

THE AUTOIMMUNE PALEO PLAN

**A Revolutionary Protocol To Rapidly Decrease
Inflammation and Balance Your Immune System**



by Anne Angelone, Licensed Acupuncturist

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Rapidly Decrease Inflammation and
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Anne Angelone

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Introduction

You are probably reading this right now because you suffer from an autoimmune condition and know from personal experience that certain foods contribute to your body discomfort and inflammation. You are likely in need of a reliable plan that inspires you, or perhaps you are seeking to refine your current dietary approach. Perhaps you'd like to grasp the depth of the conversation going on between you and the food you eat.

I see patients with various autoimmune conditions such as RA, Ankylosing Spondylitis, Hashimoto's Thyroiditis, Psoriasis, Eczema, Ulcerative Colitis, and Celiac at my clinic in San Francisco.

Without exception, autoimmune patients are in need of an effective anti-inflammatory diet and lifestyle plan to calm down and balance their overactive immune systems.

The following are some general concerns of autoimmune patients:

1. Knowing what to eat and what to avoid.
2. Resolving dysbiosis, SIBO, and repairing leaky gut.
3. Cooling inflammation and oxidative stress.
4. Balancing the immune system.
5. Reducing stress and improving sleep.

Current discoveries in the field of immunity confirm that certain foods and bacteria irritate the mucosal lining of the gut and contribute both to intestinal permeability (aka leaky gut) and the autoimmune response, generally experienced as a flare-up, attack, or an exacerbation of symptoms.

The goal of The Autoimmune Paleo Plan is to fix your leaky gut and eliminate food and bacterial triggers to autoimmune reactions with the ultimate intention of decreasing your flare-ups and severity of autoimmune attacks.

For anyone with an autoimmune disease, eliminating known inflammatory foods from your diet, resolving dysbiosis, and healing the mucosal lining of the small intestine are the keys to optimal health and balanced

immunity.

It may be a new lens through which to consider how poorly digested foods continue to irritate the lining of your gut, feed your yeast and bacterial overgrowths, trigger autoantibody responses, and may set the stage for you to express your genetic tendency to autoimmunity. Yet, since 80% of your immune system is in your gut, you probably already know that digestive health is of paramount importance in healing autoimmune conditions.

The Autoimmune Paleo Plan is designed to rapidly reduce inflammation and heal intestinal permeability via specific dietary interventions. To calm down the immune/inflammatory response and allow the gut to heal, you will need to remove the major offending foods: eggs, grains, alcohol, nightshades, nuts, seeds, legumes, and dairy for at least 30 days. Some will need to continue for several months to a year.

While on the The Autoimmune Paleo Plan, it is important to identify and remove overgrowths of yeast, bacteria and parasites that may also be driving your immune/inflammatory response.

The goal is to increase anti-inflammatory and probiotic foods to heal the integrity of the gut lining while simultaneously eliminating the foods that create a low grade immune/inflammatory response, irritate the gut lining, and feed harmful bacteria (which lead to SIBO and dysbiosis). By eliminating the underlying mechanisms that drive inflammation and autoimmunity, you can modulate and bring balance to your overactive immune system.

Why Paleo?

Paleo is the term used to revere the diet of our pre-agricultural ancestors since it was free of all the grains, processed foods, and sugars that seem to be causing the chronic diseases we face today. In current times, Autoimmune Paleo refers to a lifestyle of embracing an egg, grain, legume, sugar, nightshade, nut/seed, alcohol, and dairy free template of real food nutrition. Based on the fact that these foods are the worst

triggers of chronic autoimmune reactions, we can appreciate this stellar dietary template for autoimmune conditions.

What's the Plan?

In essence, you will be utilizing a nutrient dense, plant strong nutritional model designed to remove foods that activate immune responses, irritate the gut lining, and contribute to leaky gut. After 30 days on this plan you should notice significant health benefits. Some will need to continue strictly on this plan for 1 year or longer before any potential food triggers can be introduced.

Exercising for 30 minutes a day is a natural anti-inflammatory and is encouraged for balanced immune function and enhanced sleep.

The Autoimmune Paleo Plan is encouraged as a safe way of decreasing inflammation in your body and helping to heal your leaky gut. Following the “foods to include” list will supply you with nutrient dense, bioavailable vitamins and minerals. Your immune system and genes will be shored up with the right nutrition, allowing your inflamed gut to begin healing.

The dietary emphasis on whole, organic, and nutrient dense foods contributes to optimal digestion and immune function with anti-inflammatory and antioxidant rich fruit and veggies. Blood sugar will stabilize and adrenals will strengthen with lots of minerals and amino acids from both protein and veggies. Probiotic and cultured foods will help to reduce intestinal inflammation and provide the nutrients necessary for healthy intestinal micro-flora. Add to that lots of water and herbal teas and you'll be off to a great start.

Other significant considerations for autoimmune conditions include resolving dysbiosis, supporting detoxification and methylation, ramping up glutathione, and increasing regulatory T-cells with vitamin D, probiotics, and fish oils. All of this will go a long way to reduce inflammation and balance the immune system.

Many thanks to leaders who have influenced me in the field of Functional Medicine and Paleo Nutrition: Dr. Eric Gordon, Dr. Tom O'Bryan, Dr. Terry

Wahls, Dr. Jeffrey Bland, Dr. Datis Kharrazian, Dr. Alex Vasquez, Dr. Mark Hyman, Dr. Alison Siebecker, Sarah Ballantine, Ph.D., Chris Kresser MS, L.Ac., Diane Sanfilippo, BS, NC, Robb Wolf, Nora Gegaudas, Dr. Loren Cordain, Mat Lalonde Ph.D, Dr. Alessio Fasano, Elaine Gottschall, Natasha Campbell McBride, Stephen Wright and Jordan Reasoner.

The Autoimmune Paleo Plan is inspired by successful treatment outcomes in applying Nutrigenomics, Functional Medicine, Dr. Kharazzian's RepairVite program, and the Paleo Autoimmune Protocol. Many thanks to Elaine Fawcett and Sarah Ballantyne, PhD. for help in writing, editing and getting the word out about nutrition for autoimmune conditions.

What triggers autoimmunity?

We now know that genes and the environment are not the only two predisposing factors for autoimmunity. It is now recognized that our genes and environmental triggers interact only due to a breach in the intestinal barrier.

Leaky gut is now recognized as the breached barrier through which our genes and environmental triggers interact and is thus considered the third predisposing factor that sets the stage for autoimmune reactions.

What exactly is leaky gut?

Intestinal permeability (aka leaky gut) refers to the opening of the mucosal lining in the small intestine, which allows food, yeast, and bacteria in the intestines to interact with the immune system.

Dr. Alessio Fasano, of the Maryland Center for Celiac Research, has demonstrated that intestinal permeability or “leaky gut” plays a significant role in triggering most autoimmune conditions.

Considering this connection, healing a leaky gut may prove to be the key to halting the progression of autoimmunity. The questions to keep in mind in terms of preventing autoimmune reactions are:

1. What triggers leaky gut?
2. Can I identify and remove gut irritants?
3. Is there a way to hack my genes to shut down the inflammatory response and allow for disease free expression?

How Do I Know If I Have Leaky Gut Syndrome?

These days you can do a test to find out and some obvious signs of leaky gut syndrome include gas, bloating, poor digestion, multiple food and chemical sensitivities, gut pain, and inflammation. Some not so obvious signs of leaky gut (which manifest outside the small intestine) include decreased mental clarity (aka brain fog), headache, depression, allergies, eczema, body aches, and fatigue.

Fixing a leaky gut is definitely a priority for autoimmune conditions.

The plan is always to remove leaky gut triggers, resolve dysbiosis, and restore a healthy intestinal barrier to reduce any systemic inflammatory reactions that are driving auto-antibody attacks (i.e. your autoimmune condition).

Intestinal permeability has been found in connection with the following autoimmune diseases: Ankylosing Spondylitis, Aphthous stomatitis, asthma, autism, autoimmune gastritis, autoimmune hepatitis, Behcet's Syndrome, Celiac disease, Depression, Dermatitis Herpetiformis, Type 1 Diabetes, Eczema, Gut migraine in children, and Hashimoto's Thyroiditis. Leaky gut is also frequently seen in asthma, psoriasis, and nearly all of the currently so called idiopathic juvenile arthritides.

The most common triggers of leaky gut are gluten, lectins, saponins, dysbiosis, SIBO, oral contraceptives, alcohol, antacids containing aluminum hydroxide, aspirin, naproxen, ibuprofen, acetaminophen, corticosteroids, antibiotics and chronic stress.

Gluten, lectins and saponins are plant proteins that can be difficult to digest and therefore may contribute to "leaky gut". Since these proteins may degrade the mucosal lining of the gut and lead to autoimmune reactions, patients with autoimmune conditions should avoid them while on this plan and possibly longer.

SIBO and Dysbiosis

Beyond removing inflammatory foods and healing a leaky gut, patients with autoimmune conditions need to investigate small intestine bacterial overgrowth and dysbiosis that may contribute to leaky gut and the auto-antibody response. Dysbiosis refers to an overgrowth of yeast, bacteria, and/or parasites located in the gastrointestinal tract.

Small Intestine Bacterial Overgrowth (SIBO) is now being considered as a significant yet overlooked cause of IBS. SIBO can cause nausea, gas, bloating, diarrhea, and/or constipation. Bacterial toxins from SIBO (called lipopolysaccharides) can impair absorption, and result in nutrient deficiencies, fat malabsorption, food intolerances, poorly functioning digestive enzymes, leaky gut, and the auto-antibody response (i.e. autoimmune reactions).

What Causes Bacterial Overgrowth?

The entire gastrointestinal (GI) tract contains bacteria, both good and bad. The small intestine contains bacteria different from that of the large intestine. In the case of SIBO, the small intestine contains too much bacteria, and these bacteria more closely resemble the bacteria of the colon. These bacteria consume sugars and carbohydrates, producing large amounts of gas. FODMAP malabsorption (see below), inadequate dietary fiber, hypochlorhydria (decreased stomach acid), and pancreatic enzyme deficiency set the stage for inadequate digestion in susceptible individuals and contribute to poorly digested carbs which in turn feed bacteria in the small intestine. Bacterial endotoxins, called lipopolysaccharides, further contribute to leaky gut and the inflammatory fire that needs to be extinguished.

To correct the problem, a no grain, low starch diet is imperative and suggested in the Autoimmune Paleo Plan. Some may need to completely restrict allowable starches like yams and sweet potatoes and go for a «no starch» version of the Autoimmune Paleo Plan to completely starve SIBO (i.e. no yams, sweet potatoes, dense carbs) Others may also need to use antibiotics and/or botanical antimicrobials (dysbiotics) along with extra hydrochloric acid and digestive enzyme supplementation.

Food Sensitivities

Immunogenic or Allergenic?

Immunogenic reactions to foods are inflammatory responses which activate part of the immune system but will not cause an IgE allergy response or anaphylactic shock. This causes a low grade inflammatory response or an IgG reaction. This means that you are sensitive, rather than allergic. There are many possible foods that may be creating this response in your immune system. Common foods that create this response include gluten, dairy, corn, soy, and nightshade vegetables. With a smoldering and undetected IgG response, along with a leaky gut, the potential for the autoantibody response also increases as your immune system is now on high surveillance in order to attack the similar protein structures of the offending foods. In the cross-fire, your immune system may confuse your joint tissue or your thyroid as “foreign”. Even though it's trying to do its job, think of it as the immune system coping with an unnecessary burden that can be dropped by eliminating these foods.

Cross Reactive Proteins

If you have a known gluten intolerance, as most with autoimmune conditions do, proceed with caution if reintroducing these proteins as they may cause the same antibody/inflammatory reaction as gluten does: dairy proteins (casein, casomorphin, butyrophilin, and whey), oats, brewer/baker’s yeast, instant coffee, sorghum, millet, corn, rice and potato.

If symptoms come back after going off the protocol, you can always return to the AIP template to rapidly decrease the inflammatory response. Always check with your doctor if you have a flare up of symptoms.

The Autoimmune Paleo Plan attempts to reduce known allergenic and immunogenic substances in order to reduce the immune/inflammatory response that many patients are getting from these foods.

Support your immune system: Going Beyond TH1 and TH2

When we manage an autoimmune disease in functional medicine, we identify why the immune system is imbalanced, and then work to restore that balance. The pro-inflammatory side of the immune system (also called “TH-1”) responds immediately to an invader in the body. The anti-inflammatory side of the immune system (“TH-2”) has a delayed response and produces antibodies to an invader. These antibodies tag the invader so that if it shows up again, the immune system can respond more quickly. In a healthy person, these two systems work in balance. However, in the person with an autoimmune disease, one of these systems has become overly dominant.

This polarity between TH-1 and TH-2 underlies autoimmune conditions, and we use nutritional therapies to help restore balance. This helps tame inflammation and autoimmune disease.

The New Immune Player: TH-17

Studies have increasingly spotlighted another important player in the immune system called TH-17. While appropriate expression of TH-17 is important for immune defense, over-activation of TH-17 plays a key role in autoimmune disease and chronic inflammatory disease. When it comes to quenching flare-ups, TH-17 is our newest target. Since TH17 activates Nuclear Factor Kappa Beta, if we can remove triggers and break the cycle of inflammation with specific nutrients and botanicals, we can go a long way to decreasing inflammation.

Nutrigenomics

For all autoimmune reactions, the goal is the suppression of the inflammatory response. Nutrigenomics is an exciting field of nutritional science that looks at how food/nutrients can regulate inflammatory gene expression and thus suppress the inflammatory response.

The process of silencing inflammatory gene suppression via certain nutrients is called DNA methylation.

Many patients with autoimmune conditions are genetically predisposed to methylation defects and need to consider supplementing with folate,

vitamin B6, and vitamin B12 to ensure proper methylation. Daily green smoothies will supply a good source of these methylation factors and are encouraged.

Hacking inflammation via silencing NFkB: Nuclear Factor Kappa Beta

NFkB is a pivotal transcription factor that stimulates pro-inflammatory gene expression. When we investigate what activates NFkB, we can appreciate why it's important to treat the root cause of inflammation.

Leaky gut, dysbiosis, SIBO, food sensitivities, stress, and viruses can all activate NFkB and lead to an increased expression of pro-inflammatory genes that code for the production of inflammatory cytokines. Of course the goal is to root out the triggering source of this inflammatory response by eliminating poorly digested proteins, resolving dysbiosis, SIBO, and healing up your leaky gut.

Along the way we can modulate NFkB with botanicals like curcumin. Supporting nitric oxide system pathways with Huperzine A, Vinpocetine, Adenosine, Alpha-Ketoglutaric Acid, and L Acetylcarnitine is another key aspect of autoimmune regulation. This will aid in dampening inflammation and lead to tissue repair.

The addition of these remedies, along with eliminating the causes, breaks the cycle of inflammation by decreasing TH17 and inhibiting NFkB. This shuts down the expression of inflammatory genes, their cascade of cytokines, and the progression of your autoimmune condition.

Immune Regulation

Curcumin also work by supporting “regulatory T cells.” These cells do what they say—they regulate the activity of TH-17, TH-1, and TH-2, keeping all the facets of the immune system in check. When they don't work efficiently, the immune system can tip out of balance, thus promoting inflammation and autoimmunity. Other compounds that successfully support this regulatory system include vitamin D3, vitamin A, fish oil, and specific probiotic strains. Also nutrients that boost activity of our master antioxidant glutathione like NAC, Alpha lipoic acid, L-glutamine, Milk

Thistle, Cordyceps, Centella Asiatica, Selenium, and nutrients that act on nitric oxide pathways as recommended above.

Getting started on the Plan:

The Autoimmune Paleo Plan

Guidelines:

Do's

- Eat organic, pastured, grass fed animal protein and wild fish.
- Eat carbohydrates from fruits and vegetables.
- Eat fat from avocados, coconut, and olive oil.
- Eat low glycemic fruits and non-starchy vegetables.
- Eat fermented foods like sauerkraut, coconut kefir, and yogurt.
- Eat Superfoods on a daily basis.
- Eat fiber from fruits and vegetables.
- Eat colorful veggies.
- Drink 8 glasses of water including veggie or bone broth daily.
- Exercise every day, preferably for 30 minutes.
- Meditate for at least 5 minutes per day.
- Take daily detox baths with Epsom salts, and baking soda.
- Drink green smoothies daily.
- Get 7-9 hours of sleep.
- Consider digestive enzymes, hydrochloric acid, and apple cider vinegar.

Don'ts:

- No grains at all.
- No dairy products
- No genetically modified organism (GMO) foods.
- No processed foods.
- No refined sugars.
- No wine or alcohol.
- No cereals or grain like seeds.
- No smoked or salted foods.
- No ibuprofen, aspirin or acetaminophen, naproxen.
- No legumes (e.g. peanuts, beans, lentils, peas, and soybeans).
- No nuts, seeds or seed based spices.
- No nightshade vegetables.
- No fruit juices.
- No skipping meals.

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Foods To Include:

Fruits:

Apples, apricots, Asian pears, bananas, blueberries, blackberry, boysenberry, cherries, cranberry, figs, grapefruit, kiwi, lemons, limes, melons, nectarine, oranges, peaches, pears, persimmons, plums, pluots, plantains, pomegranate, raspberry, strawberry.

Caution: watermelon, mango, pineapple, grapes, dried fruits, dehydrated fruits.

Vegetables:

Asparagus, arugula, artichoke, avocado, basil, beet, beet greens, broccoli, broccoli rabe, burdock, bok choy, cabbage, carrots, cauliflower, celery, chard, chicory, collards, chard, cucumber, scallion, Jerusalem artichoke, jicama, kale, kohlrabi, lambsquarters, leeks, lettuce, mustard, nettles, okra, onions, purslane, spinach, summer squash, turnips, artichoke hearts, Brussels sprouts, daikon radish, zucchini, fennel root, dandelion greens, red cabbage, green cabbage, Napa cabbage, water chestnuts, watercress, radish, shallot, turnips.

Dense carbs: Beets, acorn squash, butternut squash, yams, sweet potato, taro, plantain and lotus root,

Dense carb FODMAPs: yams, butternut squash and sweet potatoes.

Fungi: Button mushrooms, portabella, oyster, chanterelle, puffball, crimini, etc.

Wild fish: Salmon, mackerel, herring, halibut, shellfish, oysters, cod, tuna, flounder, sardines, hake, skate, trout, red snapper, etc.

Meat: Beef, chicken; quail, squab, duck, goose, turkey, Cornish game hen; pasture-raised lamb, pork, buffalo/bison, goat, emu, ostrich, sausage (without fillers or nightshade spices); liver, kidney, heart, organic sliced meats (gluten, sugar free), uncured nitrate/nitrite-free deli meats and bacon from grass-fed/pastured beef/pork.

Milk and yogurt: coconut milk, unsweetened coconut yogurt.

Fats: extra virgin olive oil, coconut oil, flaxseed, sesame, walnut, hazelnut oil, coconut oil, red palm oil.

Caution: nut and seed based oils: flaxseed oil, sesame oil, walnut oil, hazelnut oil, macadamia nut oil.

Coconut: coconut oil, coconut butter, coconut milk, coconut cream, unsweetened coconut yogurt, unsweetened coconut flakes, coconut aminos, coconut kefir.

Beverages: filtered or distilled water, herbal tea, mineral water, broths, freshly made veggie juice, green smoothies, kombucha, kefir water, coconut kefir.

Teas: Herbal teas: Peppermint, ginger, lemongrass, spearmint, chamomile, rooibos, lavender, cinnamon, milk thistle.

Fermented foods: sauerkraut, pickles, pickled ginger, pickled cucumbers, unsweetened coconut yogurt, unsweetened coconut kefir (without corn or rice-based thickening agents), kombucha, kimchee, kefir water, pickles fermented with salt, beet kvass, lacto-fermented vegetables and fruits such as fermented beets, carrots, and green papaya.

Condiments: Apple cider vinegar, Balsamic vinegar, coconut vinegar, Red Boat fish sauce and coconut aminos.

Herbs and spices: turmeric, ginger, rosemary, basil, cilantro, garlic, ginger, lemongrass, peppermint, oregano, parsley, sage, sea salt, thyme, tarragon, spearmint, marjoram, mace, chives, chamomile, chervil, cinnamon, bay leaves, cloves, dill, horseradish, saffron, sea salt.

Caution: black pepper, allspice, white, green and pink peppercorns, juniper, cardamom, star anise and vanilla bean.

Sugar substitutes: cinnamon, mint and ginger.

Caution: honey, maple syrup, molasses, unrefined cane sugar, and date sugar.

Foods to Eliminate:

Nightshade vegetables: this includes potatoes (not sweet potatoes), all tomatoes, red and green peppers, chili peppers, eggplants, tomatillos, sweet bell peppers, jalapenos, cayenne, Habanero, Anaheim and Serrano et al. peppers. Avoid chili peppers in dried powders such as paprika, chili powder, curry powder, chili pepper flakes, hot sauces, Tabasco sauces, salsas, goji berries and ashwaganda.

Fruit: avoid canned fruits.

Caution: watermelon, mango, pineapple, grapes, dried fruits and dehydrated fruits

Processed and canned meats: bacon, fatty cuts of lamb, beef, pork, deli meats, smoked/dried/salted meat and fish.
Sausages and deli meats with seed-based or nightshade spices.

Fish: Whale, shark, swordfish.
Farmed tilapia and catfish quantities should be moderate.

Nuts and Seeds: Avoid all nuts and seeds including almonds, Brazil nuts, cashews, chestnuts, hazelnuts, macadamias, pecans, walnuts, pine nuts, pistachios, pumpkin, and sunflower seeds and seed based spices: anise, annatto, black cumin, celery, coriander, cumin, dill, fennel, fenugreek, mustard, nutmeg, poppy, sesame.

Dairy: cow and other animal (goat/sheep) milks, cheese, cottage cheese, cream, butter, yogurt, ice-cream, non-dairy creamers, soy milk, whey, butter, cheeses, frozen desserts, mayonnaise.

Oils: margarine, butter, shortening, any processed hydrogenated oils, peanut oil, mayonnaise.

Beans and Legumes: avoid-all beans, black-eyed peas, cashews, chickpeas, lentils, miso, peas, peanuts/peanut butter, soybean and soy products.

Fungi: avoid medicinal mushrooms e.g. Shiitake, Maitake and Reishi mushrooms.

Soy: soy milk, soy sauce, tofu, tempeh, soy protein, edamame.

Drinks: sodas, fruit juice, alcoholic beverages, coffee, green, black tea, all caffeinated beverages.

Condiments: ketchup, relish, soy sauce, BBQ sauce, chutneys, other condiments, baker's and brewer's yeast.

Sweeteners: avoid white or brown sugar, high fructose corn syrup, corn syrup, fruit sweeteners, Truvia, maple syrup, agave, brown rice syrup, Splenda, Equal, Nutrasweet, Xylitol, stevia, raw green stevia.

Grains: amaranth, barley, buckwheat, corn including cornmeal and popcorn, millet, oats, oatmeal, quinoa, rice, rye, sorghum, teff, triticale, and wheat including varieties such as spelt, emmer, farro, einkorn, kamut, durum and other forms such as bulgur, cracked wheat and wheat berries.

Grain products: corn tortillas, chips, starch, syrup, noodles, cakes, breads, rolls, muffins, noodles, crackers, cookies, cake, doughnuts, pancakes, waffles, pasta, tortillas, pizza, pita, flat bread.

Grain like substances or pseudo-cereals: amaranth, buckwheat, cattail, chia, cockscomb, kañiwa, pitseed, goosefoot, quinoa, and wattleseed (aka acacia seed).

Gluten containing foods: BBQ sauce, binders, bouillon, brewer's yeast, cold cuts, condiments, emulsifiers, fillers, gum, hot dogs, hydrolyzed plant and vegetable protein, ketchup, soy sauce, lunch meats, malt, malt flavoring, malt vinegar, matzo, modified food starch, monosodium glutamate, non-dairy creamer, processed salad dressings, seitan, stabilizers, teriyaki sauce, textured vegetable protein.

Legumes: including peas, beans, lentils, soy, and peanuts.

Lectins: Avoid nuts, beans, soy, potatoes, tomato, eggplant, peppers, peanut oil, peanut butter, soy oil, etc.

Dairy: all dairy products, including milk cream, cheese, from cows, goats, sheep, etc.

Eggs: or foods that contain eggs (e.g. mayonnaise).

Alcohol: all alcohol.

All processed food: cured meats, sugar, pre-mixed seasonings and sauces, mayonnaise, mustard, canned foods.

Sugars: Avoid: white or brown sugar, high fructose corn syrup, corn syrup, fruit sweeteners, Truvia, agave, brown rice syrup, Splenda, Equal, Nutrasweet, Xylitol, stevia, raw green stevia, coconut sugar and palm sugar.

Seed based spices: anise, annatto, black cumin, celery, coriander, cumin, dill, fennel, fenugreek, mustard, nutmeg, poppy, sesame, cacao.

Berry and fruit based spices: black pepper, allspice, white, green and pink peppercorns, juniper, cardamom, star anise and vanilla bean.

Coffee: Remove coffee for 30 days, reintroduce and note reactions.

Tea: Remove caffeinated teas for 30 days, reintroduce and note reactions.

Avoid immune stimulants: Echinacea purpurea extract, astragalus, ashwaganda, beta glucans, chlorella, glycyrrhiza, licorice root, goldenseal, panax ginseng, grape seed extract, Melissa officinalis (lemon balm), Maitake, Reishi, Shiitake, caffeine, green tea, coffee, lycopene, pine bark extract, willow bark, pycnogenol, genistein, quercetin.

A word about *Caution foods*:

Generally speaking, these foods are either immunogenic, hard to digest, likely to feed gut bacterial overgrowths, dysbiosis, and/or contribute to blood sugar imbalance. If your gut immunity is strong (no overgrowths, no dysbiosis, no food reactions, healthy gut lining), and your blood sugar is balanced, these items may be tolerated in moderation.

Considerations:

FODMAPs: describe short-chain carbohydrates found in many common foods. *FODMAPs* stands for Fermentable Oligo-, Di- and Mono-saccharides, and Polyols (sugar alcohols).

FODMAP intolerance can tip you off to the possibility of having small intestine bacterial overgrowth. If poorly digested, these carbs will feed bad bacteria (*SIBO*), which in turn produce methane and hydrogen gas that can cause bloating, cramping, burping, gas, diarrhea and other bowel problems that generally get diagnosed as IBS. If these bacterial overgrowths remain untreated, they may contribute to leaky gut and the inflammatory/immune response.

If you have IBS symptoms and are not improving on the *standard* Paleo Autoimmune Protocol, the best way to check for *FODMAP* sensitivity would be to remove these foods for at least 30 days and then reintroduce them and check for *SIBO* if there is no change. If you desire to reintroduce these foods, make sure you have resolved the root cause of your *FODMAP* intolerance to avoid symptoms.

FODMAPs in the AIPP:

Apples, artichokes, apricots, cherries, pears, plum, persimmon, nectarines, peaches, pluots, artichoke, asparagus, cabbage, garlic, leeks, okra, onions, radicchio, avocado, beet root, broccoli, Brussels sprouts, mushrooms, butternut squash, pumpkin, cauliflower, celery, fennel bulb, mushrooms, sauerkraut, dried coconut, coconut flour, coconut milk, coconut cream, coconut butter, honey, grapes, dried fruits, blackberries, apricots, shallots.

SIBO caution foods in the AIPP: Parsnips, yams jicama, kohlrabi, okra, sweet potato, taro, plantain, Jerusalem artichoke, parsnips, lotus root, cassava root, manioc, tapioca, yucca.

Reintroduction of Foods:

Eliminate any foods on the “include” list that you suspect are problematic and do not agree with your constitution. For those not improving on the *standard* AIP and for those considering reintroduction of foods, it’s important to be aware of the foods, herbs and compounds that may contribute to your symptoms and/or autoimmune reactions. These include *FODMAPs*, starchy foods that contribute to *SIBO*, foods that create an antibody response (food sensitivities), high oxalate, high histamine and high salicylate foods, cross reactive proteins and immune stimulating herbs and compounds.

Since reintroduction of foods may cause pronounced reactions, it’s important to inform your medical practitioner about your diet and about reintroducing foods and any exacerbation of symptoms.

When reintroducing a food, do so one food at a time, wait 72 hours, note any reactions (headache, joint ache, skin rash, decreased mental clarity etc.), wait until the symptom subsides, then reintroduce the next food.

Delicious Recipes:

Coconut Yogurt:

1. Heat 1 quart of unsweetened coconut milk to 105F - 110F.
2. Add ¼ teaspoon of yogurt starter and pulse 2x with the blender. You can add more than 1/4 teaspoon per quart if a very firm yogurt is desired.
3. Plug in your yogurt maker and pour the mixture into your yogurt maker container or containers and ferment for 12 hours.
4. Place in refrigerator for 4 hours. Enjoy with blueberries.

Green smoothies:

1/2 a bunch dino kale or swiss chard, cut out stalks
1/2 inch ginger
½ cup blueberries
5 cups of water
Blend for 5 minutes

Veggie stew:

1 and ½ cups water, divided
4 cups sliced onion
2 cups thinly sliced leek
1 1/2 cups (1/2-inch-thick) sliced carrots
3 cups (1-inch) cubed daikon (about 1 pound)
1 bay leaf
4 cups (1-inch) cubed zucchini (about 1 1/2 pounds)
1/2 teaspoon ground cinnamon
dash of saffron
4 garlic cloves, minced
6 cups chopped Swiss chard (about 12 ounces)
1/2 cup chopped cilantro
2 1/2 teaspoons salt, divided
2 tablespoons fresh lemon juice

Add all ingredients to a crock pot or slow cooker. Cook on high heat for 2-3 hours.

Fabulous Kale Chips

Servings: 4.

1 large bunch of dino kale, stems removed and leaves chopped

extra virgin olive oil

sea salt to taste

Massage Kale with olive oil, sprinkle with sea salt and bake at 350 for 15 min. Let cool and give thanks for a great snack!

Grill pan chicken collard wrap

Servings: 2.

6 collard leaves, cut lengthwise into two large pieces (stems removed)

carrot, cucumber, celery, cut into sticks

handful of cilantro, whole or chopped

avocado, sliced into wedges

2 organic chicken breasts coated with olive oil thyme and sea salt

Grill chicken, cut into slices and make a wrap with crunchy veggies inside the collard greens.

Tri-Tip Steak and Asparagus

Servings: 3

Tri-tip steak (1 pound)

1 head of asparagus

olive oil

sea salt

2 sprigs of fresh rosemary

Coat everything with olive oil, chopped rosemary, and salt. Grill to perfection.

Paleo Paillard

Servings: 5.

5 chicken breasts

salt to taste

1/2 cup coconut flour

3 TB olive or coconut oil

1 cup chicken broth

3 TB capers, drained and rinsed

4 sprigs fresh thyme

Coat chicken with olive oil, and salt. Then dip in coconut flour. Transfer chicken in a single layer to hot skillet and cook chicken cutlets 3 or 4 minutes on each side with capers and thyme. Add broth and cook for 15 minutes. Serve.

Braised Greens

Servings: 4.

2 TB coconut or olive oil

2 heads of greens

1/2 yellow onion, chopped

3 garlic cloves, chopped

1 1/2 cup vegetable, chicken, or beef stock

salt to taste

2 TB apple cider vinegar

Sautee onion and garlic until golden brown then add greens, salt and vinegar. Cover and let the greens cook down for 20 minutes.

Sweet Potato Fries

Servings: 4.

3 medium sweet potatoes, washed and peeled

3 TB coconut or olive oil

1 TB salt or to taste

Coat sweet potatoes with oil, salt. Spread on a baking sheet and bake at 425 for 20 minutes.

Carmelized Brussels Sprouts

Servings: 4.

1 lb Brussels sprouts

3 TBS balsamic vinegar

3 TBS olive oil

Sautee sprouts in olive oil on low heat until tender. Increase to high heat and add balsamic vinegar, stir for 30 seconds, turn off flame and season with salt to taste.

Baked Tilapia with Lemon and Fresh Herbs

Servings: 4.

1 shallot, finely chopped

4 tilapia fillets

4 teaspoons olive oil

sea salt

1 teaspoon finely chopped fresh thyme leaves

½ TBSP chopped parsley

½ TBSP fresh cilantro

1 teaspoon salt

finely grated zest of 2 lemons

Mix herbs and seasonings with olive oil. Add Lemon zest and spread half of seasoning over fish. Place fish in broiler pan lined with parchment paper. Broil in pre-heated broiler for 3 minutes. Turn fish, applying remaining seasoning and broil for 3-5 minutes. Serve.

Grilled Balsamic Pork Tenderloin

Servings: 6.

8 garlic cloves, coarsely chopped

1 tablespoon fresh oregano, finely chopped

1 tablespoon fresh thyme, finely chopped

1 tablespoon fresh rosemary, finely chopped

1 teaspoon salt

¼ cup balsamic vinegar

½ cup olive oil

2 one pound pork tenderloins

Marinate pork for up to 24 hours in above ingredients.

Grill to perfection. Serve.

Cilantro Roast Chicken

Servings: 2-4.

1 whole chicken, 6 lbs.

1 lime, juiced

1/2 bunch cilantro

3 green onions, chopped

6 cloves garlic, peeled

1/4 cup olive oil

1 TBSP coconut oil

salt

Chop and mix ingredients, rub chicken. Bake at 400 for 45 minutes.

Garlic Rosemary Salmon

Servings: 2.

2 salmon fillets

5 cloves garlic, crushed

olive oil - enough to coat the salmon

dried rosemary to taste

the juice from 1 lemon

Mix garlic with dill, olive oil, lemon and coat the salmon. Grill pan to perfection.

Beef Stew

Servings: 4-6

grass-fed beef brisket 3 Lbs.

10 garlic cloves, peeled

salt to taste

1 bay leaf

1 ½ cups beef broth

8 cups of veggies leeks, carrots, celery, onions.

Cut slits into beef and add a peeled garlic clove in each. Sprinkle salt on beef. Chop up your veggies and add all ingredients to the slow cooker. Set on high for 4 hours or low for 8 hours.

Crock Pot Chicken

Servings : 6.

2.5 lbs boneless, skinless chicken thighs

3 parsnips

3 carrots

4 celery stalks

1 red onion

10-12 whole garlic cloves

1/4 cup coconut oil

1 cup chicken broth

1 TB fresh thyme

1 TB fresh sage

Sea salt to taste

Add everything to your crock pot and let cook on high for 4 hours.

Sauteed Kale

Servings: 4.

2 bunches of kale, leaves pulled off, discard stems

2 cloves garlic, finely chopped

1 TB olive oil

Sautee garlic in olive oil until golden brown, add in kale until tender.

Ginger Salmon and Broccoli

Servings: 4.

1 head broccoli, cut into florets

2 TB coconut oil

Sea salt

1 pound salmon

squeeze of lemon

¼ bunch fresh cilantro

1 TBSP ginger, chopped

2 TBS coconut aminos

Cover salmon with coconut oil, cilantro, ginger, coconut aminos and a squeeze of lemon.

Grill pan to perfection and serve with steamed broccoli.

Nori Chips

Servings : 1.

3 Nori sheets

olive oil

sea salt

Preheat oven to 350. Cut Nori sheets into four and place on baking sheet. Brush or massage Nori with oil. Add sea salt and whatever spices you choose. Bake for 15 minutes. Let cool.

Desserts

Paleo Berry Ice Cream

Servings : 4.

1 pint of blueberries or your favorites

1/2 cup coconut milk

1 tsp vanilla extract

Blend everything in your food processor and place in freezer.

Raspberries with Balsamic and Coconut Milk

Servings : 2.

40 Raspberries

2 TB balsamic vinegar

coconut milk

Cover raspberries in a bowl with 2 TBS of balsamic and let sit for 15 minutes. Drizzle with coconut milk.

Snacks

Cucumber with sea salt
Herbal tea
Mixed fruit
Coconut milk smoothie with plum, nectarine, peach, apple
Nori Chips
Kale Chips
Coconut water kefir
Coconut yogurt
Avocado with sauerkraut
Grated, Carrot, Daikon with Nori
Bone Broth
Veggie Broth

Super Sonic Salad:

1 cup butter lettuce
1 cup spinach
1/2 cup dino kale (shredded)
1/4 cup parsley
1/8 cup fresh basil
1/8 cup carrots (diced or shredded)
1/8 cup celery (diced)

Ginger Avocado Power Dressing:

1/2 cup coconut or olive oil
1/3 cup raw apple cider vinegar
1/4 cup coconut aminos
1/2 cup water
2 tablespoon fresh ginger, grated
1 avocado

Blend and dress your salad!

Basic Beef Bone Broth:

4 quarts water
2 lbs beef bones (or oxtail)
6 garlic cloves

3 ribs of celery
1 onion chopped
2 tablespoon apple cider vinegar
1 teaspoon sea salt

Place all ingredients in pot and bring the stock to a boil, then reduce the heat to low and allow the stock to cook for 8 hours. Allow the stock to cool then strain to discard bones etc. Store your stock in the fridge and use within a few days.

Ginger Root Tea:

4-6 cup filtered water
2 tab freshly grated ginger root
1 tablespoon fresh lemon juice

Bring ginger almost to boiling in the water. Turn off heat and let sit for 5-10 min. Add lemon juice and strain into a cup. You can reuse the ginger more than once by adding more water and heating.

Detox Support: Transitioning to The Autoimmune Paleo Plan

Detox Bath Recipe:

2 pounds of Epsom Salts plus
1 pound of baking soda

Detox Broth:

3 quarts of water
1 large chopped onion
2 sliced carrots
1 cup of daikon
1 cup of turnips and rutabaga cut into large cubes
2 cups of chopped greens: kale, parsley, beet greens, collard greens, chard, dandelion, cilantro or other greens
2 celery stalks

½ cup of cabbage

4 ½ inch slices of ginger

2 cloves of whole garlic sea salt to taste

Add all the ingredients at once and place on low boil for 60 minutes. Cool and strain veggies out-discard them.

Makes approximately 8 cups. Store in fridge. Heat and drink 3-4 cups/day.

Reducing Stress and Improving Sleep

Exercising for 30 minutes every day is ideal for enhanced sleep, immune modulation and stress reduction. Short daily meditations, acupuncture treatments, and therapeutic massage are also encouraged for enhanced health.

Final thoughts:

Essential steps for reversing autoimmunity include clearing out SIBO and dysbiosis, eliminating difficult to digest proteins, avoiding food sensitivities and healing intestinal permeability.

By reducing triggers and fixing the intestinal barrier you will lessen the autoimmune reactions you experience outside of the gut.

A 30 day commitment to The Autoimmune Paleo Plan will help set the foundation for halting your autoimmune reactions. You are encouraged to use the autoimmune nutritional template. Some patients will need to be on this protocol for several months to one year or longer.

Work with a practitioner who can order relevant testing for auto-antibodies, dysbiosis, intestinal permeability, gene type, gluten sensitivity, cross reactive proteins, SIBO, lactose and fructose malabsorption. Then at a minimum consider:

- Supporting regulatory T-cells with: EPA/DHA, Probiotics, Vitamin D, and via supporting Glutathione: NAC, Alpha lipoic acid, L-glutamine, Milk Thistle, Cordyceps, Centella Asiatica, and Selenium.
- Clearing Dysbiosis and SIBO with: antimicrobial, anti-parasitic and/or anti-fungal botanicals and/or pharmaceuticals.
- Supporting the integrity of your gut lining with: L-Glutamine, zinc, DGL, aloe, and probiotic foods.
- Adding digestive enzymes and hydrochloric acid for gas and bloating.
- Taking a multivitamin, extra magnesium, Vitamin A, C and D.
- Reducing inflammation with curcumin, Huperzine A, Vinpocetine, Adenosine, Alpha GPC, Xanthinol niacinate, and L- acetylcarnitine.
- Supporting detoxification and methylation with folate, B6 and B12.
- Until then remember to:
- Manage your stress
- Cool your inflammation

- Treat your SIBO
- Eat more plants
- Check for FODMAPs
- Eat nutrient dense protein
- Maintain a healthy gut
- Exercise
- Get more sleep
- Meditate
- And most importantly: Have fun!

Continuing along the path of healing:

Please help me spread the word about the simple yet profound equation for halting autoimmune reactions: remove triggers, resolve intestinal permeability and silence inflammatory gene expression. Please share this information with those who would like to treat the underlying causes of their “chronic symptoms”.

If you would like to join an amazing group of people on the same healing path, head over to my website and check out the [Autoimmune Paleo Challenge](#) class page for more info and to participate in the next Autoimmune Paleo Challenge Tele-class.

About The Author

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Background

My own experience with Ankylosing Spondylitis (AS) led me to study the underlying mechanisms of disease expression. Since Ankylosing Spondylitis is correlated with the gene type called HLA B-27, I learned how to identify and remove specific triggers and then how to heal my leaky gut. I also learned how it's possible to turn off inflammatory gene expression with nutrition, supplements, Qi (oxygen), acupuncture, exercise, diet, and meditation. I'm grateful to be able to share what I have learned through experience and years of research, training and investigation.

My background in Functional Medicine has included advanced training with Dr. Datis Kharrazian in Functional Blood Chemistry Analysis, Mastering the Thyroid, Neurotransmitters and the Brain, Functional Endocrinology, Autoimmunity and Gluten Sensitivity.

My hope is to share this information with those who would like to treat the underlying causes of "chronic symptoms" and experience greater health sooner than later.

For more info contact: www.anneangelone.com

Autoimmune Paleo resources:

- Sarah Ballantyne, Ph.D. aka: [The Paleo Mom](#)
- [Autoimmune Paleo and You](#)
- [Autoimmune-Paleo](#)
- [Practical Paleo](#) by Diane Sanfilippo
And [Balanced Bites](#)
- Chris Kresser's: [Personal Paleo Code](#)
- [The Paleo Parents Pinterest page](#)

Please check out Sarah Ballantyne's, book [The Paleo Approach](#): Reverse Autoimmune Disease and Heal Your Body due to be in print in the very near future.

