



Kickstart your Autoimmune Revolution™

Hey there, Autoimmune Warrior! I really admire you, I know what you face every single day is tough. I've got some good news for you - you CAN start a revolution in your own body, be free of your autoimmune troubles and find long term relief and remission...even if you think you have tried it ALL.

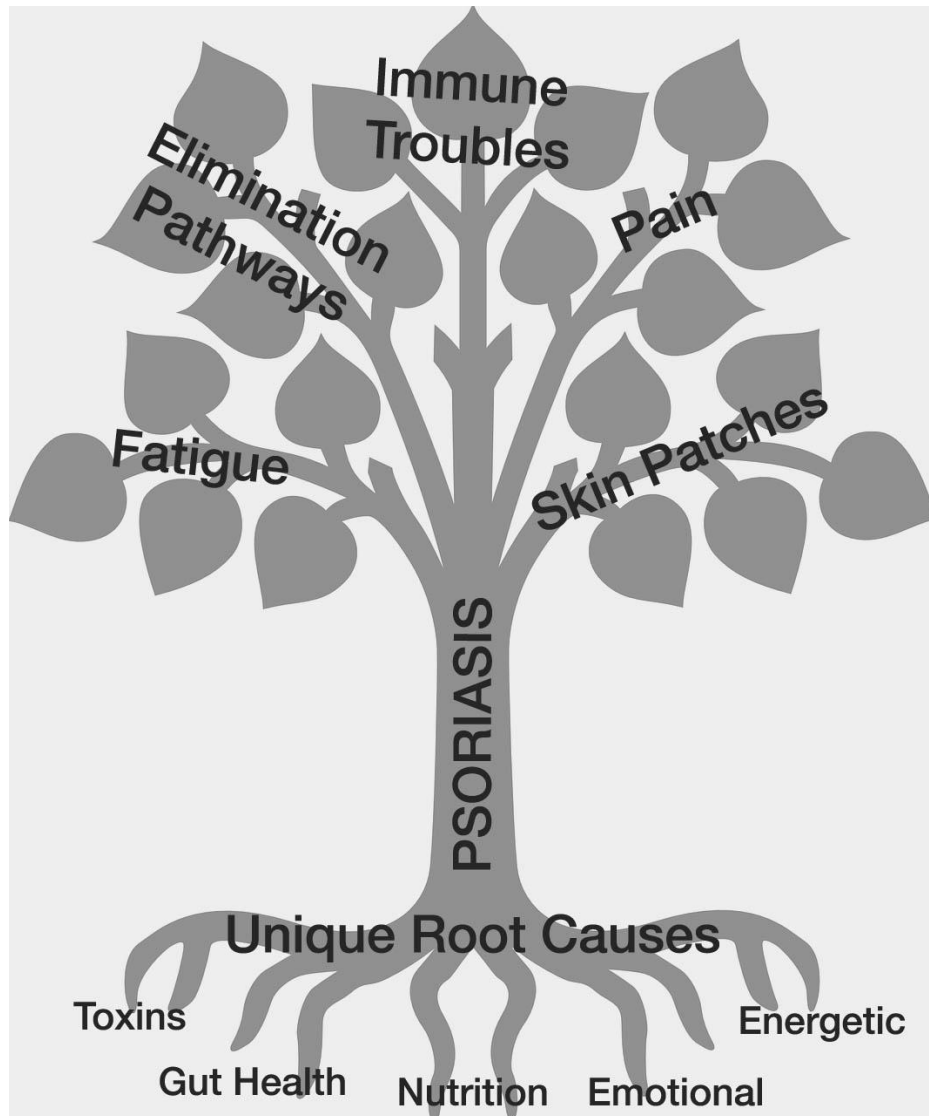
Let's take psoriasis for example...(you can fill in the blank with your diagnosis)...

Psoriasis is just a label, it is a description of the symptoms you see on the skin. But psoriasis is not a disease of the skin. (Crazy right?! Stick with me here.)

The skin is a symptom of something going on under the surface. And just like there are many roots under the surface that create and feed the tree you see above the ground, so is psoriasis.

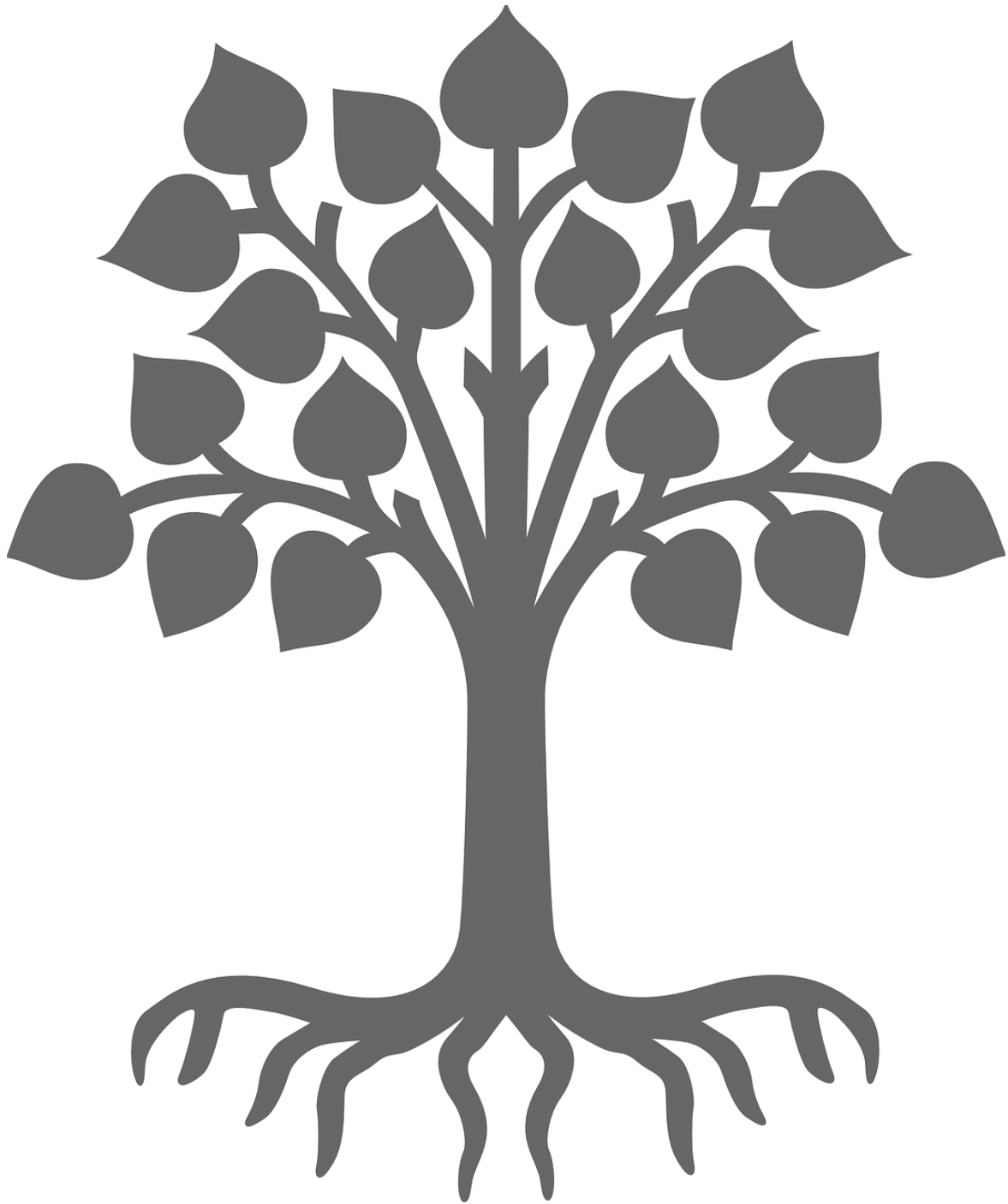
Where it gets tricky, is that just like trees in a forest, everyone's roots are a little different. That pesky feature in humans is called bio-individuality - what that means is that each person is unique, from your roots in the expression of your genetic code to the tip of your head. That's why you may have tried all the different fads, protocols, and recommendations to "fix" your autoimmunity and not found anything that lasts.

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The above diagram is a good way to visualize it. You can replace psoriasis with your diagnosis and replace the symptoms branches with your own on the next page.

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Whatever your diagnosis, symptoms, or root causes, there are a few things that are UNIVERSAL that you can start TODAY to kick start your own Autoimmune Revolution™. You've got this!

1. **Get Your Mindset Right.** Have you ever heard the Henry Ford quote, "Whether you think you can or you think you can't, either way, you are right."? The SAME goes for your health and wellbeing, especially when you are working with a persistent or autoimmune issue.

It really is that simple. One of the most common underlying root causes of autoimmunity (or any dis-ease) starts with your mindset.

So right now - this very minute - make up your mind that you are capable of healing, your body is capable of healing, you are capable of leaving behind warrior status and becoming an autoimmune conqueror, finding long-term relief and remission from your autoimmune disease.

2. **Sleep.** Are you sleeping at night? Do you wake up feeling rested? Do you wake up in the middle of the night?

Sleep is *critical* to our body resetting and restocking all of the important messengers in our body as well as clearing emotional and energetic issues that we were exposed to during the day. Sometimes sleep issues are a bit more complicated than this - but here is what you can do RIGHT now to improve your sleep:

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- a. **Switch to calming, quiet evening activities.** Often all it takes is identifying more calming, quiet evening activities (e.g. reading a book, taking a warm bath, going for a light stroll outdoors, playing with a pet, folding laundry). If you are having trouble sleeping, I recommend no email, TV, next-day-planning, no budgeting, or stressful conversations in the full hour before bedtime. The key here is to choose activities that resonate with you - hate reading - not for you. Laundry stresses you out - choose something else.

*If noise is an issue, whether it be environmental noise or the snores of a partner or pet, it's easy to grab some super-soft foam earplugs or the white noise of a fan. There are lots of white noise machines that help with this too, both while sleeping and in the hour before bed.

- b. **Turn off all full-spectrum light for a full 1-2 hours before bedtime.** This means no email, TV, or smartphone apps. On the occasion that you do need to use these devices - try blue light blocking glasses to assist in diffusing the effect on your sleep cycle.
- c. **Avoid all caffeine sources after 2 pm** (e.g. tea (even green), coffee, soda (you aren't doing that regularly anyway, right?), chocolate, etc. Yes, it can affect you that many hours later.
- d. **Mind the temperature.** It is also important to the bedroom not be too hot, as this can disrupt sleep during the night. Rooms that are too hot or too cold tend to wake us up. In addition to

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waking us up to mess with the bedding, temperature extremes naturally increase our stress hormones which promote wakefulness.

- e. **Have a relaxing ritual at night.** That might include some Herbal tea, like lavender, chamomile, valerian, or passionflower. These herbal teas can help you relax and set the tone for sleep. If you aren't much of a tea drinker - or even if you are - a hot bath with Epsom salts may work well if you are like me - and a hot bath sounds like torture, maybe writing in your journal for 10 minutes or reading some inspirational or spiritual books will help. You can also meditate before bed, or meditate yourself to sleep.
- 3. **Stress.** Speaking of meditation... while sometimes all we need is to adjust our sleep and mindset in order to bring stress and the emotions that occur before stress into a little more balance. Sometimes our stress load is more than that. Today, every time you feel like stress is taking over - every time you feel overwhelmed I want you to write it down. Then go back to each cause of stress and ask yourself "why?" You're going to ask yourself "why?" at least 5 times until you get to the root of the anger OR recognize whether it is useful to hold on to that anger.

For example: Someone cut me off in traffic, it made me angry and I'm still pissed (now its stress in the body).

Why am I angry? Because it was rude!



Why am I angry? Because it was dangerous!

Why am I angry? Because I was first!

Why does it matter? Because you just don't do that to people!

Do you see the pattern here? Continue going until it's a non-issue. This exercise takes about 5 minutes for a day's worth of stressors. If you get to the end and determine that it IS something useful to hold on to - then use the [tapping technique here in this video](#) (near the end) to rid it from your body while you make a plan to adjust course.

- 4. Increase the plants on your plate.** There is a truckload of food triggers that may be part of the roots of your autoimmune symptoms. Instead of looking at what those could be, let's look at what we can add on the plate TODAY that will help to start your path to becoming CLEAR. Adding nutrients can be so much easier mentally than avoiding certain favorite foods.

You want to make sure that as many of your foods are organic as possible AND if you can't find it organic then DO ensure it is not on the Dirty Dozen List. So let's look at things to chow-down on:

Papayas

Wild Blueberries

Raspberries

Strawberries

Celery (I'm not against drinking celery juice - just make sure it's organic and it is not your only strategy)

Cruciferous Veggies



Cucumbers
Leafy Greens
Sprouts and Microgreens
Sweet Potatoes
Cilantro
Garlic, Ginger, Turmeric
Chaga mushrooms

Are these the ONLY foods to eat? No way. This isn't even a list of ALL of the healing foods. But DO weave these in as often as possible!

5. Toxic Topical Products. Chances are if you are like most of the autoimmune clients I have worked with (and in my own home once upon a time) you have an entire cabinet full of products you use on the daily - many of them are super toxic and are triggers for autoimmune disease. If you were to flip the package over and read the ingredients - you will find a heap load of chemical names you don't recognize.

Take one giant step toward your healing today - and put all of them in a box and store them out of sight. Remember the tree on the first page? Toxins can be severely triggering for autoimmune conditions, so while we are beautifying on the outside we are adding toxins that are causing more inflammation on the inside...which leads to more symptoms and pain on the outside. Do you see the vicious cycle?

While you are leading the charge in your Autoimmune Revolution™ -

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let's start finding swaps for those toxic products you are using every day. Start by downloading the Think Dirty app and scanning your shampoo, conditioner, hand and body soaps and making swaps for items that you recognize the ingredients.

PHASE 1 INFO

Are you a bit of a DIYer?

Don't worry, I am too. I want to make it easy for you to take the first steps to feeling better, so you can begin to have some big wins before determining what the best next steps are for you.

Here's a snapshot of what a program to heal autoimmune disease looks like:



These programs can more than a year in the most severe cases, but each Phase brings benefits and healing.

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As you may already know, the first phase in working with my clients either in the Autoimmune Revolution (the low cost group program perfect for the DIYer) or one-on-one is to strengthen the body and the body's detoxification pathways.

When working with me in a group or individually, I can help you customize and maximize your results.

The easiest and most effective researched based DIY program is from Cellcore. Here is a link to the products you will need to complete Phase 1:

[Phase 1 Kit](#)



You will need a practitioner code to complete the purchase - here is my case sensitive practitioner code: cUbBJs73

Optional products recommended to include:

[Inflamma Control](#)

[Mito ATP](#)

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Here is how you take the 30-day protocol:

Phase 1 Dosages

Standard

	WAKE-UP	MORNING	NOON	EVENING	BEDTIME
TUDCA Plus		1👁		1👁	
Bowel Mover		1👁		2👁	
BioToxin Binder		2👁		2👁	
BioActive Carbon Minerals		10👁		10👁	
MitoATP		10👁		10👁	
Inflamma Control		2👁		2👁	

DOSING NOTES:

- **BioActive Carbon Minerals**

- Take 10 drops twice daily.
Add drops to 1-ounce of water. Can be taken with MitoATP.

- **MitoATP**

- Add drops to 1-ounce of water. Can be taken with BioActive Carbon Minerals.

- **Bowel Mover**

- Important to adjust dosing for your body.

- **All products in Phase 1 can be taken together.

Sensitive

	WAKE-UP	MORNING	NOON	EVENING	BEDTIME
TUDCA Plus		1👁			
Bowel Mover		1👁		1👁	
BioToxin Binder		1👁		1👁	
BioActive Carbon Minerals		5👁		5👁	
MitoATP		5👁		5👁	
Inflamma Control		1👁		1👁	

If you are generally sensitive to new supplements and changes, then please use the Sensitive chart.



You can get started doing all of these things TODAY. Don't wait, start your healing journey and be free from your Autoimmune condition and finding long term relief and remission today. You have the power to heal your body!

Let's start right now.

Step 1: [Join my newsletter here.](#)

Step 2: Watch your inbox for your **Bonus Kickstart** step.

Step 3: Get started on your Kickstart!

I am so excited to help you start your Autoimmune Revolution and find your best expression of wellness.

I am always here for questions and to best support you.

xoxo,

Audrey Christie

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Hi there! I'm Audrey Christie! I'm a functional and integrative nurse nutritionist + energetic medicine practitioner that helps women start an Autoimmune Revolution to conquer their autoimmune conditions, for good.

I developed a unique 5R approach to healing your body from autoimmune disease - yes - **ending** your journey as an autoimmune warrior and becoming an autoimmune conqueror.



If you are interested in finding out more, please [start here](#). Or if you are interested in Audrey teaching a class, please reach out to acm@audreychristie.com.

Be Well,

Audrey Christie