

# 10 STEPS

for Reversing Your Inflammation  
and Reclaiming Your Energy,  
Happiness and Power



REVERSE AUTOIMMUNE  
DISEASE INSTITUTE

## REVERSE AUTOIMMUNE DISEASE BLUEPRINT

BY

*Dr. Keesha*

HEALING FROM THE INSIDE OUT



# Welcome!

If you have an autoimmune disease, you are attacking yourself. The first question to ask is...

Why does your body want you to die?

I know that sounds dramatic, but that is in essence what is happening. The minute I understood that about my own disease (rheumatoid arthritis or RA), I was able to reverse it and it hasn't come back in over 23 years.

The question is not:

How fast can I get out of my suffering?

What is my body trying to tell me?

What is my body trying to tell me?



Autoimmunity is a combative relationship between you and your body. When you are attacking yourself, there can be no winner.

Another fact you need to understand is that whatever health imbalances you have today didn't happen overnight but started several years ago. This means it can take several years to really break free. You can quickly call a cease fire though and get into a collaborative relationship with your body.

Collaboration means really listening...to you. We aren't taught to listen to the feedback from the body until it turns up the volume and screams.

I have put together,

## 10 Rules for Autoimmune Disease Reversal,

That most doctors do not address, think about, or talk about. I have found they must be addressed if autoimmune disease is indeed going to be reversed.



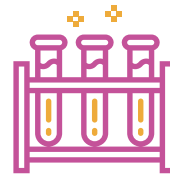
Links for Books



Online Programs to  
Get You Started



Supplements



Functional Medicine

Lab Tests

Scattered throughout the **10 Rules** you will also see:

I use all of this in my practice. Reversing autoimmune disease is not fast, it's not easy, and it's not cheap. It takes a great deal of dedication and commitment to yourself. However, you are just that important, and you deserve the energy and vitality it takes to achieve the dreams and goals you have for yourself.

So, let's get started...



## Rule #1

### Dr. Keesha's Autoimmune Reversal

See and nourish yourself as the unique and vibrant spark of love and light that you are.

You are the champion of your own life and ought to see yourself as the gold-medalist that you are (or can be).

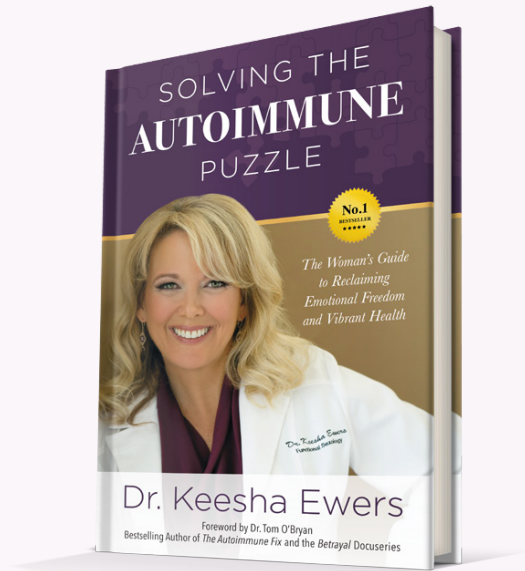


When you see yourself in the mirror do you see your own beauty?

Well I do...I see everyone as the gift to this world they are. If you are bogged down with pain and inflammation, then it's not likely you are feeling very celebratory about your body or life.

Because you are like a snowflake (unique), your inflammatory issues are also unlike anyone else's. This is why the title of one of my books is





## **Solving the Autoimmune Puzzle: The Woman's Guide to Reclaiming Emotional Freedom and Vibrant Health**

You are your own unique puzzle. **The four corners of that puzzle include:**



Your genetics



Your gut health  
(everyone with autoimmunity and  
inflammation have leaky gut),



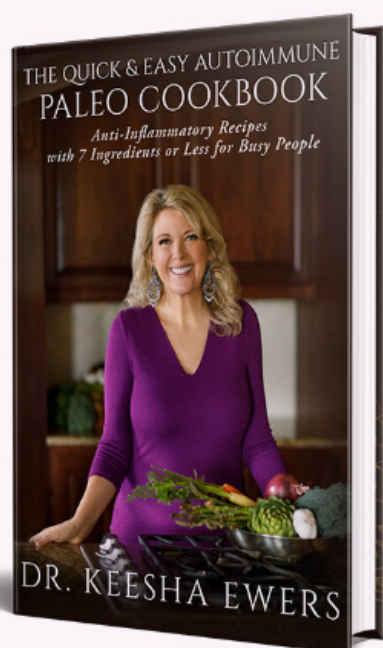
Your toxic load  
(chemicals, drugs, pollutants, viruses,  
bacteria, food sensitivities, fungi,  
parasites, and more),



Past trauma and current  
stress.



Because you are unique there is no one-size-fits-all diet that is going to “**heal**” you. Keto, Vegan, AIP, Paleo are all dietary frameworks that are promoted as right for everyone. This is never going to be true since we are all different. In my cookbook,



## **The Quick and Easy Autoimmune Paleo Cookbook:** Anti-Inflammatory Recipes with 7 Ingredients or Less for Busy People

The second half of the book includes **Dr. Keesha's Freedom Food Plan**. This plan consists of templates that include food swaps and ways of adapting a standard baseline paleo diet (matching to your genetics, Ayurvedic type, and latest lab data) to fit your unique needs—and it makes it quick and easy because we are all busy people but deserve to be nourished nonetheless.

## Rule #2

### Dr. Keesha's Autoimmune Reversal

Don't make your body scream for the self-care  
your mind doesn't believe you deserve.

When you say “**yes**” to something you don't really want to do, you are really saying “**no**” to yourself. Make sure you check in with yourself before you agree to a request for your time.

Will it mean you are going to be  
diverted from your mission in life?

Does it mean you are subjugating  
your own self-care?





Is it something you genuinely want to do and will do without feeling resentment later if your favor isn't reciprocated? Make sure your acts of compassion are **“clean”** and have no strings attached and don't mean you are saying no to yourself.



Resentment can lead to a release of an inflammation causing hormone called cortisol that is related to the **“fight or flight”** response that your body goes into every time you believe your schedule is overwhelming and impossible to keep up with.



My research has shown that the strategies we create in childhood to get our needs met are created in childhood in response to our experiences.

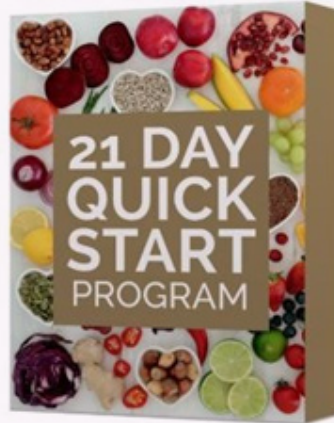


When you are reinforced by your caregivers for being **“good”** and **“helpful”** you create the belief in yourself that your worth is wound up in caring for others.



In adulthood this leads to the behavior of putting everyone before yourself. Balance is key, just as a balanced immune system is what you are seeking.

I put together a



## 21-Day Quick Start Guide

for helping you begin your journey to making yourself important enough to engage in radical and nourishing self-care. I find that most of my patients with autoimmune disease are burdened by perfectionism and the drive to care for everyone else but themselves. Just like we are instructed on airplanes, put the oxygen mask on yourself before putting it on others if you really want to be of use to those around you.

If you would like 21 days of emails with easy and quick hacks to your hormone, immune, and digestive health, **click here**. Just remember...

**You are that important!**

## Rule #3

### Dr. Keesha's Autoimmune Reversal

Practice a Gratitude Attitude and watch your immune system become kinder and gentler as your brain changes in response to your conscious intention of appreciation.

Gratitude changes your brain state and how your immune system responds to you and your world (including viruses and bacteria and the foods you eat).

People who regularly practice gratitude experience more:



Feel More Alive



Positive Emotions



Sleep Better



Express More  
Compassion and  
Kindness



And Even Have  
Stronger Immune  
Systems

You can express your appreciation for the big things and the simple things, such as the fact that you have the eyesight necessary to read this. Watch your thoughts today.

**Do you sink to negative feelings, memories and experiences more than lifting yourself with gratitude and appreciation?**

Gratitude is a skill that must be practiced and practiced and practiced in order to make it a habit.

- In the **🌀21 Day Quick Start Program** I give you some ideas on day 10 for developing the habit of gratitude.
- One of those ideas is to keep a daily gratitude journal.
- Every morning I write about the things I have to be grateful for and at the end of the day I write about all of the things I had to be grateful for in that day.
- These even include the experiences I found challenging. Many people are not used to feeling appreciation for what they think of as **“negative”** experiences. However, those are the ones that help us grow.
- Adopting what I call a **“Gratitude Attitude”** and an actual gratitude practice WITH trauma release therapy changes the brain according to MRI scans.

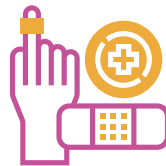


## Autoimmune Deep Immersion Retreats

This is why the **Autoimmune Deep Immersion Retreats** I hold are so powerful:



Positive immune system hacks



Trauma healing



Functional medicine lab/genetics work



Healthy food



And a pristine retreat environment—my home on San Juan Island, Washington)



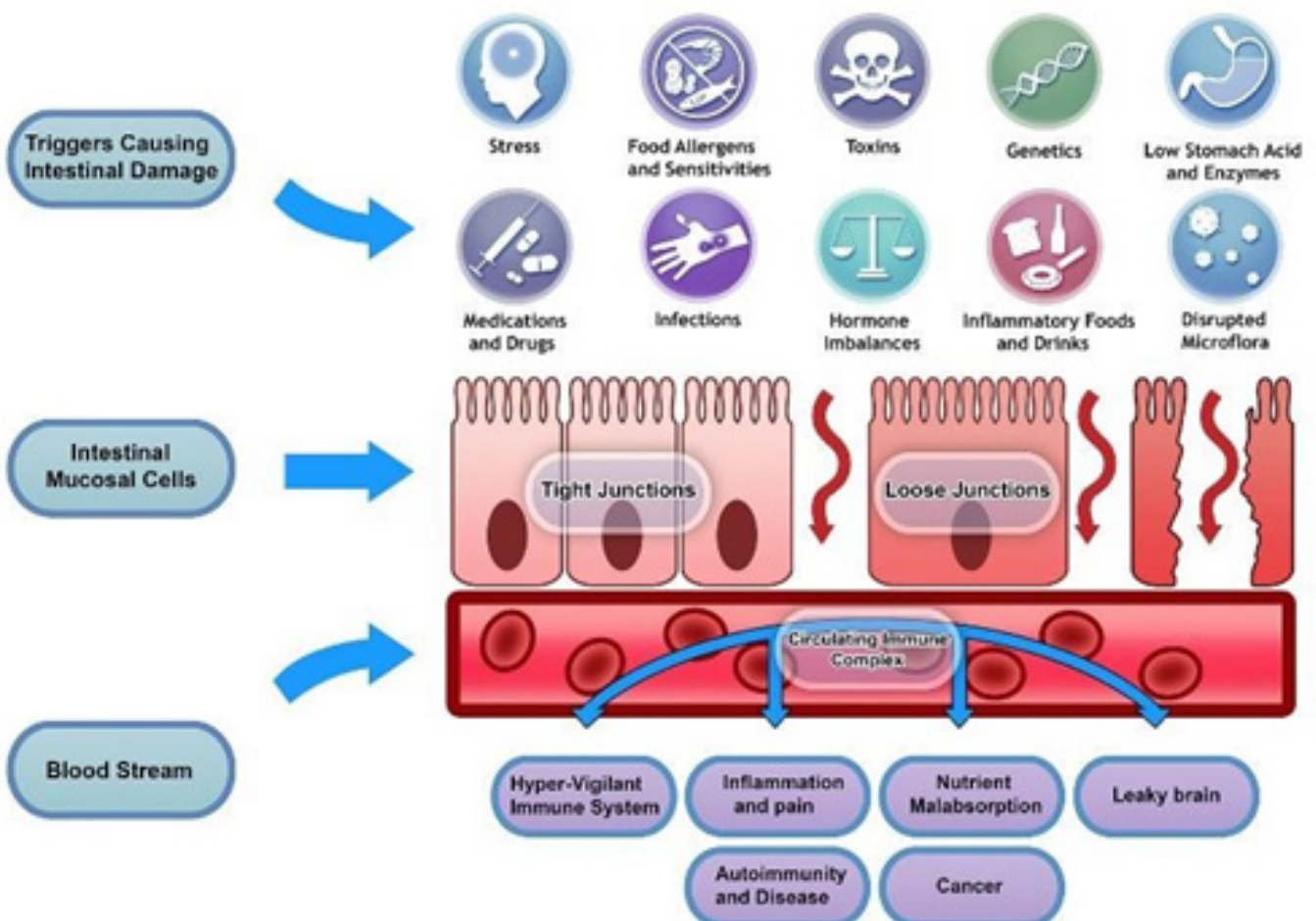
## Rule #4

### Dr. Keesha's Autoimmune Reversal

Heal your leaky gut, which means healing your leaky boundaries.

Leaky gut, or intestinal permeability, is a digestive condition in which food, bacteria, and toxins are able to “**leak**” through the intestinal wall and into your system where your immune system can tag them as enemy invaders. Quite rightly your immune system will attack anything it tags as “**not you.**”

#### From Leaky Gut to Dis-ease



When we have leaky gut, we not only have intestinal permeability, but also:



leaky gums



leaky veins and  
arteries



leaky brain



and leaky relationship  
boundaries

**They come in a package. This means your risk for:**



Dental issues



Heart disease



Cognitive  
problems (the  
least of which is  
brain fog)



And drama in  
your life goes  
way up

Healing the digestive system to get the immune system to calm down is where I start with my patients. I have them do a [!\[\]\(83bbbd261710c59db0214aa27b2edc0d\_img.jpg\) food sensitivity test](#) and a [!\[\]\(d6bd620f45f20291c3c3dab29f2286e8\_img.jpg\) comprehensive stool analysis](#). Depending on the laboratory data findings, we then institute a protocol to create a healthy microbiome and an intact intestinal wall. Again, one size cannot fit everyone.

You can [!\[\]\(166772600a13ad0a433053f90fe45649\_img.jpg\) apply to make an appointment to work with me 1:1 or for a group visit here](#) to discuss the findings and next steps.

## Rule #5

### Dr. Keesha's Autoimmune Reversal

Learn Self-Mastery, even when you think you can't...  
I know you can.

When I conducted the **HEALING UN-RESOLVED TRAUMA (HURT)** Study, I found that the “**buttons**” that get pushed that make us feel like we are going to lose it or like someone or something is standing on our very last nerve, are actually hardwired in childhood. I also found that the wires to those buttons can be clipped through mastering a technique that actually rewires the brain.



I teach you how to do this in the [🌀You Unbroken online program](#) for healing trauma. The Adverse Childhood Experiences (ACEs) Study also indicates that the more capital “T” trauma (physical, sexual, emotional, mental, spiritual abuse) we experience in childhood, the more likely we are to develop chronic illness such as autoimmune disease, heart disease, and cancer in adulthood. In fact, the higher the “ACEs” score, the more at risk we are.

You can read more about this in [🌀Solving the Autoimmune Puzzle: The Woman’s Guide to Reclaiming Emotional Freedom and Vibrant Health.](#)

The good news?



It’s all reversible, even the brain damage caused by **Post Traumatic Stress Disorder (PTSD)**. However, very specific skills must be learned...no, mastered, in order to move quickly from a fight-or-flight stress response to a rest-and-digest or what I call the lifesupport system response. **FOR EVERY 5 MINUTES OF EMOTIONAL UPSET YOU HAVE, IT TAKES YOUR BODY 8 HOURS TO RECOVER!** Think about how in debt you are to your poor body as this point.

Again, this can be changed by mastering the skills I teach you in the:



**Stress Busting Tool Kit** (included in the You Unbroken Program or as a standalone program).

We are not wired to be able to tolerate a constant state of alarm. Even a zebra being chased by a lion is only in fight-or-flight for a short time. Either it gets to safety or it gets eaten. Unfortunately, our culture provokes and even reinforces a perpetual fight-or-flight response and our immune systems simply cannot handle it. They will begin to attack us. The more easily you are emotionally and mentally provoked, the easier it is to provoke your immune system to turn on you.



## Rule #6

### Dr. Keesha's Autoimmune Reversal

Your exposure to toxins + Your body's ability to detox those toxins = Your Vitality Level and Freedom from Dis-ease.

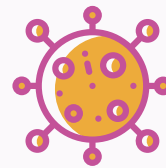
The level of toxicity we are exposed to is growing daily.  
Toxins and toxicants come in many shapes and sized:



Toxic people and experiences.



Electromagnetic Field exposure (EMFs).



Bacterial and viral infections such as staph and Epstein Barr virus.



Heavy metals and chemicals.



Foods you are sensitive to but eat anyway. Even if you do not have markers for celiac disease, you just might be gluten intolerant. Gluten sensitivity occurs on a spectrum.



Mold and other fungal triggers.

Freedom from autoimmunity really means decreasing your exposure to the above toxic sources and increasing your ability to detoxify the harmful effects from a lifetime of

exposure. I talk about each of these toxicants and toxins in my [🌀Whole Individualized Life Detox \(WILD\) Program](#) and give you the ways and means to heal from them. Once again, there is no one-size-fits-all way of detoxifying your system. In fact, generalized detox programs can cause harm to people who have genetic issues with their organs of detoxification. For instance, releasing heavy metals too quickly can cause more harm than good.

If you want to start one thing right now to balance your equation of vitality, try this: Set good boundaries. Not just boundaries with toxic people, but also toxic media exposure (the news for example). Set good boundaries with your own toxic cravings and tell yourself that you love yourself too much to eat the rat poison that sugar and gluten equate with when you have autoimmune disease. (They cause inflammation.)

The other simple thing you can do is order a [🌀Hair Mineral Toxicity Screening Kit](#) and then make an appointment with me to go through the data with you.



## Rule #7

### Dr. Keesha's Autoimmune Reversal

Know your genetics to choose the epigenetic lifestyle choices required to “turn off” the genes that are causing you trouble.

We used to think that if you have a genetic root cause for disease, you were just stuck. However, we now know this is patently untrue. No one can ever tell you that because you have a genetic history, you can blame your current state of health on that. My grandfather had rheumatoid arthritis. I was diagnosed with RA when I was 30. I reversed it within 6 months of diagnosis. My grandfather didn't reverse his disease, he died with it.

**Why?** Because we didn't know about epigenetics in those days, and he didn't know he had a choice. However, now we know, and you do have a choice about how you manifest your genes.



So where do you start?

**With genetic testing.** The data that you will get back from the testing company is garbage, so we provide a downloadable link on the ordering page (look for copy that

is in red and hyperlinked) with instructions about what to do with that data so the raw medical information can be extracted and I can go through it with you.

This takes roughly **45 minutes** to an hour to complete via a telephone appointment with me. What you get are the epigenetic guidelines that you need to follow (diet, supplementation, further testing, etc.) to turn autoimmune genes “off”. [🔗 You can order your test kit here.](#)

In my practice, I never “**treat the gene.**” Instead, your genetics direct me in what other testing needs to be done to see if the “**problem genes**” are actually causing you trouble in real time. This is done by testing for metabolites in your urine. You can order a [linkurine metabolite test here.](#)





## Rule #8

### Dr. Keesha's Autoimmune Reversal

Make friends with your inner critic and create more resilience to outer criticism.

One of the ways I reversed my own autoimmunity was by learning about Ayurvedic medicine, the **10,000-year** old sister science of Yoga. One of the things I learned is that Ayurveda says autoimmune disease occurs more frequently in people who are perfectionists and have undigested anger.



## WOW!

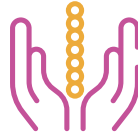
I was a consummate people pleaser and couldn't even begin to believe I had undigested anger within me. I was also so far from perfect that I knew this ancient science was just dead wrong. (Chuckle, chuckle.) It's actually the very person who has those thoughts that needs to step back and realize the accuracy of these autoimmune factors.



It turns out that we are more than just our physical structure. **We are actually composed of 5 layers:**



Physical body



Energy body



Emotional body



Mental and wisdom  
body



The spiritual body

When we are toxic in any of these layers, we feel “dis-ease.”

Anger stuck in the mind will crystalize in the body. Remember, if you are at war with yourself, you have autoimmune disease. This means your immune system is angry by definition.

It turns out that the disease I had led me to a new mindset. It helped me to learn a whole new set of skills. It helped me expand my consciousness and heal from my past sexual abuse.

The freedom I attained from my own autoimmune disease came through learning to radically accept myself just as I am, to stop judging others, to stop looking for offense, to stop trying to make everyone happy, to stop driving myself to be as perfect as possible, and to stop looking at my disease as a cup that is half empty rather than half full.



It was the catalyst I needed to embark on my own SHERO's Journey and evolve into a more flexible, resilient, and loving human being who accepts myself and others just as they are while setting really good boundaries with people who are toxic.

You can learn these skills too through the online program I wrote called the [!\[\]\(99f58673407353e96a019fbca558fd72\_img.jpg\) \*\*Abundance Program\*\*](#). Not only does it bring you an abundance of energy and healing, but also teaches you the skills that can be applied in your finances, love life, professional career, time management, and much more. You can start with a [!\[\]\(2113e5cba4d11862fa536c379e9b61cd\_img.jpg\) \*\*5-Day Free Challenge\*\*](#) by signing up and getting started here.

## Rule #9

### Dr. Keesha's Autoimmune Reversal

Eliminate inflammation and compensate for the degradation we have caused Mother Nature by supplementing with the highest quality and most efficacious nutritional supplements to match your body's unique needs.

I often get asked about whether or not it's absolutely necessary to take nutritional supplements. I always say, **“yes there are 5 supplements everyone should be on.”** Those are:

- A **high-quality fish oil.**
- A **probiotic** that actually matches the needs of your digestive system.
- A great **multi-vitamin** with nutrients you can actually absorb and contains methylated Bs.
- A **calcium-magnesium** product with the correct ratio.
- A highly absorbable form of **Vitamin D3.**



That's for people who are healthy and hale.

**What about when you have an autoimmune disease?**

**What do you take then?**



Well the answer is not straight forward, because you are not the same as everyone else. I use functional medicine laboratory testing, genetics,

Ayurvedic medicine, and your story to guide what you take for your supplement protocol.

However, while we are waiting for that data to come back, I usually start people on an **🌀Autoimmune Essentials Kit**, which contains a high-quality, clean protein powder (comes in chocolate and vanilla), a digestive enzyme that is paired with that protein to help it attain the highest absorption rate, an anti-inflammatory blend of scientifically validated nutrients designed for pain relief, and a natural immune modulator blend. I like my patients with autoimmune disease to take the Autoimmune Essential bundle **AND** the 5 supplements listed above to get started. I find it gets you to your goal faster.

## Rule #10

### Dr. Keesha's Autoimmune Reversal

Forgiveness is done to heal you; it's not for the one(s) who hurt you.



Ten years after I was diagnosed and reversed my autoimmune disease, I was diagnosed with breast cancer. The stories are related, as everyone's are:

- I discovered that my RA was linked to my childhood sexual abuse,
- Repeated childhood strep infections of my urinary tract and throat (with subsequent serial rounds of antibiotics),
- The removal of my tonsils,



- the removal of my gall bladder, the Accutane I went on as a teen to try to treat my horrible acne (a clue from my body that something wasn't right),
- the stress of childbearing (four beautiful children),
- eating foods I didn't know I was highly sensitive to (gluten, sugar, soy, and dairy)
- and the way I perceived myself and my stress.

Four months before I was diagnosed with a tumor over my heart in my left breast, my son had told me that he and two of his siblings had also been sexually abused one day by a teen-aged boy whom I had left them with to take a short run to the grocery store. Naturally, I was instantly filled with the deepest and most abject shame and guilt imaginable. Given my own history, this was the worst thing my kids could have told me. I had failed miserably as a parent in my book.

Within one month of embarking on a journey of deep reflection, mirroring, trauma release therapy, and forgiveness ([🔗the program I have linked here for you](#)), my tumor disappeared. My radiologist said, **“well I don't know what you are doing, but keep it up.”** I didn't tell him, I just smiled and knew that once again a disease had become a catalyst for evolution of consciousness

not only for me, but for my whole family and a young man from my old neighborhood. I didn't tell him, I just smiled and knew that once again a disease had become a catalyst for evolution of consciousness not only for me, but for my whole family and a young man from my old neighborhood.

Forgiveness is not lip service. You can't just say you forgive someone. You have to find them in yourself. Once you are no longer stuck in judgement and recrimination and can see this person as your equal, you are capable of forgiving them and even thanking them for being your teacher. This does not mean you need to talk to them, get in touch with them, or ever see them again. You can forgive without them. Do the practice, and you will see what I mean.

Reconciliation is not the same as forgiveness. You forgive everyone. You only reconcile with those who have shown contrition and asked for forgiveness and demonstrate that they are no longer toxic or dangerous.

Forgiveness is the most powerful medical intervention you can use. It's free. It's not easy. It's also the fastest track to reversing your autoimmune disease, and perhaps even cancer.



# Solving Your Health Puzzle

Whether you have:



Inflammation



Pain



Weight Issues



Skin Flares



Hormone Imbalance



Digestive Problems



Autoimmune  
Disease



Cancer

Inflammation, pain, weight issues, skin flares, a hormone imbalance, digestive problems, a full-blown autoimmune disease, or even, in some cases, cancer, health is a puzzle that **CAN** be solved. You are not an easily categorized disease, you are your own unique puzzle of genetics, toxic exposure, level of cellular vitality, Dosha type (Ayurvedic constitution), digestive health, and you have your own

unique story of past experiences, be they traumatic or otherwise. All of it is you and **ALL** of it needs to be considered by your doctor if you want to do more than just mask symptoms.

Don't worry if you're feeling overwhelmed by all of this information. Sometimes solving your own **health puzzle** can be overwhelming and lead you down a lot of dead ends. That's where I come in. Helping thousands of clients over the years has turned me into an expert in pattern recognition and pattern disruption. I can help you recognize the patterns that are happening in your life, guide you through the testing that will get you the answers you've been searching for about the root of your health issues, and, most importantly, create a path to health that will do more than just mask symptoms.

I teach as I treat. I draw diagrams, make videos, create programs, moderate private Facebook communities, and write books so you will know your own body, mind, heart, and spirit and what they all need to get along with each other as a team. This little book you are reading now is an example of that.





If you are ready to dive in and find and fix ALL of the root causes of your health problems, I am here to help. You can start working with me in a one-on-one healing environment with a virtual consultation where we'll explore your health issues, goals and create a process together that you can use to start your journey to health.



**Click Here to Schedule Your  
1-on-1 Health Consultation**

My team and I successfully navigate women through PMS, perimenopause, menopause, infertility, PCOS, hair loss, weight issues, thyroid disease, skin problems, digestive disorders, anxiety, insomnia, fatigue, depression, and the over 145 autoimmune diseases that impact mostly women.