THE BLOOD SUGAR SOLUTION
10-DAY DETOX DIET
AUTOIMMUNE SOLUTION

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The 10-Day Detox Diet and
The Blood Sugar Solution
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INTRODUCTION

Chronic disease affects half of all Americans and accounts for 84 percent of our $3.8 trillion health care bill. This would be depressing except for one simple fact: Most of these chronic illnesses are lifestyle-related diseases. That means they’re preventable, treatable and often even reversible through changes in lifestyle factors like diet, exercise, and stress.

More specifically, the food we eat (or don’t eat) is the single biggest driver of chronic illness – everything from heart disease to diabetes, cancer to dementia, arthritis to autoimmunity, and more.

Simply put, food can cause disease, but it also can cure disease.

That’s what the Padillas learned when they did The 10-Day Detox Diet (which they continued for 40 days) and moved on to The Blood Sugar Solution. After seven days Daniel Padilla was out of pain after suffering for 15 years on 15 different medications. After 40 days he was off his meds and felt amazing. And after one year he and his wife, Rebecca, had lost over 160 pounds.

Daniel didn’t need one diet for his rheumatoid arthritis, another for his high blood pressure, and yet another for his migraines. He simply needed real food – anti-inflammatory food, detoxifying food, blood-sugar-balancing food, in other words, The 10-Day Detox Diet.

A Pill for Every Ill

As a doctor trained in conventional medicine, I was taught there is a pill for every ill, which is how someone like Daniel ends up on 15 different medications. But those meds didn’t make him better. He was still sick and had what I call “F.L.C. syndrome” – that’s when you Feel Like Crap! Daniel didn’t believe food was related to how he felt, and no doctor ever suggested that food could play a role in any of his 15 different chronic diseases. But he was desperate and tried The 10-Day Detox Diet.

The beauty of the human body is that if you take out the bad stuff and put in the good stuff, the body heals. And it doesn’t take long – often just 10 days. And if you are really sick, you can continue. Then in 40 days most chronic problems will dramatically improve or go away entirely.

Why I Created This E-Book Series

That is why I have created this series of E-books – to create a simple road map for using food as medicine. The science behind it is derived from the emerging view that food is not just calories but information – instructions that control your gene expression, hormones, immune system, and brain chemistry and provide the raw materials to build every cell of your body. The food you eat even determines which gut bacteria flourish in your digestive tract – good guys or bad guys. Each bite is literally controlling every function of your body.
Again, food is not just calories. 

*Food is information.*

**The 10-Day Detox Diet** is scientifically designed to reverse most chronic disease by eliminating all non-food substances that send messages of disease to your body. This way of eating is designed to eliminate cravings and food addiction and be low glycemic, anti-inflammatory, gut healing, brain boosting, and blood-sugar balancing.

It is based on the science of functional medicine, which addresses the root causes of illness, not just the symptoms. In other words, functional medicine treats the whole organism – not just the organs.

**Is There A Different Healing Diet for Each Disease?**

The good news is that there is not a separate diet for preventing and reversing each of the hundreds of different chronic diseases. There is *one* basic healthy human diet that gets to the root of *all* illness.

And, yes, there are differences between people – some need more or less of this or that, or have unique needs, or have food sensitivities. But **The 10-Day Detox Diet** is a level setter – it will help you reboot and reset, and then you can make adjustments to find out what is perfect for you.

**One Diet, Many Diseases**

This is one of a series of seven e-books on how to use **The 10-Day Detox Diet** to address autoimmunity, diabetes, high cholesterol, hypertension, irritable bowel syndrome, migraines, and premenstrual syndrome. But the good news is that if you have ANY chronic illness, **The 10-Day Detox Diet** can have profound benefits.

**A Few Days Away from Health and Happiness**

And it doesn’t take long. You are just a few days away from health and happiness. This approach won’t work for everyone, or work all the time, but for the 80 percent or more of people suffering with chronic disease that is caused by what they are eating – or more importantly, what they are *not* eating – this approach will provide dramatic and quick benefits.

Try it for 10 days. If you are not better, try it for 40 days. And if you are still not better, it is time to see a functional medicine doctor to help you get to deeper roots such as chronic infections, environmental toxins, parasites and more.

Now let’s review how this approach can help autoimmune disease.
AUTOIMMUNE DISEASE: THE PROBLEM

What disease affects more people than heart disease, diabetes and cancer combined?

You guessed it: Autoimmune disease.

The National Institutes of Health estimates that more than 23.5 million Americans suffer from autoimmune disease and that the prevalence is rising. In fact, the incidence of autoimmune disease has tripled in the last few decades.

More than 80 diseases have been classified as autoimmune, and the list is growing. Some of the more common autoimmune diseases include Hashimoto’s thyroiditis, rheumatoid arthritis, lupus, celiac disease, multiple sclerosis, inflammatory bowel disease and Type 1 diabetes.

But, What Is Autoimmune Disease?

While all the above are different autoimmune conditions, at their root they are all connected by one central biochemical process: A runaway immune response, also known as systemic inflammation, which results in your body attacking its own tissues.

We are all familiar with acute inflammation – like a sore throat, or an infection from a splinter. The cause is obvious. It comes and it goes relatively quickly. Chronic or systemic inflammation is different. It comes and stays.

So, why do our bodies turn against us? Think of it this way: Our immune system is our defense against invaders – it’s like an army that must clearly distinguish friend from foe.

Autoimmunity occurs when our body is fighting something – the most common triggers are infections, toxins, allergens, poor diet and chronic stress – and gets confused. In a case of mistaken identity, the immune army redirects its hostile attack on us. Our joints, brains, skin, and sometimes our whole body become casualties.

If there was a good cure in conventional medicine, then we could relax, but most physicians don’t LOOK for what is creating the problem. They prescribe drugs to mask the symptoms, such as inflammation, instead of searching for the cause of that inflammation.

As my teacher Sid Baker says, that’s like taking a lot of aspirin when you are standing on a tack. The treatment is not more aspirin, but removing the tack.

These drugs are very serious, have dangerous side effects and are not well tolerated by many people. Using anti-inflammatories like Advil or steroids, or immune suppressants like methotrexate, or TNF-alpha blockers like Enbrel can lead to intestinal bleeding, kidney failure, depression, psychosis, osteoporosis, muscle loss, and diabetes – not to mention overwhelming infection and cancer.
Don’t get me wrong. These drugs can feel life-saving in the short term and help people get their lives back, but in the long term, there are much better ways to heal than using powerful immune-suppressing drugs that basically shut down your immune system.

Functional medicine provides a map to find out why your body’s immune system is turning against itself. It looks at the root cause of the inflammation and asks why that inflammation exists.

In other words, there is another way to deal with this.

**Sam’s Story**

Let me tell you about Sam and his remarkable misadventure through the medical system.

Sam was generally a healthy trade professional, working hard to support his family. He suddenly developed a series of problems that included chronic sinus infections and prostate infection, for which he took many antibiotics. A while later, he developed severe chest pains and went to the emergency room.

Specialists found swollen lymph nodes and told him he had lymphoma, a form of cancer. For three weeks Sam lived in despair, until the biopsy results showed it wasn’t cancer.

Instead, Sam had an autoimmune disease. Yet despite lots of abnormal blood tests – including low white blood cell and platelet counts, high levels of autoantibodies of all types (antibodies made to that attack our own tissues), high immunoglobulins (the foot soldiers of the immune system), and autoimmune thyroid disease – doctors had a hard time labeling him.

He also had developed metabolic syndrome and weight gain (pre-diabetes) as a result of the inflammation.

This is a quote from one specialist’s note: “Whether he has lupus or Sjogren’s syndrome is a bit unclear. Regardless, he merely needs observation and no therapeutic intervention at this time.”

Observe what? How badly he feels? And just wait for him to get worse?

When Sam saw me, I began asking simple questions. I looked for toxins, allergens, and infections – and hit pay dirt:

- He had taken so many antibiotics he was a mold and yeast factory. It was growing between his toes, on his toenails, in his crotch, and on his scalp.
- He had a bacteria in his gut called H. pylori.
- He had a leaky gut and reacted to many foods, including dairy and gluten.
• He was exposed to toxins in his work and had high mercury.
• He had chronic sinus infections – bugs in his sinuses.

So we went to work cleaning house. We treated his yeast with antifungals, the H. pylori with antibiotics, got rid of his food allergies, fixed his gut, detoxified him from metals, cleaned up his sinuses.

And I helped support Sam’s immune system heal with nutrients like zinc, fish oil, vitamin D, herbs, probiotics and a clean, whole foods, allergy-free, anti-inflammatory diet.

At the next follow-up visit, I asked him how he was doing, expecting him to say he felt a little better. He said he was fine.

“What about fatigue?” I asked. He was feeling great.

Ditto for bloating and gas, reflux, sinuses and chronic phlegm, memory and concentration, and tingling. All of these things had improved.

And he had lost 15 pounds.

Sam’s labs came back to normal. His white cells increased and his immune markers calmed way down.

So his results simply reflect the application of the Functional Medicine model of thinking about problems by getting to the root of things.

Isabel’s Story

I’d also like to tell you about Isabel, a cute 10-year-old girl from Texas who loved riding horses and walked into my office a few years ago with one of the most severe cases of autoimmune disease I had ever seen.

Her face was swollen, her joints were swollen – Isabel couldn’t squeeze her hand or make a fist – she was losing her hair, the tips of her fingers and toes were perpetually cold from Raynaud’s disease, and she had been suffering for years from rashes that burned and irritated her skin.

Basically, her immune system was attacking her entire body, including her muscles, her skin, her joints, her blood vessels, her liver, and her white and red blood cells. She was, not surprisingly, exhausted and miserable.

Isabel took elephantine doses of intravenous steroids every three weeks just to stay alive, and she was taking prednisone, aspirin, acid blockers, and methotrexate – a chemotherapy drug used to shut down the immune system – daily.
Despite these big-gun meds, she wasn’t getting any better, and so her doctors wanted to add yet another powerful immune-suppressing drug, a TNF-alpha blocker, to her drug regimen.

Because TNF-alpha blockers turn down your body’s immune response, they do slow down the inflammation associated with autoimmune disease. However, because they prevent your immune system from fighting infections normally, TNF-alpha blockers also have a variety of very serious side effects, including increased risk for infection, cancer, muscle wasting and psychiatric illness.

Disturbed by these possibilities and disgusted with the conventional approaches that weren’t working, Isabel’s parents brought her to see me.

Two months after I first saw Isabel and discovered and treated the underlying causes of her inflammation, most of her symptoms had vanished. In less than a year, she was completely healthy, her blood tests were normal, and she was off all her medication.

Digging Deep

So, how did I do it? I simply asked the question WHY. I didn’t focus on WHAT the name of her disease was (but if you’re curious, it is called “mixed connective tissue disease,” which is basically an autoimmune disease that affects the whole body) but WHY she was inflamed, WHERE this inflammation originated from, and HOW we could locate the causes and restore balance to her overactive immune system.

The immune system usually responds to some insult such as an allergen, a microbe, or a toxin, and then runs out of control. Finding and removing that trigger is essential.

When I talked to Isabel the first time, I found many potential triggers for her inflammation. She was being exposed to a toxic mold, Stachybotrys, in her house. Her mother worked in limestone pits while pregnant, so Isabel was exposed to excessive amounts of fluoride in the womb. Isabel had all her immunizations before 1999, when thimerosal was removed from vaccines. Thimerosal contains mercury, a known immune toxin. She also had a thimerosal-containing flu shot every year.

This problem became compounded by her diet, which included large amounts of mercury-containing tuna in the sushi rolls she loved and ate regularly. Isabel also ate loads of dairy and sugar and gluten. And, in the year before she got sick, she also had many courses of antibiotics.

Gluten, dairy, sugar, antibiotics, mercury, and mold – all potential immune irritants.

Isabel’s lab tests were frightening. Her muscle enzymes and liver function tests showed severe damage. She had many autoimmune antibodies (anti-nuclear antibodies, rheumatoid factor, anti-SSA, anti-DNA, anti-RNP, lupus anticoagulant), a sign that her body was aggressively attacking itself.
Other markers of inflammation were extremely high as well. Her white blood cell count and red blood cell count were both low. Her vitamin D was also low. She had elevated levels of antibodies to gluten, which is a common cause of autoimmune disease and triggers significant intestinal inflammation. And, not surprisingly, her mercury level was extremely high in her urine after a provocation test (the only way to assess total body burden of metals). Normal is less than three. Hers was 33.

At the first visit, I put Isabel on an anti-inflammatory elimination diet to remove possible triggers of inflammation from **food allergens**. She stopped eating sugar, dairy and gluten. I gave her a multivitamin; **vitamins D**, B12, and folate; fish oil; and evening primrose oil, all of which are anti-inflammatory.

I also gave her nystatin (a non-absorbed anti-fungal) to treat suspected **yeast** overgrowth due to her multiple courses of antibiotics. I gave her n-acetyl cysteine (NAC) to support her liver, and told her to get off the acid blocker, the calcium channel blocker she used for her Raynaud’s, and the intravenous steroids she had been taking.

After two months, her rash was totally gone. She had no joint pain, and her hair was growing back. Her autoimmune markers had dramatically improved. Her muscle enzymes, liver function, and level of inflammation were all normal.

At that point, I added probiotics to support healthy digestive function and reduce gut inflammation. I also started her on DMSA (a chelating agent) to help bind the mercury from her tissues and cells and excrete it out of her body. To help her get off the prednisone, I gave her herbs to support adrenal gland function.

Seven months later, her tests were normal, including her white blood count. Her mercury came down from 33 to 16. After 11 months, her mercury was down to 11, and her gut inflammation was gone. She was off all her medications and feeling happy, normal, and was able to ride and show her horse again.

### From Conventional Illness to Functional Health

Some may dismiss this as an isolated anecdote, as a “spontaneous remission,” and claim the testing methods unconventional, or the treatments used unproven. But if there is a shimmer of a possibility that this approach works, that it can help patients recover from some of the most debilitating, devastating human diseases out there, are we not obligated to investigate further?

Shouldn’t we expect that scientists and physicians would be motivated into new avenues of research, that the National Institutes of Health would fund studies to test this model? And if found to be effective, shouldn’t academic medical schools change their curriculum and teach this new method of practicing medicine? This is the mission of [The Institute for Functional Medicine](https://www.functionalmedicine.org), but it needs help because it has no funding from the usual sources: government and pharma.
We now view randomized controlled trials as the only standard of “evidence.” Sadly, this dismisses the experience of thousands of patients and physicians as they apply new scientific findings to treat difficult conditions. Basic scientific discoveries often take decades to be translated into medical practice, and this prevents millions from accessing therapies that could benefit them now.

Except for treating infections with antibiotics and treating trauma, medicine today approaches most disease by prescribing a pill (or more likely, a series of pills) to suppress, cover over, block, or otherwise interfere with the body’s biology. We generally do not attempt to seriously address the underlying problems that lead to the disease in the first place. We don’t ask that one simple question:

*Why is the body out of balance, and how do we help it regain balance?*

If you are one of the millions of Americans who suffers from an autoimmune condition and, like Isabel, have been prescribed megadoses of meds that aren’t helping – intravenous steroids, prednisone, hormones, painkillers, acid blockers, methotrexate, TNF-alpha blockers – then I’m sure you are eager to find answers that rely less on risky pharmaceuticals and more on lifestyle remedies.

Isabel’s experience is not rare. Functional Medicine practitioners have amazing success with autoimmune disease. The approach of finding and removing triggers of disease such as hidden microbes, toxins, or allergens, and supporting the body’s function with nutrients and herbs and “pro” drugs such as probiotics is more than an idea that needs to be proven.

It is a movement that is now being practiced by thousands of practitioners at the cutting edge of medicine. It is an approach called Functional Medicine that has helped tens of thousands of patients worldwide. Shouldn’t this revolutionary new method of practice be expanded and made available to more patients? Shouldn’t we see more cases like Isabel’s?
AUTOIMMUNE DISEASE: THE SOLUTION

How The 10-Day Detox Diet Can Help

How do you reduce inflammation? Start with the food you eat. A major source of inflammation is processed food, including sugar, flour and low-quality vegetable oils. Gluten, dairy, grains, and beans are often a trigger for autoimmunity. Clearing out all these foods for 10 days (and longer if it is helping) can help reset your system.

The 10-Day Detox Diet is naturally anti-inflammatory because it removes these foods and increases all of the wonderful anti-inflammatory nutrients found in so many whole foods.

The 10-Day Detox Diet will help you dial down inflammation and provide a solid foundation for healing from autoimmunity. Simply by cooking from the recipes in my cookbook and following The 10-Day Detox Diet program, you will address most of the below 15 Steps to Reverse Autoimmune Disease. Here are the principles I use to get to the root of autoimmunity:

15 Steps to Reverse Autoimmune Disease

1. Cut out the flour and sugar because these are inflammatory foods.

2. Get rid of the gluten. We know gluten can be a trigger for autoimmune disease and can contribute to a leaky gut.

3. Eat the right fats. Increase your intake of anti-inflammatory foods rich in omega-3 fats, including cold water fish, grass-fed beef, walnuts, chia seeds, flax seeds and hemp seeds.

4. Eat the rainbow. Choose a variety of colorful non-starchy vegetables and berries every day. These foods are packed with phytonutrients.

5. Check for hidden food allergens with food sensitivity testing. The 10-Day Detox Diet is designed to eliminate most food allergens.

6. Steer clear of non-organic soy. Some people with autoimmune conditions feel better removing soy. Others can moderately tolerate whole forms of soy like tempeh or tofu. You may want to experiment with soy to see how it affects you. Always opt for non-GMO soy.

7. Keep your intake of nightshades (tomato, eggplant, peppers, etc.) low to moderate in order to lessen the potential for an autoimmune reaction.
8. **Take supplements** (see “WHAT TO TAKE: Supplements” below for exactly which products to take) to help boost levels of **omega-3 fatty acids, vitamin D, vitamin C, zinc, magnesium, probiotics, curcumin, and antioxidants** – all of which are instrumental in calming down an overactive immune system.

9. **Exercise** is a natural anti-inflammatory. Move your body regularly and appropriately for your physiology.

10. **Manage your stress.** Practice deep relaxation through yoga, breathwork, biofeedback, or massage because stress worsens the immune response.

11. **Check for hidden infections** like yeast, viruses, bacteria, and Lyme with the help of a doctor and treat them.

12. **Get checked for heavy metal toxicity.** Mercury and other metals can trigger autoimmunity.

13. **Fix your gut** by working with a Functional Medicine practitioner.

14. **Tell your doctor** about Functional Medicine, encourage him or her to get trained, or buy them a *Textbook of Functional Medicine* as a holiday present. Go to www.functionalmedicine.org for more information.

15. **See my guide** on How to Work With Your Doctor To Get What You Need to learn what tests you need and how to get them.

Remember, our bodies are not defective. You can thrive and be healthy by paying attention to a few natural laws of biology. You don’t need drugs to survive!

### What to Eat: The 10-DAY DETOX DIET MEAL PLAN

Below is your step-by-step meal plan. All recipes can be found in *The 10-Day Detox Diet Cookbook*.

**DAY 1**

**BREAKFAST:** Strawberry-Almond-Coconut Smoothie (pg. 64)

**LUNCH:** Dr. Hyman’s Super Salad Bar (pg. 85)

**SNACKS:** ¼ cup almonds, Cucumber–Kale Smoothie (pg. 272)

**DINNER:** Roasted Salmon and Asparagus with Herb–Avocado Mash (pg. 156) and Wild Mushroom Sauté (pg. 258)
DAY 2

BREAKFAST: Açaí Smoothie [pg. 66]
LUNCH: Shrimp and Snow Pea Salad [pg. 98]
SNACKS: ¼ cup walnuts, Roasted Vegetables with Artichoke Hummus [pg. 278]
DINNER: Yellow Curry with Chicken Meatballs [pg. 198] and Cauliflower “Rice” [pg. 264]

DAY 3

BREAKFAST: Turkey Sausage Patties [pg. 79] with a side of scrambled or poached eggs
LUNCH: Brussels Sprouts and Broccoli Slaw with Seared Scallops [pg. 91]
SNACKS: ¼ cup cashews, Roasted Vegetables with Artichoke Hummus [pg. 278]
DINNER: Slow-Cooked Brisket with Fennel and Onions [pg. 219] and Wilted Mizuna with Walnuts [pg. 257]

DAY 4

BREAKFAST: Leftover Sausage patties with a side of scrambled or poached eggs
LUNCH: Mustard Greens with Grilled Salmon [pg. 96]
SNACKS: ¼ cup pecans, Creamy Herbed Tahini Dip [pg. 281] with vegetables
DINNER: Pacific Coast Bouillabaisse [pg. 137] with Green Beans and Almonds [pg. 254]

DAY 5

BREAKFAST: Cocoa–Almond Smoothie [pg. 69]
LUNCH: Chicken Salad in Endive Cups [pg. 108] with Arugula and Fennel Salad [pg. 252]
SNACKS: ¼ cup almonds, Creamy Herbed Tahini Dip [pg. 281] with vegetables
DINNER: Thai Green Curry with Soft-Shell Crabs [pg. 143] and Wilted Mizuna with Walnuts [pg. 257]
DAY 6

BREAKFAST: Spinach-Mushroom-Asparagus Strata (pg. 82)

LUNCH: Thai Chicken Noodle Soup (pg. 130) with Arugula and Fennel Salad (pg. 252)

SNACKS: ¼ cup hazelnuts, Warm Herbed Olives (pg. 284) with fresh vegetables

DINNER: Lamb and Mustard Green Stir-Fry (pg. 243) and Swiss Chard with Pine Nuts and Scallions (pg. 256)

DAY 7

BREAKFAST: Wild Mushroom and Leek Frittata (pg. 77)

LUNCH: Seaweed Salad with Poached Shrimp (pg. 104)

SNACKS: ¼ cup pumpkin seeds, Warm Herbed Olives (pg. 284) with fresh vegetables

DINNER: Whole Snapper Stuffed with Scallion and Ginger (pg. 165) and Mashed Cauliflower with Horseradish (pg. 265)

DAY 8

BREAKFAST: Açaí Smoothie (pg. 66)

LUNCH: Dr. Hyman’s Super Salad Bar (pg. 85)

SNACKS: ¼ cup walnuts, Gua-Kale-Mole (pg. 285) with fresh vegetables

DINNER: Chili-Spiced Turkey Meatloaf with Roasted Carrot Salad (pg. 210) and Zucchini Ribbons with Pearl Onions and Cardamom (pg. 268)

DAY 9

BREAKFAST: Strawberry-Almond-Coconut Smoothie (pg. 64)

LUNCH: Leftover Meatloaf and side salad

SNACKS: ¼ cup sunflower seeds, Gua-Kale-Mole (pg. 285) with fresh vegetables

DINNER: Tandoori Shrimp with Indian-Spiced Cabbage (pg. 145) and Jicama Fries (pg. 271)
DAY 10

BREAKFAST: Açaí Smoothie (pg. 66)

LUNCH: Dr. Hyman’s Super Salad Bar (pg. 85)

SNACKS: ¼ cup pine nuts, Lemony Cashew-Tahini Dip (pg. 288) with fresh vegetables

DINNER: Forty-Clove Baked Chicken with Swiss Chard (pg. 179) and Shredded Brussels Sprouts with Warm Walnut Dressing (pg. 255)

What to Buy: The 10-DAY DETOX SHOPPING LIST

Below is a list of all the ingredients you will need for The 10-Day Detox Diet. And remember, no legumes, no grains and no starchy veggies!

FRUITS and VEGETABLES

Choose organic, seasonal, local produce whenever possible. (Sometimes organic fruits and vegetables are best purchased frozen during winter months.)

**FRUITS:**

- Açaí puree – frozen
- Blackberries - frozen
- Blueberries - frozen
- Kiwis
- Lemons
- Limes
- Orange (for the peel)
- Raspberries - frozen
- Strawberries – frozen
- Additional fresh berries of your choice

**VEGETABLES:**

You can eat an unlimited amount of non-starchy vegetables, such as these:

- Anaheim peppers
- Artichoke hearts, frozen
- Arugula or mizuna
- Asparagus
- Avocados
- Bean sprouts
- Bell peppers – red, other colors
- Bok choy
- Broccoli
- Broccoli rabe
- Brussels sprouts
- Cabbage – Napa, white
- Carrots
- Cauliflower
- Celery
- Chives
- Cucumber
- Eggplant
- Endive
- Fennel bulbs
- Garlic
- Ginger root
- Green beans or French-style haricots verts
- Horseradish
- Jalapeno peppers
- Jicama
- Kale – Lacinato, other varieties
- Leeks
- Lemongrass
- Lettuce – Bibb, Romaine hearts
- Mustard greens
- Onions – red, yellow, Vidalia
- Radishes
- Scallions
- Sea Vegetables (wakame, kombu, etc.)
- Shallots
- Spinach
- Sugar snap peas
- Summer squash – yellow
- Swiss chard
- Tomato – cherry, grape, larger slicing varieties
- Zucchini
- Additional vegetables of choice for snacks, to dip and for Dr. Hyman’s Super Salad Bar

Great resources: Cascadian Farm, Earthbound Farm, Maine Coast Sea Vegetables, Miracle Noodle, Stahlbush Island Farms.

PROTEINS

POULTRY AND EGGS:

Look for organic, grass- or range-fed, antibiotic- and hormone-free poultry and eggs.

- Chicken: Boneless thighs and/or drumsticks, boneless breast
- Turkey: Ground lean meat, ground dark meat, thin cutlets
- Eggs: Omega-3 eggs or organic farm eggs

Great resources: Applegate Farms, Peaceful Pastures, Whole Foods Market, local farmers’ markets
**SEAFOOD:**

Look for small, wild or sustainably raised, low-mercury, cold water fish.

- Clams, scallops, snapper, wild-caught cod, wild-caught salmon fillets, anchovy fillets in oil, sardines in oil

**Great resources:** Crown Prince Natural, Ecofish, SeaBear, Vital Choice Seafood

**RED MEAT:**

Look for organic, grass- or range-fed, antibiotic- and hormone-free; limit intake to 4 to 6 ounces, once or twice a week.

- Beef: Ground, flank steak
- Lamb: Lamb shanks
- Bison: Rib-eye steaks

**Great resources:** Applegate Farms, Eatwild.org, Peaceful Pastures

**PROTEIN POWDER:**

Look for plant-based, unsweetened powders without fillers or additives.

- Unsweetened hemp protein powder

**FATS**

**OILS**

Choose expeller or cold-pressed and unrefined oils.

- Coconut, sesame, and grapeseed oils for high-heat cooking
- Extra-virgin olive oil, avocado oil (optional) for low-heat cooking

**Great resources:** Artisana Foods, Barlean’s Organic Oils, Spectrum Naturals

**NUTS/SEEDS, NUT/SEED BUTTERS, AND NUT FLOURS**

Preferably raw; avoid nuts that are cooked in oil or fried.

- Nuts: Almonds, Brazil nuts, cashews, hazelnuts, pecans, pine nuts, walnuts
- Seeds: Chia, flax, pumpkin, sesame, sunflower
• Nut/Seed Butters: Almond butter, coconut butter, tahini
• Nut flours: Almond flour, coconut flour

Great resources: Artisana Foods, Barlean’s Organic Oils, Bob’s Red Mill, MaraNatha, Omega Nutrition, Once Again Nut Butter, Spectrum Naturals

NON-DAIRY MILK:
• Unsweetened almond milk
• Coconut milk - lite, full-fat (canned)
• Unsweetened hemp milk (optional)

Great resources: Pacific Natural Foods

SEASONINGS, HERBS, AND SPICES

Choose from any of the following to enhance your recipes and taste experience (and watch out for added chemicals, sugars, MSG, and hidden sources of gluten or dairy):

SEASONINGS & CONDIMENTS:
• Apple-cider vinegar
• Balsamic vinegar
• Mustard – Dijon
• Tamari (choose low-sodium, gluten-free)
• White vinegar
• Miso – (choose white miso, gluten-free)

SPICES:
• Mint – fresh
• Oregano – fresh, dried
• Parsley – fresh
• Rosemary – dried (optional)
• Sage – dried
• Tarragon – fresh
• Thyme – fresh, dried

HERBS (FRESH, IF INDICATED):
• Basil – fresh
• Bay leaf – dried
• Chervil – fresh
• Chives – fresh
• Cilantro – fresh
• Dill – fresh
• Aleppo pepper (optional)
• Allspice – ground
• Anise (optional)
• Black pepper – whole peppercorns, freshly ground
• Cacao, raw powder
• Cayenne pepper
- Chili powder – mild
- Cinnamon
- Cloves – ground
- Coriander
- Cumin – ground, whole seeds
- Fennel seed
- Ginger powder
- Mustard seeds
- Nutmeg – whole spice
- Paprika
- Red pepper flakes
- Saffron
- Sea salt
- Turmeric

**Great Resources:** Flavorganics, Frontier Natural Products Co-Op, Penzey’s Spices, Rapunzel Pure Organics, Seeds of Change, Simply Organic, The Spice Hunter

**OTHER PANTRY ITEMS**
- Coconut – Unsweetened coconut flakes
- Canned or jarred tomatoes – whole, crushed, diced, pureed, and tomato paste
- Capers
- Olives – Kalamata, mixed (unpitted)
- Water chestnuts, canned
- Low-sodium chicken stock
- Low-sodium fish/seafood stock
- Low-sodium vegetable stock
- Kelp noodles
- Anchovy paste
- Salsa (optional)
- Vegenaise (optional)

**What to Take: Supplements**

Here is a basic supplement protocol that addresses autoimmune disease by focusing on reducing inflammation and calming down an overactive immune system. Depending on your particular autoimmune disease and the root cause, you may need to add other supplements, but this is a good foundational program for anyone with inflammation.

I have sourced the highest-quality supplements that are tested for purity and potency and are all absorbable and free of contaminants and allergens. You can get these all online at store.dhrhyman.com.

**Option 1: The Autoimmune Support Pack** [For people who are overweight or have blood-sugar issues]

It includes:
- PureLean Pure Pack by Pure Encapsulations (One packet a day with food)
• Vitamin D3 1000 IU by Pure Encapsulations (Two capsules twice a day with food)
• PGX Daily Singles by Natural Factors (One packed in cold water just before meals)

And for reducing inflammation and gut healing it includes:
• CurcumaSorb by Pure Encapsulations curcumin supplement (Three capsules twice a day with food)
• UltraFlora Balance by Metagenics probiotic (One capsule twice a day with food or in between meals)

**Option 2: The Autoimmune Support Pack without Blood Sugar Support** (For people who are not overweight and who don’t have blood-sugar issues)
• PhytoMulti by Metagenics multivitamin (Two tablets a day with food)
• OmegaGenics EPA-DHA 720 by Metagenics fish oil (Two soft gels twice a day with food)
• Vitamin D3 1000 IU by Pure Encapsulations (Two capsules twice a day with food)
• CurcumaSorb by Pure Encapsulations curcumin supplement (Three capsules twice a day with food)
• UltraFlora Balance by Metagenics probiotic (One capsule twice a day with food or in between meals).

**What to Do: Other lifestyle factors**

**Exercise**

I encourage 30 to 45 minutes of cardiovascular exercise at least six times a week.

You may try interval training (a good example is “wind sprints,” which are described in *The Blood Sugar Solution*) if you are feeling stronger. I also encourage strength training to build muscle and reduce body fat composition.

Exercise is not a luxury. It’s a necessity when it comes to preventing almost all chronic disease, from heart disease to cancer, from dementia to diabetes, from osteoporosis to osteoarthritis. You cannot age successfully without it. It is simply how we are designed.

**Reduce Stress**

Stress alone can cause many chronic diseases. Take a heart attack. Stress often triggers a cascade of events that cause a heart attack by creating inflammation, causing high blood pressure, and even making your blood more likely to clot.
Finding ways to manage stress and to relax is essential for dealing with nearly all chronic health conditions.

Learn to reduce stress by doing regular relaxation exercises such as yoga, tai chi, meditation, breathing, guided imagery, or whatever it takes to engage the relaxation nervous system, which can lower your inflammation and blood sugar levels as well as increase metabolism and help with your overall health.

Try classes, buy CDs (you can try my UltraCalm audio program), try therapy, or just go out and have fun. Do whatever it takes to hit the pause button on a daily basis and maintain your health.

**Sleep**

I used to think that “MD” stood for “medical deity” and meant I didn’t have to follow the same sleep rules as every other human being. I stayed up late working long shifts in the emergency room, ignoring the demands of my body. It wasn’t until I learned that shift work leads to a shortened life expectancy that I quit.

Unfortunately, our lives are infiltrated with constant stimuli that keep us revved up until the moment we go to bed. It’s no wonder so many of us have trouble getting restful sleep.

Instead of pushing through until your head hits the pillow, try to take a little “holiday” in the two hours before bed. Create a sleep ritual – a special set of little things you do before bed – in order to guide your body into a deep, healing sleep.

Here are some tips on how to restore your natural sleep rhythm. It may take weeks or months, but using these tools in a coordinated way will eventually reset your biological rhythms:

- **Practice the regular rhythms of sleep.** Go to bed and wake up at the same time each day.
- **Use your bed for sleep and romance only,** not for television or even reading.
- **Create an aesthetic environment that encourages sleep.** Use serene and restful colors and eliminate clutter and distraction.
- **Create total darkness and quiet.** Consider using eyeshades and earplugs.
- **Avoid caffeine.**
- **Avoid alcohol.** It may help you get to sleep initially, but it causes interruptions throughout the night, resulting in poor-quality sleep.
- **Get at least 20 minutes exposure to daylight daily.** The light from the sun enters your eyes and triggers your brain to release specific chemicals and hormones like melatonin that are vital to healthy sleep, mood, and aging.
• **Eat no later than three hours before bed.** Eating a heavy meal prior to bed will lead to a bad night’s sleep.

• **Don’t exercise vigorously after dinner.** It excites the body and makes it more difficult to get to sleep.

• **Write your worries down.** One hour before bed, write down the things that are causing you anxiety and make your to-do list for the next day to reduce your worry. It will free up your mind and energy to move into deep and restful sleep.

• **Take a hot salt/soda aromatherapy bath.** Raising your body temperature before bed helps to induce sleep. A hot bath also relaxes your muscles and reduces tension physically and psychically. By adding 1 to 1 ½ cups Epsom salt (magnesium sulfate) and 1 to 1 ½ cups baking soda (sodium bicarbonate) to your bath, you will gain the benefits of magnesium absorbed through your skin and the alkaline-balancing effects of the baking soda, both of which help with sleep.

• **Get a massage or stretch before bed.** This helps relax the body, making it easier to fall asleep.

• **Warm your middle.** This raises your core temperature and helps trigger the proper chemistry for sleep. A hot-water bottle, heating pad – or a warm body – can do the trick.

• **Avoid medications that interfere with sleep.** These include sedatives (which are used to treat insomnia, but ultimately lead to dependence and disruption of normal sleep rhythms), antihistamines, stimulants, cold medication, steroids, and headache medication that contains caffeine.

• **Use herbal therapies.** Try 200 mg of passionflower, or 320 mg to 480 mg of valerian root extract standardized to 0.2 percent valerenic acid one hour before bed.

• **Take 200 mg to 400 mg of magnesium citrate or glycinate before bed.** This relaxes the nervous system and muscles.

• **Other supplements and herbs can be helpful in getting some shuteye.** Try calcium, theanine (an amino acid from green tea), GABA, 5-HTP, melatonin, and magnolia. (I like a product called Kavinace UltraPM that has a form of GABA, melatonin, and 5-HTP all in one. It works well for many of my patients.)

• **Try 1 mg to 3 mg of melatonin at night,** which can help stabilize your sleep rhythms.

• **Get a relaxation, meditation or guided imagery CD.** Any of these may help you get to sleep.
CONCLUSION

Inflammation is a “hot topic” in medicine. It appears connected to almost every known chronic disease from heart disease to cancer, diabetes to obesity, autism to dementia, and, of course, autoimmune disease.

Conventional medicine teaches us to diagnose disease by symptoms, NOT by their underlying causes. But, if you want to cool off inflammation in the body, you must find the source. You must treat the fire, not the smoke.

Give these strategies a try and see if you don’t start feeling less inflamed.

If you have tried *The 10-Day Detox Diet* and are still not completely better (and you have tried it for 40 days), then you should seek out a Functional Medicine practitioner. You can come see me, or one of my Functional Medicine doctors at *The UltraWellness Center* or at the *Cleveland Clinic Center for Functional Medicine* where we treat people from all over the world. You can also find a trained practitioner near you through the *Institute for Functional Medicine*.

The answers are right in front of you. Treat the underlying causes of your illness, and you will begin to experience vibrant health once more.