

The Autoimmune

Quick Action Handbook

What to throw out. What to eat.
What to take. What to do every day.

Companion to the full protocol · Educational only · Not medical advice

Start here. Throw these out today.

You cannot supplement your way past a kitchen full of disruptors. Remove these first — everything else builds on a clean foundation.

- **Lipopolysaccharide (LPS) Endotoxemia** Restore intestinal barrier integrity with L-glutamine (5g daily), bone broth collagen, and remove high-FODMAP foods. Test
 - **Molecular Mimicry Triggers** Identify and eliminate active infections (strep, Epstein-Barr, Lyme disease via serology and functional testing). Support
 - **High-Dose Omega-6 Polyunsaturated Fat Imbalance** Eliminate seed oils (soybean, canola, sunflower) completely. Target omega-6:omega-3 ratio of 2:1 with wild-caught salmon
 - **Chronic Hyperglycemia and Glycation** Maintain fasting glucose <90 mg/dL and HbA1c <5.5% via carbohydrate restriction (net carbs <50g daily), elimination of a
 - **Dysbiotic Microbial Dysregulation** Restore diversity with prebiotic-rich whole foods (garlic, onion, asparagus, green banana starch 15-20g daily). Supplement
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What to eat. Build every meal around these.

EAT — BUILD AROUND

- ✓ Fatty Cold-Water Fish (Salmon, Mackerel, Sardines)
- ✓ Cruciferous Vegetables (Broccoli, Cabbage, Brussels Sprouts)
- ✓ Bone Broth (Grass-Fed)
- ✓ Berries (Blueberries, Blackberries, Raspberries)
- ✓ Leafy Greens (Spinach, Kale, Swiss Chard)
- ✓ Fermented Foods (Sauerkraut, Kimchi, Tempeh, Miso)
- ✓ Turmeric (with Black Pepper/Piperine)
- ✓ Grass-Fed Beef & Organ Meats (Liver, Kidney)
- ✓ Extra Virgin Olive Oil (Phenol-Rich)
- ✓ Ginger
- ✓ Mushrooms (Shiitake, Maitake, Reishi)
- ✓ Pasture-Raised Eggs (Whole Including Yolk)

ALWAYS AVOID

- × Seed Oils (Soybean, Sunflower, Canola, Corn Oil)
- × Refined Carbohydrates & Sugar
- × Gluten (in Celiac & Non-Celiac Gluten Sensitivity)
- × Processed/Deli Meats & High-Heat Cooked Proteins
- × Dairy (Especially A1 Casein)
- × Lectins in Legumes (Uncooked/Undercooked)
- × Trans Fats & Partially Hydrogenated Oils
- × Emulsifiers (Polysorbate 80, Carboxymethyl Cellulose)
- × High-Sodium Processed Foods
- × Alcohol (Especially Excess)

The supplement stack. No brand names. Look for these compounds.

CORE STACK

~\$85

per month

FULL STACK

~\$185

per month

L-Glutamine (vegan) · \$12–18/mo

Look for: Pharmaceutical-grade powder, free of additives; micronized form enhances bioavailability

Dose: 5–10 g daily (divided doses) · Morning and evening, 30 minutes before meals

Zinc Carnosine · \$20–28/mo

Look for: Standardized to 16–25 mg elemental zinc per dose; look for 'chelated' or 'carnosine complex' forms

Dose: 75–150 mg daily (25–50 mg elemental zinc equivalent) · With meals to enhance absorption; split into 2–3 doses

Omega-3 Fatty Acids (Fish Oil / Algae-derived) · \$15–25/mo

Look for: High EPA (≥ 500 mg) and DHA (≥ 300 mg) per serving; triglyceride form preferred over ethyl ester; third-party tested for heavy metals

Dose: 2–3 g combined EPA/DHA daily · With largest meal to enhance lipid absorption

Quercetin (vegan) · \$18–24/mo

Look for: Quercetin dihydrate or aglycone form; quercetin phytosome (bound to phospholipids) shows 20x higher bioavailability

Dose: 500–1000 mg daily (500 mg \times 1–2 doses) · With meals; higher bioavailability when paired with fats and vitamin C

Curcumin (BCM-95® or Meriva®) (vegan) · \$22–32/mo

Look for: BCM-95® (bound to essential oils) or Meriva® (phospholipid complex); these forms show 10–20x higher bioavailability than standard curcumin powder

Dose: 500–1000 mg daily (BCM-95® or Meriva® form) in divided doses · With meals containing fat to maximize absorption; take away from calcium supplements

Butyrate (Short-Chain Fatty Acid Precursor) (vegan) - \$24–36/mo

Look for: Sodium butyrate, potassium butyrate, or calcium butyrate in delayed-release capsules (ensures colon delivery, not stomach absorption)

Dose: 1–3 g daily in divided doses (500 mg × 2–3) · With meals; take delayed-release capsules whole (do not chew)

Selenium (Selenomethionine) (vegan) - \$8–12/mo

Look for: Selenomethionine form (L-selenomethionine), not selenite; third-party tested for heavy metals; 200 mcg per serving

Dose: 200 mcg daily (selenomethionine form) · With meals; take once daily

The daily routine. Print this. Put it on your wall.

ON WAKING

- **Morning sunlight exposure (10-15 minutes)** Direct eye exposure to blue light resets your circadian clock and suppresses nocturnal melatonin, lowering baseline IL-6 and TNF- α (pro-inflammatory cytokines that drive autoimmune flare). Timing: within 30 minutes of waking, non-negotiable.
- **L-Glutamine: 5g in warm water** Glutamine is the primary fuel for intestinal enterocytes and directly upregulates tight junction proteins (claudins, occludin, ZO-1). Intestinal permeability ('leaky gut') is a core driver of autoimmune activation—glutamine repairs the barrier before food enters. Fasting absorption is fastest.
- **Selenium (Selenomethionine): 200mcg** Selenium is the cofactor for glutathione peroxidase (GPx), your cell's master antioxidant defence. Low selenium \rightarrow reduced Treg differentiation via impaired FOXP3 expression. Morning dosing supports the cortisol surge and activates selenoprotein synthesis early in the day.

BREAKFAST

- **Omega-3 Fatty Acids (Fish Oil or Algae): 2-3g EPA+DHA** EPA and DHA are substrates for specialized pro-resolving mediators (SPMs like resolvins and lipoxins) that actively shut down inflammation rather than just suppress it. Breakfast timing ensures absorption with dietary fat, which increases bioavailability by 300%. These molecules signal macrophage M1 \rightarrow M2 polarization—a critical immune brake.
- **Zinc Carnosine (ZnCarn): 75mg elemental zinc** Zinc carnosine is a dipeptide chelate that bypasses competitor minerals in the gut and localizes to intestinal mucosa, where it stabilizes tight junctions and enhances mucus layer thickness. Carnosine itself is a dipeptide that directly quenches reactive oxygen species (ROS). Morning absorption with food prevents competition with breakfast minerals.
- **Simply Put** Your gut wall is like a selective gate. When it leaks, immune cells think your food is an invader. These supplements patch the gate and calm the guards.

MID-MORNING

- **5-minute breathwork: 4-7-8 pattern (4 counts in, 7 hold, 8 out)** Controlled breathing activates the vagus nerve, triggering acetylcholine release at nicotinic receptors on intestinal macrophages. This signals the parasympathetic 'cholinergic anti-inflammatory pathway' and suppresses TNF- α , IL-6, and IL-12 production. No supplement can replace this vagal tone. Timing: before stress accumulates.
- **Quercetin: 500mg** Quercetin is a DYRK1A inhibitor and mast cell stabilizer. It blocks IL-17 and IFN- γ while promoting Treg differentiation via aryl hydrocarbon receptor (AhR) signalling. Dosed away from meals to avoid absorption delays. Mid-morning spacing prevents mineral competition with breakfast.

LUNCH

- **Curcumin (BCM-95® or Meriva®): 500mg (BCM-95) or 1000mg (Meriva)** Curcumin inhibits NF-κB transcription factor activation (the master switch for pro-inflammatory gene expression) and directly binds TLR4 and TLR5, reducing pathogen-associated molecular pattern (PAMP) sensing. Patented delivery forms (BCM-95 with piperine, Meriva with phospholipids) achieve 200-300× higher bioavailability than raw curcumin. Lunch dosing with lipids maximizes absorption.
- **L-Glutamine: 5g in water post-meal** Second daily dose. Post-meal dosing continues barrier repair during active digestion and prevents amino acid competition at the intestinal transporters. This maintains sustained tight junction protein synthesis throughout the day.
- **Simply Put** Curcumin is like a dimmer switch for inflammation. The fancy versions are better because your body actually uses them instead of flushing them away.

AFTERNOON

- **10-minute cold exposure (cold water face immersion or cold shower: 30-90 seconds)** Cold triggers the mammalian dive reflex and activates brown adipose tissue, which produces IL-10 and IL-4 (anti-inflammatory Th2 cytokines). Repeated cold exposure increases vagal tone and enhances sympathetic-parasympathetic balance. Afternoon timing prevents circadian disruption that evening cold would cause.
- **Butyrate (Short-Chain Fatty Acid Precursor): 1500-2000mg or fermented foods (sauerkraut, kimchi, miso)** Butyrate is the fuel of colonocytes and the primary substrate for GPR43 and HDAC inhibition pathways that expand Treg populations in the lamina propria. Butyrate-producing bacteria (*Faecalibacterium prausnitzii*, *Roseburia* spp.) are depleted in autoimmune disease. Afternoon dosing ensures colonocyte fuel supply during afternoon metabolic activity.

EVENING MEAL

- **Omega-3 Fatty Acids (Fish Oil or Algae): 1-1.5g EPA+DHA** Second daily dose at dinner. Evening dosing supports overnight SPM synthesis (resolvins peak during sleep and active repair phases). This timing ensures continuous pro-resolving molecule availability as immune cell traffic shifts toward gut-associated lymphoid tissue (GALT) during rest.
- **Quercetin: 250-500mg** Evening dose. Quercetin's mast cell stabilization peaks 2-3 hours post-dosing—splitting the dose ensures continuous Th17 suppression across morning and evening circadian immune peaks without oversedating during the night.
- **Zinc Carnosine: 75mg** Final dose with food. Evening dosing sustains overnight mucus layer thickness and prevents nocturnal intestinal barrier degradation (ZO-1 and claudin expression drops at night without adequate zinc). Carnosine's antioxidant action protects against sleep-related ROS accumulation.

BEFORE BED

- **Blue light avoidance (orange glasses or screen filters)** Blue light suppresses melatonin and dysregulates circadian immune tolerance. Melatonin itself is a direct STAT3 inhibitor (blocks Th17 polarization) and antioxidant. Protecting evening melatonin synthesis is equivalent to an immunosuppressive intervention without drugs.
- **5-10 minute meditation or body scan (parasympathetic activation)** Evening vagal tone directly suppresses midnight IL-6 surges (which drive morning flares). This primes the gut-associated lymphoid tissue for immune tolerance during sleep, when macrophage polarization and Treg expansion occur most actively.
- **Simply Put** Your immune system does its repair work while you sleep. Protecting your sleep quality is as important as the supplements—it's when your body actually fixes the damage.

Week 1 checklist. Tick these off in your first 7 days.

REMOVE

- Lipopolysaccharide (LPS) Endotoxemia
- Molecular Mimicry Triggers
- High-Dose Omega-6 Polyunsaturated Fat Imbalance
- Chronic Hyperglycemia and Glycation
- Dysbiotic Microbial Dysregulation

ADD IN

- L-Glutamine: 5–10 g daily (divided doses)
- Zinc Carnosine: 75–150 mg daily (25–50 mg elemental zinc equivalent)
- Omega-3 Fatty Acids (Fish Oil / Algae-derived): 2–3 g combined EPA/DHA daily
- Quercetin: 500–1000 mg daily (500 mg × 1–2 doses)
- Curcumin (BCM-95® or Meriva®): 500–1000 mg daily (BCM-95® or Meriva® form) in divided doses

DAILY HABITS

- Morning sunlight - 10 minutes before checking phone
- Consistent wake time - same every day including weekends
- Screen curfew - 60-90 minutes before bed
- 20-minute walk outdoors daily
- Protein at every meal - no refined carbohydrates at breakfast

90 days at a glance. What to expect when.

DAYS 1-14 | REMOVE AND STABILISE

- Remove high-triggering foods (gluten, dairy, seed oils, processed foods) - your intestinal barrier is hyperresponsive and needs immediate reduction in antigenic load
- Implement core anti-inflammatory meals: nose-to-tail proteins, cruciferous vegetables, bone broth (contains collagen-derived amino acids that rebuild tight junctions in gut epithelium)
- Begin daily HRV (heart rate variability) tracking or symptom logging to establish your personal inflammatory baseline - this is your control measurement
- Expect 3-5 days of potential withdrawal symptoms (fatigue, mild headaches, joint achiness) as you remove processed foods and refined carbohydrates that were triggering mast cell degranulation

DAYS 15-45 | IMMUNE RECALIBRATION

- Intensify gut barrier restoration: add daily L-glutamine (5g), zinc carnosine, and prebiotic fibres (inulin, partially hydrolysed guar gum) - these feed *Faecalibacterium prausnitzii*, a keystone bacterium that produces short-chain fatty acids that maintain tight junction integrity
- Introduce controlled stress inoculation: 10 minutes daily cold water exposure (15-20°C) to activate the vagus nerve and shift immune balance from pro-inflammatory Th1/Th17 toward IL-10-producing regulatory T cells
- By day 25-30, you should notice: reduced flare frequency, improved digestion (less bloating, more regular bowel movements), first signs of sustained energy increase
- Continue supplementing omega-3s (2-3g EPA/DHA daily) - these compete with arachidonic acid in cell membranes and reduce production of pro-inflammatory eicosanoids like PGE2 and LTB4

MONTH 2 | IMMUNE TRAINING

- Introduce polyphenol-rich foods strategically: berries, green tea (EGCG activates Nrf2 transcription factor, upregulating antioxidant defences), pomegranate (ellagic acid promotes bacterial production of urolithin A, a postbiotic that enhances mitochondrial autophagy)
- Implement 2-3 sessions of moderate-intensity exercise weekly (brisk walking, swimming) - this shifts immune cell populations by increasing Treg circulation and reducing circulating IL-6 and TNF- α by 20-30%
- By week 8-9, expect noticeable changes: autoimmune symptoms at 40-50% of baseline, improved exercise recovery, first sustained periods (24-48 hours) symptom-free
- Add targeted probiotics: specific strains (*Akkermansia muciniphila*, *Roseburia faecis*) that directly enhance mucus layer thickness and intestinal tight junction claudin expression

MONTH 3 | CONSOLIDATION & REBALANCING

- Expand food diversity gradually: introduce 15-20 new plant foods across the month (each plant fibre type feeds different bacterial phyla, creating ecological resilience in the microbiome)
- Measure objective improvements by day 80-90: repeat inflammatory blood markers if baseline was taken (expect 30-50% reductions in CRP, TNF- α , ESR depending on starting severity)
- Implement lifestyle 'locks': establish non-negotiable sleep consistency (\pm 30min sleep/wake times), weekly stress practices (meditation, nature time - both directly modulate vagal tone), seasonal movement patterns
- By day 90, most people report: 60-75% symptom reduction, improved pain thresholds, sustained energy, mental clarity restored, significantly fewer flare episodes with reduced severity when they occur

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