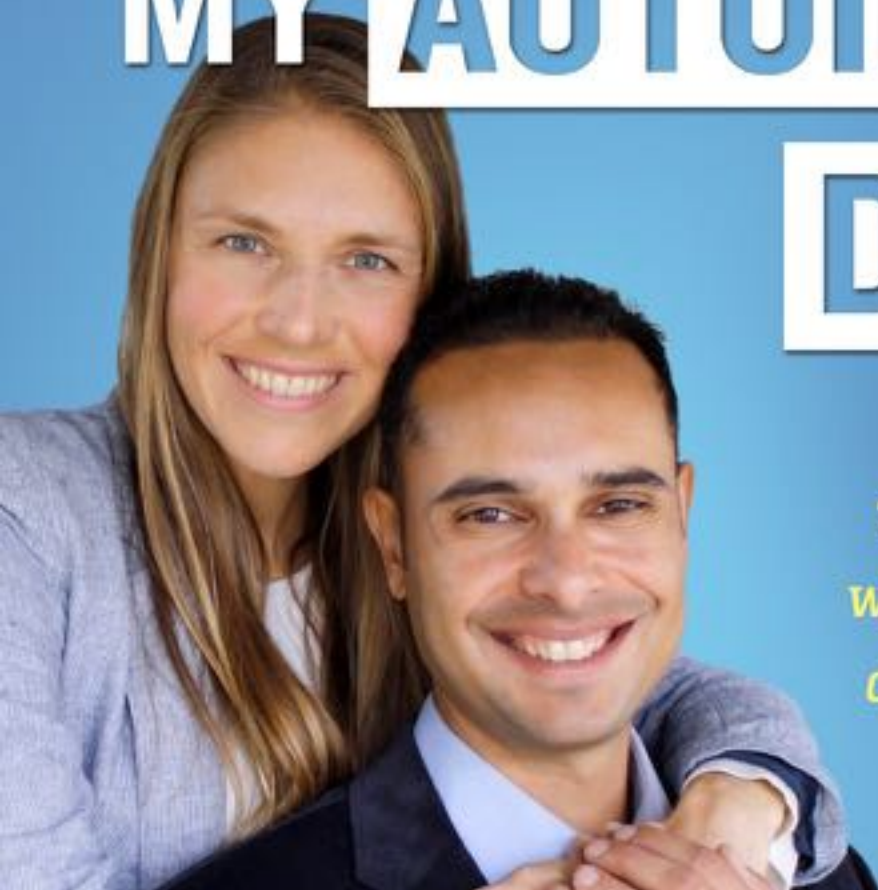


HOW I REVERSED MY AUTOIMMUNE DISEASE



The 5-Step Plan I used to heal
Why the Paleo Diet doesn't work
Counteracting the genetic link
Healing toxic emotions

Limited Edition



GABRIEL & JENNIFER ARRUDA

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ABOUT THE AUTHORS

Gabriel and Jennifer Arruda live in northern California. They have been happily married for 12 years and credit their happy home to having Jesus as the center of their lives. Their passion is to share the blessings of happiness and health with as many people as they can. With the blessing of God, the help of several health professionals, and years of research they successfully reversed Gabriel's autoimmune liver cirrhosis. They work together, traveling and speaking across the country full-time for Freedom Health Ministries and Revelation Revealed Today.

As a motivational speaker, Gabriel specializes in teaching the uplifting messages of hope and Bible prophecy. As a nutritionist and health educator, Jennifer specializes in teaching healthy cooking and lifestyle coaching.

My Story

Just after Christmas of 1998, my family and I were driving back from a great time at my grandparents' house in Burbank, California where we would always go to spend the holidays. During this trip my mother noticed something strange; she started itching. She itched constantly all over her body and for no apparent reason. There was no rash, just itchy skin everywhere. This itching continued for months on and off. In the process of time she started losing weight and became jaundiced in her skin and eyes.



My family in 1997

In early 1999, a trip to the doctor along with several tests revealed she had scarring and fatty liver. This liver damage was characteristic of lifelong alcohol drinkers, but my mother had never had a drop of alcohol in her entire life. Strange. Well, my mom was not one to give up. Also Mom was the natural remedies queen, always healing her family, friends and even strangers with teas, tonics, tinctures and other natural remedies. She immediately went to work researching and trying all different kinds of treatments. None of them worked. She continued to get worse and worse till one fateful

day, she had to be hospitalized and it was clear that she either received a liver transplant or she would die. The entire family was in shock. The health queen? Die? She was finally diagnosed with autoimmune hepatitis which leads to liver cirrhosis and liver failure.

Autoimmune Liver Cirrhosis

Early in the year 2000, Mom was put on an organ waiting list that had hundreds of people on it and was eventually transferred to the UCSF hospital. As her condition worsened, she quickly rose in priority on the transplant list. Soon, her condition got so bad that she was going in and out of comas and forgetting how to speak English (Spanish was her first language). She would even forget who certain family members were.



My mom at my sister's wedding, just two months after her liver transplant. She was all puffy from the heavy steroid medication she was on.

She at last made it to the top of the transplant list. However, her condition was so poor it seemed that she wouldn't last longer than another week. Suddenly the family was notified that due to a tragic car accident of a woman in Colorado who was the same size and blood type as my mother, a liver was now available and in route. Thank God for organ donors!

As soon as they received the liver they began the operation, and half a day later she had a new liver in her body. What a celebration! What a relief! Mom had a second lease on life. I am sad for the woman who lost her life, and I really feel for her family. But I am also thankful that my Mom was given 12 more years of life because this kind-hearted woman chose to be an organ donor.

The doctor said the old liver was so badly damaged he didn't know how she survived as long as she did. It appeared to be a miracle that she had made it just long enough to climb to the top of the transplant list and just then have the perfect liver come shortly before she would have experienced total liver failure. Praise God! I attribute it to a large degree to the hundreds of people praying for her to be saved.

All was happy and well as she slowly healed and regained strength. Little did any of us realize what autoimmune liver cirrhosis actually was, how it worked and what it meant for her new liver. Within one short year of this victory, my mother's mother started failing in health and was eventually diagnosed with the exact same disease autoimmune liver cirrhosis. By early 2002, it was clear that my Grandma Tonita would pass away if nothing was done for her. She saw the suffering that my mother went through and decided due to her age it would be better to rest in peace than fight the same grueling battle that my mother did with far less chances of winning. Grandma Tonita passed away in 2002. We were all very sad, however on a good note, mom's health seemed to be very stable.



Grandma Tonita

But then in the fall of 2012, a full 12 years after my mother's liver transplant, she started experiencing symptoms of liver failure again. Ultrasounds, tests and biopsy reports clearly showed she had scarring on her liver again. Very shortly afterwards, she began to experience ascites which is fluid buildup in the abdomen, a side effect from a very damaged liver. This fluid buildup became very severe, to the point where she looked nine months pregnant. The hospital staff had to inject a needle into her to drain the



Mom with her ascites and scar from her liver transplant



I took this picture of us because I thought she was probably going to die.

fluid periodically. One of these times they drained way too much at once and damaged her kidneys to the point of near failure.

To make a long story short, after several hospitalizations and a nearly successful attempt to heal her using natural methods while she was on hospice, my mother passed away April 23, 2013 from autoimmune liver cirrhosis.



Mom's funeral in Burbank, California. I'm in the front carrying her casket.

Now It Was My Turn

A few months later, it was recommended to me by a health professional that I should get some testing done since these conditions can run in the family genetics. Considering that both my mother and grandmother both died of autoimmune liver cirrhosis, I thought it was possible I could be at risk. I was doubly motivated to get tested since as early as 2010, my blood work showed that my bilirubin liver enzyme was slightly elevated. This is the same enzyme my mother always had issues with. I also had other strange symptoms at this time. My side of the bed sheets were turning a yellowish tint which reminded me of my mother's jaundice. I also started to have bad body odor which was not typical for me. And out of nowhere I developed hemorrhoids. These were all symptoms I had never had before.

We researched into these symptoms and found that they can be associated with liver disease. Immediately I started doing a liver cleanse taking milk thistle, dandelion and drinking fresh beet juice as well as several other treatments. After doing this regimen, all

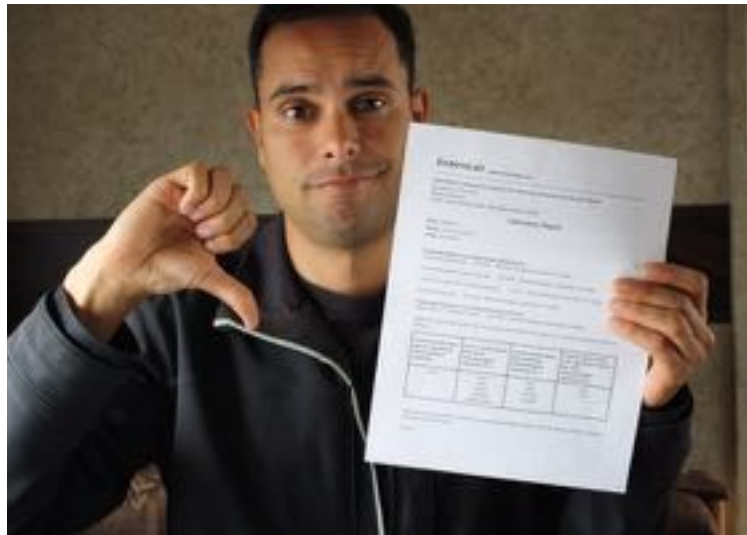
of these symptoms disappeared in a matter of days, and I didn't think much of it after that.

But after my mother's passing in 2013, my wife and I felt it was worth it to pay out-of-pocket for a very specialized test for me from Entero Lab¹ that checks for food sensitivities. We ordered it online and it was very simple to do. This test checks for antibodies being produced in your intestinal track by examining your stool. Antibodies are your body's defenses against foreign invaders. Our bodies produce a specific type of antibody for each kind of substance which your immune system is attacking. The tests can tell what foods are causing an issue in your body by looking for those food-specific antibodies (IgA).

My Test Results

Since at the time I was totally asymptomatic for any liver-related issues and had lived a very healthy lifestyle being vegan for nine years and athletic my whole life, I figured I might have a slight sensitivity to one, maybe two different kinds of foods at the most. What I got back instead was a list of 15 different foods my body was having an autoimmune reaction to!

Gluten, soy, rice, corn, oats, potatoes, almonds and the list goes on.



My devastating lab report showing the 15 different foods I was reacting to.

After I picked my jaw up from off the table, I went into a stunned daze for the rest of the day. But with much encouragement from my wife Jennifer and by the merciful grace of the Lord I regained my composure by the next morning. We sat down and decided we had to completely change the way I ate. We thought, let's test this out. I'll go off of as many of these foods as I can, especially the ones that ranked the highest, and after several months try it again and see how I feel. The next time I tried gluten I got a headache and felt zapped of almost all my energy. Almost the same thing happened when I ate soy. From that point till now these gluten and soy sensitivity headaches have

¹ EnteroLab.com

occurred dozens of times. At times, they would even develop into terrible migraines. It seemed that when I was continually consuming these foods my body was somehow managing the situation, but after the several month break, a reset occurred and the reality of the situation surfaced.

Could I really be allergic to all of these foods? I decided to call the lab and speak personally with one of the health professionals there to try and get a better idea of what was happening. I was told that I probably had only a few main foods I was truly having problems with that were causing a “cascading effect” that was causing my body to have issues with several other harmless foods.

Although this was somewhat of a shock to us, we thought it might shed light on another issue I had throughout the years. I had developed a terrible skin fungus which at its peak covered a third of my entire body. I had athlete’s foot as a teen and a little bit of jock itch, but I believe due to the autoimmune disease it was able to grow out of control and spread over much of my body. We tried many different remedies to treat it that would only pause its growth, but as soon as I stopped the treatments it would come back strong. At times when I would eat anything sweet it would flare up. I therefore had to be on a very strict anti-fungal diet which meant no sweets — not even healthy ones like honey, pure maple syrup, raisins, dates or most fruits. I was on this anti fungal diet for years! At points I would wake up in the middle of the night itching and itching. I would itch so bad that my skin would sometimes bleed because I was literally itching my skin off in certain places. This made it difficult for me to get a full night’s rest. Hot water or exercise would greatly agitate it. If I tried to take a hot shower or sit in a hot tub, I would pay for it with a bad itching spell. It was miserable.

Throughout the next year, my wife and I intensely researched the cause of autoimmune. We understand that in order to heal any sickness or disease, we must be detectives. The **symptoms** are the clues that our body give us to tell us what is afflicting it. Then we use that information to investigate the **cause**. When we find the cause, we work to reverse it by removing whatever instigated it along with reinforcing the body’s immune system to do the fighting for us.

In our search for healing, we got in contact with a natural lifestyle education center that had some great insight into autoimmune as the director herself had had a debilitating autoimmune disease. She had gone to around 10 doctors and no one could help her. She herself was a doctor from South America. In her plight, she researched and studied until she was able to reverse her own autoimmune disease. You would never know it now because she has more energy than almost anyone we know. She was very helpful in

teaching us about autoimmune disease and how it works. What we learned over the next few years was incredible.

The Two Most Foundational Principles To Heal Any Disease

Before I begin to share my testimony about how I found out I had an autoimmune condition and how I was able to reverse it, I'm going to share two absolutely foundational principles to establishing good health. In this book, I will be sharing the practical, **five-step plan** I went through that brought me to the point of being in full remission as I am today. But as important as the discovery of this five-step plan was, the most important things I learned from my experience are the two foundational principles I'm about to share now. I have found that these two essential principles need to be in place before the ability to truly heal any disease or affliction, including autoimmune, can become an reality. If these two foundational principles do not take place, neither will true healing.

Foundation #1: Establishing the Basics of Good Health

There are basic principles of health that must be in place in order to lay the foundation for any kind of healing. Many times, disease will clear up on its own when these foundational principles of health begin to be practiced. These basic areas of health

include: fresh air, pure water, temperance, nutritious diet, exercise, rest, sunshine and trust in God (these principles are helpful to remember as the NEWSTART® acronym).²

N – Nutrition

E – Exercise

W – Water

S – Sunshine

T – Temperance

A – Air

R – Rest

T – Trust in God

These eight principles of health are practiced by many of the world's longest living people groups. It won't help to move on to anything specifically autoimmune if these basic foundations of health are not in place. For a user-friendly, detailed explanation of each of these NEWSTART principles, I would highly recommend the documentary *Eight Secrets to Ancient Health*.³ Later in this book, I go into greater detail about various of these topics. I also encourage you to read unbiased research studies in medical journals on any of these principles for further confirmation of their powerful effect on your health.⁴

If these health principles are new to you, now is the best time to start practicing them. If you have been aware of these simple health principles but are not following them, how can God bless you with healing when you're not living up to the light and knowledge He's already given you? Here are some helpful questions to check whether or not you're including these basic principles of health in your lifestyle:

FRESH AIR

- Are you getting outside in the fresh air every day for a walk or jog in order to facilitate deep breathing?

² NEWSTART® is a registered trademark of the NEWSTART Lifestyle Program, a non-profit organization which has been in existence for 38 years.

³ *Eight Secrets to Ancient Health*, Anchor Point Films, AnchorPointFilms.com

⁴ Search PubMed.gov

- Do you keep a constant current of fresh air circulating throughout your house day and night year round? Even in colder weather, do you have a window cracked open as you sleep to get fresh air as you're sleeping?
- Do you live where the air is pure from pollution and dampness above the miasma and smog of the cities? If not, have you considered moving to the hills where the country air is cleaner?

PURE WATER

- Do you make sure to get at least eight to ten glasses of water every day? (The best formula is to take your body weight in pounds and divide it by two = number of ounces of water to drink per day. Example: 140 lbs ÷ 2 = 70 ounces of water per day)
- Do you drink enough water to keep your urine a pale, straw-color?
- Are you drinking water that is free from fluoride, chlorine and plastic leaching chemicals such as BPA?

SUNSHINE

- Are you exposing your skin to sunshine every day in proper amounts (15-30 minutes) to generate vitamin D in your body but not burn your skin?

EXERCISE

- Are you doing activity where you work up a sweat and breathe hard for at least 30 minutes 5 times per week?
- Are you doing weight bearing (strength building) exercise at least 3 times per week?

TEMPERANCE

- Do you abstain completely from harmful substances such as tobacco, alcohol and caffeine?
- Are you abstaining entirely from all that is harmful and using in balance that which is healthful?
- Have you eliminated foods and drinks from your diet that contain harmful chemicals such as artificial colors and flavors, hydrogenated oils, MSG and high-fructose corn syrup?
- Do you overeat?

NUTRITIOUS DIET

- Are you eating a plant-based diet high in fruits and vegetables and low in fat? Studies show that the healthiest diet is one that is a plant-based, vegan diet that is high in complex carbohydrates, low in fat and adequate in protein (at 0.8 grams of protein per kilogram of bodyweight).⁵
- Are you abstaining from harmful foods and drinks such as alcohol, caffeine, flesh foods, animal products (including dairy, cheese and eggs), chemicals such as artificial colors and flavors, GMOs, refined sugars and processed foods?

REST

- Do you stay up late or do make sure lights are out by 9pm?
- Do you rest and worship God on the seventh day according to His fourth commandment?

TRUST IN GOD

- Are you putting God first in your day with Bible study and prayer?
- Have you surrendered your life completely to Jesus?
- Is there any area of your life you're saying "No" to God in?
- Can you say, "Lord all I have, all I am, and all I ever will be I give to you?" If you haven't, I encourage you to tell Jesus this even now. He's a gentlemen and waits for permission to have power in your life. Why delay His blessings a moment longer?
- Do you believe God loves you and wants good for you even though you're going through a hard time and suffering?
- Do you let the challenges of life stress you out and make you worried or impatient?

If you see areas where you can improve, now is a good time to return to these basic laws of health. If you're not observing any of these principles of health, then just take the first step "Fresh Air" and start there. Then move to the second step "Pure Water" with the full intention of bringing every one of these principles into your life. You'll notice that you can do several of these at the same time. For example, if you go for a walk or jog outside in the sun, you're getting exercise, fresh air, sunshine, and you'll be wanting to

⁵ Campbell, T. Colin, PhD, with Thomas M. Campbell II. *The China Study: Startling Implications for Diet, Weight Loss, and Long-Term Health*.

drink lots of water afterwards. Many have seen huge improvements in their health even before addressing anything specifically autoimmune.

What Is Autoimmune Disease?

Autoimmune disease includes 80-100 different diseases which occur from the immune system attacking the body's own healthy organs, tissues and cells.⁶ It's difficult to diagnose, often taking about five years to receive an official autoimmune diagnosis. The average person goes to six to 10 doctors before autoimmunity is recognized as the culprit.

COMMON TYPES OF AUTOIMMUNE

- Graves' disease
- Hashimoto's thyroiditis
- Lupus
- Type 1 diabetes
- Multiple sclerosis (MS)
- Rheumatoid arthritis
- Celiac disease
- Crohn's disease

⁶ American Autoimmune Related Diseases Association, Inc., aarda.org

- Chronic fatigue syndrome
- Psoriasis
- Vitiligo
- Restless leg syndrome

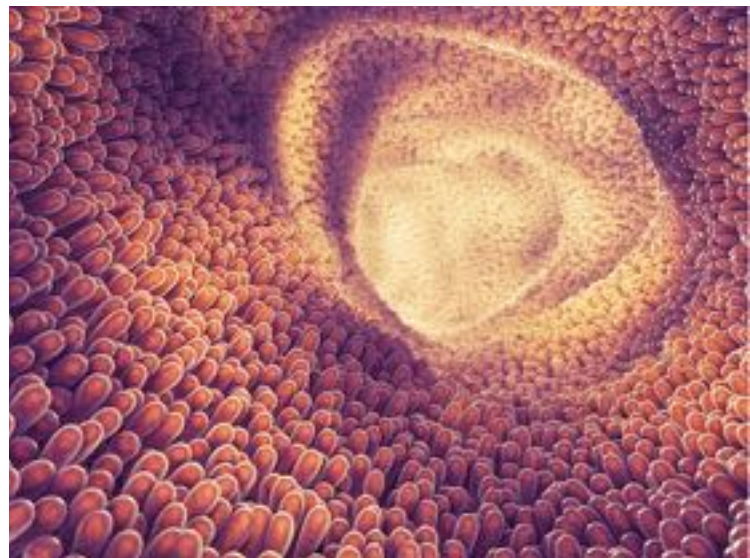
AUTOIMMUNE SYMPTOMS

- **Food allergies/sensitivities** — this is the biggest warning sign, but it doesn't have to present in order to have an autoimmune disease
- Inability to gain weight or lose weight
- Brain issues: headaches, anxiety, brain fog, attention deficit problems, autism, depression
- Skin issues: rashes, red flaking skin, rosacea (red bumps on face), eczema, dermatitis, psoriasis (dry, itchy, scaly skin)
- Asthma
- Thyroid issues: fatigue, exhaustion
- Stiffness, joint pain, neuropathy
- Digestive issues: stomach cramping, bloating, gas, constipation, diarrhea

Having any of these symptoms can indicate the presence of an autoimmune disease.

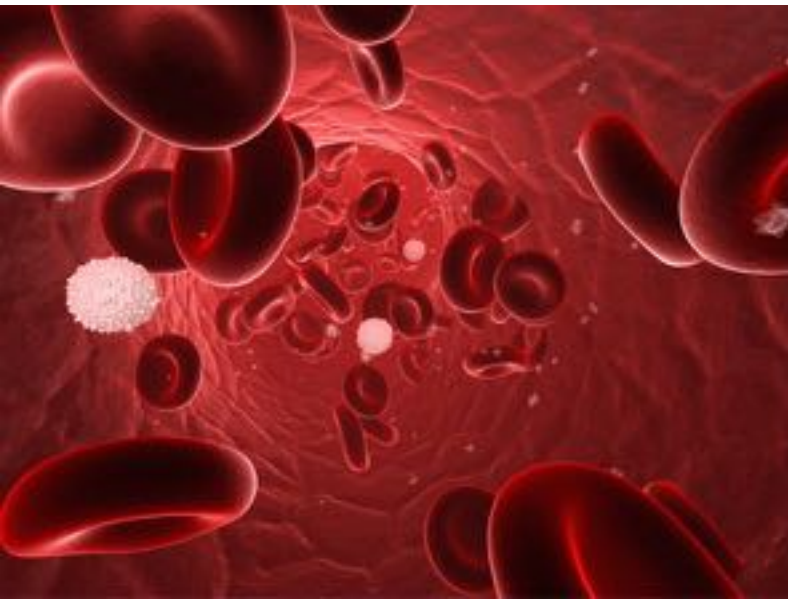
“Leaky Gut”

Leaky gut is **the main factor** in all autoimmune diseases. What is leaky gut? Your small intestine is lined with these finger-like projections called villi. The villi are what absorb the nutrients from the food into your blood to be used all throughout the body. Specific nutrients are allowed to pass through but toxins and large undigested food particles are blocked. However, toxins, a bad diet and chronic stress can damage the lining of the small intestine causing inflammation.



Villi in the small intestine

Inflammation makes the small intestine permeable with holes. These holes in the small intestine allow large particles of undigested food, bad bacteria and toxic waste to leak out into your bloodstream. This is leaky gut.



The repercussions of leaky are very serious. When these undigested food particles, bad bacteria, and toxic waste make it past your intestinal wall, they get into your bloodstream which is your body's highway. Once in your bloodstream, these toxins have access to every part of your body. Some of these toxins called lipopolysaccharides cause impaired function in the blood brain barrier. This blood brain barrier blocks certain compounds from making it to the brain. If this barrier is damaged, toxins have access to your brain causing major issues such as anxiety, depression and deficits in brain function.

As the toxins are traveling throughout your body, the immune system encounters them and goes on the attack. Your immune system is your body's defense against invaders. It is an internal army that has to distinguish between friend and foe in your body. Your immune system recognizes foreign invaders throughout your body and attacks. Unfortunately, your own tissues can get caught in the friendly cross-fire. This is autoimmunity. And this is why you can experience inflammation throughout various parts of your body.

Besides the immune system attacking its own tissue, due to your small intestine lining being damaged, there will be malabsorption of nutrients and minerals including B12, iron and zinc. Thus the body experiences the effects of having low nutrients (hence the trouble gaining or losing weight, brain fog, etc.).

Summarizing the Cause

Toxins → Inflammation in the small intestine → Intestine permeability "Leaky Gut"
→ Foreign particles in bloodstream and organs get attacked → Autoimmune Disease

The 5-Step Plan I Used That Healed My Autoimmune

In all of my research and discovery of autoimmune, I realized that in order to cover all of my bases and have as speedy a recovery as possible, it would help to simplify my approach into a step-by-step plan. I was able to summarize it down into five simple steps.

THE 5-STEP PLAN I USED THAT HEALED MY AUTOIMMUNE

1. Remove foods and toxins that are damaging the gut
2. Heal the leaky gut
3. Nutralize
4. Cleanse/detox
5. Remove chronic stress

Let me go into my five-step now in more detail.

1. Remove foods and toxins that are damaging the gut

Since the problem starts with ingesting foods and toxins that damage the small intestine, I had to start there in order to heal. These toxins can come from many

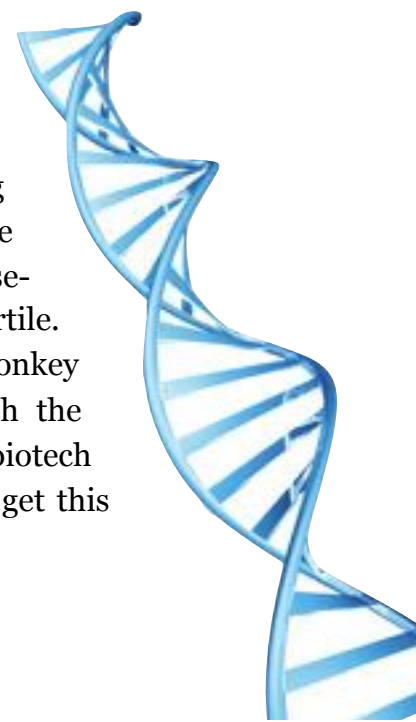
different sources such as environmental, polluted air, contaminated water and household mold infections. However one of the biggest sources of toxic substances that we are continually exposed to is something we actually pay for, something we in fact willingly introduce into our bodies. It's our food! Yes, almost every American on a daily basis is eating food that is damaging the body. The biggest of the food culprits is genetically modified foods, also known as "GMOs."

I had to first identify what foods and toxins were causing my autoimmune reaction by taking the stool sample test. It's also important to consider that there can be many different toxic factors which can be involved like poor air quality — i.e. smog, agricultural areas filled with herbicides and pesticides, mold. After finding what was causing the issues for me, I strictly eliminated 100% of all the foods that were damaging my small intestine and causing my leaky gut syndrome. Thankfully I found that out of all those 15 different foods on the list, I really was only having a true problem with two of them — gluten and soy. I also found that I am fine with corn as long as it's both non-GMO *and* organic, otherwise I can get a monster migraine.

If this is the case, then why did my lab report show a list of 15 different foods my body was producing antibodies for? What I discovered was that the gluten and soy were causing inflammation in my small intestine causing the walls to become permeable allowing particles of other undigested foods like oats, rice, almonds, etc. to pass into my bloodstream. Since these food particles were only partially digested, my body was naturally identifying this as something abnormal and therefore attacking them as a foreign invaders. This explains why my body was producing antibodies for all of those foods that showed up in my lab report. They weren't true allergies per say, but were foods that weren't fully digested and leaking into my bloodstream through my damaged small intestine.

1a.) *GMOs*

What are GMOs? "Genetically Modified Organisms" are plants that have had their DNA altered to withstand deadly doses of herbicides and pesticides. In traditional selective breeding of plants or animals, a dog may be mated with another dog to get a new variety, but it is impossible to mate a dog with a cat or with a tomato. Even when seemingly close-related species have a successful breeding, the offspring are usually infertile. This is why mules are sterile, because they come from a horse and donkey mating. However, with genetic engineering, scientists actually breach the species barriers that God established in nature. For example, one biotech company has spliced human DNA into rice and is advancing to try to get this



crop into the commercial market.

GM crops are drenched in the herbicide Roundup® which, among other deadly chemicals, contains **glyphosate** as its active ingredient, one of the deadly chemicals used in Agent Orange during the Vietnam war. Besides having Roundup sprayed on them, corn and cotton crops are also engineered to actually produce their own insecticide called **Bt-toxin** which causes insects' stomachs to explode. Because of this, the Environmental Protection Agency now actually regulates corn as an insecticide.



Glyphosate is not only an herbicide but also a powerful antibiotic, however only to the body's beneficial gut bacteria.⁷ Even a small amount of glyphosate exposure kills large amounts of your good bacteria and leads to the overgrowth of very harmful strains of bacteria such as salmonella.⁸ An overgrowth of bad gut bacteria causes more inflammation⁹, leaky gut and immune reactions.

Animal studies reveal extremely serious health risks from GMOs including damaged intestines and stomachs¹⁰, immune problems and allergies¹¹, liver and kidney damage¹², infertility¹³, tumors¹⁴, accelerated aging¹⁵ and death¹⁶. Animals exposed to glyphosate

⁷ Kruger M, Shehata AA, Schrod W, Rodloff A. "Glyphosate suppresses the antagonistic effect of Enterococcus spp. on Clostridium botulinum." *Anaerobe*, 2013;20 pp 74-78.

⁸ Shehata AA, Schrod W, Aldin AA, Hafez HM, Kruger M. "The effect of glyphosate on potential pathogens and beneficial members of poultry microbiota in vitro". *Current Microbiology*, April 2013, Vol. 66, Issue 4, pp 350-358.

⁹ Winter SE, et al. "Gut inflammation provides a respiratory electron acceptor for Salmonella." *Nature*, Sep 23;467(7314):426-9.

¹⁰ Senapati T, Mukherjee A, et al. "Observations on the effect of glyphosate based herbicide on ultra structure (SEM) and enzymatic activity in different regions of alimentary canal and gill of Channa punctatus." *Journal of Crop and Weed*, 2009;5 (1):236-245.

¹¹ V.E. Prescott, et al. "Transgenic Expression of Bean r-Amylase Inhibitor in Peas Results in Altered Structure and Immunogenicity." *Journal of Agricultural Food Chemistry*, (2005): 53.

¹² Kilic A, Akay MT. "A three generation study with genetically modified Bt corn in rats: Biochemical and histopathological investigation." *Food and Chemical Toxicology*, 46: 1164-1170, 2008.

¹³ Velimirov A et al. "Biological effects of transgenic maize NK603xMON810 fed in long term reproduction studies in mice." *Bundesministerium für Gesundheit, Familie und Jugend Report*, Forschungsberichte der Sektion IV Band 3/2008, Austria, 2008.

¹⁴ Séralini GE, Clair E, Mesnage R, Gress S, Defarge N, Malatesta M, et al. "Long term toxicity of a Roundup herbicide and a Roundup-tolerant genetically modified maize." *Food and Chemical Toxicology*. 2012 Nov;50(11):4221-31.

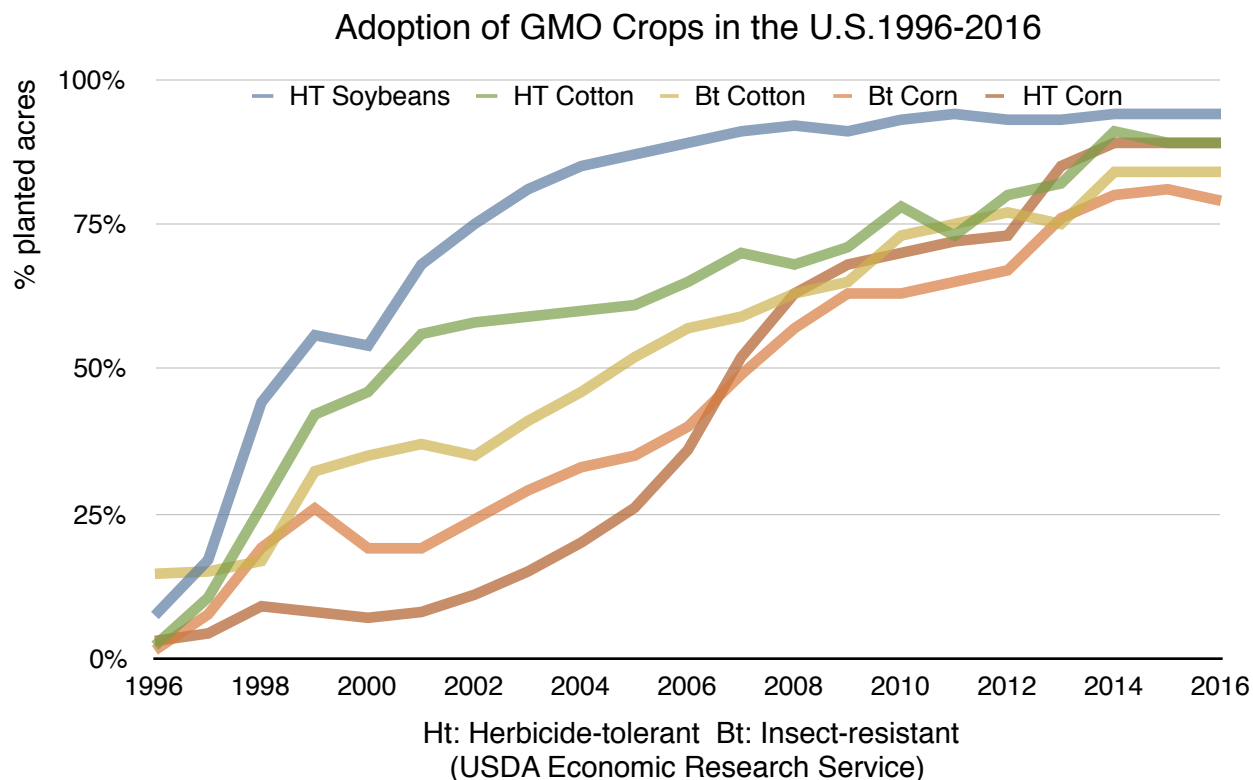
¹⁵ Malatesta M, et al. "A long-term study on female mice fed on a genetically modified soybean: effects on liver aging." *Histochem Cell Biol.*, 130: 967-977, 2008.

¹⁶ "Mortality in Sheep Flocks after Grazing on Bt Cotton Fields—Warangal District, Andhra Pradesh" *Report of the Preliminary Assessment*, April 2006.

developed digestive problems very similar to that of celiac disease, a very common autoimmune disease.¹⁷

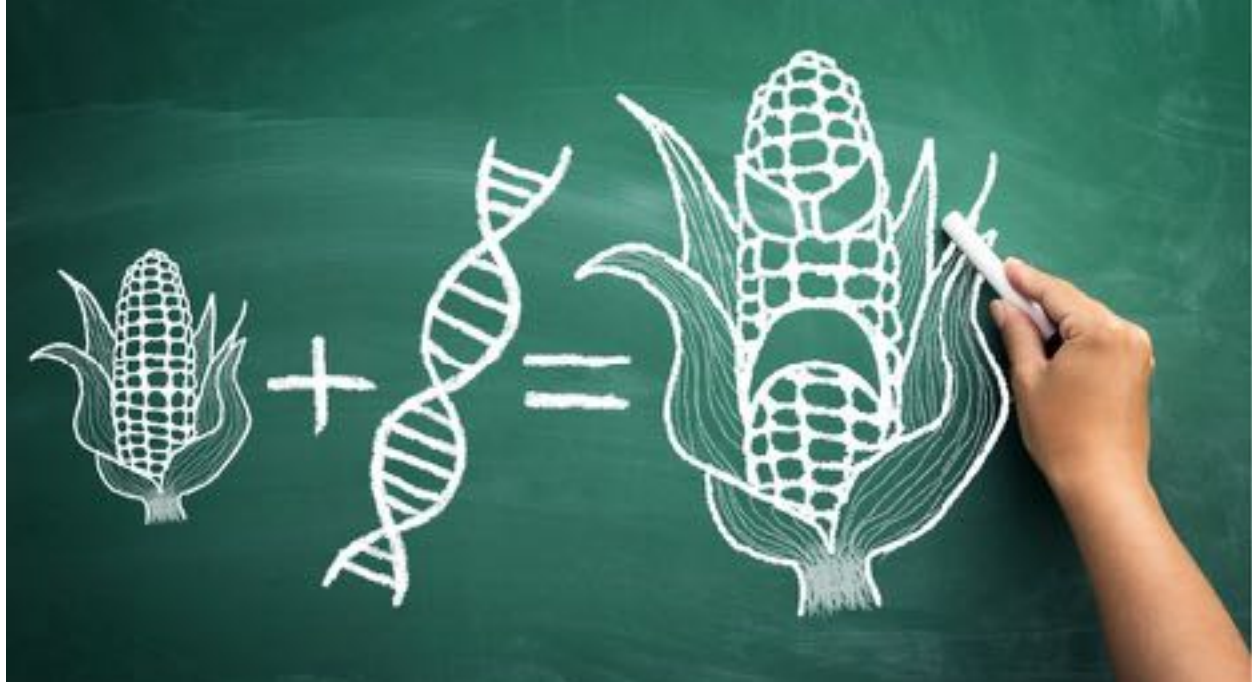
What I have recently found so interesting as it relates to me having a liver cirrhosis autoimmune disease is that the newest scientific animal study done Roundup is showing that the liver is the most affected organ. The study found that Roundup® given at concentrations way below those found in the bodies of most Americans caused a serious liver condition comparable with non-alcoholic fatty liver disease (NAFLD).¹⁸ What's alarming about this is that, like myself, this liver condition exhibits almost no symptoms in most people until the liver is already severely damaged. This is exactly what happened with my mother and grandmother. When my mom began to show symptoms, it was found that her liver was already 90% damaged. She needed the liver transplant within a year and a half just to stay alive.

GMOs were introduced into the American food supply in the mid-1990s. The FDA does not require *any* safety evaluations or labeling of GMOs. With no governmental



¹⁷ Samsel A, Seneff S. “Glyphosate, pathways to modern diseases II: Celiac sprue and gluten intolerance”. *Interdisciplinary Toxicology*, Dec 2013; 6(4): pp 159–184.

¹⁸ Mesnage R, Renney G, et al. “Multiomics reveal non-alcoholic fatty liver disease in rats following chronic exposure to an ultra-low dose of Roundup herbicide.” *Scientific Reports*, Jan 9, 2017. Article:39328.



regulation of biotech corporations, you have to be your own health advocate. No human studies have been done with GM foods. We *are* the study, and this autoimmune crisis is inevitably the result. The European Union, Russia and Japan are among 64 countries worldwide that require GM foods to be labelled or ban them completely, however, the United States and Canada does not require them to be labelled. The fact that Monsanto and other GE companies are spending millions of dollars lobbying to prevent GMO labeling indicates that they have something to hide. The government's lack of regulation and accountability for these biotech companies may be due to the revolving door exchange between the two's leadership. For example, Michael R. Taylor was a private attorney for Monsanto who then became the FDA's Deputy Commissioner of Policy who then became the USDA Administrator of the Food Safety & Inspection Service who then became Monsanto's Vice President for Public Policy who then returned to the FDA as Senior Advisor and Deputy Commissioner of Foods where he is today.¹⁹ Margaret A. Miller helped develop a genetically engineered bovine growth hormone as a Monsanto scientist. Shortly thereafter, Miller left Monsanto to work at the FDA as Deputy Director of the Office of New Animal Drugs.²⁰ This is clearly a conflict of interest.

There are 11 GM crops in the market today: **soy, corn, canola, cotton, sugar** (granulated sugar from sugar beets), **potatoes, zucchini, yellow squash, apples, papaya** (from Hawaii or China) and **alfalfa** (used as hay to feed cattle).²¹ If these items are not specifically labeled certified "USDA Organic" or "Non-GMO Project Verified," they are most certainly GMO. This would also include products derived from these food items including **vegetable oil** (as this will be a blend from soy, corn, canola or cotton

¹⁹ https://en.wikipedia.org/wiki/Michael_R._Taylor

²⁰ Schneider K. "Question Is Raised on Hormone Maker's Ties to F.D.A. Aides." *The New York Times*, April 18, 1994.

²¹ Institute for Responsible Technology, responsibletechnology.org

oils), **high-fructose corn syrup** and more. Read the labels, get informed, and make sure the package has one of these two labels on it — **USDA Organic** or **Non-GMO Project Verified**. Either of these labels will mean it is non-GMO. By law, certified organic foods cannot be genetically engineered, irradiated, or be grown with synthetic materials.

My wife and I avoid all food that is GMO as if it is a toxic poison — well, really because it is! It is not as hard to do when you cook at home because you know what you are buying as you're able to read the ingredients. We buy as much organic as is financially possible. It's actually not that expensive when we just buy produce that's in season and do some planning to see which store has the best deals on our favorite organic items. At the end of the day, we feel that spending a little more money for organic produce is better than suffering from an autoimmune disease. We've found the Non-GMO Shopping Guide²² very helpful. And the Environmental Working Group puts out an annual Dirty Dozen²³ guide which lists the top 12 fruits and vegetables with the most pesticide residues and the Clean Fifteen which have the least. Besides produce that is GMO we also carefully avoid anything that's non-organic on the Dirty Dozen list such as apples, strawberries, spinach, bell peppers, etc.

Something we have had to research by location is places to eat out. Virtually all restaurants cook with some kind of oil, and unless they have made a specific intention to use a non-GMO oil such as rice bran oil or olive oil or organic oil, they are most likely using a GMO oil (soy oil, corn oil, canola oil, vegetable oil, etc.). So we've done a lot of calling restaurants ahead of time to verify what kind of oil they use. We've found a handful of places locally that make this effort to avoid the big GMOs, and they are our go-to restaurants. We've found a great nationwide Mexican chain that does not use GMOs but uses rice bran oil instead. We've found that we can get the vegetable yellow curry dish at Thai restaurants because they typically don't use oil in their curries. And a bonus is when we also find a Thai restaurant that uses organic tofu. They're out there and they get all of our business. We've also found several pizza chains that have gluten-free crusts with no GMO ingredients and they also have vegan cheese.

Yes, doing this research takes some time and effort, but it's worth avoiding the GMOs that are so toxic and harmful. And being prepared ahead of time makes things more convenient when we're traveling or out doing errands and we know beforehand where we can grab lunch.

²² NonGMOshoppingguide.com

²³ Dirty Dozen, Environmental Working Group. https://www.ewg.org/foodnews/dirty_dozen_list.php
They have the Dirty Dozen as a free app for your phone which is very convenient to use when at the store.

An excellent documentary on GMOs is *Genetic Roulette: The Gamble of Our Lives*²⁴.

Another benefit to eating more organic foods is that, by law, they cannot be irradiated. The EPA states: “Foods which have been irradiated, no matter how they are grown or produced, cannot be labeled as USDA certified organic.”²⁵ **Food irradiation** is the application of ionizing radiation to food such as fruits, vegetables, eggs, and meat including beef, pork, poultry and shellfish. The FDA feels that this technology improves the safety and extends the shelf life of foods by reducing or eliminating microorganisms and insects.²⁶ While this is a good intention, it may be that the effects of eating irradiated were not been considered. Molecular changes occur in foods when they are irradiated which produce radiolytic compounds. One study showed that when consumed, these radiolytic compounds caused multiple cancerous tumors in the colons of rats.²⁷

It can be depressing to consider the options that are out there. But don't be discouraged. We have been able to avoid these toxins without breaking the bank and we really enjoy our food. We feel we have plenty to eat. It may seem radical to avoid all GMOs and most conventional non-organic foods. But keep in mind that we're also pretty far removed from the days when everyone used to eat from their own gardens during the summer and preserved their garden food to eat the rest of the year. Not too long ago this used to be the norm. Having your own **garden** is definitely ideal and something to shoot for. We're also in the process of learning more **wild edibles** as they have very high vitamin and mineral contents and can be found everywhere.

²⁴ GeneticRouletteMovie.com

²⁵ United States Environmental Protection Agency, Food Irradiation. <https://www3.epa.gov/radtown/food-irradiation.html>

²⁶ Food and Drug Administration, Food Irradiation. <https://www.fda.gov/food/resourcesforyou/consumers/ucm261680.htm>

²⁷ Raul F, Gosse F, Delincee H. “Food-borne radiolytic compounds (2-alkylcyclobutanones) may promote experimental colon carcinogenesis.” *Nutrition and Cancer*. 2002;44(2):189-91.



Bread has been the staple of life for thousands of years. Why are so many people having a problem with it now?

1b.) Gluten

Wheat is one of the most allergenic foods today. How is this possible when bread has been the staple of life for thousands of years? Wheat in the U.S. today is not the same as it was a thousand, one hundred or even 60 years ago. Although wheat is not genetically modified, it has been exponentially hybridized over the past 50 years using sophisticated wide-cross hybridization methods. In the U.S. we originally started with scores of different types of wheat

grains, but they have now been hybridized down to just a few.

In the original strains some would rise better, others had a better texture, others would thresh easier or give greater yields and therefore higher profits. So to make the perfect bread they kept blending features of all of these different strains until they came up with a super-bread that acts exactly how they want it to. Though it sounds good, this super-bread has your body super confused because it barely resembles God's original creation. When we ingest it our body says, "What's that? Attack!!!"

One of the main wide-cross hybridization methods used is called "mutagenesis" or "mutation breeding." **Mutation breeding** uses radiation and/or chemical agents to produce new kinds of mutations in the wheat. The alarming thing about this method is that it is able to induce mutations throughout the *entire genetic code* of the plant. This is just as serious as GMOs. Treatment of wheat with these methods is scientifically proven to generate *completely new* genetic diversity and "nonsense, missense and silent mutations."²⁸

²⁸ Lafiandra D, Riccardi G, Shewry PR. "Improving cereal grain carbohydrates for diet and health." *Journal of Cereal Science*, 2014;59(3):312-326.



In fact, it was found in one new wheat hybrid that 5% of its proteins were not found in either of the parents.²⁹ That's just one wheat hybrid.

Besides the genetic mutations that have been hybridized in the modern wheat varieties in the U.S, it has also been highly sprayed with glyphosate since the late 1990s. In short, the body ingests genetically mutated foods drenched in deadly chemicals and it triggers an autoimmune response.

The thing with gluten is that once an autoimmune response is triggered by the mutated, chemical-laden wheat, the body seems to have a hard time differentiating between that and non-mutated gluten. With this understanding, I have eliminated all gluten since I took the IgA test until now. However, a common process some have used to experiment is to eliminate all wheat and gluten completely and strictly for 90 days, and then try to introduce an organic, sprouted ancient variety of wheat back into the diet to see how the body responds. Ancient wheat varieties such as spelt, kamut, einkorn, farro and emmer seem to be less problematic for people and have a better chance of reintroduction. (However it would seem that experimentation such as this would not be worth it until there are years of healing accomplished in the case of an autoimmune condition.) In one study, the effects of the ancient grain Einkorn and modern wheat were tested on

²⁹ Song X, Ni Z, Yao Y, et al. "Identification of differentially expressed proteins between hybrid and parents in wheat (*Triticum aestivum* L.) seedling leaves." *Theoretical Applied Genetics*, 2009 Jan;118(2):213-25.

intestinal cells from gluten-intolerant patients. In contrast with the modern wheat, Einkorn amazingly didn't have any harmful effects.³⁰

One of the first gluten-free people we met was our friend David in Colorado. If he had store bought bread it gave him headaches and other issues. He started making his own bread from sprouted wheat and had no problems with it.

Another friend, Alex, had a fiancé who was gluten-intolerant who would get terrible bloating and gas pains when she ate bread. They took a trip to Italy and she decided to take a chance on the pasta. Amazingly, she could eat all the pasta and bread she wanted with no problems. There are much higher standards in Europe with 28 of the European countries banning GMO crops and GMO pesticides. There are 38 countries worldwide that have GMO crop bans, however when it comes to the U.S. over 70% of packaged food contains GMOs. Monsanto and the White House are the two biggest pushers of GMOs. Why do they spend millions trying to keep from being obligated to label any of their crops as GMO? The bottom line is that many government agencies and food companies care more about money than you. They don't love you. They love profit, period. But the great thing is that God loves you. And that's why He has caused this information to surface.

1g.) Medications



As much as medications may be helpful in surgery or in an immediate life-threatening emergency, drugs never heal disease. They only change its form and location in the body.

An article in *Chemical Research in Toxicology* says,

“The chemicals most often associated with development of autoimmunity in humans are **medications**. Although the manifestations of drug-induced autoimmunity can vary widely, they are most similar to those associated with systemic lupus erythematosus

(SLE). Drugs can be considered to either exacerbate

pre-existing disease or **initiate** disease in otherwise

previously healthy individuals, with discontinuation of the drug leading to

disease abatement in the latter.”³¹ Toxic chemicals are one of the leading causes in

³⁰ Pizzuti D, et al. “Lack of intestinal mucosal toxicity of *Triticum monococcum* in celiac disease patients.” *Scandinavian Journal of Gastroenterology*, Vol. 41, 2006 - Issue 11, pp 1305-1311.

³¹ Pollard KM, Hultman P, Kono DH. “Toxicology of Autoimmune Diseases.” *Chemical Research in Toxicology*, 23:3 (2010): 455-466.



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*Nearly **all fish and seafood** contain some amount of **mercury**.*

autoimmunity and the chemicals that are the “most often associated” with individuals developing autoimmune diseases are prescription medications. Medications have harmful side effects — damaging the liver and kidneys. This is how I would define and tell the difference between a drug versus a natural remedy. That which causes harm to the body in any way would be a drug and that which causes no harm is an herb or natural remedy.

We’ve known of many persons who have talked to their doctors about reducing and removing their medications with great success. And we have seen many people become independent of their blood pressure, diabetes, and depression medications by faithfully following the NEWSTART principles mentioned earlier. Reducing and removing these safely under the guidance of a good doctor will greatly reduce the toxic load on the body.

1h.) Mercury and other heavy metals

There are numerous sources where we may become exposed to heavy metals. Some are unavoidable such as mercury being released into the air through coal burning power plants and incinerators. (Who would have known that mercury could be airborne?) Yet airborne mercury is one of the largest sources of mercury contamination in the U.S. While we can do a lot to reduce the amount of toxins we are exposed to by making more informed choices, we are all exposed to certain levels of unavoidable toxins each year. This is one reason why cleansing is so important, and I’ll go into it in detail a little later in this book. Airborne mercury falls to the earth and builds up in our waters and soils. The concentration of mercury increases with each step up the food chain. As a result, large predator fish such as salmon and trout can have mercury levels over one million times that of the surrounding water.³² People who eat fish or other animals with high mercury levels are putting themselves at risk for serious health problems. It is common

³² National Wildlife Federation, Wildlife, Threats to Wildlife, Pollutants, Mercury and Air Toxics.

now at grocery stores to find warnings at the deli bars such as this one we saw at a popular health food chain: “Nearly **all** fish and seafood contain some amount of **mercury**.” There is *no* safe amount of mercury.



Mercury is one of the most toxic metals in the world. The largest source of mercury in most adults is **dental amalgam fillings**. There is strong evidence to show that mercury is not at all stable once implanted in the tooth as a silver amalgam filling, but rather it conveys a slow continual leakage of mercury poison into the body accumulating in the major organs of the body such as the brain, heart, liver and kidneys. Studies show that those with several amalgam fillings have around 10 times more mercury in their feces and saliva than those without amalgam, and after amalgam replacement, mercury in the feces and saliva declines 90% and declines 75% in the urine.³³ Thankfully, I did not have any silver amalgam fillings by the time I learned about this. But my wife Jennifer did, and she was able to have her silver fillings removed by a mercury-safe dentist we located by contacting Dental Amalgam Mercury Solutions (DAMS), a non-profit organization whose mission is to educate the public on dental amalgam mercury

³³ Björkman L, Sandborgh-Englund G, Ekstrand J. “Mercury in saliva and feces after removal of amalgam fillings.” *Toxicology and Applied Pharmacology*, 1997 May;144(1):156-62.

hazards.³⁴ We know a doctor who was barely able to function because of mercury poisoning from her dental amalgam fillings. But, she fully recovered once she had her silver fillings replaced and cleansed her body of the accumulated mercury by taking 1 Tbs of activated charcoal powder several times a day to adsorb the mercury.

1i.) Personal care and cleaning products that contain harmful chemicals

Many personal care and cleaning products have synthetic chemicals which add to the toxic load on the body. When you consider how many harmful chemicals you're exposed to on a daily basis from the personal care and cleaning products you use, you can see why replacing these with natural products will ease the toxic load on your body.



- cleaning products: dish soap and detergent, bathroom cleaners, disinfectants
- air fresheners
- laundry detergent, fabric softener, dryer sheets, wrinkle removers
- soap, shampoo, conditioner, shaving cream
- toothpaste, mouthwash
- deodorant
- hair gel, hair spray
- makeup
- perfume, cologne
- lotion, face cream
- sunscreen
- bug repellent

³⁴ You can contact DAMS at amalgam.org or 651-644-4572 to find a mercury-safe dentist.

Women are especially at risk for this since they use the majority of personal care products on the market. Women are also usually the ones using the household cleaning products. My wife and I met a natural skin care product specialist several years ago who pointed out that women are several times more toxic than men in this area due to all of the chemicals they drench themselves in. This is no surprise when you consider that autoimmune disease is one of top 10 leading causes of death among women. People who move to more natural personal care products and household cleaners can greatly mitigate this toxic exposure.

We avoid these harmful ingredients in our cleaners and personal care products:

- “Fragrance”: can be any mixture of harmful chemicals (even up to 200) to produce desired scent
- Phthalates, also listed as “fragrance”: disrupts hormone function, causes reproductive abnormalities decreasing male fertility, causes premature delivery and endometriosis in women
- Parabens: mimics estrogen, disrupts hormone function, nervous system and immune system
- Phenoxyethanol: depresses the central nervous system
- Polyethylene glycols (PEGs): often contaminated with ethylene oxide and 1,4-dioxane, two carcinogens
- Butylated compounds (BHT, BHA): used as a preservative, mimics estrogen, disrupts hormone function, may induce skin allergies, linked to organ, developmental, and reproductive toxicity
- Urea: made from ammonia and CO₂ (two of your body’s waste products excreted in the urine and skin), releases formaldehyde gas, a carcinogen
- Quaternium-15: releases formaldehyde, a carcinogen
- Diethanolamine: linked with skin and eye irritation and possibly liver problems
- Nonphenol ethoxylate (NPE): toxic to nerves, irritating to skin
- Linear alkyl benzene sulfonates (LAS): irritating to skin and eyes, carcinogen
- Petroleum distillates: linked to cancer and lung damage

There are so many; it seems like too many to even list or keep track of. But while most of the popular brands of these products contain many of these carcinogenic, allergenic and

harmful chemicals, there are also many natural products made by smaller companies which make their products toxin-free. The Environmental Working Group has a tool on their website where you can look up any cleaning product³⁵ or personal care item³⁶ to find each product's individualized score of how toxic they are. With this tool we've been able to identify which are the least toxic cleaning and personal care products on the market.

We also use baking soda, vinegar and essential oils to clean and for personal care which are very inexpensive. My wife has really had fun making her own deodorant and found that it actually works better than many we've found at the store.

³⁵ <http://www.ewg.org/guides/cleaners>

³⁶ <http://www.ewg.org/skindeep/>

How Long Did It Take? My Timeline

My wife and I have personally witnessed half a dozen individuals improve and some like myself totally reverse their autoimmune conditions following these steps. After I learned about all of my food sensitivities, the first thing I did was completely eliminate as many of the 15 foods items on my list as I felt I reasonably could. It was difficult to eliminate them all since that would have left me with very little to eat besides fruits and vegetables. For some this may have not be an issue especially for someone who was looking to loose weight, but seeing how I was already very slender and needed more substantial foods to hold me, this would have been difficult. Even with continuing to eat just a few of the items on my allergen list, namely rice and some nuts, it was a big change in our diet.

Thank the Lord for my wife who right away started researching and testing out different types of foods. She's an excellent cook, and over the years has developed an impressive spread of delicious recipes that cater to people who are reversing an autoimmune disease. Despite all of our new dietary restrictions she was still able put together dishes like enchiladas, lasagna, pizza, macaroni and cheese, pot pie and many different kinds of desserts and hot breakfast cereals. **Next year, she'll be releasing an autoimmune cookbook sharing these recipes which are plant-based (vegan), gluten-free, soy-free, and peanut-free.**

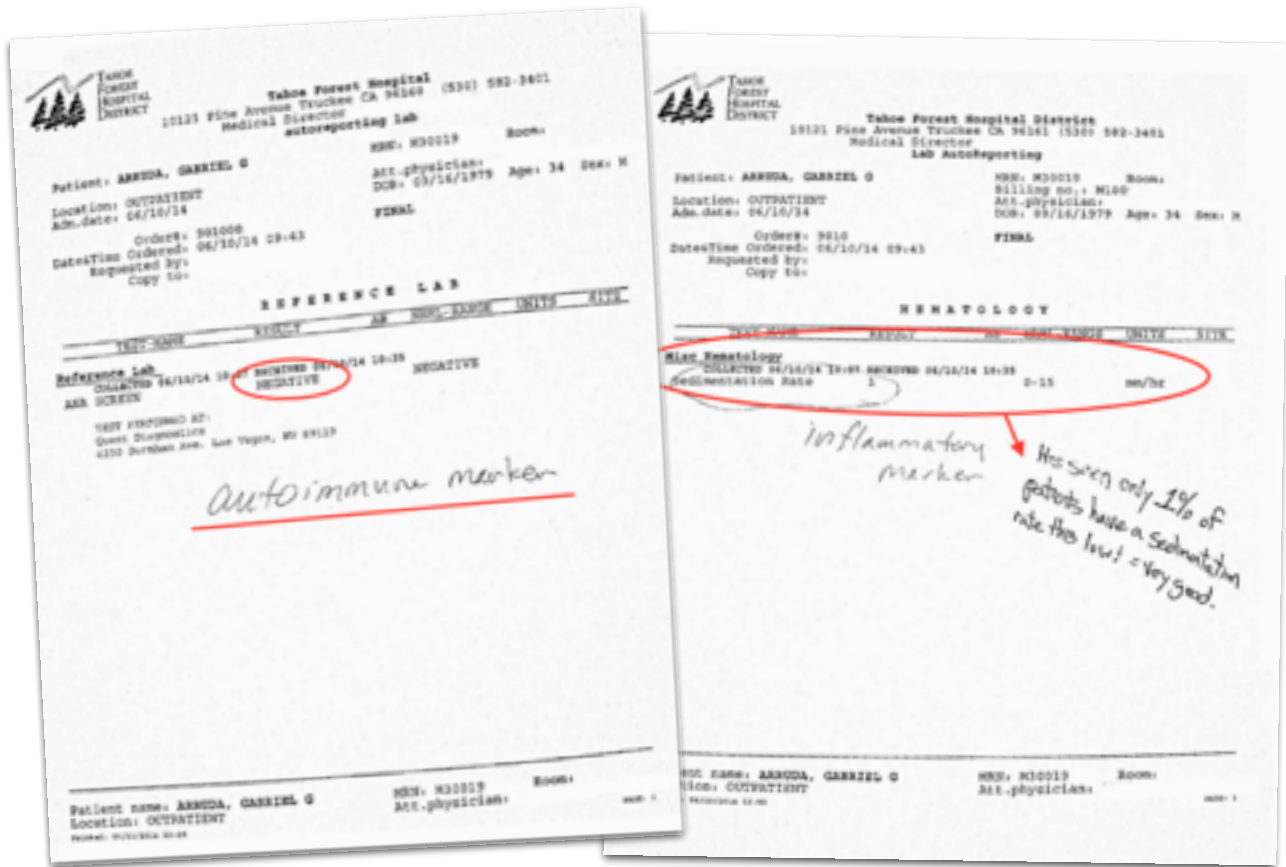


10-day Detox Program

Soon after we received the news about my food sensitivities, I started a very intense work project which for a month kept me way too busy to start any kind of health program. Then as soon as it slowed down we signed up to go through a 10-day detox with Years Restored Lifestyle and Learning program. This was a huge boost to start my journey back to health. I had many toxins built up from who knows how many years, and at the beginning of the program I had headaches and no energy. However, the staff which included a health professional and several attendants were right there to administer natural remedies like the ones mentioned in this book that brought relief and allowed me to get through the beginning of my cleansing.

It would have been much harder to do this on my own since the 10-day detox includes making and drinking fresh vegetable and fruit juices every few hours. I wouldn't have had the energy to do this nor the presence of mind while having a headache. I was able to just relax while people handed me juices every few hours. With the assistance of my wife and the staff at this program, I believe that the great majority of headaches and fatigue I would have experienced had I been attempting this on my own were eliminated.





The Results

So what were the results? After the 10-day cleanse and another five months of self administering the ‘at home’ program I got blood work done. I told my doctor what I was dealing with and had them test for all of the inflammation and autoimmune markers. We soon received the results and with great anticipation opened the envelope. **All signs of autoimmunity and inflammation came up negative!** My liver enzymes were totally within normal range. No inflammation, no signs of autoimmunity in my body! I’ve had blood work done several times since and each time, because I’ve stuck to these health principles, all of the autoimmune and inflammation markers come out negative. Now I have energy, I feel better, and after several more years my skin fungus has even completely healed! Praise God.

After the positive results of that first blood test I began reintroducing into my diet many of the foods on my list with no problems. I did however learn a hard lesson when introducing corn. I had introduced organic corn back into my diet after the first year of my healing program. I had no reactions or problems with it. Then, one of our favorite Mexican restaurants announced that they were completely GMO free. We would normally get veggie bowls with brown rice, black beans, pinto beans, pico de gallo mild salsa, lettuce and guacamole. This had been sufficient for us to have a tasty meal while

we're out and about, but we were excited to add their corn tortillas to our veggie bowls now that their corn was non-GMO. It was not organic, but we thought because it was non-GMO, it would be ok. So we both had the corn tortillas with our veggie bowls.

Immediately my stomach didn't feel good. My wife didn't feel the best either. Then later that night I developed one of the worst migraine headaches I've ever had that made my head feel like it was going to explode. Jennifer did hydrotherapy treatments on my back along my spine alternating damp hot and ice cold towels. It relaxed me to the point of putting me to sleep, and thankfully when I woke up the headache was gone. Hydrotherapy is awesome! You would be shocked to find out how many ailments can be helped just by using hot and cold water to circulate blood in the body.

Now when it comes to corn, we only eat it if it's both non-GMO *and* organic. Even if corn is non-GMO, if it's not organic it can still be heavily sprayed with pesticides and herbicides especially since it's such a massively produced crop.

How long should one expect to be on a personalized health program? It depends on how ill you are, how much toxic build up you have, how healthy you lived before you got sick and how faithfully you stick to healing your body. In total it can take up to two years to heal a leaky gut. But symptoms will quickly be reduced if you make concerted efforts to heal and cleanse. I believe that starting the whole process by doing a 10-day detox like the one I did at Years Restored potentially shaved many months or even years off of my healing time.

All autoimmune sufferers should be prepared for some degree of a permanent life change. Whether you knew it or not, it's damaging health practices that caused this situation and now your ticket is up and it's time to either change or continue to suffer. There may be certain foods you can never eat again, such as gluten. However on the flip side you'll probably discover new foods that you love like we did. You may need exercise more, drink more water, spend more time outdoors, look at your trials differently, and most importantly spend more time with God in Bible study and prayer. My wonderful report is that I feel better and healthier *now* than even *before* I got sick.

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