that the ingredients originated in nature, but may be altered in a lab any way a scientist saw fit. **Don't get**

mislead by marketing. Read the list of ingredients in small print on the back of the package, not just the large marketing on the front, to determine what to buy and what to leave on the shelf.



35 EXERCISING THE WRONG WAY FOR YOUR BODY.

When you work out, you cause stress to the body which releases the “stress hormone” cortisol. When the immune system is compromised or suppressed, cortisol tends to be either too high or too low, which often results in excess weight around the mid-section. Exercising too hard or too little will further exacerbate cortisol imbalance, causing the problem to just get worse.

36 BELIEVING YOU WILL NOT FEEL GOOD OR NORMAL AGAIN AND THAT “THIS IS JUST THE WAY IT IS.”

Your body will heal itself given the proper tools and environment. Clients who believe and understand this are far more successful in the healing process and healing tends to happen more quickly. Work with a health professional who understands this and has a strategy for you to stop your symptoms and heal. You do not need to live with symptoms, low energy, or feeling unwell.



37 BELIEVING THAT IT'S NECESSARY FOR YOU TO BE TAKING MEDICATION. You shouldn't be taking any prescription or over the counter medication. They will only compromise your success in reversing symptoms and stopping the progression of your autoimmune condition. If you are taking medication, you need a plan to wean yourself from the medicine, get the proper nutrition, and help the body support what it needs on its own.

38 DRINKING ALCOHOL. Alcohol deletes B vitamins which are crucial for proper immune system function. Alcohol also taxes the liver and causes damage to the gut - which is already compromised when you have autoimmune disease.



39 TAKING BIRTH CONTROL PILLS. This mistake is the one that shocks most of our clients. In one of the largest studies of its kind, Harvard researchers looked at the health records of over 230,000 women and found that taking the birth control for five years or more tripled a woman's chance of developing the autoimmune condition Crohn's. Studies also support that birth control is contributor to compromising digestive health and a factor in leaky gut.

40 NOT GIVING YOUR BODY ENOUGH TIME TO HEAL.

If you follow the right plan for your body, you could heal the damage in a few months, but some people will need a year or so to recover and realign the body back to its proper balance. When you're doing everything right, the general rule is that the body needs a month of healing for every year it was suffering. Look back on your symptoms and pinpoint when you think your body hit the tipping point and your symptoms began. How many years was that? If it was 7 years, then you may have about 6-7 months of healing to rebalance and heal your system.



41 DRINKING COFFEE.

The caffeine in coffee depletes crucial B vitamins and tax adrenal function. The acid will then further compromise the gut making symptoms worse.



42 USING TOOTHPASTE OR ORAL CARE PRODUCTS WITH FLOURIDE.

Flouride is terrible and there are direct links to Hashimoto's and does damage to the thyroid. It has been shown to be a neurotoxin and dramatically impacts the mental and physical development of children. So ditch your flouride mouthwash and toothpaste and drink filtered water. Many cities add flouride to the water supply, so be aware!

HEALTHY SHOULDN'T BE OVERWHELMING

If figuring out what to do about your autoimmune symptoms feels overwhelming, it doesn't have to be. We have developed easy-to-follow programs including detox strategies, a healing program, recipes, food plans, and support to get you everything you need to heal and feel better.

I have Celiac Disease and I've been through it. I went through years of unnecessary stress, frustration, and pain until I finally ditched the traditional doctors' approach of medications and unhelpful treatment plans, and figured out a better way. I went school for nutrition and became obsessed with finding answers. Real answers.

Then it all came together with a mixture of nutrition and other healthy solutions. Today, I'm off all of my medication and I've healed. This is why Anthony and I specialize in health and nutrition for people with autoimmune conditions. No one should have to suffer for years the way I did. We work with clients every day who have gone through what you're going through right now.

And our mission is to get the suffering to stop. To end the symptoms. And to get people with autoimmune disease the information they need. Now.

FREE ONLINE MASTERCLASS

*The 5 Step Game Plan I Used to Conquer Autoimmune Issues,
Wipe Away Brain Fog, Shrink Mid-section Weight,
and Send My Energy Through the Roof...*

You get:

- ✓ A step-by-step strategy to increase energy, clear foggy brain, balance hormones, and shrink mid-section weight - even though I dealt with symptoms for YEARS.
- ✓ The 3 factors that lead to every single autoimmune condition and how to reverse or completely avoid autoimmune issues.
- ✓ How learning to read what my body actually NEEDED allowed me to heal and feel like ME again.
- ✓ How I took back control of my health, and got out of the Broken Healthcare Trap!
- ✓ How ignoring the advice of experts allowed me to add “forbidden foods” back into my diet to find true balance.
- ✓ And how I did all of this by stopping my medication, ending the insane dieting, and keeping my sanity.



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SOLID CREDENTIALS & KNOWLEDGE

As nationally *Certified Holistic Nutritionists*, we go through **800 hours** of nutrition training.

Eight hundred hours.

The most important thing we learn is how food can either heal you or make you sick. We learn the dirty little secrets used by food marketing executives to give the illusion that their products are healthy. We studied how the mind responds to various nutrients, and how the soul reacts when it's forced to endure the wrong nutrition. And we work with real people, like you, who have struggled to figure out what works for them.

We work with our clients to help them *heal as a whole*. How to feel good in body, mind, and soul. And how to cut through the crap and make food and nutrition work so they reverse their symptoms reach their goals.

Take a breath. **Seriously, take a deeeeeep breath.**

Now imagine what your life would look like with a clear path to your optimal health.



How much better would your life be? How much different would your relationships be? How much more time would you have to focus on the things you enjoy?

How many other things in your life would be impacted if you were the healthy self you deserve to be?

We want you to know what that feels like - to be healthy and feel good. It's possible. Kirstin did it. Our clients do it all the time. And *you can do it, too.*

Kirstin Carey, Chef

Certified Holistic Nutritionist

Anthony DiNobile

Board Certified Holistic Nutritionist, CPT, CLBA

A handwritten signature in blue ink that reads "Kirstin Anthony".

Check out the free powerful Online Masterclass:

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