



Naturally Healthy Publications
www.naturallyhealthypublications.com

HELPING AUTOIMMUNE HEALTH, BY THE BOOK

*Noticeable Relief For Autoimmune Problems,
By Following The Plan For Long-Term Health*

By Robert Redfern

**Edition
3.01**

HELPING AUTOIMMUNE HEALTH, BY THE BOOK

*Noticeable Relief For Autoimmune Problems,
By Following The Plan For Long-Term Health*

Edition 3.0

By Robert Redfern

About the author

Robert Redfern – Your personal health coach



Robert Redfern was born in January 1946. He has helped thousands of people to date in more than 24 countries by providing online health guidance and resources in books, radio interviews, and TV interviews to share his nutritional discoveries. His new book series starts with *Improving Lung Health in 30 Days* and is designed to bring all of his health knowledge into one user-friendly format that anyone can understand when pursuing health recovery.

Robert became interested in health when he and his wife Anne began to take charge of their lifestyle in the late 80s. Robert had not paid much attention to his health until 1986, despite Anne's loving influence. It wasn't until Robert's parents Alfred and Marjorie died prematurely in their 60s that he was forced to re-examine his lifestyle choices.

Robert and Anne embraced a new health philosophy as they examined the health community, medical treatments, and common health issues. After researching the root cause of disease, they discovered that diet and lifestyle choices were the two most pivotal factors that contribute to overall health and wellbeing. Robert and Anne decided to make major changes in their diet and lifestyle, while utilizing **HealthPoint™** acupressure. The changes that they saw were exceptional.

In addition to improved health, Robert and Anne both look and feel like they have more vitality than they did decades before they started their new health plan. Currently, Robert, 73, and Anne continue to make healthy choices to live energetically and youthfully, based on a foundation of Natural Health.

ROBERT REDFERN – YOUR PERSONAL HEALTH COACH
tells you everything you need to know about:

Autoimmune Disease Rehabilitation in 30 Days:

Using the Science of Immune System Rehabilitation to Achieve a Healthy Immune System



This book is not for resale and cannot be printed for commercial use.

PUBLISHED BY

NATURALLY HEALTHY PUBLICATIONS

All rights reserved. No part of this book may be reproduced in any form, or by any means, without the written permission from the author.
To contact: robert@naturallyhealthypublications.com

From the Publisher:

This book does not intend to diagnose disease nor provide medical advice. Its intention is solely to inform and educate the reader in changing to and living a healthy lifestyle.

Disclaimer: Product recommendations may change as current research is updated. Products and packages offered on websites may have some adjustments not yet reflected in this book but still have my recommendation.

Warning: Some information may be contrary to the opinion of your medical adviser. It is not contrary to the science of good health.



CONTENTS

What is the immune system?	7
What is an autoimmune disease?	8
Autoimmune disease list	10
The Western Un-Natural Food Diet	17
Can I reverse autoimmune disease?	21
The nutrients you need	22
Why doesn't my doctor tell me I can get better?	23
The Autoimmune Rehabilitation Plan	24
1. Clearing inflammation and promoting healing	25
2. Immune recovery and strengthening	26
3. Supplement missing nutrients	27
4. Drinking enough water	27
5. Avoiding un-natural junk foods	27
6. Eating Really Healthy Foods	28
7. Walking and moving daily	32
8. Breathing properly	34
9. Stimulating the acupressure points	35
10. Getting out into the sun as much as possible	35
More about clearing inflammation and promoting healing	36
More about missing nutrients	38
More about immune strengthening formulations	39
More about optional/missing nutrients	41
More about acupressure	43
In conclusion	44
Sample Daily Autoimmune Rehabilitation Plan	46

YOUR ACTION PLAN FOR BALANCED IMMUNE HEALTH

TODAY	ACTION	SIGNED	DATE
I Committed	To regaining and maintaining my health for the rest of my life		
I Committed	To drinking 6-8 glasses of water a day		
I Committed	To getting out in the sun for 20 minutes a day (except when contraindicated)		
I Read	Robert's Autoimmune Disease Recovery Book		
I Ordered	The necessary supplements to facilitate my plan and my healing		
I Planned	My Daily Menu with ReallyHealthyFoods.com		
I Started	My breathing exercises		
I Started	Massaging the acupressure points		
I Reread	Robert's Autoimmune Disease Recovery Book		
I Reviewed	The necessary supplements to facilitate my plan and my healing		
I Reviewed	My water intake		
I Reviewed	My life-giving sun exposure (except when contraindicated)		
I Reviewed	My menu		
I Reviewed	My breathing exercises		
I Reviewed	Massaging the acupressure points		
I Recommitted	To regaining and maintaining my health for the rest of my life		
I Recommitted	To Robert's Autoimmune Disease Recovery Book		
I Recommitted	To taking the necessary supplements to facilitate my plan and my healing		
I Recommitted	To my water intake		
I Recommitted	To following my menu		
I Recommitted	To doing my breathing exercises		
I Recommitted	To life-giving sun exposure (except when contraindicated)		
I Recommitted	To massaging the acupressure points		

What is the immune system?

The immune system is an intricate system of interconnected cells, glands, and organs found throughout the entire body.

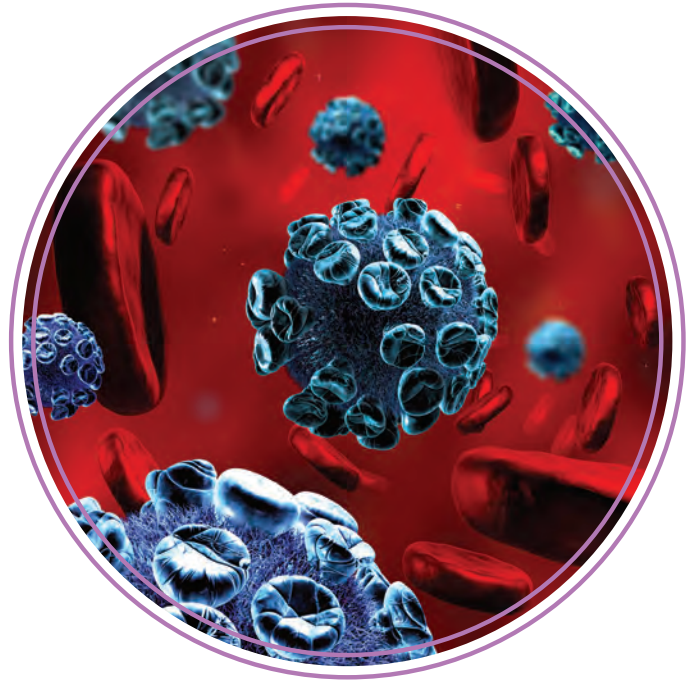
What does the immune system do?

The job of the immune system is to protect the body from foreign invaders like bacteria, viruses, parasites, and fungi. The immune system also protects against external forces, including stress, environmental pollutants (smoke and chemicals), and preservatives and additives in our food.

How does the immune system protect us?

The immune system protects us by activating an immune response.

An immune response happens when the body recognizes foreign invaders and their antigens (proteins on the invader cell's surface) and attacks them. Substances that contain these antigens are destroyed. We actually have our own antigens that a healthy immune system sees as normal and therefore will usually not respond to or attack.



5 fundamental functions for proper immune function:

1. Identify foreign invaders.
2. Arrange a stronghold.
3. Manufacture cytokines (similar to hormones) to relay messages and exchange information with other immune cells.
4. Send out immune cells to destroy foreign invaders.
5. When mission is complete, execute a stop order to immune cells.

What is an autoimmune disease?

Approximately one in 12 (over 300 million) people worldwide have one or more autoimmune diseases.

When one autoimmune disease is present, it is much more likely a second one will develop.

An autoimmune disease is when the body is in a never-ending battle against ongoing resident viruses or bacteria and/or a reaction to un-natural foods, such as grains and cereals. It occurs when the body's own immune cells are constantly creating inflammation to battle our enemies while damaging healthy cells in the process. This residual damage can affect almost every part of the body resulting in a multitude of symptoms, some of them life-threatening.



What causes an autoimmune disease?

1. **Ancestry:** Autoimmune disease may have stronger associations with some ethnic groups.
2. **Environmental Triggers:** This includes certain metals, iodine, chemicals, bacteria, and viruses.
3. **Family History:** Those with relatives with an autoimmune disease are genetically predisposed to the condition, though not necessarily the same exact autoimmune disease. *Again, genes may load the gun, but lifestyle pulls the trigger.*
4. **Free Radicals:** Unstable free radicals can create oxidative stress and damage healthy cells in the body.
5. **Gender:** Autoimmune diseases seem to favor women. As many as three quarters of those afflicted are women, particularly those in their reproductive years. *Gender may load the gun, but lifestyle pulls the trigger.*

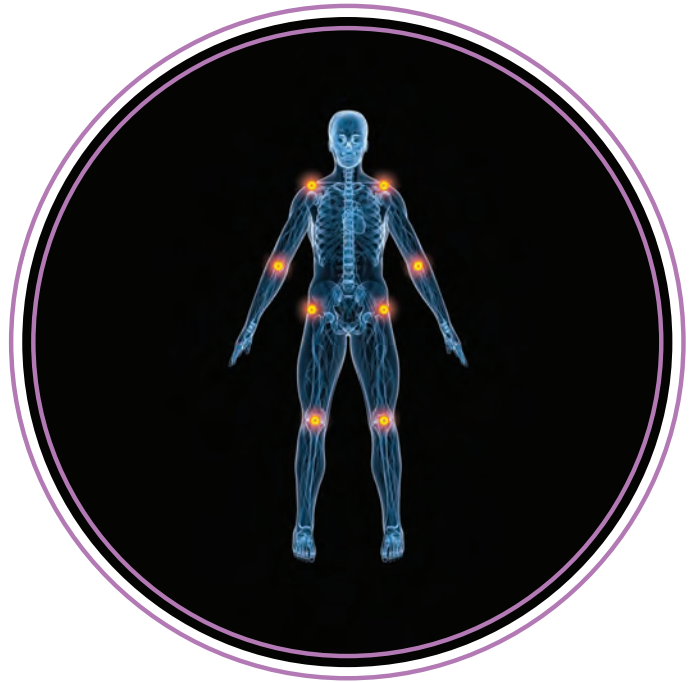
Autoimmune disease and inflammation

Inflammation is an entirely normal process used by the body to heal itself.

Examples of when the body uses inflammation for healing include exposure to toxins and the presence of unwanted microorganisms. The inflammation process starts with increased blood flow to the affected area, calling in various members of the immune system. The inflammation process ends when the members of the immune system have done their job by removing and killing pathogens and healing any damaged tissue.

An autoimmune problem occurs when the immune system is continually attacking the enemy and damages the body's own healthy cells in the process.

Symptoms vary for each autoimmune disease; however, they all cause inflammation and put the body into an inflammatory state.



The process of an attack:

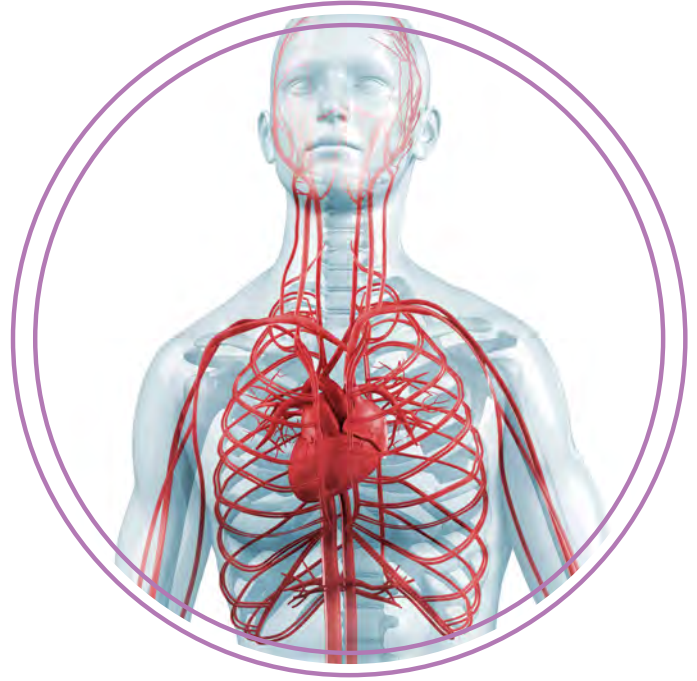
1. **The body's immune cells are called upon to attack a resident infection and/or un-natural food proteins.**
2. **Acute inflammation is created as part of this attack.**
3. **This inflammation becomes chronic and does not switch off.**
4. **The body's immune system is then said to be attacking itself, but in reality, it is the chronic condition caused by continually being called on to defend the body that creates the damage.**

Depending on how symptoms manifest, a specific autoimmune disease may be diagnosable.

Autoimmune disease list

As well as the list of well-known autoimmune diseases, including Multiple Sclerosis, Rheumatoid Arthritis, Lupus, ME, Chronic Fatigue, Fibromyalgia, Rheumatoid Arthritis (RA), Psoriatic Arthritis, Juvenile Arthritis, Crohn's Disease (Crohn's), Lyme Disease, Myasthenia Gravis, Psoriasis, Human Papillomavirus (HPV), and Hashimoto's, there are many more conditions caused by infection, including:

1. **Acute disseminated encephalomyelitis (ADEM)** - A type of encephalitis (brain and spinal cord inflammation) caused by an autoimmune reaction, usually in the days or weeks following a viral infection or vaccination.
2. **Addison's disease** - A rare disorder that occurs when adrenal glands do not produce enough hormones. Autoimmune disease is responsible for 70 percent of diagnoses.
3. **Allergic granulomatosis and angiitis or Churg-Strauss syndrome (CSS)** - Consists of three different phases with varying symptoms related to organs involved: Allergic phase characterized by asthma, sinus pain, and headaches; eosinophilic phase characterized by weight loss and sweats; vasculitic phase characterized by pain, numbness, and weakness in extremities.
4. **Alopecia or alopecia areata (AA)** - Hair loss on beard, scalp, or skin that occurs when the immune system attacks hair follicles to slow hair production; commonly affects men, women, and children.
5. **Antiphospholipid syndrome** - Called antiphospholipid syndrome (APS), antiphospholipid antibody syndrome (APLS), or Hughes Syndrome; the condition triggers thrombosis, i.e. blood clots, in arteries and veins. It may cause complications during pregnancy, including stillbirth, preterm delivery, miscarriage, and severe preeclampsia.
6. **Autoimmune cardiomyopathy** - Antibodies released by an autoimmune condition circulate in the blood and attack healthy tissue and organs; roughly 30 percent of patients with dilated cardiomyopathy (heart failure) have antibodies that attack the heart.
7. **Autoimmune enteropathy** - A rare condition in infants, young children, and sometimes adults, characterized by severe diarrhea that requires IV fluids. The disorder may attack other locations, including the thyroid and kidneys.
8. **Autoimmune hemolytic anemia** - Occurs when antibodies attack red blood cells, causing them to burst. This premature destruction of red blood cells may be associated with autoimmune disease, infection, lymphoproliferative disorders, and some medication.
9. **Autoimmune hepatitis** - A disease of the liver that occurs when immune cells attack healthy liver cells. This creates an abnormal immune response to cause chronic liver inflammation, which may trigger serious symptoms like fatigue and cirrhosis.



10. Autoimmune Inner ear disease - A possible autoimmune disease that results in quickly progressing bilateral sensorineural hearing loss. The condition occurs when the body's immune cells attack healthy cells in the inner ear, confused for bacteria or a virus.

11. Autoimmune lymphoproliferative syndrome - Also called Canale-Smith syndrome, ALPS is a type of lymphoproliferative disorder (LPDs). This rare genetic disorder affects both children and adults as white blood cells (lymphocytes) accumulate in the lymph nodes, spleen, and liver to cause enlarged organs. The condition can lead to related autoimmune issues, including anemia, low platelet count, and low white blood cell count.

12. Autoimmune pancreatitis - Pancreatitis caused by an autoimmune response with symptoms of jaundice, abdominal pain, itching, weight loss, and potential for diabetes mellitus; a multisystem disorder.

13. Autoimmune peripheral neuropathy - An autoimmune disorder that damages the nerves outside of the brain and spinal cord, called peripheral neuropathy. Effects of the condition include impaired movement, sensation, and gland and organ function, as well as the potential for respiratory problems and heartbeat irregularities.

14. Autoimmune polyendocrine syndrome - A rare hereditary disorder characterized by immune cell dysfunction and multiple autoimmune responses. The disorder causes numerous side effects, including life-threatening dysfunction of the endocrine glands and gastrointestinal tract.

15. Autoimmune pProgesterone dermatitis - An extremely rare dermatological condition triggered by an autoimmune response with flare-ups during the luteal phase of the menstrual cycle. Symptoms include hives, rashes, itching, and mouth erosions.

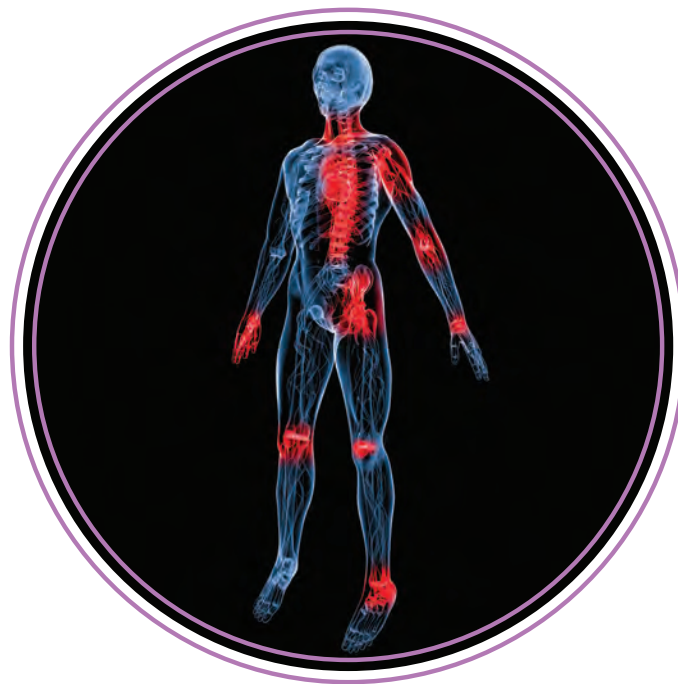


16. Autoimmune thrombocytopenic purpura - An autoimmune bleeding disorder characterized by abnormally low blood cell (platelet) levels, in a condition called thrombocytopenia. Can lead to easy or excessive bruising and bleeding.

17. Autoimmune urticaria - Chronic hives that normally occur daily and for longer than six weeks in duration, often associated with autoimmune diseases like rheumatoid arthritis, lupus, celiac disease, and thyroid disease.

18. Autoimmune uveitis - An inflammation of the uvea, or the middle, pigmented area of the eye. The condition requires urgent care and may be triggered by autoimmune disorders, infection, or toxin exposure.

19. **Behçet's disease** - A rare inflammatory disorder of the blood vessels that affects the entire body. Symptoms may include eye inflammation, skin rashes, lesions, mouth sores, and genital sores.
20. **Candida** - A genus of yeasts considered the most common cause of fungal infection. Candida becomes dangerous when it disrupts mucosal barriers or compromises the immune system, leaving the body vulnerable to disease.
21. **Celiac disease** - A condition characterized by inflammation in the small intestine that damages the gut lining. This digestive distress prevents food compounds from being fully absorbed; gut damage is triggered by a reaction to gluten found in wheat, rye, and often oats.
22. **Cold agglutinin disease** - A rare form of autoimmune hemolytic anemia triggered by cold-reacting autoantibodies in the body. As immune system antibodies attack healthy red blood cells, they die prematurely. As the name suggests, antibodies often react at temperatures below 37°C (98.6°F); cold temperatures may flare up the disease or make it worse with symptoms like fatigue, muscle pain, vomiting, headaches, and diarrhea.
23. **Crohn's disease** - Also called regional enteritis, Crohn's disease is an inflammatory bowel disease (IBD) that widely affects the gastrointestinal tract from mouth to anus. Primary symptoms include abdominal pain, diarrhea, vomiting, weight loss, skin rashes, anemia, arthritis, eye inflammation, and fatigue.
24. **Diabetes mellitus type 1** - Also called juvenile diabetes, type 1 diabetes is a type of diabetes mellitus most common in children. Type 1 diabetes occurs when the immune system attacks insulin producing cells, resulting in an absence of insulin in the body. This inflammatory autoimmune disease primarily affects the pancreas and disrupts insulin production needed to regulate blood sugar.



25. **Dermatitis herpetiformis** - An autoimmune blistering skin disease linked with celiac disease (glutensensitive enteropathy). Skin lesions are likely to form on the elbows, knees, buttocks, and back.
26. **Dermatomyositis** - A progressive connective tissue disorder marked by skin and muscle degeneration, as well as inflammation. Symptoms may include stiff, sore, and weak muscles with signs of atrophy, as well as a reddish-purple rash on the face, scaly skin, and fluid accumulation.
27. **Eosinophilic fasciitis** - Also called Shulman's syndrome, this rare disorder is a type of fasciitis. The inflammatory disease affects the fascia, the connective tissues that surround blood vessels, nerves, and muscles. The condition is most common in middle-aged adults and may be a variant of the autoimmune disorder scleroderma that causes hardening of the skin.

- 28. Gastrointestinal pemphigoid** - An autoimmune condition that causes chronic inflammation and blisters in the gastrointestinal tract. The condition may have flare-ups and remissions; healing of the blisters is urgent, or the disease can prove fatal.
- 29. Goodpasture's syndrome (GPS)** - A rare, severe autoimmune disease that attacks the kidneys and lungs; the disease is characterized by an autoimmune response against healthy collagen in the lungs and kidneys. The condition can be fatal if it is not quickly treated.
- 30. Graves' disease** - An autoimmune disease that attacks the thyroid gland to cause overactivity, or hyperthyroidism. Graves' disease is the most common cause of hyperthyroidism.
- 31. Guillain-barré syndrome** - Also called Landry's paralysis or Guillain-Barré-Strohl Syndrome, the disorder affects the peripheral nervous system. As the immune system attacks healthy nerves, it causes weakness and tingling in extremities that may spread to paralyze the entire body.
- 32. Hashimoto's encephalopathy** - A rare autoimmune disease associated with Hashimoto's Thyroiditis, also considered a neuroendocrine disorder; in Hashimoto's Encephalopathy, antibodies attack brain neurons instead of the thyroid. Neurological symptoms include psychosis, disorientation, difficulty concentrating, tremors, headaches, and speech problems.
- 33. Hashimoto's thyroiditis** - Also called chronic lymphocytic thyroiditis, this autoimmune disease causes the immune system to attack the healthy thyroid gland; this leads to hypothyroidism, or the underproduction of thyroid hormones.



- 34. Human papillomavirus (HPV)** - A DNA virus from the papillomavirus family that causes infection; the virus can affect skin and moist membranes, like the feet, fingers, throat, mouth, anus, and cervix. Autoimmune diseases, like IBD and lupus, have been associated with increased rates of HPV infection; HPV is the most common sexually transmitted disease.
- 35. Hypopituitarism** - A rare autoimmune condition where the pituitary gland does not produce normal levels of some or all hormones.
- 36. Lichen sclerosus (LS)** - A disease without a known cause, characterized by white patches on the skin that can cause scarring on or around the genitals. Risk factors for the condition have been linked to infection, genetics, and autoimmune disease, such as thyroid disease.

37. Lyme disease - An infectious disease spread by at least three species of bacteria found in ticks; the *Borrelia* bacterium can cause a long-term inflammatory response, considered a pathogen induced autoimmune disease.

38. Motor neurone disease (MND) - Amyotrophic lateral sclerosis (ALS)—also referred to as Motor Neurone Disease (MND), Charcot Disease, and Lou Gehrig's Disease—falls in a group of severe nervous system disorders characterized by progressive motor neuron degeneration; motor neurons regulate muscle behavior. Symptoms include progressive weakness, muscle atrophy, muscle spasticity, and difficulty speaking, swallowing, and breathing. ALS is the most common of five motor neuron diseases.

39. Myasthenia gravis - An autoimmune neuromuscular disorder characterized by fatigue and noticeable muscle weakness; muscles may gain strength after a period of rest with intermittent flare-ups of weakness.

40. Narcolepsy - Also called hypnolepsy, this chronic neurological disorder occurs when the brain is unable to regulate sleep-wake cycles. Narcolepsy causes disturbed nighttime sleep and abnormal daytime sleep patterns, not to be confused with insomnia. Narcolepsy has been linked to a misfiring immune system.

41. Pemphigus vulgaris - A chronic, blistering autoimmune skin disease characterized by painful skin lesions.

42. Pernicious anemia - Also called Biermer's anemia, Addison's anemia, or Addison-Biermer anemia; a rare blood disorder that occurs when the body cannot properly absorb vitamin B12. As a result, red blood cell levels decrease with accompanying symptoms of fatigue, weakness, upset stomach, rapid heartbeat, and chest pain.



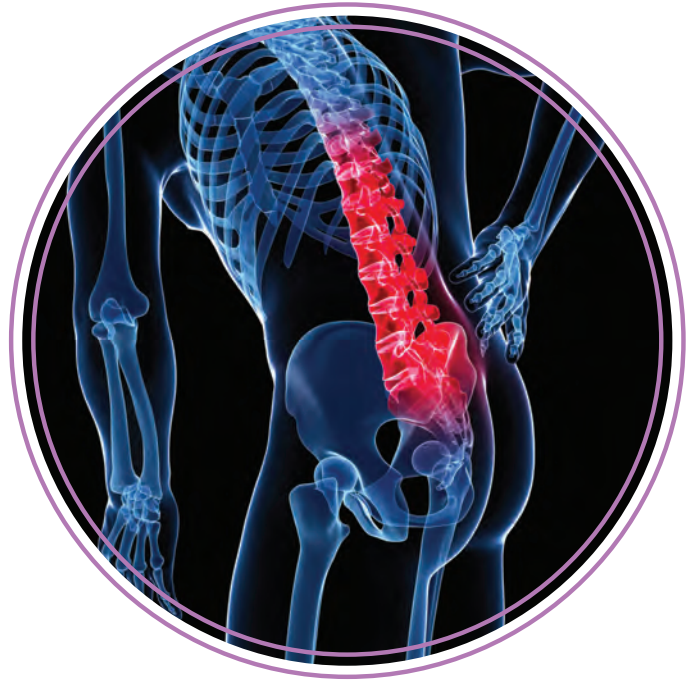
43. Polymyalgia rheumatica (PMR) - A rare inflammatory pain syndrome that causes stiffness in the neck, shoulders, and hips. Pain may come on suddenly or gradually, triggered by inflammation of the blood vessels.

44. Polymyositis (PM) - This systemic connective tissue disorder is characterized by chronic muscle inflammation; chronic inflammation leads to muscle degeneration and atrophy, often in the shoulders, hips, arms, pharynx, and neck.

45. Primary biliary cirrhosis - Cirrhosis of the liver caused by liver bile duct damage related to an autoimmune response; within the autoimmune attack, permanent liver damage occurs when healthy tissue is replaced with scar tissue, or fibrosis.

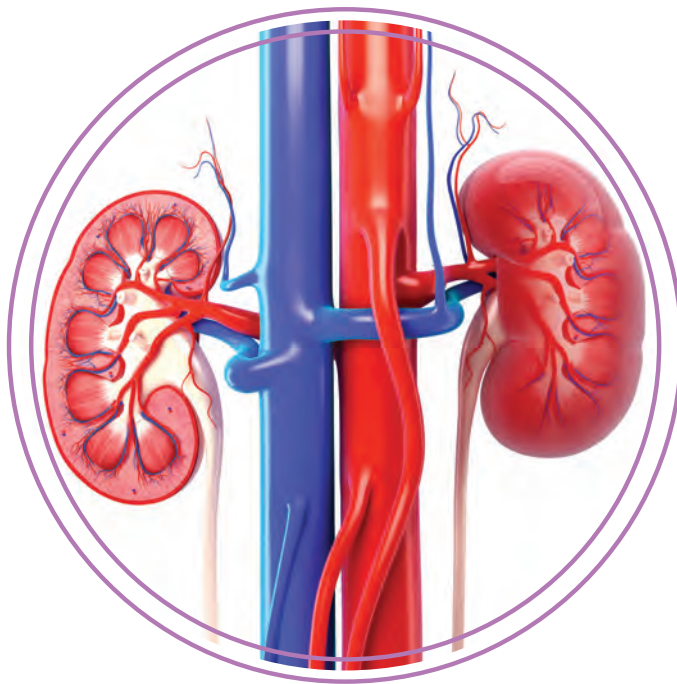
46. Psoriasis - A common, chronic skin disorder triggered by an overactive immune response; symptoms include red, scaly patches; plaques; papules; and itchiness.

- 47. Psoriatic arthritis** - A type of inflammatory arthritis that affects up to 30 percent of psoriasis sufferers. Symptoms include pain, inflammation, joint stiffness, and itchy, painful skin, otherwise known as psoriasis.
- 48. Reactive arthritis** - Several arthritic conditions that affect the eyes, urethra, and joints; affected areas may become swollen and inflamed as a response to infection.
- 49. Relapsing polychondritis** - Also called Atrophic Polychondritis and Systemic Chondromalacia, this rare degenerative disorder is characterized by chronic cartilage inflammation in the body. Inflammation may affect the ears, trachea, larynx, nose, and aortic heart valve.
- 50. Sarcoidosis** - A widespread inflammatory disorder that affects the lymph glands, lungs, and various organs; inflamed tissue causes abnormal nodules (granulomas) to form on organs in the body, which can affect organ function.
- 51. Scleroderma** - A chronic autoimmune disorder that causes thickening and tightening of the skin and blood vessels with the potential for organ damage.
- 52. Sharp's syndrome or mixed connective tissue disease (MCTD)** - A rare connective tissue disorder that includes systemic lupus erythematosus, scleroderma, and polymyositis; the syndrome results in cardiac, pulmonary, arthritic, and skin issues.
- 53. Sjogren syndrome** - A disease where the immune system attacks moisture producing glands in the body, with related symptoms like eye and mouth dryness, fatigue, joint pain, and the potential for lung, kidney, and nerve damage.



- 54. Systemic lupus erythematosus** - An autoimmune disorder where immune cells attack healthy tissue to cause tissue damage and illness; symptoms vary and may include unexplained fever, swollen joints, hair loss, seizures, chest pain, and extreme fatigue.
- 55. Temporal arteritis or giant-cell arteritis (GCA)** - A chronic inflammatory disease that damages arteries throughout the body with symptoms of muscle pain, stiffness, fever, and headaches.
- 56. Transverse myelitis** - A rare inflammatory disorder that results in injury to the spinal cord, accompanied by sensory issues, weakness, and nervous system dysfunction.

- 57. Ulcerative colitis** - A type of inflammatory bowel disease (IBD) or disease of the colon characterized by ulcers or open sores. The primary symptom of the disorder is chronic diarrhea mixed with blood; IBD is often mistaken for IBS, or irritable bowel syndrome.
- 58. Vasculitis** - A group of inflammatory disorders that destroy blood vessels, as well as arteries and veins. The disorder restricts blood supply to healthy tissue and can cause pain, tissue damage, and organ damage.
- 59. Vitiligo** - An autoimmune disorder of the skin characterized by white patches that appear when pigment-making cells (melanocytes) are destroyed.
- 60. Wegener's granulomatosis** - An inflammatory autoimmune disorder characterized by inflammation of the blood vessels, i.e. vasculitis, which damages a number of bodily systems, including the kidneys and respiratory tract.



The Western Un-Natural Food Diet

In addition to non-adherence to the specific food guidelines laid out in this book, a diet that will definitely hinder one's recovery from arthritis is the Western Un-Natural Food Diet.

Nothing affects us more than what we choose to eat at least three to four times a day, every day.

Most of us lack the essential nutrients in our diet needed for good health, triggering inflammation. This absence of nutrients combined with one or several other unhealthy lifestyle factors can perpetuate autoimmune disease.

The "Balanced Western Diet" (now better described as the Western Un-Natural Food Diet) is the number one disease-promoting and inflammation-producing diet in modern society. It is consumed more and more on a daily basis.

This highly inflammatory diet is made up of sugary foods in the form of breads, pastas, cereals, and potatoes. The Western Un-Natural Food Diet is way too high in unhealthy fats and lacks the antioxidants and phytochemicals that are crucial for eliminating free radicals. This all too common diet is lacking in high fiber foods and the foods that provide essential nutrients necessary to find relief from autoimmune disease.

Autoimmune disease is strongly linked to inflammation, so an anti-inflammatory diet is vital. When there are missing nutrients in the diet, it perpetuates the inflammatory cycle. Anti-inflammatory nutrients like B vitamins, magnesium, selenium, and chromium are most often deficient in the Western Un-Natural Food Diet.

These missing foods include:

- Beans (except when temporarily contraindicated for recovery)
- Dark-skinned fruits
- Nuts
- Seeds
- Vegetables



A healthy defense

Consuming a healthy diet enables the immune system to recover and do its job of finding and destroying harmful antigens, while leaving its own antigens alone.

This function can be impaired when certain foods are consumed. High-fat foods, namely vegetable oils, have been found to inhibit the immune system. While we know the immune system is overactive in an autoimmune disease, suppressing it in this way also inhibits it from doing what it's actually supposed to do: *remove foreign invaders in the form of antigens.*

Another solution? A lower-fat diet.

Studies on lower-fat diets have exhibited the ability of healthy lower-fat foods to slow down the progression of autoimmune disease. A healthier lower-fat diet is also a source of antioxidants and other health-promoting nutrients that keep all areas of the body strong and able to function at an optimal level.

Even as far back as 1986, research published in the *Immunology* journal confirmed that dietary fat could influence the expression of autoimmune disease. Before that time, very few studies had been conducted to examine how nutrition related to autoimmune disease. Demonstrated in a study conducted on female mice, researchers concluded that a low-fat diet can effectively **suppress symptoms of autoimmunity**, and a diet high in saturated and unsaturated fats can accelerate the disease.

In a 2006 study published in the *Journal of the American College of Cardiology*, researchers discovered that a diet low in fruits, vegetables, whole grains, and omega-3 fatty acids with high levels of sugar, refined starches, saturated fats, and trans fats, turned on the body's inflammatory response. An anti-inflammatory diet bountiful in healthy fats, carbohydrates, and protein from whole foods helped calm the inflammatory response known to trigger autoimmune disease. Healthy fat sources like avocados, oils, fish, and nuts are critical to fight inflammation.



Sources:

Immunology 1986 59 439-443

J Am Coll Cardiol. 2006;48(4):715-720. doi:10.1016/j.jacc.2006.04.080

Increased intestinal permeability or “leaky gut”

Increased intestinal permeability, which may sound more familiar as a leaky gut, refers to the small bowel or small intestine, not the stomach.

A leaky gut occurs when cells that make up the lining of the gut have abnormally large spaces between them.

This leaves openings and opportunities for undigested food particles, along with various other substances (like microorganisms and chemicals), to enter the blood. When the intestinal lining is damaged, its ability to protect the body from these substances is hindered. These particles can leak out of the gut (the intestine) into the bloodstream and ultimately affect other body systems, including the organs, in a negative way. *This sets the stage for an autoimmune reaction.*

The vast majority of those with an autoimmune disease have a leaky gut.

In 2014, scientists learned that gut microbiota could be the “missing link” when it comes to leaky gut and autoimmune disease. In studies conducted on mice, gut microbiota predisposed rheumatoid arthritis (RA), an autoimmune disease. Based on these findings, gut health may be considered a biomarker, along with genetic factors, for an autoimmune condition like RA.

This gut-autoimmune connection is nothing new. Nutritionists and dietitians have long worked with autoimmune disease clients to improve diet and alleviate symptoms of a condition. The purpose of making these nutritional changes is to restore gut health and immunity.

Amy Kubal, MS, RD, LN, told *Today's Dietitian* of her experience in working with clients with autoimmune disease. Kubal's clients saw marked health improvements by first focusing on digestion, coupled with a personalized elimination diet. She explained, “Focusing on real, whole foods that haven't undergone extensive processing or genetic modification is important for both maintaining and healing the gut... Lean or pastured animal proteins, vegetables, some fruit, and healthy fats help to promote intestinal and overall health.”

What damages the gut?

A multitude of substances can damage the intestinal lining, including:

- Grains, cereals, and sugar
- Exposure to environmental toxins
- Drinking too much alcohol
- Taking NSAIDs and antibiotics
- Western Un-Natural Food Diet

The gut must be healed, or the leaky gut process will continue—exacerbating the symptoms of autoimmune disease.

Steps to heal leaky gut include:

1. **Taking probiotics.** It is difficult for those with an autoimmune disease or leaky gut to keep a healthy balance of flora in the intestines. Probiotics encourage good bacteria to grow to outnumber bad bacteria and their overgrowth.
2. **Cutting out dairy.** Studies show the removal of dairy products from the diet is beneficial for healing the gut; when reintroduced, the gut becomes leakier, and inflammation returns.
3. **Cutting out grains, cereals, and other high-sugar foods and drinks.**

The irony of taking many of the drugs prescribed for autoimmune disease is that they irritate the intestinal barrier and increase the risk for leaky gut.



Sources:

FEBS Lett. 2014 Nov 17;588(22):4244-9. doi: 10.1016/j.febslet.2014.05.034.

Today's Dietitian Vol. 15 No. 2 P. 38

5 eating tips for autoimmune disease

What you put into your body, especially when you have one or more autoimmune diseases, can dictate how you feel and impact your future health.

Following some simple eating tips can support autoimmune rehabilitation:

1. **Don't overeat.** Digestion requires a lot of energy the body can otherwise use for healing.
2. **Consume a high-vegetable fiber, healthy-fat diet.** Vegetable oils create an inflammatory state. Avoid trans fats, hydrogenated oils, and fats in processed foods. Essential fatty acids, however, are crucial to a strong immune system, as well as to maintaining the integrity of the blood vessels. Consume monounsaturated fats in the form of moderate amounts of nuts (walnuts), seeds, and avocados.
3. **Simplify your diet.** Additives, hormones, and drugs run rampant in our food supply, especially in processed foods and animal products. Avoid them by eating whole foods and organic foods whenever possible.
4. **Take essential digestive enzymes.** Digestive enzymes supply enzymes for the small intestine and help with regular digestion, facilitating the breakdown of food to minimize chances of the leaky gut effect.
5. **Avoid sugar, alcohol, caffeine, and dairy.**

In a recent paper published based on the clinical trials of Dr. Terry Wahl, "A Multimodal Intervention for Patients with Secondary Progressive Multiple Sclerosis: Feasibility and Effect on Fatigue," Dr. Wahl explored the importance of diet as a means to **manage autoimmune disease**. The trials focused on how multiple sclerosis as an autoimmune disease can be influenced by environmental factors.

In a small, uncontrolled pilot study where six participants adhered to the protocol for 12 months, study subjects saw a significant improvement in fatigue. Dr. Wahl's multimodal intervention plan for patients with secondary progressive multiple sclerosis experiencing fatigue included a modified



Paleolithic diet with stretching, strengthening exercises, meditation, massage, and supplements.

Regarding diet, researchers believe that gluten sensitivity may originate from autoimmune disease. Researchers detected coexisting autoimmune diseases in a group of 110 gluten intolerant patients—including type 1 diabetes in 7.2 percent of cases, primary biliary cirrhosis in 2 percent of cases, rheumatoid arthritis in 0.9 percent of cases, and vitiligo in 0.9 percent of cases.

As the Gluten Free Society says, "Why is it so hard to accept that simple dietary changes can improve disease and health? The answer is simple. Nutrition is not taught in medical school. Most doctors devalue or dismiss nutrition because they don't understand it. Unfortunately this translates into more drugs, less real healthcare solutions, and sicker people."

Sources:

Bisht Babita, Darling Warren G., Grossmann Ruth E., Shivapour E. Torage, Lutgendorf Susan K., Snetselaar Linda G., Hall Michael J., Zimmerman M. Bridget, and Wahls Terry L.. *The Journal of Alternative and Complementary Medicine*. May 2014, 20(5): 347-355. doi:10.1089/acm.2013.0188.

Przegl Lek. 2009;66(7):370-2.

Dr. Osborne, Glutenfreesociety.org

Can I reverse autoimmune disease?

I do not believe it is appropriate to use the term “cure” for autoimmune disease since most cases are brought on by lifestyle choices.

Cure is a medical term, and medicine does not offer any cures. (Many people argue that this is on purpose since it would put Big Pharma out of business.) However, everything has a cause. Take away the cause, apply the science of a non-inflammatory lifestyle, and your body will be able to repair itself with a little bit of help. Support tissue regeneration with a healthy lifestyle and the proper nutrients, and in the majority of cases you can become healthy again. If you call that a cure, that's up to you. I prefer to call it living a sensible, healthy lifestyle.

Remember, these conditions are inflammatory in nature and, therefore, will benefit from an anti-inflammatory approach. By hydrating the body {6-8 x 500ml (16oz) glasses a day} with pure, clean water and replenishing it with the proper nutrients and antioxidants in the form of vitamins, minerals, essential fatty acids, healthy carbohydrates, and amino acids, the repair and healing of the body can start to take place.



Optimal nutritional management

Optimal nutritional management is essential for the repair of damaged tissues, the reduction of inflammation, and for the quality, as well as the length, of life.

Did you know those who consider themselves happy have less inflammation than those who don't? It could certainly be argued that a well-rested person who is of a healthy weight; limits toxins; focuses on a diet bountiful in foods which are nourishing, anti-inflammatory, and a source of enzymes and antioxidants; and who also supplements with high-quality nutrients is an individual who is happy indeed!

Nutritional therapy supports healing.

The initial detox can be uncomfortable but only temporarily.

Eating right can minimize the effects.

... regenerate with healthy lifestyle and nutrients ...

The nutrients you need

Studies show the following nutrients will help prevent or control autoimmune disease in most people:

- **Sodium Thiocyanate and Sodium Hypothiocyanate** are naturally produced in the body and help to fight unwanted bacteria, viruses, yeasts, and fungi which aren't responsive to antibiotics.
- **Serrapeptase, Curcuminx4000, Ecklonia Cava Extract, and Vitamin D3** can help to relieve the pain and inflammation associated with autoimmune disease.
- **Nascent Iodine** can benefit all cells in the body. It supports the thyroid, immune system, energy levels, metabolism, and detoxification.
- **L-Glutamine** can provide support for the growth of beneficial, healthy gut bacteria and promote healing in the digestive tract.
- **Vitamin C, Vitamin D3, Selenium, Zinc, Epicor, Elderberry Fruit Extract, Larch and Beta Glucan 1,3** protect against infection and help to maintain a balanced immune system.
- **Proprietary Blend of Leonardite and Class 1 Beneficial Microorganisms** can help to maintain a healthy GI tract and support the gut immune system.
- **Multi Vitamins and Minerals** deliver a full-spectrum of liquid, highly absorbable multivitamins and minerals that can benefit the health of the entire body.
- **D-Ribose and Magnesium** are essential to restore cell energy in those completely lacking in energy.
- **UB8Q10 Ubiquinol** is designed to restore cell energy. UB8Q10 is eight times more effective than CoQ10 at restoring energy.
- **L-Tryptophan and L-Theanine** give powerful relaxation support and are beneficial to those suffering from anxiety and depression.



Why doesn't my doctor tell me I can get better?

The Immune System Rehabilitation Program can help you get better! Your doctor is obliged to conform to the drug model designed to maintain the monopoly that the pharmaceutical industry, the GMC in the UK and the AMA in the USA, have over all things connected with the health of individuals.

These organizations make profits by caring for sick people and do not have a business model that caters to real healthcare and recovery. They pursue a patented drug model where they can charge exorbitant prices for a lifetime of drugs that, at best, help individuals feel better and, at worse, speed up their death.

These industries are not designed to get anyone healthy, ever!

In the USA, they are shielded by the FDA and in the UK by the MHRA. The political parties and the most powerful politicians all receive money from these organizations and are responsible for making the laws that perpetuate this disease management monopoly.

When carefully followed, the Immune System Rehabilitation Program will show results within 30 days.



The Autoimmune Rehabilitation Plan

Your 10 Steps to a Healthy Future

The following protocol works for any autoimmune condition, to some extent.



It's almost impossible not to see significant health changes after applying many of the points in this 10 Step Plan. You can clear up numerous symptoms and may see a full recovery, in many cases.

For details of the following suggested formulas, turn **page 36**.

1. Clearing inflammation and promoting healing

Helping Autoimmune Health - Essential

- **D.I.P. Daily Immune Protection™** - Protects against infection and maintains a balanced immune system. Take 1 capsule, twice daily with food.
- **Nascent Iodine Colloidal Drops** - Essential for a completely healthy body. Take 1-3 drops x 2 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Note that Iodine needs a supplement containing selenium to activate it, such as Active Life™ Capsules, Ionic Selenium or Daily Immune Protection.
- **CureC™** - Acts as a potent antioxidant and protects healthy cells from damage. Take 6 ml (just over 1 teaspoon daily).
- **Prescript-Biotics™** - Features a "Bio-Identical" SBO Probiotics Consortia™, a group of natural, friendly microorganisms that help to renew the gut and create a healthy balance between the good and bad gut bacteria. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.



2. Immune recovery and strengthening

Helping Autoimmune Health - Ultimate

- **D.I.P. Daily Immune Protection™** - Protects against infection and maintains a balanced immune system. Take 1 capsule, twice daily with food.
- **Nascent Iodine Colloidal Drops** - Essential for a completely healthy body. Take 1-3 drops x 2 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Note that Iodine needs a supplement containing selenium to activate it, such as Active Life™ Capsules, Ionic Selenium or Daily Immune Protection.
- **CureC™** - Acts as a potent antioxidant and protects healthy cells from damage. Take 6 ml (just over 1 teaspoon daily).
- **Prescript-Biotics™** - Features a "Bio-Identical" SBO Probiotics Consortia™, a group of natural, friendly microorganisms that help to renew the gut and create a healthy balance between the good and bad gut bacteria. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.
- **Serranol™** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava, and Vitamin D3. Take 2 capsules x 3 times per day, 30 minutes before eating a meal with water, and reduce to 1 x 3 after a good relief.
- **GlycoBoost™** - Contains Glyconutrients and L-Glutamine. Supports the growth of beneficial, healthy gut bacteria and promotes healing in the digestive tract. Take 2 teaspoons daily.
- **Active Life™ Capsules** - Delivers full spectrum of 130 minerals. Take 1-2 capsules x 3 times daily with meals.
- **BrainPower™** - Formulated with liposomal curcumin/resveratrol to provide relief for pain and inflammation and to protect the brain against oxidative damage; uses an encapsulated liposomal formula that mimics the body's own natural liposome delivery system. Take 6 ml daily (just over 1 teaspoon) or as directed by your healthcare professional. Take BrainPower off the spoon and try to keep it in the mouth by chewing or swishing to allow it to absorb as much as possible before swallowing.



3. Supplement missing nutrients

- **D-Ribose Plus™** - Essential to restore energy in those completely lacking in energy. Take 5 teaspoons x 3 times per day in water.
- **UB8Q10 Ubiquinol** - 8x more effective than CoQ10 at restoring energy. Take 2 capsules x 3 times per day with food, for up to 1 month.
- **Relaxwell™** - Gives powerful relaxation support for those suffering from anxiety and depression. Take 1 capsule, 3 times daily.



4. Drinking enough water

Drink 6-8 glasses of distilled or RO filtered water per day, with a large pinch of bicarbonate of soda (baking soda) for internal organ support.



5. Cutting out un-natural foods

Until completely recovered, stop eating all starchy carbohydrates (breads, pastry, cookies, breakfast cereals, potatoes, and pasta), processed foods, and cow's milk products.



6. Eating Really Healthy Foods

****Include some of the following foods every 2 hours for the first few months:**



Eat 9-14 portions of fresh or frozen veggies daily (in soups, juiced, stirfried, steamed, etc.); 50 percent raw juiced (use the pulp in soups) and organic if possible. Blended makes for better digestion.



Eat 5 portions of antioxidant-rich, dark-skinned fruits (blueberries, cherries, red grapes, etc.) daily.



Avocados are the all-time super food with nearly a full spectrum of nutrients. If they are available where you live, make sure you have at least 2 per day for good health recovery. All autoimmune issues (as well as cancer and heart disease) are helped by these.



Eat 5 portions of beans, nuts, and seeds (soaked and mashed for the nuts and seeds).



If you want to eat meat, then choose pasture-fed meats or chicken and eat only a small amount weekly. Grass-fed is healthier than grain or corn-fed animals.



If you eat fish, then eat at least 3-4 portions per week of oily fish and vary it by choosing fish such as salmon, sardines, mackerel, etc. Even canned fish is very nutritious, and wild caught fish is best.



Include Hemp, Omega 3, or Krill oil and other healthy oils like Olive oil and Coconut oil.



As healthy alternatives to carbs, consider quinoa, chia seeds, amaranth, buckwheat, millet seeds, and healthy pasta made from pulses and stocked in many good grocery stores. Cous cous can be used, except for those who are allergic to gluten proteins (celiacs, etc.).



Take 3-5 (depending upon your body mass and the heat) teaspoons of Sea or Rock Salt daily in food or a little water. Sea or Rock Salt does not contain the critical mineral iodine, so Nascent Iodine is recommended in your rehabilitation plan.

Which vegetables to eat

Note: Not all vegetables listed are available in every country.

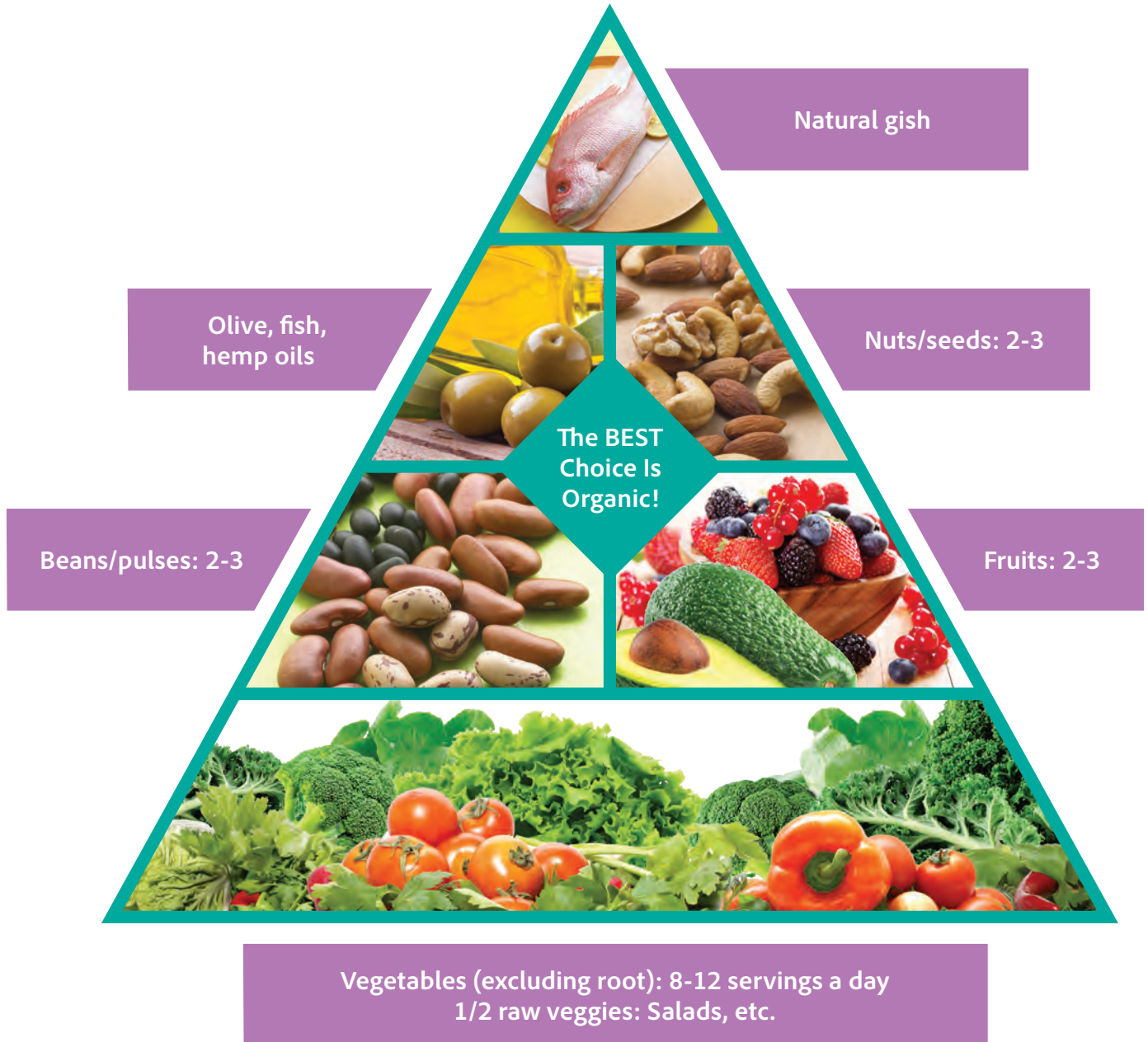
- Artichoke
- Asian Vegetable Sprouts (wheat, barley, alfalfa, etc.)
- Asparagus
- Avocado
- Beetroot
- Broad Beans
- Broccoli
- Brussel Sprouts
- Cabbage (various types)
- Capsicum
- Carrots
- Cauliflower
- Celeriac
- Choko
- Cucumber
- Dandelion Leaves
- Dried Peas
- Eggplant (aubergine)
- Fennel
- Garden Peas
- Garlic
- Kale
- Kohlrabi
- Kumara
- Lettuce (Kos and various types)
- Mangetout Peas
- Mushrooms
- Okra
- Onions (Red and White)
- Petit Pois Peas
- Radishes
- Runner Beans
- Seaweed - All Types (Kelp, Wakame, Noni, etc.)
- Silver Beet
- Spinach
- Squash
- Sugar Snap Peas
- Zucchini (courgettes)

Which fruits to eat

Note: Not all fruits listed are available in every country.

- Apple
- Apricot
- Avocado
- Bilberries
- Blackberries
- Blackcurrants
- Blueberries
- Cherimoya
- Cherries
- Damsons
- Dates
- Durian
- Figs
- Gooseberries
- Grapefruit
- Grapes
- Kiwi Fruit
- Limes
- Lychees
- Mango
- Nectarine
- Orange
- Pear
- Pineapple
- Plum/Prune (dried plum)
- Pomegranate
- Rambutan
- Raspberries
- Salal Berry
- Satsuma
- Strawberries
- Tangerine
- Western Raspberry (blackcap)

Healthy Food Pyramid: Garden of Eden



7. Walking and moving daily

Contrary to the opinion of fitness fanatics, there are two simple ways to get your body working better and stronger. And no, they do not include swimming and cycling, although you can add these later if you want to.

One of the two simple ways to exercise is to build up to walking 3-5 miles per day, in a fast, purposely strong way with as long a stride as you can. Keep your hands moving from chest level to belt level as you move with each stride.

Use weights or wrist weights as you improve.

If this is difficult for you at the start, and your lungs are weak, then lie down to exercise to make it easier.



Lie down in a comfortable place. On your bed (if it's firm enough) when you first wake up is a great time and place for this. Bring a knee up to your chest as high as you can get it and then alternate with the other knee. Do as many of these as you can while keeping count. Do this every day and set yourself targets to increase the speed and the number as the weeks go by. You should be doing enough to make your lungs and heart beat faster. At the same time, as you improve your count on your back you need to be starting your walking and building this up.

The second great exercise for strengthening your lungs is to build up slowly where you can exercise at maximum rate for 2 minutes, 6 times per day. It does not matter what exercise you do, e.g. skipping, star jumps, running on the spot; just about anything, as long as your heart and lungs are working at maximum capacity. By working at maximum rate, your muscles connected with your heart and immune lungs will get stronger, and immunity will balance perfectly.

Movement is a vital part of your recovery plan.

We all know how beneficial exercise is; however, when you are in chronic pain, exercise is probably the last thing you want to do. As inflammation subsides and the body strengthens, gentle exercise can be incorporated into the treatment plan.

Exercise is especially important for autoimmune disease since it is anti-inflammatory in nature. 2011 findings published in *Nature Reviews Immunology* state, "Exercise is now considered to be not only of prophylactic value, but also an effective therapy for many conditions and diseases. Perhaps the strongest evidence for the role of exercise in disease prevention comes from randomized controlled trials that evaluated the effectiveness of lifestyle intervention in preventing type 2 diabetes mellitus."

In translation, the anti-inflammatory benefits of exercise can help to prevent a lifestyle condition like type 2 diabetes. The same benefits can apply to chronic autoimmune disease triggered by inflammation. Exercise has been proven helpful to treat a number of chronic pain conditions, including osteoarthritis, fibromyalgia, and headaches and migraines. Those with chronic pain conditions may benefit from an individual therapeutic exercise plan.

The US Department of Veterans Affairs War Related Illness and Injury Study Center recommends exercise to manage both chronic pain and fatigue. Exercising just one to two days per week and building up strength can help to decrease pain, fatigue, tender joints, blood pressure, resting heart rate, and anxiety and depression, while increasing energy, wellbeing, performance, heart efficiency, and blood sugar control.

Sources:

Nature Reviews Immunology 11, 607-615 (September 2011)
| doi:10.1038/nri3041

Clin J Pain. 2015 Feb;31(2):108-14. doi: 10.1097/AJP.0000000000000099.

US Department of Veterans Affairs



Credit: US Department of Veterans Affairs

8. Breathing properly

It is critical to breathe properly for a healthy body. Oxygen is the prime source of health.

There are two ways to breathe:

1. **Anxious Breathing: In the chest.**
2. **Relaxed Breathing: In the diaphragm or stomach area.**



The first breath in the chest is part of the stress response and involves hormones such as cortisol. This type of breathing should last no longer than it takes to deal with a problem in life and then another hormone kicks in to create relaxed breathing. If this stress type of breathing becomes chronic or habitual, then the cortisol and retained carbon dioxide become part of the problem, and the body's natural healthy systems cannot function properly. It also weakens the immune system and opens you up to infections, which is the last thing you need with unhealthy lungs.

Your goal is to relearn relaxed, healthy breathing, where you clear cortisol and carbon dioxide. Too much carbon dioxide in your bloodstream destroys something called hemoglobin, which is the blood's method of carrying oxygen around the body. So it's critical to be able to breathe in a relaxed way from the diaphragm.

HOW TO BREATHE PROPERLY

The simple way to learn is to lie on your back in a firm bed or on the floor on a blanket or mat. Put a bit of weight over your belly button, such as a heavy book. Take a breath into your nose so that the book rises as you fill your diaphragm (tummy) with air. Hold the breath in your tummy for the count of 4 and then breathe out through your nose and feel your tummy deflating. Let go of any tension you may have with the out-breath. Then repeat. Your upper chest should not move at all, which shows you are relaxed and not stress breathing.

Practice over and over again while lying down, and once you have really got the long, slow rhythm of relaxed breathing, then try it standing up. You may feel dizzy to begin with getting all this fresh oxygen, but you must practice this every spare minute you have. You can access more resources on breathing lessons at GoodHealthHelpDesk.com.



9. Stimulating the acupressure points

Another part of your recovery plan is to stimulate acupressure points connected to your immune health recovery system. There are various points that you can massage gently with your finger or stimulate with an electronic stimulator that mimics the action of acupuncture. The recommended device is **HealthPoint™**, and you can read more about this on **page 43**.

10. Getting out into the sun as much as possible

A critical vitamin for a healthy body is Vitamin D3. There is a large dose of this in the important supplement I recommend on **page 38**, but it is still important to still get some Vitamin D from the sun.

The sun is the bringer of all life, and a silly myth has developed that the sun is our enemy and we should keep out of it, or worse still, put some toxic chemicals all over us so we can go out in it.

I am not saying that we can go out on a really hot sunny day and lie in the sun for 6 hours for the first time. We are supposed to build the skin's tolerance to the sun over many weeks in the spring to stimulate protection from it, so that by the time the hot summer sun comes along we can tolerate much more.



Recommendations for sun exposure:

A: Expose as much skin as you can to the sun each day, such as on your morning walk.

B: Build up your sun exposure gradually from spring to summer seasons.

C: Try to stay out of the sun in midday without a cover-up; a cover-up is preferred to sunscreen.

D: If you do use sunscreen or sun cream, purchase organic products instead of chemical-based, name-brand creams.

E: It's important to remember that the sun is your friend and sunshine can be enjoyed in moderation!

More about clearing inflammation and promoting healing

Daily Immune Protection (D.I.P.)™

An alternative way to help keep infections away is to take a formulation designed to keep your immune system in balance. This formulation does not kill an existing infection but does help to prevent a new infection and allergen responses.

Daily Immune Protection (D.I.P.)™ offers:

- **EpiCor®** is a powerful antioxidant with an ORAC (Oxygen Radical Absorption Capacity) value of 52,500/100g, so it has huge health benefits as a free radical scavenger. Supported by years of research and development, EpiCor® is a unique product and is a valuable supplement for your immune health.
- **ExSelen® Selenium** is an essential trace mineral that the human body is dependent on, but can't produce on its own. Selenium must be ingested through foods in our diet or by supplementation. ExSelen® is a highly bioavailable organic selenium that guarantees consistently high levels of selenomethionine—the preferred form for efficient absorption by the body. This high quality raw material is backed by 15 years of research and by 60 years of proprietary fermentation technology. It is also a natural antioxidant that helps protect healthy cells from free radical damage and helps balance immune functions. Selenium supports the body's normal inflammatory response in the lungs and may protect breast, prostate, and thyroid health.
- **Vitamin D3** is critical to keeping your immune system strong. The cells that make up the immune system contain vitamin D3 receptors. If there is an insufficient amount of vitamin D3 present to bind receptors, immune cells become weak and cannot protect the body from infections. Vitamin D3 deficiency is quite common in individuals because it cannot be stored in the body, making replenishment through daily supplementation vital to immune health.

Ingredients:

- EpiCor® - 500 mg
- ExSelen (2% Selenium) - 100 mcg
- Vitamin D3 (Cholecalciferol) - 500 IU
- Vitamin C (Ascorbic Acid) - 60 mg
- OptiZinc - 21 mg
- Dimethylglycine HCL - 250 mg
- Immune Assist - Micron Powder - 80 mg
- Larch Arabinogalactan Powder - 600 mg
- Beta Glucan 1,3 1,6 (Glucan 85%) - 90 mg
- Elderberry Fruit Extract 4:1 - 200 mg

Dosage:

Take 3 capsules daily.

Nascent Iodine

Nascent iodine is totally different from the typical iodine in its denser state sold as an antiseptic, or as iodine tri-chloride (claiming to be atomized), or as added to potassium iodide to make it soluble in liquid. Nascent Iodine is consumable iodine in its atomic form rather than its molecular form. It can provide benefits in thyroid and immune support, detoxification, metabolism, improved energy, and more.

Ingredients:

- Iodine - 350 mcg

Dosage:

Take 1-3 drops x 2 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Note that Iodine needs a supplement containing selenium to activate it, such as Active Life™ Capsules, Ionic Selenium or Daily Immune Protection.



CureC™

CureC™ acts as a potent antioxidant and protects healthy cells from damage. Cooked and processed foods lose up to 90 percent of their vitamin C, but readily-absorbed CureC supplies 1000mg of liposomal vitamin C and 400mg of PC (natural/non-hydrogenated phosphatidylcholine) per serving.

Compared with tablet or powdered vitamin C, liposomal vitamin C goes straight to the source, using its expedited delivery system to reach cells up to 10 hours faster than over-the-counter tablets. Liposomal vitamin C rapidly raises blood concentrations without any side effects that are often associated with high doses of Vitamin C.

Ingredients:

- Vitamin C - 1000 mg
- Sodium (as sodium ascorbate) - 125 mg
- Phosphatidylcholine - 400 mg

Dosage:

Take 6 ml (just over 1 teaspoon daily).

Prescript-Biotics™

Prescript-Biotics™ contains "Bio-Identical" SBO Probiotics Consortia™, a group of natural, friendly microorganisms that help to renew the gut and create a healthy balance between the good and bad gut bacteria. Every day, this delicate balance of good bacteria in the gut is at risk: poor diet, lack of fibre, excess alcohol, smoking, antibiotic use, little exercise and sleep, stress, and even environmental toxins can burden the gut.

The body relies on these healthy "bugs" to digest food, absorb nutrients, and produce the B vitamins and enzymes needed to ensure daily health. Prescript Probiotics' powerful, soil-based microflora may benefit brain health, mood, and energy levels.

Ingredients:

- *Bifidobacterium Bifidum*, *B. Lichenformis*, *L. Acidophilus*, *L. Lactis*, *L. Casei*, *B. Subtilis*, *L. Rhamnosus*, and *L. Plantarum*, a superior formula of SBOs (Soil Born Organisms), symbiotically blended in a proprietary, nutrient-rich host medium of Humic & Fulvic Acids. (Naturally dehydrated and encapsulated in its nutrient-rich food source for long-lasting efficacy.)
- Other ingredients: Hypromellose (Veggie Cap).

Dosage:

Take 1 capsule, twice daily or as directed on the bottle. Can be increased to 6-8 capsules a day. For best results, take 30 minutes before a meal or snack with 6-8 ounces of juice or purified water.

Sources:

Rickman JC, Barrett DM, Bruhn CM. Nutritional comparison of fresh, frozen and canned fruits and vegetables. Part 1. Vitamins C and B and phenolic compounds. *Journal of the Science of Food and Agriculture*. 2007;87(6):930-944.

Janelle L. Davis. (2016). Liposomal-encapsulated Ascorbic Acid: Influence on Vitamin C Bioavailability and Capacity to Protect Against Ischemia-Reperfusion Injury. *Nutr Metab Insights*. 9 (-), 25-30.

Pharmacokinetics of oral vitamin C. Stephen Hickey, Hilary J. Roberts & Nicholas J. Miller. *Journal of Nutritional & Environmental Medicine*. Vol. 17, Iss. 3, 2008.

Shade CW. Liposomes as Advanced Delivery Systems for Nutraceuticals. *Integrative Medicine: A Clinician's Journal*. 2016;15(1):33-36.



More about immune strengthening formulations

Super Nutrient Serranol™

Super Nutrient Serranol™ offers professional strength support for healthy joints, cells, heart, blood flow, circulation, and cholesterol with ingredients like:

- **Serrapeptidase** (technically Serriatia Peptidase) is a multi-functional proteolytic enzyme that dissolves non-living tissues, such as scarring, fibrin, plaque, blood clots, cysts, and inflammation in all forms—without harming living tissue. Serrapeptidase helps promote better wellbeing for your inflammatory system and supports your whole body, not only the lungs but also arteries, digestive tract, colon, joints, and anywhere blockages/ inflammation needs resolving.
- **Curcumin** (CurcuminX4000) is one of the best natural anti-inflammatory herbs to stimulate glutathione to protect cells and tissue from inflammation and help modulate the immune system. Curcumin has also been studied for its anti-bacterial, anti-viral, and anti-fungal properties.
- **Ecklonia Cava (Seanol®)** - For centuries, people throughout Asia have consumed Ecklonia Cava Extract, a species of edible brown algae. Harvested from the coastal waters off Japan, Korea, and China, all studies indicate ECE offers outstanding health benefits.
- **Vitamin D3** is critical to keep your immune system strong. The cells that make up the immune system contain vitamin D3 receptors. If there is an insufficient amount of vitamin D3 present to bind receptors, immune cells become weak and cannot protect the body from infections. Vitamin D3 deficiency is increasingly common in people of all ages because we spend less time outdoors in the sun, but this vital vitamin cannot be stored in the body. So replenishment through daily supplementation is vital to immune health.

Ingredients:

- SerraEnzyme Serrapeptase® - 160,000iu
- Curcumin X4000 - 250mg
- Ecklonia Cava Extract (Seanol®) - 50mg
- Vitamin D3 - 1000iu

Dosage:

2 capsules x 3 times per day, 30 minutes before eating a meal with water; reduce to 1 x 3 after a good relief.

GlycoBoost™ nutrient formula

This potent and concentrated formula is brimming with a full range of polysaccharides, natural plant sugars that store energy within your cells and release it as you need it. **GlycoBoost™** is for the whole family, from children to grandparents and everybody in between. GlycoBoost™ can even benefit your pets.

GlycoBoost™ is designed to improve:

- Joint health and mobility
- Mood
- Cognitive senses
- Sleep
- Skin
- Memory
- Digestion
- Muscle movement
- Chemotherapy side effects

Ingredients:

- Proprietary Blend - 3.56g
- L-Glutamine Powder
- Aloe Vera Whole Leaf Powder Extract

Dosage:

Take 1 scoop daily and mix with water, juice, yoghurt or applesauce. Take more as required.



Active Life™ Capsules

Active Life™ Capsules is an all-natural source of vitamins, minerals, and other nutrients designed to support a modern lifestyle. Active Life™ can maintain the health of the immune system and has all of the essential vitamins and minerals, including selenium and chromium. This supplement contains 130 minerals, 12 vitamins, and 3 other nutrients that can help replenish storages in your body that are naturally depleted each day.

Ingredients:	Amount /Serving	%DV
Vitamin A (Palmitate/10% Beta-Carotene)	5000IU	100%
Vitamin C	500mg	833%
Calcium (from Calcium Citrate)	120mg	15%
Vitamin D3 (from Cholecalciferol)	400IU	100%
Vitamin E (as Natural D-Alpha Tocopherol Acetate + Mixed Tocopherols)	400IU	1,333%
Vitamin K2 (K2 - Menaquinone)	80mcg	100%
Vitamin B1 (Thiamin)	10mg	666%
Vitamin B2 (Riboflavin)	10mg	588%
Niacin - Vitamin B3 (from Niacinamide)	80 mg	400%
Vitamin B6 (Pyridoxine Hydrochloride)	10mg	500%
Folate (as (6S)-5-methyltetrahydrofolic acid (equivalent to 1600mcg of (6S)-5-methyltetrahydrofolic acid glucosamine salt***))	800mcg	200%
Vitamin B12 (Methylcobalamin)	100mcg	1,666%
Biotin	300mcg	100%
Vitamin B5 (from Pantothenic Acid)	20mg	200%
Iodine (from Potassium Iodide)	150mcg	100%
Magnesium (from Magnesium Citrate)	60mg	19%
Zinc (from L-OptiZinc®)	25mg	166%
Selenium (from Selenomethionine)	200mg	285%
Copper (from Copper Gluconate)	2mg	100%
Manganese (from Manganese Gluconate)	4mg	200%
Chromium (from Chromium Polynicotinate)	120mcg	100%
Molybdenum (from Molybdenum Citrate)	75mcg	100%
Chloride (from Fulvic Trace Minerals)	16mcg	< 1%
Potassium (from Potassium Malate)	216mg	5%
Boron (from Boron Citrate)	1mg	*
Strontium (from strontium Citrate)	60mg	*
Aloe Vera Powder (200:1)	2mg	*
Bilberry Extract 5:1	300mg	*
Choline Bitartrate	25mg	*
Fulvic Trace Minerals	200mg	*
Inositol	40mg	*
Lutein (from Marigold flower - ZanMax®)	20mg	*
Zeaxanthin (from Marigold flower - ZanMax®)	4mg	*
L-Cysteine	10mg	*
L-Glycine	10mg	*
L-L-Taurine	400mg	*

* Daily Value not established
 ** L-OptiZinc® brand of zinc mono-L-methionine sulfate.
 *** This product uses Gnosis SpA's (6s)-5-methyltetrahydrofolic acid, glucosamine salt (Quatrefolic®) and is protected by U.S. Patent No. 7,947,662. Quatrefolic is a registered trademark of Gnosis SpA.

OTHER INGREDIENTS: Vegetable Cellulose (capsule), microcrystalline cellulose and medium chain triglycerides.



Dosage:

Adults and children over age 12 - take up to 3 capsules twice per day after meal. Children under age 12 - take 1-2 capsules per day or as directed by a healthcare professional. If taking thyroid or iron medication, wait 2 hours before using Active Life™ capsules

BrainPower™ with Liposomal Curcumin/ Resveratrol

NEW BrainPower with Liposomal Curcumin/Resveratrol -

- **Curcumin** offers support for pain and inflammation. It also works as a potent antioxidant to improve memory and overall brain health.
- **Resveratrol** - Made from Japanese knotweed root, resveratrol may help to protect the brain, lower blood pressure, improve insulin sensitivity, relieve joint pain, and lengthen lifespan.

When taken in the liposomal form, curcumin and resveratrol can be better delivered to the body at a high concentration. Liposomes are tiny bubbles created from the same material as cell membranes and already exist in the human body. Encapsulating curcumin and resveratrol in the liposomal form delivers these highly-absorbable nutrients in a way that mimics the body's own natural liposomal delivery system.

In the largest U.S. clinical trial on resveratrol, conducted in 2015, resveratrol was found safe and even beneficial when taken over the long-term at a high dose. Study participants with mild to moderate Alzheimer's disease saw a progressive Alzheimer's biomarker stabilized when taking high-dose resveratrol; taking resveratrol also provided the added benefit of weight loss.

Ingredients:

- Curcuminoids (from turmeric root) - 200 mg
- Resveratrol (from Japanese knotweed root) - 75 mg

Dosage:

Take 6 ml daily (just over 1 teaspoon) or as directed by your healthcare professional. Take BrainPower off the spoon and try to keep it in the mouth by chewing or swishing to allow it to absorb as much as possible before swallowing.

Source:

Turner RS, Thomas RG, Craft S, et al. A randomized, double-blind, placebo-controlled trial of resveratrol for Alzheimer disease. *Neurology*. 2015;85(16):1383-91.



More about optional/missing nutrients

D-Ribose Plus™

D-Ribose Plus™ offers cellular energy that is critical for healthy recovery. D-Ribose (a 5-carbon sugar) is a critical part of ATP production; it is essential for cellular regeneration and cellular energy and can be deficient for many reasons. It has been found that when D-Ribose is combined with malic acid and magnesium, there is a synergy that results in greater noticeable energy.

Malic acid is both derived from food sources and synthesized in the body through the citric acid (Krebs) cycle. Its importance to the production of energy in the body during both aerobic and anaerobic conditions is well-established. Magnesium is a mineral that provides never-ending benefits.

Ingredients:

- Magnesium (from Magnesium Malate) – 60mg
- D-Ribose Powder – 5000mg
- Malic Acid – 240mg

Dosage:

Take 2 servings daily, one with your morning meal and one with your evening meal. .



UB8Q10 - Ubiquinol

CoQ10 or coenzyme Q10 is a greatly beneficial vitamin-like enzyme that is present in almost all plant, animal, and human cells. Coenzyme Q10 is considered as your body's POWERHOUSE ENHANCER and ANTIOXIDANT. UB8Q10, also known as Ubiquinol, is a Coenzyme Q10 that is 8 times better absorbed compared to ordinary Coq10!

The highest amounts of CoQ10 are found in your heart, kidneys, liver, and pancreas. However, although Coenzyme Q10 can be made in the body, the amount may not be enough, and deficiency can occur. The body might not be able to replenish the difference needed, as many people do not get enough of the vitamins and elements required to synthesize CoQ10 for optimal health. This means that you may not be getting enough for your optimal health. And as you grow older, you are not replenishing the CoQ10 you need to carry on with your daily functions.

Ingredients:

- Ubiquinol CoQH - 100mg

Dosage:

Take 2 capsules daily with food.



Relaxwell™

Relaxwell™ is a special formula created from tried and true quality ingredients known to support more restful and healthy sleep patterns. It utilizes a combination of B-vitamins to act as powerful aids against high stress and unwieldy cortisol levels.

Relaxwell™ combines Tryptophan, L-Theanine, Vitamin B6, and Vitamin B3 to make for a much better, rested YOU!

L-Tryptophan is an essential amino acid and the precursor to serotonin. Serotonin is a neurotransmitter responsible for transmitting nerve impulses in the brain, inducing sleep and tranquility, and stabilizing function of the central nervous system. Serotonin deficiencies, which are related to L-Tryptophan deficiencies, are well-documented in cases of depression and insomnia.

L-Theanine is a natural phytochemical found in Japanese green tea. L-Theanine is a non-essential amino acid that is present in the brain and is a close relative of Glutamate. Studies indicate that L-Theanine interacts with the neurotransmitter GABA (gamma-aminobutyrate). GABA, known for its importance in nervous system functioning, works with the mood centers of the brain.

Relaxwell™ - Suitable for Vegetarians and Vegans

Ingredients:

- L-Tryptophan - 500mg
- L-Theanine - 100mg
- Vitamin B3 (Nicotinic Acid) - 10mg
- Vitamin B3 (Niacinamide) - 10mg
- Vitamin B6 (Pyridoxine HCL) - 10mg

Dosage:

Take 1 capsule, 3 times a day.



More about acupuncture

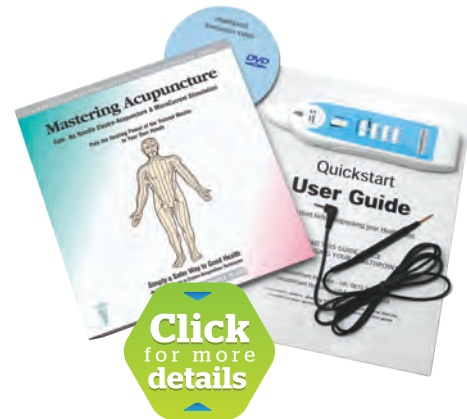
Stimulating the following points from the book **Mastering Acupuncture** will help to balance your health:

- Stimulating the Cranial Electrotherapy Stimulation (CES) ear points for anxiety shown in the ear clip instructions.
- Stimulating the General Health Points on page 0.2.
- Stimulating acu-points for each painful joint shown in "Painful Disorders" points on pages 1.1-1.28.

These points can be effectively and safely stimulated using the **HealthPoint™** electro-acupressure kit. The advantage of the kit is that it gives you the power to precisely locate the acupuncture point, and indeed other points, so you can enjoy the benefits of acupuncture at home and without any needles.

HealthPoint™ is easy to use, painless, and effective. It includes an instructional DVD and book covering over 150 pain and non-pain conditions that can be helped, such as headaches, back, neck, and joint problems.

The gentle and systematic stimulation of the body's natural healing system can speed recovery in many cases. **HealthPoint™** breakthrough technology was developed by leading pain control specialist Dr. Julian Kenyon MD 21 years ago, and today features the latest microchip technology to quickly locate acupuncture points key to specific health conditions, such as the points for autoimmune disease.



Acupuncture and autoimmune disease

Acupressure and chronic pain have a long history. Acupuncture has been used for overall wellness and therapeutic pain management in Chinese medicine since as early as 6000 B.C. Likewise, acupressure developed as the Chinese discovered that certain points on the body could be used to relieve pain with remote pressure.

In a recent study funded by the National Center for Complementary and Integrative Health, Acupuncture Trialists' Collaboration researchers collected data from high-quality randomized trials on acupuncture and chronic pain. Researchers analyzed individual data from 17,922 participants in 29 high-quality randomized controlled trials, where acupuncture was used to treat osteoarthritis, shoulder pain, back and neck pain, and chronic headaches. Study results proved that acupuncture works as much more than just a placebo and can provide a helpful treatment option for patients with chronic pain.

David Pendick, Executive Editor of Harvard Men's Health Watch, considers acupuncture a good alternative for chronic pain that has not responded to other forms of treatment. In a 2008 study conducted on systemic lupus erythematosus patients, 10 sessions of acupuncture were recommended as "feasible and safe" to reduce pain and fatigue associated with the autoimmune condition.

Sources:

Vickers AJ, Cronin AM, Maschino AC, et al. Acupuncture for chronic pain: individual patient data meta-analysis. *Archives of Internal Medicine*. September 10, 2012; Epub ahead of print.

"Acupuncture Is worth a Try for Chronic Pain - Harvard Health Blog." *Harvard Health Blog*.

Lupus. 2008 Dec;17(12):1108-16. doi: 10.1177/0961203308093921.

In conclusion:

The Immune System Rehabilitation Program is a complete program, one designed to address all aspects of what is required to prevent or control your autoimmune disease.

Autoimmune disease is essentially a lifestyle disease, meaning if the lifestyle is changed, there is every likelihood of some recovery. With the changes in this 10 Step Plan put into effect, the body is perfectly capable of healing and recovering good health.

Drugs don't make you healthy.

Drugs do not work in that they do not make you healthy. At best, drugs will help you feel better; at worst, they will speed up degeneration and contribute to premature death.

The pharmaceutical business would prefer you continue your present, ineffective treatment plan, only utilizing toxic pills in the form of immune-suppressing drugs and avoiding the true path to prevention and healing.

You are now learning there is a better way.

The immune system rehabilitation Program is structured for those patients struggling to prevent or control their autoimmune disease, even after other medical treatments have failed:

- A program that can help you learn how to love your health and improve your quality of life. The Immune System Rehabilitation Program includes treatment in the form of exercise, education, and coaching.
- A personalized program that incorporates therapy and support, assisting the person in achieving the maximum results possible.

The Immune System Rehabilitation Program is detailed within this book and, when carefully followed, will show results within weeks.

You will always end up healthier with this plan.

The worst thing that can happen with this plan is that you will get healthier but still need to take drugs if they or the disease have damaged you to the extent that you are reliant on them.

Take it all slowly and step by step.

Unless you are already used to making changes in your life, you will find adopting these habits of healthy living can be difficult to sustain. Persist. Because...

Make no mistake... Your life is worth it.

Robert Redfern, Your Health Coach

Email robert@goodhealth.nu
www.MyGoodHealthClub.com
 for step-by-step coaching and support.

**All of the products you see in this book
can be obtained from the following links:**

Good Health Naturally UK (and Europe)

www.goodhealthnaturally.com
Tel: 03337 777 333
(Open Mon-Fri 9am-5pm)

Good Health USA

www.goodhealthusa.com
Tel: 1800 455 9155
(Open Mon-Fri 7am-3pm Pacific)

Good Health Canada

www.goodhealthcanada.com
Tel: 1 800 455 9155
(Open Mon-Fri 7am-3pm Pacific)

Good Health Australia

www.goodhealthoz.com
Tel: + 61 (0)7-3088-3201
From 9am to 5pm AEST

Good Health India

www.goodhealthnaturally.in
Tel: +91 9640428251
From 10am-6pm IST

Autoimmune Rehabilitation Plan

TIME	ACTION	AMOUNT
BREAKFAST		
30 minutes before breakfast	Serranol™	Take 2 capsules with water
Breakfast	Nascent Iodine	Take 1-3 drops in a half ounce of water on an empty stomach.
Breakfast	D.I.P.	Take 1 capsule
Breakfast	BrainPower™	Take 6mls daily (just over one teaspoon)
LUNCH		
30 min before Lunch	Serranol™	Take 2 capsules with water
Lunch	GlycoBoost™	Take 1 scoop, mix with water, yoghurt or applesauce
Lunch	D.I.P.	Take 1 capsule
Lunch	CureC	Take 6mls daily (just over one teaspoon)
Lunch	Prescript-Biotics	Take 1 capsule
After Lunch	Active Life™ Capsules	Take 3 capsules
EVENING MEAL		
30 min before Dinner	Serranol™	Take 2 capsules with water
30 min before Dinner	D.I.P.	Take 1 capsule
30 min before Dinner	Nascent Iodine	Take 1-3 drops in a half ounce of water on an empty stomach
Dinner	Prescript-Biotics	Take 1 capsule
Dinner	Active Life™ Capsules	Take 3 capsules

All the books in this series:

Curcumin: Nature's Miracle Spice
 Helping Acne, Eczema and Psoriasis, By The Book
 Helping Alzheimer's, By The Book
 Helping Arthritis, By The Book
 Helping Arterial-Vascular Disease, By The Book
 Helping Asbestosis, By The Book
 Helping Bronchiectasis, By The Book
 Helping Bronchitis, By The Book
 Helping Cancer, By The Book
 Helping Candida, By The Book
 Helping Chronic Cough, By The Book
 Helping COPD, By The Book
 Helping Cystic Fibrosis, By The Book
 Helping Diabetes Type 2, By The Book
 Helping Emphysema, By The Book
 Helping Endometriosis & Fibroids, By The Book
 Helping Eye Disease, By The Book
 Helping Fertility, By The Book
 Helping Fibromyalgia & Chronic Fatigue, By The Book
 Helping Fibrosis, By The Book
 Helping Heart Disease, By The Book
 Helping High Blood Pressure, By The Book
 Helping Kidney Health, By The Book
 Helping Lung Health, By The Book
 Helping Lupus, By The Book
 Helping Men's Health, By The Book
 Helping Multiple Sclerosis, By The Book
 Helping Osteoporosis, By The Book
 Helping Pneumoconiosis, By The Book
 Helping Pulmonary Tuberculosis, By The Book

Helping Rheumatoid & Juvenile Arthritis, By The Book
 Helping Stroke, By The Book
 One Missing Mineral Can Transform Your Health: Iodine
 The HealthPoint™ Facelift: The Anti-Aging Secret
 The Magnesium Manual (The Forgotten Mineral)
 The Secret To Good Gut Health

Other Books by Robert Redfern:

The 'Miracle Enzyme' Is Serrapeptase

Turning A Blind Eye

Mastering Acupuncture

EquiHealth Equine Acupressure

This image shows a single sheet of white paper with horizontal blue lines, similar to standard notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

ABOUT THIS BOOK

My Good Health Club

Robert Redfern - Your Personal Health Coach
www.MyGoodHealthClub.com



Robert Redfern is a passionate health coach. He strives to offer you the best information and tools so that you can become a natural health expert to support you and your family's health.

This book brings Robert's research and work on

autoimmune disease into an easy-to-follow Immune System Rehabilitation Plan that everyone can use for improved health. To help you further, Naturally Healthy Publications has built a website for dedicated Good Health Coaching based on Robert's books.

Visit www.MyGoodHealthClub.com today for more support for health problems related to:

- Rheumatoid Arthritis
- Psoriatic Arthritis
- Juvenile Arthritis
- Hashimoto's Thyroiditis
- Motor Neurones Disease
- Lyme Disease
- Multiple Sclerosis

And much more!

People have seen great success from following the Immune System Rehabilitation Plan!

+Multiple Sclerosis

"Robert, I have been taking Serranol now coming up to two months and also commented Krill Oil which replaced my intake of orac omega supplements. I have also made alterations to my diet making it all more alkalizing as suggested by yourself. I have been focused on doing yoga 3 to 6 times per week. I can see significant benefits to my wellbeing which includes a reduction in my MS symptoms. Many thanks."

- Sarah S.

+Lupus

"My kidneys are what have given me the main problem with my Lupus. Every day I have some pain with them, but most of the time it's only a little. Since I've been taking serrapeptase and curcumin I have been able to sleep on my sides at night."

- Tracey C., United Kingdom

+Arthritis

"I am in my sixties and for years now I have suffered from arthritis of the thumbs to the extent that the pain at times would be such that I would drop things that I was holding. I had previously tried tablets and also diet control, with little success. Having seen acupuncture in operation in China and the benefits gained, HealthPoint seemed a good idea. Almost immediately I got relief and, within days, all pain was gone and movement of my thumbs became normal. As far as I'm concerned I am cured; although I was advised that HealthPoint was not a cure, but could provide relief.

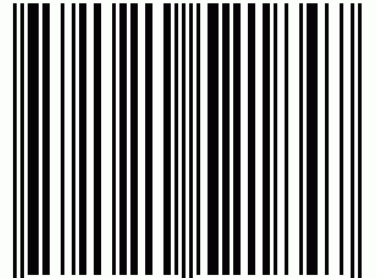
My wife however remained unconvinced, and suffered from what I can only describe as 'creaky knees' - you could hear them when they moved, and she was in great pain. One day it was so great that I suggested she let me try the HealthPoint on her. She was amazed at the almost instant relief and now all her 'creaks' have gone and she can walk much more easily.

Many thanks to HealthPoint, whose use for a few minutes a day provides us both with great relief."

-H.B., UK



ISBN 978-1-910521-84-7



9 781910 521847