

YOUR GUIDE TO AUTOIMMUNITY



AUTOIMMUNE CONDITIONS

Today, there is a problem that is plaguing our society. Chances are, it's affected you or someone you know. I'm talking about autoimmune conditions.

More than 700 million people worldwide, or about 1 in every 10 people, have an autoimmune condition. It's one of the top 10 causes of death in women and the elderly.

Over 100 distinct autoimmune diseases have been identified, affecting nearly every organ system and tissue in the body. There are an additional 40 diseases that are suspected of having an autoimmune component.

For example, about 20% of Type II diabetics have a latent autoimmune disease, such as endometriosis. Though not traditionally treated as autoimmune-related, conditions like these are increasingly being viewed in that way by researchers and physicians. Unfortunately, conventional treatment has little to offer, in most cases.

That's good news and bad news for autoimmune sufferers. It's bad news because you wish that your doctor would be able to address the cause of your problem. But it's also good news because that means it's time to take back control. The power is in your own hands to reverse your condition, and you can.

There are real ways that you can make a big difference in your autoimmune symptoms. Doctors will tell you that it cannot be cured. What I can tell you is that you may have a predisposition to it, but that doesn't mean you're stuck with it.



— “

Reporting a WIN! Just got back from primary care and my thyroid numbers are in normal range with the current medication and my cholesterol levels have improved substantially! I am one month in the program and happy with these medical wins!
-Regina M.

” —

WHAT YOU NEED TO CONSIDER



First, we need to establish what autoimmunity is. Autoimmunity means the body is attacking itself.

Though common in the industrialized world, it is rare or even nonexistent in contemporary hunter-gatherers living a traditional lifestyle.

When you combine that knowledge with the dramatic rise in autoimmune disease over the last 50 years, it becomes clear: environmental factors are to blame, not genetics.

Types of environmental factors that contribute to autoimmune conditions:

- *Stress*
- *Gut health*
- *Environmental toxins*
- *Sleep deprivation*
- *Vitamin D deficiency*
- *Reduced sun exposure*

Likely, there are several other identified aspects of the modern lifestyle, too. And they don't just trigger autoimmune disease to begin with; they perpetuate and exacerbate it.

"What a journey this has been! My debilitating fatigue is GONE. I had a nodule on my thyroid the size of a marble you could see and feel - it's GONE. I am so thankful for Dr. Cole and this amazing program. I'm thankful to God that he led me to this and was with me through it. I turn 60 next month and this is the best birthday gift EVER!

-Sue R.

STRESS

Chronic stress is becoming a health crisis. Have you thought about how it might play a role in your autoimmune condition?



Most people think stress is something inevitable they have to accept. It becomes a problem, however, when you deal with high levels of stress regularly. Many health-related issues are linked to stress, including fatigue, depression, anxiety, headaches, digestive troubles, dizziness, and more.

Your body is unable to tell the difference between physical, chemical, and emotional stress. Whether you've had a slip and fall, are exposed to pollution, or are finding it tough to cope with your work/life balance, all will take a toll on your well-being.

Over time, a buildup of chronic stress makes your body unable to heal. That is when you start to see serious symptoms occur.

GUT HEALTH

You've probably already heard that gut health is linked to overall health. It's starting to be recognized as a major contributor to autoimmunity, as well.



90% of the cells in your body are in your gut. So if you're having a health problem, there's a good chance that your gut is involved somehow! The term used to describe these stomach-related troubles is called leaky gut.

If you have a leaky gut and you eat an apple, when it makes its way into your intestines, bits of undigested apple that should stay in the intestines slip through the large pores directly into your blood. Because these particles are not supposed to be in your bloodstream, the immune system identifies them as dangerous invaders. Once your immune system is triggered, it will "attack" every time you eat that apple, thus producing a food sensitivity.

From an energy perspective, if your immune system is constantly working to fight off these particles, it has to work overtime, leaving you feeling lethargic.

ENVIRONMENTAL TOXINS

There are far too many environmental toxins to discuss them all here. But let's hit a few of the most common.

A huge problem when it comes to our gut is antibiotics. Most people have been through several rounds of antibiotics in their lifetime. And then on top of it, we're consuming foods that are full of hormones -- meat, milk, and more.

And what about the antibacterial soap that most people use? It gets into your body from being applied to your skin, and it'll sink into the body and wipe out the good bacteria -- these products don't differentiate the good bacteria from the bad. They're designed to take it all out, no matter which type of bacteria is there.

Then there are factors like what is used on produce. Insecticides and pesticides are damaging the lining of the gut, creating holes and letting bacteria and food particles into your system -- creating that autoimmune reaction where your immune system assumes these particles must be attacked.

You must also consider the water you're drinking, and whether that's contributing to your autoimmunity. Think about the plastic exposure you get in your everyday life. There are so many small changes you can make within the category of environmental toxins -- and when taken all together, they can add up to pretty big results.



SLEEP DEPRIVATION



Sleep is a vital piece of your healing journey. Humans are best suited to follow a sleep pattern close to the rise and fall of the sun. This sleep cycle pattern is called a circadian rhythm. Unfortunately, many of us have strayed far from this natural pattern due to the modern technology and lights available to us at all hours of the day.

There are steps you can take to ensure that you have the best night's sleep possible:

1. **Screens off.** At least two hours before bed, refrain from watching television or checking your phone or tablet.
2. **Limit artificial light.** Turn off all lamps that you don't need, and use blackout curtains in your bedroom.
3. **Go to bed early.** From about 9 pm to 3 am, your sleep cycles are composed of deeper sleep, which is when your body can truly heal.
4. **Eat Well and Early.** By eating earlier, you have time to digest before bed so that the work done while sleeping is for healing, not digesting.

VITAMIN D DEFICIENCY



In recent decades, experts have begun warning us to stay out of the sun, cover ourselves with sunscreen before we go outside, and use SPF every day to protect ourselves from the sun's rays. I've got news for you: we have been brainwashed.

“I'm feeling so much better than I was before I began CHA. I could hardly walk, everything hurt. I was told it's from Hashimoto's, hypothyroidism, fibromyalgia, and chronic fatigue syndrome and that would be my life. I had to stop riding my horse due to my energy levels being so low I could barely get my horse ready. I gave up so much because of the pain, the brain fog, and the exhaustion, and I have to say I thought it was over for me. Here I sit on a Sunday night and to think about all the wonderful energy I had all weekend; it is just amazing. I get choked up thinking about how I thought my life was over. Now, I see a future filled with energy, health, and happiness. Thank you. Oh, and a side benefit...after just three weeks, I'm down 10 pounds. Thank you again.

-Frances N.

BLOOD TESTS DON'T LIE!



I've been in practice for decades. In that time, I've ordered thousands and thousands of blood tests. In that time, I have yet to see anyone who was unwell that had adequate levels of Vitamin D. And recent research is showing that this marked drop in Vitamin D levels are contributing to a lot of today's common diseases.

You see, Vitamin D isn't just a vitamin. It's a hormone, and it's necessary for a lot of functions inside the body.

You've been told for most of your life that being out in the sun will give you skin cancer.

But there was a time in our country, not long ago, where people were outdoors for most of the day. Despite all this contact with direct sunlight, it was rare to ever develop skin cancer.

Yet today, when we're not outside as often and slathering our bodies with SPF, it's the most common form of cancer.

In civilizations close to the equator, where there is far more sunlight, skin cancer is still rare.

Clearly, what we're doing in our Western society is setting ourselves up for the development of cancer -- the sun is not to blame.



START SMALL TO CREATE SUSTAINABLE CHANGE

Now that you know a lot of the factors involved in autoimmunity, you're probably wondering: what do I do? Most people get pretty intimidated by the idea of making life changes. But I've got news for you: you aren't required to do everything at once. In fact, you aren't required to do all of them, AT ALL!

Here's what I recommend:

Think of which are most doable.

- Maybe it's getting a water filter to use for your tap water.
- Maybe it's stopping the use of plastic bags.
- Or getting out for a nice walk in the sunshine a few times a week, soaking up the rays, and getting the Vitamin D you need.

Do that one, and then build on it.

Before you know it, you can be making leaps and bounds in your progress -- even if now, it seems far-fetched.

Nobody is perfect, but remember...

Progress Over Perfection!



THIS PROGRAM WORKS

"Well, we have a big ole Texas win. At least it is a win for me. A bit of background so you get why it is such a win. Since 2004 I have been on thyroid medication and in the last two years, I have not only had it maxed out but take three meds for my thyroid. I happen to have lab work done right before starting CHA and was feeling physically bad. So I contacted my Dr. they had me do more lab work..... drum roll..... they cut one of my thyroid meds IN HALF in just 30 days!"

-Jerri S.



**SUFFERING FROM AN
AUTOIMMUNE
CONDITION?**

**WATCH THE
FREE TRAINING**

**& LEARN HOW TO REGAIN
CONTROL OF YOUR HEALTH**

key cellular
NUTRITION