



# RHT AUTOIMMUNE QUICK START GUIDE



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This PDF is a supplemental guidebook designed to accompany the [RHT Autoimmune Masterclass](#). If you find it valuable, we recommend checking our [48-hour trial](#) to the full Autoimmune Masterclass experience, as you will find much more information - along with tips, suggestions, and recommendations there!

The information in this book is for information purposes only and should not be considered a substitute for medical advice. It is not the purpose of this book to diagnose, treat, or cure any disease. Consult with your doctor or a qualified practitioner before making dietary changes, using any supplements, or partaking in any exercise program.

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# Most Common Autoimmune Conditions

**THERE ARE OVER 120 KNOWN AUTOIMMUNE CONDITIONS AT THIS POINT (AND GROWING), THESE ARE THE MOST COMMON IN THE UNITED STATES, AFFECTING TENS OF MILLIONS OF PEOPLE. AT LEAST 70% OF PEOPLE DIAGNOSED WITH AUTOIMMUNE DISEASES ARE WOMEN.**

- Rheumatoid Arthritis
- Systemic Lupus Erythematosus
- Celiac Disease
- Pernicious Anemia
- Vitiligo
- Scleroderma
- Psoriasis
- Inflammatory Bowel Disease
- Hashimoto's Thyroiditis
- Addison's Disease
- Graves' Disease
- Sjogren's Syndrome
- Type 1 Diabetes



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# Common Symptoms of AI/Flare

**THIS IS, BY NO MEANS, A COMPREHENSIVE LIST – AND  
EVERYONE WILL PRESENT DIFFERENTLY, BUT HERE  
ARE SOME COMMON SYMPTOMS OR SIGNS OF  
POTENTIAL CHRONIC AUTOIMMUNITY OR AN  
AUTOIMMUNE FLARE.**

- Fatigue
- Brain Fog/Confusion
- Depression
- Anxiety
- Insomnia
- Racing Heart
- Vision/Eye Abnormality
- Joint Pain
- Muscle Pain
- Constantly Cold/Hot
- Night Sweats
- Fevers
- Digestive Upset
- Mouth/Throat Soreness
- Chronic Cough/Sinus
- Numbness/Tingling
- Hypermobility
- Rashes, Hives, Acne
- Hair loss
- Weight Gain/Loss
- Swelling
- Extreme Hunger/Thirst



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## Known Root Causes/Poten- tial Triggers

## IT IS FAIRLY WIDELY ACCEPTED WITHIN THE FUNCTIONAL MEDICINE COMMUNITY THAT THREE FACTORS ARE GENERALLY PRESENT WHEN WE SEE AUTOIMMUNITY:

1. Genetic Predisposition
2. Leaky Gut/Intestinal Permeability & Imbalanced/Unhealthy Microbiome
3. Trigger (See list below)

These are some of the most common root causes and potential triggers of autoimmunity in general, and of acute autoimmune flares. It could be beneficial to start your investigation with this list and see what you come up with!

- Food reactions/sensitivities – most common are gluten, dairy, soy, corn, eggs
- Diet high in processed foods, pesticides, chemically-laden foods, etc...
- Gut infections, dysbiosis, overgrowth
- Endocrine-disrupting chemicals
- Acute illness
- Chronic infections
- Overtraining/Over-exercising
- Disrupted circadian/natural rhythms
- Poor sleep quality
- Lack of self-love and self-compassion
- Perfectionism
- Chronic stress
- Traumatic event/Acute stress
- Unprocessed emotional trauma
- Overuse of anti-microbial/anti-bacterial soaps, products, etc...
- Mold exposure/toxicity
- High pollution environment / Toxic exposure  
Heavy metals
- Leaky barriers (gut, brain, etc...)
- Sedentary lifestyle
- Insulin resistance/Poor blood sugar management
- Shame, guilt, anger, etc...



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## Recommended Lab Testing

**PLEASE SEE DR. ALEJANDRA CARRASCO'S  
PRESENTATION IN THIS MASTERCLASS FOR A FULL  
BREAKDOWN OF RECOMMENDED LAB TESTING. HERE  
ARE SOME GENERAL IDEAS THAT YOU MAY WANT TO  
START WITH:**

- Serum antibodies (Autoimmune Panel)
- Inflammatory markers (CRP, Homocysteine, Cytokines, etc...)
- Stool Testing
- Genetics (Predisposition, SNP's, etc...)
- Food Sensitivities/Reactions (Cyrex)
- Heavy Metals
- Mycotoxins, Mold, CIRS, etc...
- Lyme & Co-Infections
- Comprehensive Blood Panel
- Hormones (DUTCH & Serum)
- Organic Acids Test (OAT)



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# Diet/Nutrition

**THERE IS NO “PERFECT” OR “ONE-SIZE-FITS-ALL” HEALING DIET. LEARNING TO LISTEN TO ONE’S BODY, USING A FOOD JOURNAL IF NECESSARY (TRACK MEALS, SYMPTOMS, MOOD, ENERGY LEVELS, ETC...), AND POTENTIALLY SOME FOOD SENSITIVITY TESTING CAN ALL BE VERY HELPFUL.**

Here are the most common problem foods for those with autoimmunity and/or pretty much any chronic health condition (most of which start in the gut). It might make sense to cut these out for a period to give the body a chance to heal/turn down the inflammatory cascades from food reactions. It is recommended by most experts to re-introduce foods after 30-60 days and to always eat as diverse of a diet as one’s body allows.

### REMOVE

- Gluten (wheat, barley, rye, etc...)
- Dairy (especially if pasteurized/processed)
- Soy (fermented soy can be ok)
- Grains (can be problematic w/ inflamed GI, overgrowths, etc...)
- Nuts/Seeds
- Processed/fast food
- Nut/seed/plant oils
- Eggs
- Processed sugar / artificial sweeteners

**NOTE:** Both serum-derived bovine immunoglobulins (MegaIgG2000 is our recommendation) and bacillus spores (MegasporeBiotic) have been clinically shown to reduce leaky gut, reduce food reactions, increase oral tolerance, etc...



Many people with autoimmunity (and most chronic diseases) are deficient in essential vitamins and nutrients. Therefore, it's recommended to eat a diet consisting of as many whole, organic, unprocessed foods as possible. There are many different "diets" out there which can be helpful – check out Terry Wahls' protocol, a Mediterranean style diet, Autoimmune Paleo (AIP), and see what resonates with you. Each of those should have multiple websites, recipe books/sites, and more resources available to help!

Organic produce is going to be more nutrient dense and have much lower pesticide levels. We would recommend as much organic as possible, as local as possible, as season as possible, and as fresh as possible. Ask questions at local farmer's markets, as not all pesticidefree produce is labeled organic!

## HEALTHY FOODS

- Fresh, local, seasonal produce (As much as you can eat! Eat the rainbow!)
- Fresh vegetable juice (minimal on fruit)
- Sweet potato, squash, plantain, yucca (assortment of root veggies – unless low carb/ketogenic for some reason)
- Healthy fats (olives/olive oil, avocado/avocado oil, ghee, etc...)
- Raw, grass-fed dairy (for those who tolerate and can get it)
- Grass-fed/pastured meat / wild-caught seafood (as close to this as possible)



Like mentioned above, re-introduction after an initial elimination phase is key – diversity is huge for creating a healthy microbiome and providing the body with the nutrients, prebiotics, etc... that it needs!

Hydration! Water is life – and very important as well! Unfortunately, tap water in most of this country contains a lot of stuff a healing body be served by drinking. Investing in a quality water filter is a great idea. There are also water “stores” in most cities which will sell water that’s been through extensive filtration. If you’re doing reverse osmosis, it’s recommended to remineralize with mineral drops and/or sea salt. (That’s what we’re currently doing – filling 5 gallon glass jugs and remineralizing)

Lara Adler is a friend/colleague, and she has a great little e-course on her website to help you find the best filtration option for your drinking, shower/bath, etc... (Don’t forget, whatever goes on the skin ends up in the body)



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Lifestyle

**SOMETHING BROUGHT UP BY SEVERAL OF THE PRESENTERS WAS THE IMPORTANCE OF “CREATING A SAFE ENVIRONMENT FOR HEALING” – AND THAT CANNOT BE OVERSTATED. IF WE LIVE OUR LIVES IN A CHAOTIC, STRESSFUL, OUT-OF-BALANCE WAY, IT’S VERY DIFFERENT FOR THE BODY TO REGAIN BALANCE AND HEAL.**

**HERE ARE SOME RECOMMENDATIONS:**

### CIRCADIAN

Reduce/eliminate artificial lights (blue), screens, etc... after dark as much as possible. There are very effective blue light blocking glasses, light filters for phones/computers, and even light bulbs with mostly orange/red light. Salt lamps are also an option here – give a nice, relaxing glow.

Personally, we have two bulbs from a company called Harth and 5 salt lamps in our home – and those are the only lights most of the time after sunset. We try to eliminate screens at least an hour before bed, and use blue light blocking glasses from TrueDark if we’re using screens/brighter lights.

Reduce exposure to fluorescent lighting as much as possible, any time of day. It disrupts our circadian rhythms and triggers inflammatory cascades.

Get outside, in the sun, first thing in the morning, for at least 15 minutes. Please see Dr. Carrie Jones' presentation on this to get more details on the importance. If the sun isn't up when you are, you can use a fullspectrum light, for at least 15 minutes. It's incredibly important to get that natural light in your eyes first thing in the morning!



## MOVEMENT

Our bodies are designed to move. For each person, what would be ideal can be different. If you struggle with fatigue and exhaustion, simply getting up and going for a short walk every day might be all you can do. That's fine. Listen to your body and be kind to yourself. Generally, training like crazy when trying to calm down a body's inflammatory response isn't a great approach.

Here are some ideas:

- Yoga
- Tai Chi, Qigong
- Pilates
- Strength/weight training
- Walking/hiking
- Swimming (chlorine-free)
- Biking

Sometimes it can be very helpful to recruit a friend to do this with you – an exercise buddy! This can increase compliance (sticking with it), and motivation (can encourage each other)!

## NATURE

As several of our presenters talked about, especially Dr. Maya Shetreat, we are nature – not separate from it. The more time we spend among the trees, streams, mountains, flowers, and trails, the better. Yes, there's actual science to back this up – watch her presentation for some of that!

So, get outside, in contact with the Earth (free source of negative ions/powerful antioxidant!), and in the sun (as much as possible without allowing yourself to burn). Our disconnect from nature, in many ways, is likely to be responsible for much of the chronic disease epidemic we find ourselves in.



Also, if you like camping – just a few nights of camping can do wonders for optimizing your circadian rhythm! (As long as you don't bring the phone!)

**NOTE:** Some AI conditions, such as Lupus, result in photosensitivity – where one needs to be very careful with sun exposure.

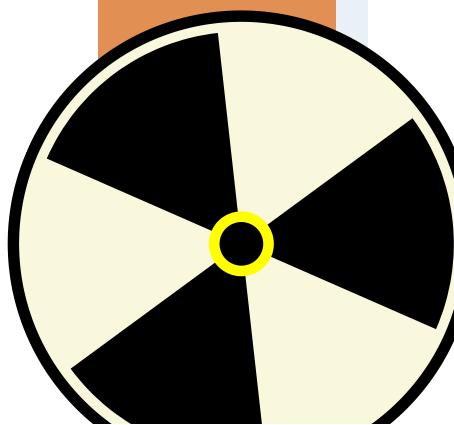
## TOXICITY

This category includes both the chemicals, heavy metals, and other toxic compounds, etc... that we're exposed to in our daily lives – but also to toxic relationships, home environments, work environments, and pretty much anything you'll find on TV.

Beauty products, cleaning products, many soaps, shampoos, conditioners, toothpaste, sunscreens, and other personal care products are completely laden with toxic chemicals. We recommend looking up the Environmental Working Group's Skin Deep database, which does analysis on thousands of products.

Switching the products you put on your skin, spray around your house, use to do your laundry (dryer sheets – super toxic, as are most detergents), etc... can go a very long way.

As mentioned above – abusive, stressful, demeaning, discouraging, negative, or otherwise toxic relationships can be just as impactful on your physiology. It's very important to have encouraging, positive, inspiring, and supportive people around you during a healing journey. Online communities can be very helpful – as well as having a close circle of friends and family you can lean on when needed – and to share victories with!



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Mental/  
Emotional/  
Spiritual

**AS DISCUSSED BY SEVERAL PRESENTERS IN THE  
MASTERCLASS (ESPECIALLY DR. KEESHA EWERS AND  
DR. NATASHA FALLAH), THE MENTAL, EMOTIONAL,  
AND SPIRITUAL COMPONENTS OF DISEASE (AND  
HEALTH) ARE EXTREMELY IMPORTANT.**

The onset of autoimmunity, and subsequent flares, generally follow an acute stress, trauma, or period of intense chronic stress.

Many who work with these conditions believe that a lack of self-love and self-compassion, along with a steady dose of perfectionism can make us sick and contribute to the development of autoimmunity.

There are mountains of research showing ways that trauma re-wires the brain, nervous system, hormones, and our thought patterns. Check out the book *The Body Keeps the Score* if you want to be totally blown away in this regard. Also investigate *The Biology of Belief* by Bruce Lipton, PhD – and the rest of his work around emotions/thoughts and how they change our physiology.

**Here are some recommendations related to deep healing, stress reduction/management, trauma release, etc...:**

- TRE (Trauma Release Exercises)
- Somatic Experiencing
- EMDR
- Biofeedback
- Meditation/Mindfulness
- Energy Healing
- EFT/Tapping
- Hypnotherapy
- Shamanic Healing
- Yoga
- HRV Training (Heartmath)
- Breathwork
- Talk Therapy/Counseling
- Craniosacral
- DNRS
- Sensory Deprivation (floating)
- Prayer

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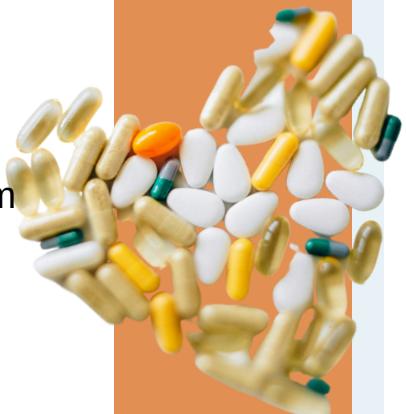
# Supplementation

## THIS IS A TRICKY SUBJECT TO TACKLE IN A GUIDE LIKE THIS. LET'S JUST START BY BEING VERY CLEAR ON A FEW THINGS.

- 1 No two people are the same.
- 2 There is no one-size-fits-all protocol that reverses autoimmunity or any other chronic disease.
- 3 We are not doctors.
- 4 This is not a medical prescription or personalized recommendation of any kind.
- 5 Anything here is for educational purposes only.
- 6 If you are working with a doctor, health practitioner, or other professional of some kind, please consult with them – they know you much better than we do.
- 7 These are merely suggestions to investigate/consider.

## ANTI-INFLAMMATORY / “PUTTING OUT THE FIRE” / IMMUNE BALANCING

- Modified Citrus Pectin - We recommend [Pectasol](#) with anti-inflammatory, immune-modulatory, and detoxification benefits
- Turmeric/Curcumin - [Curcuma NF-kB: Turmeric Supreme](#)
- High Quality Fish Oil (We don't recommend long-term) - [Gut-Specific Fish Oil](#)
- Mediators – made from fish oil. See [Metagenics SPM Active](#)
- Molecular Hydrogen- [Cymbiotika](#)
- [Nrf-2 Activators](#) - Glucosinolates & Sulforaphanes from BioImmersion
- Bacillus spore-based probiotics - [Megaspore](#), [Hu58](#) Serum-derived bovine immunoglobulins (SBI) – [MegalgG2000](#)
- Resveratrol



- Boswellia (Frankincense)
- Ginger
- Polyphenols - For powerful polyphenols in balanced probiotic formula, we recommend [High ORAC Synbiotic](#) from BioImmersion
- Cannabinoids (Medical cannabis/hemp)
- Reishi mushroom (spores most potent)

## VITAMINS/MINERALS, ETC...

- High-quality prenatal (good multivitamin)
- B-Vitamins
- Vitamin C - We recommend [Liposomal Vit. C from Cymbiotika](#)
- Liberal use of sea salt / Redmon's Real Salt
- Minerals/Electrolytes - We recommend [Energy](#) from BioImmersion for minerals and optimal ATP production
- Vit D (We recommend testing before supplementation and always taking with Magnesium and Vitamin K2)
- Magnesium (oral, transdermal, baths) - We recommend [Topical Magnesium](#) from Cymbiotika and [MagHP](#) from Healthy Gut
- IV Nutrients – Myer's Cocktail
- Iron (OptiFerrin C is best we've found – only if low!)

## GUT/MICROBIOME/DIGESTION

- Digestive Enzymes - We recommend [Holozyme](#) from Healthy Gut
- Betaine HCL - We recommend [HCL Guard](#) from Healthy Gut
- Swedish Bitters (alcoholfree is generally ideal)
- Spore-based probiotics - [MegasporeBiotic](#) is our recommendation
- SBI's (discussed above) - [MegaG2000](#)
- Precision Prebiotics - [MegaPrebiotic](#) is our recommendation



- [Hololimmune](#) (Immune regulating paraprobiotic)
- L. Reuteri
- Zinc Carnitine
- Mucosal Repair (Many options – we like [MegaMucosa](#) from Microbiome Labs)

## DETOXIFICATION SUPPORT

- Binders - We recommend [Biotoxin Binder](#) from Cellcore Biosciences and [Mega IgG2000](#) from Microbiome Labs
- Sulforaphane - We recommend [Glucosinolates & Sulforaphanes](#) from BiolImmersion
- Glutathione - for liposomal, we recommend Cymbiotika [Glutathione](#). Can also use patches or IV



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# Therapies / Modalities / Technologies

**THERE ARE SO MANY EMERGING HEALING MODALITIES, TECHNOLOGIES, AND THERAPIES THAT WE CAN'T POSSIBLY LIST OR TALK ABOUT THEM ALL (AS WE DON'T EVEN KNOW ABOUT THEM ALL)! HERE ARE A FEW THAT RECOMMEND LOOKING INTO:**

- [Infrared Sauna](#) (Radiant Health Saunas – Ask us for intro and discount)
- [Red Light Therapy](#) (RedRush360 – ask us for intro and discount)
- Cryotherapy
- Acupuncture
- Craniosacral
- [PEMF Devices](#)
- Vagal Nerve Stimulators
- Cold Laser (watch Dr. Gair's presentation!)
- IV nutrients
- HBOT (Hyperbaric Oxygen Therapy)
- [Ozone Therapy](#)

If you found this guide helpful, you may want to check out the full Autoimmune Masterclass experience!

**REBEL*Health Tribe* PRESENTS  
AUTOIMMUNE*Masterclass***

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**WE HOPE THIS GIVES YOU ENOUGH INFORMATION TO GET YOUR JOURNEY STARTED!**

Please feel free to join our [Rebel Health Tribe group on Facebook](#) – you'll find thousands of health rebels, practitioners, experts, and others along similar healing paths as yourself!

Thank you being part of our community!

