

■ PPW — PEAK PERFORMANCE WELLNESS · 100% VEGAN

# The Vegan Autoimmune Reset Protocol

A complete plant-based system integrating gut science, breathwork, mindfulness, movement, and nutrition — with a fully verified supplement stack and daily planner.

EDUCATIONAL PURPOSES ONLY — NOT MEDICAL ADVICE

Not intended to diagnose, treat, cure or prevent any disease. Consult a healthcare professional.

# Why your immune system is attacking you.

Autoimmune conditions rarely begin in the skin, joints, or thyroid. They begin in the gut. The intestinal epithelium — one cell layer thick, covering approximately 32 square metres — is the primary interface between your internal environment and the outside world. When this barrier is compromised, a predictable cascade unfolds that ends in the immune system confusing your own tissue for a foreign threat.

## ◆ Tight Junction Failure

Proteins called claudins, occludins, and zonula occludens form the "seals" between intestinal cells. Zonulin — released by gliadin (gluten) and certain bacteria — signals these junctions to open. Once open chronically, the barrier becomes permeable. Bacteria, undigested food antigens, and lipopolysaccharides (LPS) enter systemic circulation.

[ Zonulin pathway ] [ Gliadin trigger ] [ Barrier permeability ]

## ◆ Dysbiosis — Microbial Imbalance

Approximately 38 trillion microorganisms regulate your immune tolerance, produce short-chain fatty acids (SCFAs) like butyrate that feed the gut lining, and compete against pathogens. Dysbiosis — particularly loss of *Akkermansia muciniphila*, which maintains the mucus layer — is documented across psoriasis, rheumatoid arthritis, Hashimoto's, and lupus.

[ SCFAs ] [ Akkermansia ] [ Immune tolerance ]

## ◆ Mucus Membrane Breakdown

The mucus layer produced by goblet cells is the first physical barrier above the epithelium. Refined sugar, alcohol, seed oils, and chronic stress thin this layer. When it degrades, mucosal-associated lymphoid tissue (MALT) — housing 70-80% of the body's immune cells — enters a state of constant low-grade activation.

[ MUC2 mucin ] [ MALT activation ] [ Goblet cell function ]

## ◆ Molecular Mimicry — The Immune Confusion

Foreign antigens from leaky gut trigger antibody production. The critical problem: some foreign proteins share structural sequences with the body's own tissues. The immune system's antibodies cross-react with self-tissue. In psoriasis, gliadin peptides mimic keratinocyte proteins. In Hashimoto's, bacterial antigens mimic thyroid peroxidase. The tissue being attacked is not the source of the problem.

[ Th17 pathway ] [ IL-17 / IL-23 ] [ Autoantibody cross-reactivity ]

## ◆ The LPS Endotoxin Loop

Lipopolysaccharides from gram-negative gut bacteria are among the most potent immune activators known. In a permeable gut, LPS enters portal circulation, binds TLR-4 receptors on immune cells, and activates NFkB — the master switch of inflammation. Elevated serum LPS (metabolic endotoxemia) is documented in psoriasis, type 2 diabetes, multiple sclerosis, and non-alcoholic fatty liver — all connected to the same broken barrier.

[ TLR-4 / NFkB ] [ Metabolic endotoxemia ] [ Systemic inflammation ]

# Remove. Repair. Reinoculate.

These three phases must be followed in sequence. The most common mistake is beginning repair while triggers are still present. Without removal, no supplement can overcome the ongoing damage. Each phase builds the foundation for the next.

## PHASE 01 — REMOVE

Eliminate every trigger driving barrier breakdown. This phase is non-negotiable and must be 100% committed. Partial elimination produces partial results.

- **Gluten (all forms)** wheat, rye, barley, spelt, kamut — releases zonulin within minutes of exposure, even in non-celiac individuals.
- **Refined sugar** directly feeds pathogenic gut bacteria, drives Candida overgrowth, activates NFkB inflammation cascade.
- **Industrial seed oils** canola, soybean, sunflower, corn — oxidised linoleic acid drives arachidonic cascade and prostaglandin-mediated inflammation.
- **Alcohol** directly increases intestinal permeability and kills Lactobacillus colonies within hours.
- **Ultra-processed foods** emulsifiers (polysorbate 80, carboxymethylcellulose) proven to directly disrupt the mucus layer in human studies.
- **Vegan junk food** ultra-processed plant-based products typically contain gluten, refined starch, seed oils, and emulsifiers — all barrier-damaging.

## PHASE 02 — REPAIR

Provide the specific raw materials required to rebuild tight junctions, regenerate the mucus membrane, and resolve mucosal inflammation. This phase takes 4-8 weeks of consistent application.

- **L-Glutamine** primary fuel for enterocytes. Directly repairs tight junction proteins. Begin at 5g/day, build to 15g/day.
- **Zinc Carnosine** zinc chelated with carnosine dramatically enhances mucosal delivery. Clinical evidence for epithelial repair and inflammation reduction.
- **Aloe vera inner leaf** acemannan polysaccharide supports epithelial repair and immune modulation.
- **Quercetin with bromelain** plant flavonoid that stabilises mast cells, upregulates tight junction proteins (ZO-1, claudin-3), and inhibits NFkB. Bromelain from pineapple enhances absorption.
- **Slippery elm and marshmallow root** mucilaginous polysaccharides that coat and soothe the mucus membrane while deeper repair occurs.
- **Lichen-source vitamin D3** regulates T-regulatory cell function and suppresses Th17 dominance — the primary autoimmune inflammatory pathway.

## PHASE 03 — REINOCULATE

Restore microbial diversity, rebuild SCFA-producing communities, and re-establish immune tolerance through sustained probiotic and prebiotic intervention.

- **Multi-strain probiotic** 30-50 billion CFU minimum, 8+ strains including Lactobacillus and Bifidobacterium species. Veggie capsule form.
- **Saccharomyces boulardii** yeast-based probiotic unaffected by antibiotics. Blocks LPS binding to TLR-4 receptors, reduces intestinal inflammation, strengthens barrier.
- **Diverse prebiotic fibre** inulin, FOS, pectin, resistant starch — feed beneficial bacteria and stimulate SCFA production. Start low and build slowly.
- **Fermented foods daily** kimchi, sauerkraut, water kefir, miso, tempeh — living bacterial cultures with strain diversity that supplements alone cannot provide.
- **Resistant starch** cooled sweet potato, green banana, cassava, cooked-and-cooled rice — selectively feeds Akkermansia muciniphila and Bifidobacterium.

## Supplements work. Lifestyle determines how fast.

No supplement stack can compensate for a dysregulated nervous system. Chronic stress elevates cortisol, which directly increases intestinal permeability, suppresses T-regulatory cells, and amplifies Th17 activity — the exact same pathway the supplements are trying to calm. The lifestyle pillars below are not optional extras. They are mechanistically essential to protocol success.

### BREATHWORK

- **Coherent breathing (5.5 breaths/min)** inhale 5.5 seconds, exhale 5.5 seconds. 10 minutes daily. Activates vagal tone, lowers heart rate variability, directly reduces cortisol and inflammatory cytokines. The most evidence-backed breathing pattern for HPA axis regulation.
- **Box breathing (4-4-4-4)** inhale 4 sec, hold 4, exhale 4, hold 4. Use before meals, during stress responses, or to break rumination loops. Activates the parasympathetic nervous system within 90 seconds.
- **Extended exhale breathing** inhale 4 seconds, exhale 6-8 seconds. The longer exhale activates the vagus nerve more powerfully than the inhale. Use at bedtime to initiate sleep physiology.
- **Timing** morning session (10 min) upon waking before supplements. Evening session (5-10 min) before bed. Additional 2-minute box breathing before meals to activate digestive enzyme production.

### MINDFULNESS & NERVOUS SYSTEM

- **Daily meditation** 10-20 minutes of mindfulness meditation reduces IL-6 and TNF-alpha — two of the primary autoimmune cytokines — by measurable amounts within 8 weeks. Apps like Insight Timer have free guided sessions. The specific technique matters less than consistency.
- **Vagus nerve stimulation** humming, gargling with water, cold water on the face, and singing all directly activate the vagus nerve — the primary pathway between gut and brain. 5 minutes of humming or gargling with water daily has documented anti-inflammatory effects.
- **Journaling** 10-15 minutes of expressive writing per day reduces perceived stress and inflammatory markers in clinical studies. Focus on processing emotions rather than event description. Not gratitude logging — actual emotional processing.
- **Nature exposure** minimum 20 minutes outdoors in natural light daily. Reduces cortisol, supports circadian D3 synthesis, and has direct microbiome benefits via environmental microbial diversity.

## MOVEMENT

- **What helps** walking (20-40 min daily), yoga, tai chi, swimming, light cycling. These stimulate lymphatic drainage, reduce inflammatory cytokines, and support microbial diversity without stressing the HPA axis.
- **What to avoid** high-intensity cardio and heavy resistance training during active flare. Intense exercise elevates cortisol, increases intestinal permeability temporarily, and can worsen symptoms. Wait until 60+ days of protocol stabilisation before reintroducing intensity.
- **Gentle morning movement** 10-15 minutes of mobility work or yoga upon waking. Activates lymphatic system, reduces joint stiffness, supports circadian cortisol regulation (the morning cortisol peak should be gentle, not spiked).
- **Post-meal walks** 10-15 minute walk after your two largest meals. Reduces postprandial glucose spike, stimulates gut motility, and improves microbial diversity via bile acid modulation.

## SLEEP — THE NON-NEGOTIABLE

- **Duration** 7-9 hours. Immune cell production, gut barrier repair, and Treg cell function all occur primarily during deep sleep. Consistently sleeping under 6 hours is documented to increase intestinal permeability within 3 days.
- **Circadian anchoring** wake at the same time every day — including weekends. The circadian clock directly regulates gut microbiome composition, intestinal permeability rhythms, and immune cell activity patterns. Inconsistent wake times dysregulate all three.
- **Screen cutoff** no screens 60-90 minutes before bed. Blue light suppresses melatonin and delays sleep onset. Melatonin is also a potent anti-inflammatory and gut permeability regulator beyond its sleep function.
- **Room conditions** cool (16-19 degrees C), dark, and quiet. These three conditions maximise slow-wave sleep — the stage where growth hormone is released and gut repair occurs most actively.
- **Pre-sleep ritual** consistent 20-minute wind-down: extended exhale breathing, dim lights, no news or social media. Signals the hypothalamus that threat-assessment is complete for the day — essential for cortisol to drop fully.

## TEMPERATURE THERAPY

- **Cold exposure** 30-60 second cold shower finish daily. Reduces TNF-alpha and IL-6 (two primary autoimmune cytokines), activates norepinephrine (anti-inflammatory at moderate levels), and significantly increases microbial diversity over 30 days. Start with 10 seconds and build. Note: not during acute flares.
- **Heat (sauna or hot bath)** 2-3 sessions per week of 15-20 minutes at 70-80 degrees C. Activates heat shock proteins that protect against tissue damage, supports lymphatic drainage, and has documented reductions in inflammatory markers. Ensures adequate hydration.
- **Alternating contrast** for advanced practitioners after 60 days — 3 minutes hot, 1 minute cold, repeated 3 cycles. Powerfully activates lymphatic pumping and has the strongest effect on inflammatory cytokine reduction of any temperature therapy.

## STRESS LOAD MANAGEMENT

- **HPA axis awareness** the hypothalamic-pituitary-adrenal axis is the biological system that translates psychological stress into physiological inflammation. Chronic activation directly opens tight junctions, suppresses secretory IgA (mucosal immunity), and drives Th17 dominance. Stress management is not lifestyle advice — it is mechanistically required.
- **Identify your cortisol drivers** make a list of your top 3 daily cortisol sources (not situations — the actual cognitive patterns: urgency, unfinished tasks, conflict anticipation, social comparison). Each one actively worsens your gut barrier. Addressing one source has measurable biological impact within 2-3 weeks.
- **Schedule recovery deliberately** the nervous system requires scheduled non-demanding time to repair. 30-60 minutes daily of genuinely low-stimulation activity (walking, reading, cooking, creative work without pressure) is not self-indulgence — it is repair time for the HPA axis.
- **Social connection** oxytocin released during genuine social connection directly reduces cortisol and inflammatory cytokines. Isolation is pro-inflammatory. Prioritise in-person time with people who do not elevate your stress response.

## FASTING & MEAL TIMING

- **12-16 hour overnight fast** finishing eating by 8pm and not eating until 8-10am gives the gut microbiome and intestinal epithelium repair time without the immune challenge of digestion. 12 hours minimum. 16 hours produces measurable improvements in gut barrier function and microbial diversity.
- **Meal spacing** minimum 4-5 hours between meals. Continuous grazing prevents the migrating motor complex — the gut's self-cleaning wave — from activating. This complex is essential for clearing bacterial overgrowth from the small intestine.
- **Eating environment** no screens, no stress, no standing. Eating in a parasympathetic (calm, seated, focused) state increases digestive enzyme production and reduces immune activation in response to food antigens by up to 40% compared to eating under stress.

# What to look for. What to buy. How much to spend.

All supplements below are available on iHerb and can be delivered internationally. No specific brands are recommended — the compound, form, and dosage are what matter. Use the descriptions to identify suitable products. Look for third-party tested, non-GMO, and free from gluten, artificial fillers, and titanium dioxide.

**All compounds listed are 100% plant-based or synthesised. No animal-derived ingredients. Look for "vegan certified" on the label.**

CORE STACK	FULL STACK
~\$100	~\$200
per month	per month
5 core compounds. Most impactful. Lean budget. Suitable from week 1.	Full 10-compound stack. All phases covered. Optimal from week 3.

## CORE Multi-Strain Probiotic · ~\$15-22/mo

**What to look for:** Veggie capsule. 30-50 billion CFU. 8+ strains. Must include Lactobacillus acidophilus, L. rhamnosus, L. plantarum, Bifidobacterium longum, B. lactis. Gluten-free, dairy-free. Look for: delayed-release or enteric-coated capsule.

**Why it works:** Restores gut microbiome diversity, produces SCFAs including butyrate, reduces intestinal permeability, modulates immune tolerance via Treg cell activation.

**Dosage:** 1 capsule daily with or without food. Consistent timing.

## CORE L-Glutamine Powder · ~\$18-25/mo

**What to look for:** Pure L-glutamine powder, unflavoured. No fillers, no sweeteners. 500g minimum for cost efficiency. Look for: pharmaceutical grade, third-party tested.

**Why it works:** Primary fuel source for intestinal epithelial cells. Directly repairs tight junction proteins. 2019 RCT: 15g/day reduced permeability markers by 80% vs 6% placebo.

**Dosage:** 5g in water on empty stomach on waking. Build to 10-15g/day by week 3.

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### **CORE Vitamin D3 + K2 (Vegan — Lichen Source) - ~\$15-20/mo**

**What to look for:** CRITICAL: must specify "vegan D3" or "D3 from lichen". Standard D3 supplements are lanolin-derived (sheep wool) — not vegan. Look for: cholecalciferol from lichen, K2 as MK-7 (menaquinone-7), 5000 IU D3 + 100mcg K2 combined. Softgel with MCT oil.

**Why it works:** Vitamin D3 is a steroid hormone that directly regulates T-regulatory cell function and suppresses Th17 dominance. Deficiency documented in majority of autoimmune patients. K2 directs calcium to bone rather than soft tissue.

**Dosage:** 1 softgel with fat-containing meal daily.

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### **CORE Algae-Source Omega-3 (EPA + DHA) - ~\$22-30/mo**

**What to look for:** CRITICAL: must be algae-derived EPA and DHA — not flaxseed oil. ALA from flax converts to EPA/DHA at only 5-10%. Look for: minimum 250mg EPA + 500mg DHA per serving, hexane-free extraction, carrageenan-free capsule, third-party tested for purity.

**Why it works:** EPA and DHA are direct precursors to anti-inflammatory resolvins and protectins that actively resolve inflammation. Fish get their omega-3 from algae — this goes directly to the source with no marine contamination risk.

**Dosage:** 2 softgels with main meal. Can split AM and PM.

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### **CORE Zinc Carnosine - ~\$15-20/mo**

**What to look for:** Zinc chelated with L-carnosine dipeptide. Look for: 75mg zinc carnosine per capsule (providing approximately 16mg elemental zinc). Veggie capsule. Not the same as regular zinc — the chelate is essential for mucosal delivery.

**Why it works:** Carnosine dramatically enhances zinc delivery to intestinal mucosa. Clinical evidence for mucosal inflammation reduction and accelerated epithelial repair. Essential given reduced zinc bioavailability from plant sources (phytates).

**Dosage:** 75mg with morning meal. Use for minimum 8-16 weeks.

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### **FULL Saccharomyces boulardii - ~\$12-18/mo**

**What to look for:** Yeast-based probiotic — inherently vegan and unaffected by antibiotics. Look for: 5 billion CFU per capsule, CNCM I-745 strain, heat-stable, no refrigeration required. Veggie capsule.

**Why it works:** Blocks LPS from binding TLR-4 receptors, produces spermine to strengthen gut barrier, reduces intestinal inflammation. Works synergistically with bacterial probiotics — not a replacement.

**Dosage:** 1-2 capsules at bedtime, at least 2 hours from bacterial probiotic.

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### **FULL Quercetin with Bromelain - ~\$15-20/mo**

**What to look for:** Quercetin flavonoid (plant-derived, 100% vegan) combined with bromelain from pineapple stems. Look for: 500mg quercetin per capsule, bromelain for absorption enhancement, veggie capsule, no magnesium stearate.

**Why it works:** Stabilises mast cells (reduces histamine), upregulates tight junction proteins (ZO-1, claudin-3), inhibits NFkB, has direct anti-Th17 activity. Bromelain from pineapple stem enhances quercetin absorption by 20-30%.

**Dosage:** 500mg quercetin between meals on empty stomach.

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### **FULL Aloe Vera Inner Leaf - ~\$12-18/mo**

**What to look for:** Must specify "inner leaf" or "inner fillet" — outer leaf contains anthraquinones (laxative). Look for: 10,000mg equivalent inner leaf concentration, cold-processed, no aloin, veggie softgel or capsule.

**Why it works:** Contains acemannan — a long-chain mannose polysaccharide with documented immunomodulatory properties, gut epithelial stimulation, and anti-inflammatory activity via macrophage modulation. Plant-based colostrum replacement.

**Dosage:** 2 capsules before breakfast and dinner on empty stomach.

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### **FULL Slippery Elm Bark - ~\$8-12/mo**

**What to look for:** Powdered inner bark. Look for: 400mg per capsule, organic if available, no fillers. Alternatively marshmallow root (*Althaea officinalis*) — similar mucilaginous mechanism. Both are 100% vegan.

**Why it works:** Mucilaginous polysaccharides physically coat and soothe the mucus membrane, providing a temporary protective barrier while deeper epithelial repair occurs below. Particularly effective for symptom relief in weeks 1-3.

**Dosage:** 400mg capsule 30 minutes before each main meal.

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### **FULL Magnesium Glycinate - ~\$10-15/mo**

**What to look for:** Look for: magnesium glycinate or magnesium bisglycinate (not oxide — poorly absorbed). 300-400mg elemental magnesium per serving. Veggie capsule.

**Why it works:** Magnesium deficiency is documented in the majority of autoimmune patients. Required co-factor for vitamin D activation, supports HPA axis regulation, reduces cortisol, improves sleep quality, and directly supports gut motility and barrier function.

**Dosage:** 300-400mg with evening meal or before bed.

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### **ESSENTIAL Methylcobalamin B12 (Sublingual) - ~\$8-12/mo**

**What to look for:** NON-NEGOTIABLE on plant-based diet. Must be methylcobalamin form (not cyanocobalamin). Must be sublingual lozenge or liquid — not standard capsule (absorption issues). Look for: 1000mcg methylcobalamin, dissolvable lozenge.

**Why it works:** Zero reliable plant food sources of B12 exist. Deficiency drives elevated homocysteine — directly linked to vascular damage and autoimmune amplification. Methylcobalamin is the neurologically preferred active form. Critical for DNA methylation and immune cell production.

**Dosage:** 1000mcg sublingual lozenge daily. Hold under tongue for 30 seconds.

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# Food is information. Every meal either fights or feeds inflammation.

The dietary framework is not a calorie-counting programme. It is a strategic information delivery system. Every food either signals safety and repair to your immune system, or signals threat and inflammation. The goal is maximum signal clarity.

## REMOVE WITHOUT EXCEPTION

- ✗ All gluten — wheat, rye, barley, spelt, kamut, most oats (unless certified GF)
- ✗ Refined sugar and high-fructose corn syrup in all forms
- ✗ Industrial seed oils — canola, soybean, sunflower, corn, cottonseed, grapeseed
- ✗ Ultra-processed vegan products — vegan cheese, fake meat products (seed oils + refined starch)
- ✗ Alcohol — all forms during active protocol (minimum 90 days)
- ✗ Artificial sweeteners — aspartame and sucralose alter gut microbiome composition
- ✗ Refined carbohydrates — white bread, white rice, pasta, crackers (even gluten-free refined starch)
- ✗ Excess isolated fructose — agave syrup, HFCS (whole fruit in moderation is fine)

## PRIORITISE & BUILD AROUND

- ✓ Diverse colourful vegetables — minimum 7-9 varied servings daily
- ✓ Fermented plant foods daily — kimchi, sauerkraut, water kefir, tempeh, miso, natto
- ✓ Whole legumes — lentils, chickpeas, black beans — soaked and sprouted to reduce phytates
- ✓ Resistant starch — cooled sweet potato, green banana, cassava, plantain
- ✓ Avocado, extra virgin olive oil, coconut — anti-inflammatory fat sources
- ✓ Turmeric + black pepper — curcumin modulates NFkB and IL-17 directly
- ✓ Flaxseed, chia, hemp — ALA omega-3 and lignans (supplement EPA/DHA separately)
- ✓ Medicinal mushrooms — shiitake, maitake, reishi — beta-glucans for immune modulation
- ✓ Nutritional yeast (B12-fortified) — complete amino acids, B vitamins
- ✓ Prebiotic-rich foods — leeks, garlic, onion, Jerusalem artichoke, dandelion greens

**On soy:** Fermented soy (tempeh, miso, natto) is beneficial — fermentation breaks down phytates and produces bioavailable isoflavones with anti-inflammatory properties. Unfermented soy in excess (tofu, soy milk, isolated soy protein) should be moderated during active protocol, particularly with thyroid autoimmunity concerns, as isoflavones may interfere with thyroid peroxidase activity.

# A day that heals.

This template integrates supplements, breathwork, movement, meals, and sleep into a practical daily structure. Adapt the timing to your schedule — the sequence matters more than the exact clock times.

## ON WAKING

- **Coherent breathing** 5 minutes before reaching for your phone. 5.5 sec inhale, 5.5 sec exhale. Sets HPA axis tone for the day.
- **L-Glutamine** 5-15g in a glass of water. Empty stomach. This is the single most impactful daily supplement act.
- **Slippery elm / Aloe vera** take 30 minutes before breakfast to begin coating the mucus membrane.
- **Methyl B12 sublingual** (vegan protocol) hold under tongue for 30 seconds.
- **Sunlight** 10-15 minutes of direct morning light on your face and arms within 30 minutes of waking. Sets circadian rhythm and supports D3 synthesis.

## BREAKFAST (30-45 MIN AFTER WAKING)

- **Anti-inflammatory meal** vegetables, quality protein, healthy fats. No refined carbohydrates. No gluten. No sugar.
- **Vitamin D3 + K2** with your fat-containing meal — D3 is fat-soluble.
- **Omega-3** 2 softgels with food to minimise any digestive response.
- **Zinc Carnosine** 75mg with your meal.
- **Eat seated, no screens** 5 breaths before eating to activate parasympathetic digestion.

## MID-MORNING (2-3 HOURS AFTER BREAKFAST)

- **Quercetin + Bromelain** (Phase 2 onwards) 500mg between meals on empty stomach.
- **L-Glutamine 2nd dose** (if on therapeutic 15g/day dose) 5g in water.
- **Movement** 20-30 minute walk outdoors. Post-morning supplement window is ideal for gentle movement.
- **Mindfulness** 10-20 minutes of meditation or focused breathwork. This is not optional — schedule it like a supplement.

## LUNCH

- **Probiotic** consistent timing daily — your microbiome responds best to regularity.
- **Largest meal of the day** if possible, make lunch your biggest meal. Digestive capacity is highest between 12-2pm.
- **Post-meal walk** 10-15 minutes. Reduces glucose spike, supports gut motility.
- **Fermented food** 2-4 tablespoons of kimchi, sauerkraut, or other fermented food with your meal.

## AFTERNOON

- **Hydration focus** herbal teas (ginger, peppermint, chamomile), filtered water. No sugar. No seed oil snacks.
- **Second breathwork session** 5 minutes of box breathing if afternoon stress arises. Prevents cortisol from remaining elevated into the evening.
- **Colostrum / Aloe vera** (Phase 2 onwards) second dose if splitting doses across the day.

## EVENING MEAL

- **Early as possible** ideally 6-7pm to begin the fasting window. Aim for 12-14 hour fast minimum to bedtime.
- **Magnesium glycinate** 300-400mg with your evening meal.
- **Anti-inflammatory focus** reduce starch at this meal compared to lunch. More vegetables, quality protein, healthy fat.
- **Prebiotic foods** leeks, garlic, onion — these evening prebiotics ferment overnight feeding your beneficial bacteria.

## EVENING WIND-DOWN (60-90 MIN BEFORE BED)

- **Screen off** phone, TV, laptop — all off. The blue light disruption to melatonin is significant enough to impair all gut repair processes that occur during sleep.
- **S. boulardii** 1-2 capsules at least 2 hours after your bacterial probiotic. Before bed timing is optimal.
- **Extended exhale breathing** 10 minutes: inhale 4 sec, exhale 6-8 sec. Directly activates vagus nerve and initiates sleep physiology.
- **Journaling** 10 minutes of expressive writing. Process the day. Reduces cortisol for sleep.
- **Cool, dark room** 16-19 degrees C for optimal slow-wave sleep and growth hormone release.

## What to expect and when.

Autoimmune conditions typically took years to develop. Meaningful resolution requires 60-90 days of consistent full-protocol adherence. The phases below reflect what the research and clinical evidence suggest for timeline of change.

### DAYS 1-14

REMOVE +  
FOUNDATION

- Complete elimination of gluten, sugar, seed oils, alcohol — no exceptions, no partial compliance
- Begin L-Glutamine (5g morning), Slippery Elm before meals, Omega-3 with food
- Establish morning breathwork ritual (5-10 min coherent breathing on waking)
- Begin consistent sleep timing — same wake time every day
- Days 3-7: possible transition symptoms (headache, fatigue, skin flare, mood) — this is microbiome transition. Normal. Expected. Push through.
- Days 7-14: digestive symptoms typically begin to reduce. Bloating, cramping, irregularity improve.

### DAYS 15-45

ACTIVE REPAIR

- Increase L-Glutamine to 10-15g/day (split morning and afternoon)
- Add Zinc Carnosine, Vitamin D3+K2, Quercetin with Bromelain
- Add Bovine Colostrum (standard) or Aloe Vera Inner Leaf (vegan)
- Add Magnesium Glycinate in the evening
- Begin 10-20 minute daily meditation practice — not optional from week 3 onwards
- Introduce cold shower finish (10 sec, build to 60 sec over 2 weeks)
- Week 4-5: most people report first significant skin improvement, reduced joint inflammation, improved energy. This is the barrier beginning to seal.

## DAYS 30+

REINOCULATE

- Add Multi-Strain Probiotic (50B CFU) — consistent daily timing
- Add *Saccharomyces boulardii* before bed (2+ hours from bacterial probiotic)
- Begin introducing fermented foods daily — 1 tablespoon and build slowly over 2 weeks
- Introduce prebiotic-rich foods — start low and slow to avoid SIBO-type bloating
- Post-meal walks become a consistent daily practice
- Week 6-8: energy, skin, joints, and sleep all typically show marked improvement with full adherence

## DAYS 60-90

CONSOLIDATE +  
ASSESS

- Re-test key biomarkers: hsCRP, vitamin D (25-OH), stool microbiome panel if accessible
- Cautious reintroduction of A2 dairy if desired (standard protocol) — one food at a time, 5 days between each
- Gluten remains permanently eliminated — tight junctions re-open within 5 minutes of gliadin exposure even in non-celiac individuals
- Taper to maintenance doses: keep Probiotic, D3+K2, Omega-3, Magnesium as long-term anchors
- Day 60-90: systemic autoimmune markers typically normalise. Sustained remission requires sustained lifestyle — this is not a short course.

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