

CHRONIC INFLAMMATION MINDSET

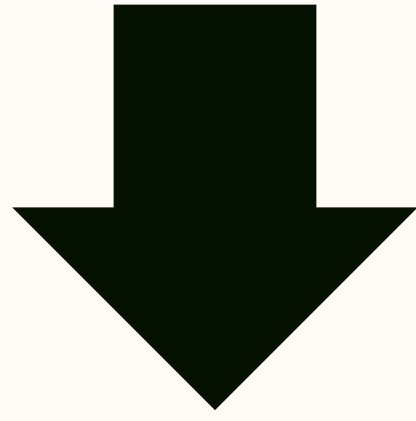
IDEALISM IS A LUXURY MANY OF US CAN'T AFFORD: Moral, political, spiritual, and physical idealism are rarely compatible with chronic inflammation. "Eating Clean", eating for spiritual purity, not eating animals, eating raw, eating "superfoods", and so on- all often antagonize chronic inflammation conditions. Please make a commitment to your healing FIRST, setting aside idealism, and find other ways to uphold that which you value while giving yourself permission to do what needs to be done for your own well-being.

PLAY THE LONG GAME: Chronic inflammation can take a year or more of a solid protocol to heal. This is not a place where you can "just have one bite" of that sugary cake or have a "cheat day" of pizza and doughnuts then get back on it. Commitment to your protocol and "cheating" within the protocol, not outside of it, are the way to go. Some days you will not have energy for your oral routine or food prep or taking all your supplements. That's reality, but it does not mean you go back to things that antagonize your illness. Give yourself the time you need to get the hang of your new lifestyle so it is a habit you don't have to give much thought. This means it can take 3 months or more to get your entire anti-inflammatory lifestyle online.

STOP TRYING TO ACT LIKE A PERSON WHO ISN'T DEBILITATED: Pushing yourself, which is common in modern culture, does not work with chronic inflammation. It can actually make you very sick and set you back or take you out for days or weeks on end. Hyper-independence is also not a great tool here. You will be making day-to-day, and sometimes moment-to-moment, adjustments to what you expect of yourself and what you can do. Beating yourself up for this is ridiculous. Yes, it's frustrating, but it's reality and we need to adjust tho that or we are going to hit the wall.

STRESS TOLERANCE WILL BE NEXT TO ZERO: Chronic inflammation makes your stress tolerance bottom-out. You will get upset or frustrated or overwhelmed by things that a non-inflamed system won't be stressed by. Explain this first to yourself then to those around you that will be impacted by this. You may cry, feel anxious, rage, melt down, be irritable, etc. all for seemingly "no reason". YOUR SYSTEM IS KEYED UP AND STRESSED FROM CHRONIC INFLAMMATION - that's the reason. It's like you have run a marathon and are so depleted and worn that the slightest thing feels overwhelming while those around you who do not have chronic inflammation assume there's "no reason" to react the way you might, there is, in fact, a reason. You, and your loved ones, need to understand the reality of this.

FOUNDATION



DIET

GUT PROTOCOL

SUPPLEMENTS

STRESS MANAGEMENT

SLEEP

ADVOCACY/REQUESTS/EXPECTATIONS

A WAY TO THINK ABOUT DAY-TO-DAY SUPPORTS

Chronic illness is not the time to be an idealist or purist. What this means is that you need to use the right tool for the job, even if it goes against your ideals. For example, if you are not sleeping but are against pharmaceuticals so are using “natural” sleep protocols but they aren’t working, your lack of sleep will worsen your inflammation, stress, and mental health. This will compromise what you can do in a day, including taking care of yourself. The ideal of “natural” should not over-ride getting the help and support you need.

Below is a way to think about how you approach the supports you do, and don’t, engage. Begin to collect tools, techniques, and treatments for each stage. Show this to loved ones so they can better support you. Aim to find solutions that actually reduce inflammation and support you in the long-term.

Do the best you can first and, if that doesn’t work, do the next less-great thing. If that doesn’t work, do the next less-great thing, etc. Whenever possible, start with something good-for-you and go from there.

LEVEL OF PAIN/DISTRESS	
1	Lay on Shakti mat Low-carb meal
2	Lay on Shakti mat leftovers
3	Lay on Shakti mat leftovers
4	Lay on Shakti mat premade low carb or Atkins bar
5	Lay on Shakti mat cold slices of turkey straight out of the package
	<i>Do Whatever it Takes</i>

A WAY TO THINK ABOUT DAY-TO-DAY SUPPORTS

LIST OF TOOLS AND RESOURCES

(BEGIN TO POPULATE)

Shakti Mat

Frozen food

Stretching

Variety of Breathing Techniques

THC/CBD sugar-free tincture

Prescription Sleep Meds

Ear plugs

Yin Yoga

Critical Care Visit

Ask someone to do laundry

Essential oils in diffuser

Lay in the Sun

Create auto-responder and post on days when you're low functioning

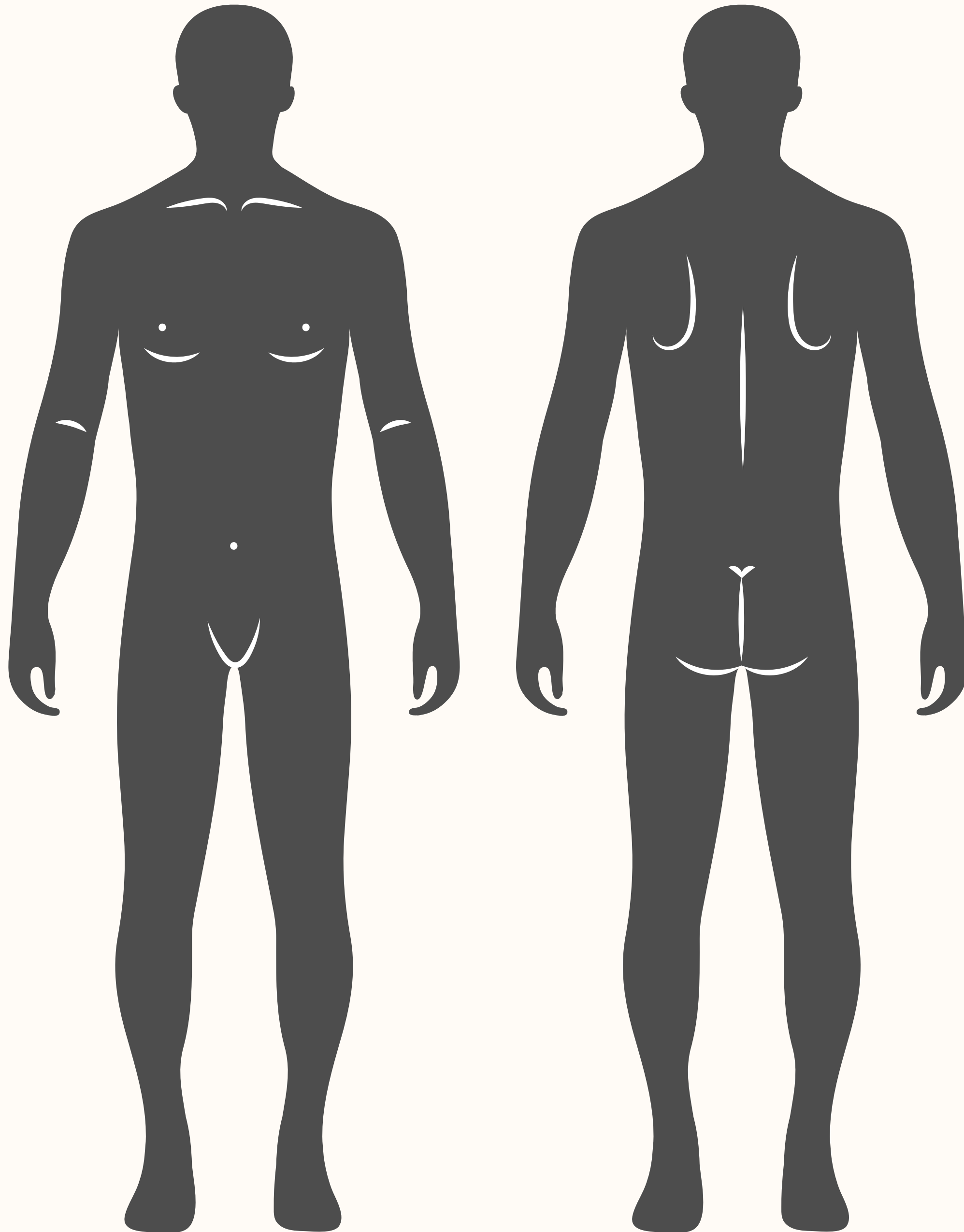
Drink plenty of water

Drink extra caffeine

Get on anti-anxiety/depressant

SYMPTOM TRACKING

Work your way down the body, front and back, noting any symptoms you have, inside and out, physical, psychological, and anything else you want to include. You will use this to fill out the symptoms list.



SYMPTOMS LIST

This list is to help you recall your symptoms. It is by no means complete. Go through the list and mark the ones you have. Using this with the human picture chart will further complete your list. Put all symptoms in your Symptom tracker and give a rating of 1-5.

Body pain	"Wet" inside ears
Chronic fatigue	Excessively waxy ears
Insomnia	Irritability
Depression, anxiety and mood disorders	Vision issues
Frequent infections (viruses, e tc.)	Numbness/tingling
Cardiovascular Disease	Tinnitus
Headaches and Migraines	Menstrual issues
Cancer	Coughing
Diabetes	Hoarse or irritated voice
Rheumatoid Arthritis	Diabetes
Allergic Asthma	Allergies
COPD	Psoriasis
Alzheimers	Eczema
IBS	Hypersensitivity to noise, light, touch, smell
Balance Problems	Overly Emotional
Muscle weakness	Memory Issues
Diarrhea	Gout
Nausea	food, drug, environmental, and chemical sensitivities
Joint pain	swollen lymph nodes
Fever	Swelling
Skin rashes	osteoporosis and osteopenia
MCAS	arthritis that moves around
Low back Pain	general muscular and bone pain
Blood clotting issues	hyperflexible joints
Dry eyes	degenerative disk issues
Brain Fog	Itching
Dementia	Flushing
Sleep Apnea	Hives
Stiffness	easy bruising
Psoriasis	reddish or a pale complexion
Swollen Lymph nodes	burning sensations
Excess Mucus production	dermatographia (persistent redness or white marks after scratching skin)
Dripping/runny nose	slow healing of skin
Bloating	hair loss
Water Retention	Rosacea
Immune Disorders	Psoriasis
Celiac Disease	eczema
Bad seasonal Allergies	feeling faint or fainting
Coughing	chest pains
Thyroid issues	fast heartbeat
Weight gain or loss	heart palpitations
Aching feet	dizziness and lightheadedness when standing up
Lowered stress tolerance	low blood pressure
Feeling Scattered	mouth burning
Thin nails	gum inflammation
Dry skin	Periodontal disease
Acne	

SYMPTOMS LIST CONT'D

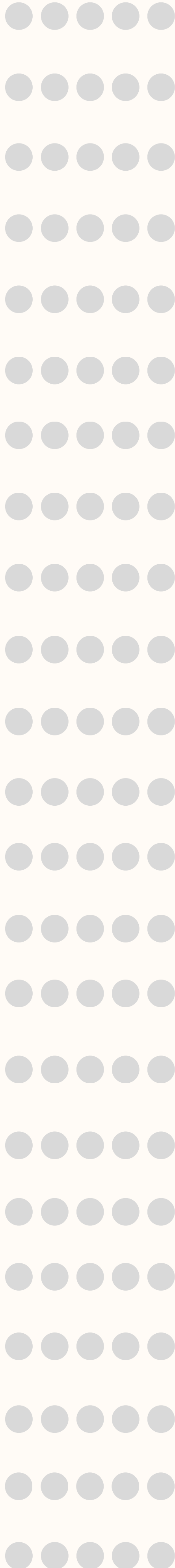
Diarrhea
Constipation
Cramping
abdominal pain
Nausea
Vomiting
Reflux
trouble swallowing
throat tightness
Malabsorption
Bloating
elevation of liver enzymes and fatty liver
irritable bowel syndrome
obesity may occur due to fat metabolism and
absorption issues
brain fog
short term memory issues
trouble recalling words
Headaches
loss of pleasure in life
nerve pains
trouble with attention
Insomnia
Sweating
temperature changes
Congestion
Coughing
shortness of breath
Wheezing
increased mucous production
post-nasal drip
sinus congestion
frequent throat clearing
sinus and/or nasal swelling
nasal polyps
eye pain
Redness of eyes
trouble focusing
inflammation in the eyes
blurry, itchy, watery, irritated eyes
Endometriosis
painful periods
male and female infertility
hormonal imbalances
inflammation of tissues
burning/pain with urination
urinary tract infection type symptoms
Anaphylactic or Anaphylactoid Reactions: difficulty
breathing, itchy hives, flushing or pale skin, feeling of
warmth, weak and rapid pulse, nausea, vomiting,
diarrhea, dizziness and fainting
Fibromyalgia

Chronic Fatigue
Interstitial Cystitis
certain cancers
Crohn's disease
Irritable Bowel Syndrome,
Diabetes
Ehler's Danlos Syndrome (EDS)
Postural Orthostatic Tachycardia Syndrome (POTS)
Autism Spectrum Disorders
Rheumatoid Arthritis
Lupus
Hashimoto's Thyroiditis
Multiple Sclerosis

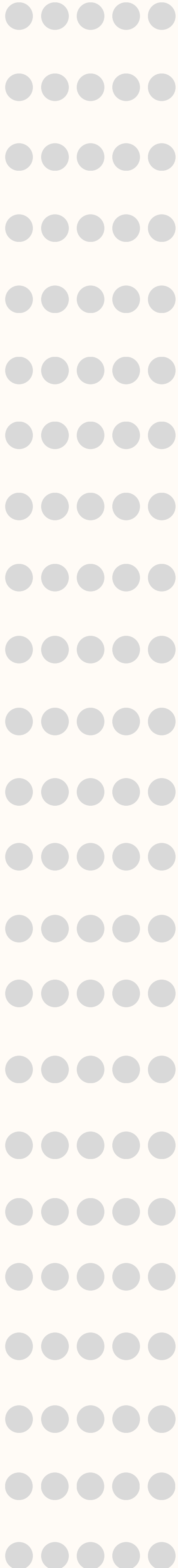
SYMPTOM TRACKER: Create as complete a list of your symptoms as possible. Using the dots, mark the intensity of your symptom on a scale from 1-5. 1 being "mild" and 5 being "debilitating". At least once a month, redo the scale of your symptoms so you can track what is changing and what is not. Think: Severity, Frequency, Duration

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3	_____	● ● ● ● ●	26	_____	● ● ● ● ●
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5	_____	● ● ● ● ●	28	_____	● ● ● ● ●
6	_____	● ● ● ● ●	28	_____	● ● ● ● ●
7	_____	● ● ● ● ●	30	_____	● ● ● ● ●
8	_____	● ● ● ● ●	31	_____	● ● ● ● ●
9	_____	● ● ● ● ●	32	_____	● ● ● ● ●
10	_____	● ● ● ● ●	33	_____	● ● ● ● ●
11	_____	● ● ● ● ●	34	_____	● ● ● ● ●
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15	_____	● ● ● ● ●	38	_____	● ● ● ● ●
16	_____	● ● ● ● ●	39	_____	● ● ● ● ●
17	_____	● ● ● ● ●	40	_____	● ● ● ● ●
18	_____	● ● ● ● ●	41	_____	● ● ● ● ●
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20	_____	● ● ● ● ●	43	_____	● ● ● ● ●
21	_____	● ● ● ● ●	44	_____	● ● ● ● ●
22	_____	● ● ● ● ●	45	_____	● ● ● ● ●
23	_____	● ● ● ● ●	46	_____	● ● ● ● ●

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CHRONIC ILLNESS SIMPLIFIED

- think of the day as if you have “Energy Dollars”. Imagine \$100 energy dollars is what a healthy, able person has to get through their day: Making food, managing stress, social connections, work, family, personal care, etc. When you wake, and throughout your day, you will check in with how many energy dollars you have and how many energy dollars a task or issue takes to deal with. Prioritize Energy Dollars on essentials. If you have leftover Energy Dollars, spend them however you’d like.
- When you have a sense of how many energy dollars you have, adjust your diet, movement, and to-do’s to accommodate this. On days when you have more, do more or do bigger. On days when you don’t, do less. For example, if you wake with \$40, do not do \$50 worth of things. On days when you have \$90, maybe invest in making and freezing some easy foods for days when you have less \$. Make sure and notice what activities deplete energy dollars and how severely. i.e going out to dinner may take 3 days to recover. That’s a high cost!
- Many people approach chronic inflammation by chasing symptoms. This will not serve you well as it wastes time, energy, and other resources that chronically ill people don’t often have. Focus, instead, on getting your anti-inflammatory foundation dialed. This means you a) understand what you need to do and b) have integrated it enough into your day that it costs very few energy dollars. Make this your focus.
- Once you have your Foundation dialed, you will then incorporate specialized treatments for whatever specific thing you have going on. So if it’s mold sickness, you begin to focus on treatment specific to this. If it’s MCAS, you begin to add specialized things for this, etc.
- If you are already doing specialized treatments but don’t have the foundation dialed, no worries, add the foundation.
- Communicate expectations to the people around you. Make requests. I typically tell people I have brain fog issues and will need them to nudge me, sometimes multiple times. I ask if they are willing to do that and I request they not take it personally if it takes a lot of nudges before I get back to them. What expectations can you communicate? What requests can you make?
- Mix and match resources. If you have a stressful day planned, pick a resource to support you. Like keep your feet on your Shakti Pillow for constant acupressure that will help you stay in parasympathetic mode. Do not expect yourself to “handle it” by sheer will.

ANTI-INFLAMMATORY KEY POINTS

Complete the Symptom Tracking so you can get an accurate picture of what you are dealing with. Plan to do this monthly so you can begin to correlate symptoms with changes you are making and experiences you have. For example, you may notice your nose drips after you ingest certain foods or have to deal with certain people. You may notice that your digestive issues calm way down when you take your enzymes. You may notice you get headaches after an argument.

The way you customize your protocol is up to you. Sometimes starting with the thing that feels easiest can be best. Sometime starting with the thing that is causing the most problems can be best. It's up to you. You want to create a plan that will allow you to gradually implement all of the following things:

DIET: You will do a Ketogenic diet following the guidelines in the Keto Book in the Resources Section. It is important to read and follow this book so you are truly minimizing inflammation. The keto diet done properly will give you the widest net for inflammation issues: Celiac, Histamine, Genetic, Candidiasis, Immune issues, food intolerance, and more. Plan to stick with the ketogenic diet for at least 1 year before you expect to see or feel any significant shifts. Anyone in your home can eat keto with you and simply add a serving of carbs if they'd like. Make sure to share recipes and such so others can make food for you. No matter what diet you ultimately decide to do, track how your body reacts both immediately after eating and within a week of eating certain foods so you can identify correlates between diet and health. If you have issues with eating meat, I encourage you to explore Dr. Gabriel Cousen's Rainbow Green Live Food Cuisine book and protocol. It is very restrictive but accomplishes what we are looking for. You will do Phase 1 for a minimum of 6 months. This is a low-carb, vegan and raw diet.

SUPPLEMENTS: I know it looks like a lot, but this supplement list is a really solid foundation for inflammation, including cellular nutrients, potent anti-inflammatories, energy and mood. The organ supplements will provide incredible cellular nutrients so you don't need to stress so much about your diet and can also make sure you are getting vital, useable nutrition. .

STRESS MANAGEMENT: The SHAKTI MAT at the bottom left of the Resources page is going to be a KEY tool in reducing inflammation. Lay on this AT LEAST once per day. More is better. In a matter of minutes, laying on this mat will shift you from Sympathetic to Parasympathetic. USE IT WHENEVER YOU FEEL STRESSED. Get the pillow as well as you can set your feet on this when you are sitting and use it for neck stress, too.

GUT PROTOCOL: I recommend this protocol for everyone. The gut is a huge factor in chronic inflammation and it is worth it to heal and repair the gut as much as possible. Coupling this protocol with a ketogenic diet will reduce or eliminate a huge amount of symptoms.

ENVIRONMENT: Gradually begin to work on making your environment as safe for you as possible. Air filters, mold elimination, healthier house cleaning products, reducing stressful noises or situations, a good bed and pillow, etc. all are so important for inflammation reduction.

SLEEP: Quality sleep is CRUCIAL to reduce inflammation. If you haven't already, notice what contributes to both poor and good sleep. If your sleep is horrific and the supplements I recommend don't begin to help you, consider a prescription sleep med until your inflammation is reduced enough for you to sleep better.

MOVEMENT: For some people who are chronically inflamed, too much movement can trigger more inflammation! If you have chronic inflammation, for sure avoid high-intensity exercise/activities. Walking, rowing, certain types of yoga, gentle stretching, etc. can all be really good ways to get movement that doesn't worsen your issues.

RELATIONSHIPS: It can be helpful to share your journey with loved ones and make requests for nourishment, peace, and gentle communication so you are not caused more stress. Perhaps a partner can join you on your keto journey. Talk about ideas of ways you can be supported while you heal.

DISCOVERY: Do what you can to figure out what issues you may have that are underlying your inflammation issues. Stress, Diet, Gut issues, and Head/Neck injury are most often at the root of inflammation. These then cause the cascade of symptom clusters that are put into categories of illness - i.e.: Chronic Fatigue, Mast Cell Activation Syndrome, IBS, Immune Disorders, Celiac Disease, Long Covid, Periodontal Disease, etc.

ADVOCACY: Loved ones and doctors alike can have a hard time taking our pain, symptoms, and limitations seriously, much less actually being supportive in ways we need. Learning to advocate for yourself is a crucial part of this journey. Stress can make inflammation flare, so talking with partners and others about the way stress impacts you short term (i.e. immediate headaches or nausea) but also how it actually thwarts your ability to heal, is extremely important. I have found it helpful to explain things using scientific findings to give others a way to more accurately interpret the presence of inflammation rather than ascribing character flaws or psychologizing/pathologizing. So I might make it clear that my aversion to movement can happen with chronic inflammation and is a way to avoid the flares exercise/movement can cause and it is also my body prioritizing nutrients getting to the immune system instead of being used for daily tasks.

CHEATING: Make the commitment to stick, unerringly, to your dietary protocol for at least 1 year. Think of this as your new lifestyle. When you "cheat", do not break your protocol, simply do something within it that isn't the "best". For instance, if you are craving chocolate or sugar or a treat, get yourself an Atkins snack, or other low carb keto treat. While this is definitely not ideal for inflammation, you will maintain your fat-adapted state and not lose the benefits you have gained. So you will cheat, but never break, your protocol. This will give you room to be human without compromising your life. So cheating is "less than ideal" but it is NOT "breaking" your protocol.

LONG HAUL: Be in this for the long haul. You can do most of this protocol the rest of your life. Think of it this way. Be patient. Do not give up on your body. MANY changes are taking place that you cannot see or tell. Do not quit or break your protocol until you have surpassed at least one year. Many people will need 2,3,even 4 years. The older you are, the more ill you are, the longer it will take. It's worth it.

GUT PROTOCOL

It can take anywhere from 1-4 years to truly heal the gut. Plan to do this protocol to first determine how much HCL and also enzymes your body works best with. Then plan to stay on this protocol for an extended period of time. Make sure you track your digestive issues in your Symptom Tracking! Your gut is the foundation of everything - make sure it's dialed.

Products with links:

[HCL with pepsin](#)

[Digestive enzymes](#)

[L-glutamine](#)

[Probiotics](#)

How To:

With the HCL you start with 1 per meal with a protein meal – so don't take it with just fruit – it needs to have protein as that's what HCL breaks down (lettuce and other greens are mostly protein, too, so take with them!)

Start with one per meal. If there is no burning or pain like one would have with acid indigestion, then the next day take two per meal.

If no burning then the next day take 3 per meal.

Do this until you either a) get to 6 pills per meal or b) experience burning then you know your correct dose is the dose just before the burning – so if you burn at 5 but not at 4 then 4 is your dose.

Over time, taking HCL can heal the way the stomach releases Hydrochloric Acid, so you may, over time, need less and less.

Enzymes: Take one to seven per meal, any meal. The heavier or bigger the meal, the more you can take. If you get loose stool from taking a certain dose, then take one less. These will almost immediately help with gas and bloating and constipation.

L-Glutamine: Take 2,000 mg per day. This is to heal the gut lining and in case of leaky gut of any kind.

Probiotics: Start with one per day. Pay attention to symptoms of gas, bloating, diarrhea as these can indicate the probiotics are fighting bad guys and causing die-off, which causes the symptoms (which is GOOD but can be unpleasant). Some people have to slowly increase as their gut bacteria is whacked and others can add a bunch right away. Ideally you want to (slowly) work your way up to taking 5 capsules three times per day for one week to really load up and populate the gut then slowly back down to a one or two a day as a maintenance dose. Pace yourself according to how unpleasant, or not, your symptoms are. So if it's no big deal to take one, then take two the next day. If one really causes problems, take one every other day or even every three days depending on how slow you need to go to feel comfortable.

RESOURCES

SUPPLEMENTS:

Turmeric Supreme - 2 am, 2 pm

PEA 1 am, 1 pm

Magnesium - 1-4 am, 1-4 pm

Zinc 30mg/day

5-HTP 1-2 caps am, 1-2 caps PM People with high blood pressure or diabetes should talk to their doctor before taking 5-HTP.

If you take antidepressants, you should not take 5-HTP (see "Possible Interactions" section).

People with liver disease, pregnant women, and women who are breastfeeding should not take 5-HTP.

Vit. D with K - 5,000iu's/day

B-Complex - follow dosage on bottle - take methylated B if you have the gene for that

Selenium - thyroid

Kelp - thyroid

Iron - if you need iron, this is one of the best to take with no constipation. If you don't need it, don't take it. Get ferretin levels checked - should be above 40 , otherwise take iron until it hits 40 or above

Beef Organ complex

Kidney - anti-inflammatory and DAO helps body clear histamines

Bone and Marrow

Thymus- excellent immune support

Antihistamine - Mast Cell and immune issues- can help with sleep, too, as histamines interrupt sleep

SLEEP:

Sleep Mask

Valerian

CBD with CBN and THC - access per location

Tryptophan

Magnesium

Antihistamine - 1- 2 at night if sleep is bad

ORAL CARE:

Floss

Iodine Rinse - add a small amount to waterpik water to help dental issues. VERY concentrated so start small!

Water Pik

Plaque and Tartar remover

SKIN AND HAIR:

Laundry detergent

Eczema flare-up relief cream

Eczema itch relief gel

Eczema soothing moisturizer

pH balanced wash

STRESS:

SHAKTI MAT!:

Go to shakti mat website to learn how to use this. Start with a t-shirt on if you need to. It hurts for a few minutes then you will be more relaxed than ever. It feels like it's slicing your skin but it cannot puncture your skin, so don't worry. Takes some practice but daily use will pay off tremendously.

KETO/DIETARY

Keto Book - this book gives crucial science and understanding of how and why to do a keto diet properly for maximum anti-inflammatory results. Other keto plans do not create such benefits

Exogenous Ketones to help prevent "keto flu"

Electrolytes

Magnesium

Konjac noodles - rinse well! These are not necessary but can really help with what to eat!!

Protein Sparing Modified Fast

- this can be tremendously helpful for folks who "can't eat anything" and shows how to preserve muscle tissue. If you do this coupled with organ meat supplements, your nutrition will be solid for a time. Not for daily use but can really help with weight and/or severe food reactions

Sweetener - keto-friendly sweetener that won't give you as bad of intestinal issues or headaches as many sweeteners will

Almonds for almond milk : These are not organic but are affordable and nice quality. One handful almonds to 4 cups of water. Blend in high speed blender if you have one. Strain in nut milk bag. You can dehydrate the almond from blender and use it as almond flour if you have the energy for it

Potassium - can be important for keto if you are getting bad fatigue and/or cramps

VEGAN VERSION OF LOW-CARB THAT WOULD BE ACCEPTABLE IS DR. GABRIEL COUSEN'S "RAINBOW GREEN LIVE FOOD CUISINE" PHASE 1 FOR AT LEAST 6 MONTHS. IDEALLY 1 YEAR . THIS IS VERY RESTRICTIVE BUT VERY POTENT.

MISC.

Air Filter

Diffuser

Phoenix Rejuvenation Formula

Adaptogen blend - helps be more resilient with stress

Frother for mixing powders in liquid

Vocal Chord spray

KETO AT-A-GLANCE

- STAY UNDER **20** CARBS A DAY. IN TIME YOU CAN UP THIS ONCE YOUR SYSTEM BEGINS TO SHOW SIGNS OF STABILIZING
- YOU NEED TO DRINK WATER AS KETO IS INHERENTLY DIURETIC. AIM FOR 3 QUARTS PER DAY AT A MINIMUM
- BECAUSE KETO IS DIURETIC, YOU WILL FLUSH SODIUM, POTASSIUM, AND MAGNESIUM FROM YOUR BODY SO YOU NEED TO SUPPLEMENT. DO NOT BE AFRAID OF SALT. TAKE A MAGNESIUM SUPPLEMENT DAILY. PAY ATTENTION TO ELECTROLYTE DRINKS AND ADD POTASSIUM SUPPLEMENT IF YOU ARE GETTING MUSCLE CRAMPS OR FATIGUE EVEN WITH PLENTY OF WATER, SODIUM, AND MAGNESIUM
- FIGURE OUT YOUR DAILY PROTEIN NUMBER USING A PROTEIN CALCULATOR. **MOST** FOLKS WILL BE ABOVE **100** GRAMS PER DAY. YOUR FOCUS IS ON MEETING YOUR PROTEIN REQUIREMENT.
- DO NOT ADD EXTRA FATS TO YOUR FOODS OR KEEP IT TO A MINIMUM. MOST KETO DIETS EMPHASIZE FAT. NOT THIS ONE. EMPHASIZE PROTEIN AND THE FATS WILL BE THERE IF YOU ARE EATING A NICE VARIETY OF ANIMAL MEATS.
- TAKE DESSICATED ORGAN SUPPLEMENTS TO ENSURE ADEQUATE CELLULAR NUTRITION. MANY OF THESE ARE ANTI-INFLAMMATORY AS WELL
- EDUCATE YOURSELF. READ THE KETO BOOK I RECOMMEND IN RESOURCE SECTION. THEN READ IT AGAIN.