

AUTOIMMUNE DIET



WHAT IS AUTOIMMUNITY?

Autoimmunity is the process where the body's immune system starts attacking its own cells, resulting in damage to various tissues in the body. Which cells are attacked determines the autoimmune disease and its symptoms.

WHAT CAUSES AUTOIMMUNITY?

There are 3 major factors that play a role in the development of autoimmune disease:

- **Genetic Susceptibility** (inherited genes determine the likelihood of an individual's immune system producing self-targeted antibodies)
- **Environmental Triggers** (infections—parasites, viruses, bacteria, & yeast/fungi, heavy metal toxicity, chemical exposure, air/water pollutants)
- **Diet and Lifestyle** (micronutrient deficient diet, gluten sensitivity, sleep, stress management, physical activity, etc.)

Some say that your genes "load the gun," but your environment "pulls the trigger."

So, while we can't control our genes, we DO have enormous control over what we eat and how we live. Many individuals suffering an autoimmune disease discover that changing their diet and lifestyle reduces their symptoms, halts the progress of their disease, and even puts their disease into complete remission.

HOW CAN AN AUTOIMMUNE PROTOCOL DIET HELP?

The Autoimmune Protocol (AIP) Diet is designed to **reduce inflammation, support normal functioning of the immune system**, and **promote healing**. While it is an elimination diet (which removes the foods that studies have shown are the most likely to be harmful in terms of gut and immune health), you may be able to successfully reintroduce certain foods at some point when your symptoms are better.

Researchers have found that **increased intestinal permeability** (leaky gut) is present in EVERY single autoimmune disease in which it has been tested. Healing a leaky gut is therefore of utmost important when dealing with autoimmunity. That is why it is important to remove ANY food or substance that contributes to a leaky gut and why gluten — which increases intestinal permeability in EVERYONE regardless of whether an individual has a gluten sensitivity — must be avoided.

A great in-depth resource to learn about the Autoimmune Protocol Diet is the book *The Paleo Approach*, by Sarah Ballantyne.

AUTOIMMUNE DISEASES:

There are more than 100 confirmed autoimmune diseases and many more are thought to have an autoimmune component.

This includes: Rheumatoid Arthritis, Crohn's Disease, Ulcerative Colitis, Diabetes, Celiac Disease, Multiple Sclerosis, Lupus, Psoriasis, Ankylosing Spondylitis, Hashimoto's Thyroiditis, Grave's Disease, Lichen Planus, and Scleroderma.

Symptoms associated with the early stages of autoimmune disease include:

- Allergies
- Anxiety and Depression
- Digestive Problems
- Fatigue
- Gallbladder Disease
- Memory Problems
- Migraines / Headaches
- Muscle or Joint Pain
- Muscle Weakness
- PMS
- Skin Problems
- Sleep Disturbances
- Susceptibility to Infections
- Swollen Glands
- Thyroid Problems
- Weight Loss Resistance
- Yeast Infections

AUTOIMMUNE DIET - TIPS

- The **FOUNDATIONAL FOODS** of the Autoimmune Protocol (AIP) Diet are:
 - **Meat, Poultry & Seafood**
 - **Vegetables**
 - **Fruit**
 - **Healthy Fats**
- **QUALITY** of food matters. Look for grass-fed/grass-finished beef, pasture-raised/organic poultry, and wild-caught seafood. Purchase organic fruits and vegetables (especially for those that are on the EWG's "Dirty Dozen" List)
- **PURCHASE** nutrient-dense whole foods rather than refined, processed packaged foods
- **AIP "FLOURS" INCLUDE:** Coconut flour, Cassava Flour, Tapioca Starch, Arrowroot, & Tigernut Flour. Tigernuts make a great nut substitute (for baking, snacking, dairy-free milk, etc.)
- **PAY SPECIAL ATTENTION TO CONDIMENTS:** many condiments include ingredients from the **FOODS TO AVOID** list on the following page
- **DRINK** purified/filtered water to avoid chlorine, fluoride, and other harmful chemicals found in tap water
- **AVOID** chemicals in and around the home (pesticides, air fresheners, cigarette smoke, harsh cleaning products, detergents, fabric softeners, dryer sheets, etc.)
- **AVOID** chemicals in personal care products (hair dyes, fingernail polish, lotions, shampoos, etc.)
- **AVOID** aluminum found in most deodorants and antiperspirants
- **AVOID** phthalates – this is not required to be on labels, but if you see "fragrance" on the label then it most likely has phthalates (candles, air fresheners, plug-ins, car scents, beauty products, cleaning supplies, etc.)
- **AVOID** storing food in plastic (use glass, stainless steel, or ceramic containers). Also avoid plastic utensils, straws, water bottles, drinking cups, etc.
- **AVOID** non-stick pans and non-stick appliances. The coating on these pans and appliances is toxic and can accumulate in the body's tissues, building up as time goes on
- **LIMIT** exposure to EMFs (cell phones held against the head, etc.)
- **PAY SPECIAL ATTENTION TO PERSONAL CARE PRODUCTS:** Wheat and gluten-derived ingredients are present in many personal care products and makeup. Opt for brands that specify free of wheat and gluten

AUTOIMMUNE DIET - FOOD LIST

FOODS TO INCLUDE	FOODS TO AVOID
<p><u>MEAT/PROTEIN:</u></p> <p>➤ All animal-based proteins are allowed, including:</p> <ul style="list-style-type: none"> - Beef - Bison - Fish - Lamb - Pork - Poultry - Seafood - Bone Broth - Gelatin <p><u>VEGETABLES:</u></p> <p>➤ All vegetables are allowed EXCEPT nightshades.</p> <ul style="list-style-type: none"> - Arugula - Asparagus - Beets - Bok Choy - Broccoli - Brussels sprouts - Cabbage - Carrots - Cauliflower - Celery - Collard Greens - Cucumber - Endive - Garlic - Jicama - Kale - Leeks - Lettuce - Mushrooms - Onion - Parsnip - Radicchio - Radish - Rutabaga - Shallot - Squash - Sweet potato - Zucchini <p><u>FRUITS:</u></p> <p>➤ All fruits are allowed EXCEPT nightshades.</p> <ul style="list-style-type: none"> - Apple - Apricot - Avocado - Banana - Berries - Citrus - Dates - Figs - Grapes - Guava - Kiwi - Mango - Melon - Nectarine - Orange - Papaya - Peach - Pear - Pineapple - Plantain - Plum - Pomegranate - Tangerine <p><u>FATS/OILS:</u></p> <p>➤ All animal fats and many plant-based fats/oils are allowed EXCEPT fats/oils derived from nuts and seeds.</p> <ul style="list-style-type: none"> - Avocado Oil - Bacon Fat - Coconut Oil - Duck Fat - Lard - MCT Oil - Olive Oil - Palm Oil - Tallow <p><u>HERBS & SPICES:</u></p> <p>➤ Many herbs and spices are allowed EXCEPT for those derived from seeds or nightshades. Acceptable herbs/spices include:</p> <ul style="list-style-type: none"> - Basil - Bay leaf - Chamomile - Chives - Cilantro - Cinnamon - Cloves - Dill weed - Fennel leaf - Garlic - Ginger - Horseradish - Lavender - Lemon balm - Mace - Marjoram - Mint - Onion - Oregano - Parsley - Rosemary - Saffron - Sage - Salt - Savory - Tarragon - Thyme - Vanilla 	<p><u>GLUTEN / GRAINS / GRAIN-LIKE SEEDS:</u></p> <p>➤ GLUTEN:</p> <ul style="list-style-type: none"> - Wheat, Barley, Rye, Oats <p>➤ GRAINS:</p> <ul style="list-style-type: none"> - Barley - Corn - Kamut - Millet - Oats - Rice - Rye - Sorghum - Spelt - Teff - Wheat (<i>all varieties - einkorn, semolina, etc</i>) <p>➤ GRAIN-LIKE SEEDS:</p> <ul style="list-style-type: none"> - Amaranth - Buckwheat - Chia - Quinoa <p><u>DAIRY:</u></p> <ul style="list-style-type: none"> - Butter - Cheese - Cottage Cheese - Cream - Ghee - Ice cream - Kefir - Milk - Sour Cream - Whey - Yogurt <p><u>LEGUMES:</u></p> <ul style="list-style-type: none"> - Adzuki beans - Black beans - Black-eyes peas - Cannellini beans - Chickpeas/Garbanzos - Fava beans - Green beans - Kidney beans - Lentils - Lima beans - Mung beans - Navy beans - Pinto beans - Peanuts - Peas - Split peas - Soy beans <p><u>NUTS & SEEDS:</u></p> <p>➤ NUTS (including nut-derived oils, nut flours, nut butters):</p> <ul style="list-style-type: none"> - Almonds - Brazil nuts - Cashews - Chestnuts - Hazelnuts - Macadamia nuts - Pecans - Pine nuts - Pistachios - Walnuts <p>➤ SEEDS (including seed-derived oils, seed flours, seed butters):</p> <ul style="list-style-type: none"> - Chia - Flax - Hemp - Poppy - Pumpkin - Sesame - Sunflower <p><u>SPICES DERIVED FROM SEEDS:</u></p> <ul style="list-style-type: none"> - Anise - Annatto - Black caraway - Celery seed - Coriander - Cumin - Dill - Fennel - Fenugreek - Mustard - Nutmeg <p><u>NIGHTSHADES (and spices derived from nightshades):</u></p> <ul style="list-style-type: none"> - Bell Peppers - Cayenne Pepper - Chili Peppers - Eggplant - Goji Berries - Hot Peppers - Paprika - Pepinos - Pimentos - Potatoes - Tamarillos - Tomatillos - Tomatoes <p><u>EGGS (chicken/duck/goose)</u></p> <p>Also avoid: ALCOHOL, COFFEE, PROCESSED VEGETABLE OILS (Canola, Cottonseed, etc.), ADDED SUGARS, SUGAR ALCOHOLS, ARTIFICIAL SWEETENERS</p>