

# Autoimmunity Bundle

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## SIMPLE SELF CARE FOR AUTOIMMUNITY



Dr. Tiffany Caplan & Dr. Brent Caplan

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## AUTOIMMUNE RECIPES

to Calm the Fires of Inflammation



Dr. Tiffany Caplan & Dr. Brent Caplan

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## COMMON UNDERLYING TRIGGERS

*to* **AUTOIMMUNITY**

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# INTRODUCTION

With all the responsibilities and "to-do's" of life, self care can seem selfish or just down right impossible to fit in. But, considering this and more is why self care is so important, and an essential component of conquering autoimmune disease.

Stress is a normal part of modern day life. We can't completely avoid it, but we can prevent it from building up and negatively impacting our health. Stress is one common trigger of autoimmune flare ups, therefore integrating consistent self care practices and techniques into every day life that work for you is essential to achieving and maintaining remission!

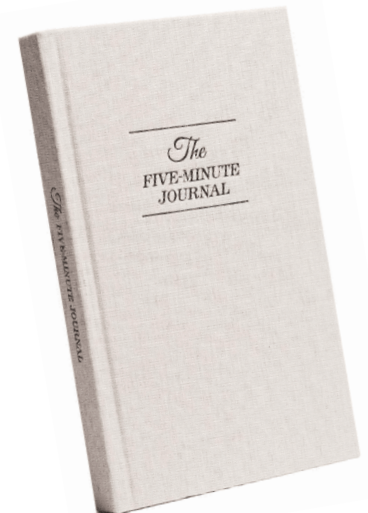
This guide provides 8 simple and effective ways to practice self care you can start today!



# GRATITUDE JOURNAL

Gratitude makes us happy! No matter where you are or what your situation is, shifting your focus on something positive will improve your mood. You can't be mad or sad or afraid when thinking positive thoughts. Gratitude is the experience of counting one's blessings.

Our favorite tool to use is the [\*The Five-Minute Journal\*](#). The Five-Minute Journal is the perfect way to start and end your day with gratitude. It is a daily practice that we have found to be extremely helpful with our patients and ourselves. Each morning starts with an inspirational quote. Then you write down 3 things you are grateful for, 3 things that would make the day great and your daily affirmation or "I am" statement. Then at night you write down 3 amazing things that happened that day and what you could have done to made the day even better. This simple exercise, when done consistently, is the easiest thing you can do every day to be happier.



You can get your Five-Minute Journal [HERE](#).



# MEDITATION

When our bodies are exposed to a stressor, they go into “fight or flight” mode as a survival mechanism. Now, that’s good if the stress is coming from being chased by a tiger, but if that stress is something a little less life threatening, such as watching a tiger on TV as you are eating your dinner, you want your body to deal with that stress differently so that you can switch from “fight or flight” to “rest and digest”.

Meditation can help retrain your body to be able to switch into “rest and digest” when you don’t need to be in “fight or flight”. Meditation is a great way to for your body to learn the relaxation response. We recommend you start with guided meditations through apps like [Headspace](#) or [Calm](#).





# EXERCISE

Regular exercise can be one of the most effective ways to manage your autoimmune condition. If implemented correctly, it produces feel-good, anti-inflammatory compounds (eg endorphins), improves circulation and produces chemicals that enhance brain function.

Here are some tips to help integrate the appropriate routine into your life:

- ✓ Find an exercise that is fun and enjoyable. Positivity is anti-inflammatory while dread and negativity are pro-inflammatory. Making it fun will be part of the health benefits. A group class or social setting may be healthy for the same reason.
- ✓ Challenge yourself enough to get your heart rate up!
- ✓ Don't challenge yourself so much you trigger a flare. The key is to be able to do it again the next day. A consistent exercise schedule will deliver the most health benefits.
- ✓ Pay attention to your body. If you are feeling so run down you can hardly get out of bed, that is probably not a good day to go work out. If you are feeling a little run down but can function, dial back the intensity of your exercise but see if you can still perform. Sometimes a light workout helps you recover faster than not working out.
- ✓ Capitalize on the days you feel good to challenge yourself a little more than normal, being cautious not to overdo it.
- ✓ Remember, this is a lifelong condition that requires lifelong attention. Make each day of exercise about the long-range journey as much as that day's session!

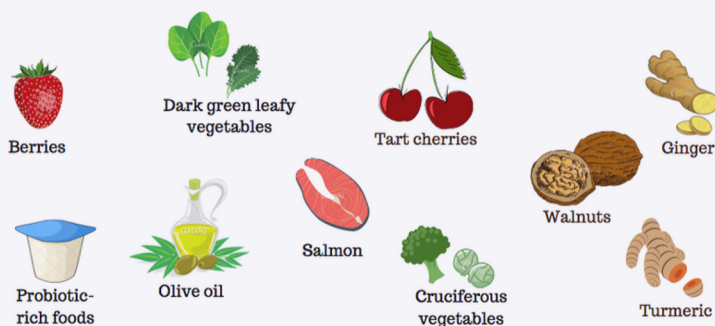


# NOURISHING FOOD

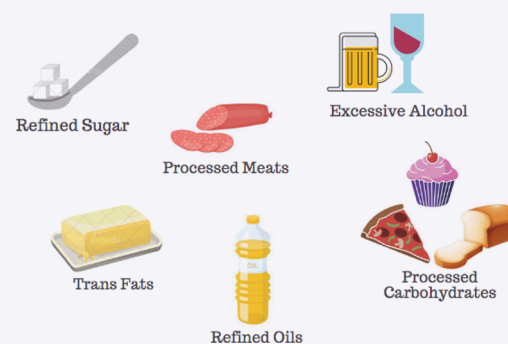
The food we eat has a profound effect on our health and wellbeing. Think of consuming nourishing food as one of the greatest acts of self care!

Processed, toxic foods within the standard American diet (SAD) are one of our biggest sources of inflammation. Since autoimmunity is rooted in inflammation, it is critical to consume an appropriate anti inflammatory diet that supports the achievement and maintenance of remission.

- ✓ Focus on whole foods that combat inflammation including those rich in antioxidants and omega-3's. Some of the top anti inflammatory foods include:



- ✓ Avoid highly processed foods that promote inflammation, including:



Note: Diet individualization is important for optimal nourishment and long term success.



# 5

## HYDRATION

The composition of an adult human consists of approximately 60% water. Staying hydrated is essential to a properly functioning body and supports everything from cognition, to body temperature regulation; digestion and assimilation of nutrients of food, to oxygen delivery throughout the body. It is safe to say that hydration is a foundational essential of self care.

*How much water should you drink?*

A good starting point goal for water intake is to consume at least:



1/2 your body weight (lbs) in ounces of water per day

FOR EXAMPLE:

Someone who weighs 150lbs would have a starting goal of 75oz of water per day.

*What about water quality?*

Properly purifying water helps remove the majority of environmental toxins from the water while keeping in the beneficial minerals. A lot of the fridge and pitcher filters are just that, filters. No purifiers. They are designed to make your water taste better but are not necessarily safer. Here is the water system we use and trust to make sure the water you are drinking is actually clean:

- The [AquaTru](#) countertop purification system is simple to use and creates water that is noticeably cleaner and better for you. It turns your regular tap water into safe bottled- quality water with no plumbing or installation. You can find out more about AquaTru [HERE](#).

In addition, we always recommend opting for refillable glass or stainless steel bottles instead of plastic to reduce the consumption of harmful plastic containing chemicals.





# QUALITY SLEEP

Sleep is crucial for health and wellbeing. Creating the right environment can make the difference in getting a good night's sleep. If you are struggling with fatigue or having some problems getting your Zzz's, here are a few of our favorite tips for a good night's sleep:

- ✓ Make sure your bedroom is comfortable. Choose soothing colors and keep uncluttered. A slightly cooler room (60-67 degrees F) is typically optimal for sleep-find where you are most comfortable.
- ✓ Start limiting exposure to lights about an hour before bed to help your natural melatonin production.
- ✓ If you use your cell phone as an alarm or want to have it by your bed, make sure to turn it on to Airplane mode to limit EMF exposure.

In addition, here are our favorite tools for creating a good sleep environment:



Himalayan Salt Lamp.

The perfect nightstand accessory! These lamps glow a soft orange color and limit your exposure to blue light which is known to have a negative impact on your body's ability to produce melatonin for sleep. Himalayan Salt Lamps also release negative ions which help clean the air and negate the effects of EMFs which are emitted by electronic devices. You can get your own Himalayan Salt Lamp [HERE](#).



F.lux App.

This is an application for your computer that changes the color of your display depending on location and time of day to automatically adjust to emit less harmful blue light at night. You can download the F.lux app [HERE](#).



Sunrise Simulation Alarm Clock.

We want to limit exposure to light before bed, but sun light naturally helps signal our spike of cortisol in the morning to help us wake up. Wake up before the sun? We recommend a Sunrise Simulation Alarm Clock such as this one [HERE](#) or [HERE](#). It slowly lights up simulating the sunrise before your alarm goes off to help wake you up naturally and refreshed.



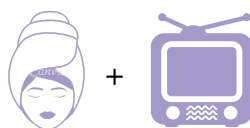
# HEALTHY REWARDS

It is important to congratulate yourself for working hard and achieving goals by treating yourself to a reward. Often, these rewards consist of unhealthy treats, which can actually make you feel worse, instead of better. That doesn't make sense now, do it?

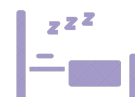
Instead, why not choose a reward that makes you feel great, and further feeds your healthy lifestyle. Here are some of our favorites:



Get a massage!



Pamper and chill! Skin care night with a good movie.



Take a nap!



Plan a fun get together with friends!



Take a walk, hike or just sit and relax in the sun. Bring a book or your favorite music!



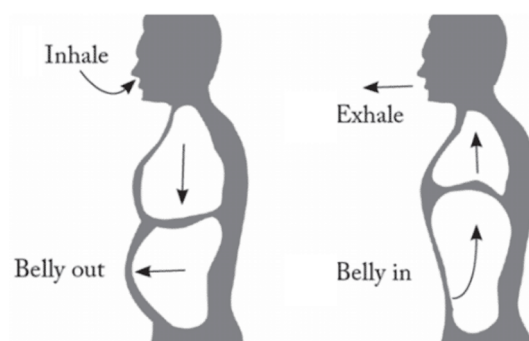
Take a nice relaxing bath. Don't forget a bath bomb or epsom salts!



## 4-7-8 BREATHING

Focused breathing is also shown to be beneficial in combating stress by switching the body into “rest and digest” out of “fight or flight”. One key aspect of this breathing is making sure you are using your diaphragm or “belly breathing”. To practice this, place one hand on your chest and one hand on your stomach while taking a deep breath in and out. You should feel your hand on your stomach rise and fall with the breath more than your chest to avoid shallow chest breathing.

- 1** Close your mouth and inhale quietly through your nose to a mental count of four
- 2** Hold your breath for a count of seven
- 3** Exhale completely through your mouth, making a whoosh sound to a count of eight



This is one breath. Now, inhale again and repeat the cycle three more times for a total of four breaths.

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# INTRODUCTION

Inflammation is a fancy word for stress and the main culprit of autoimmune symptoms. The best way to help relieve the symptoms of autoimmunity is to calm the fires of inflammation. This can be achieved naturally through diet and lifestyle changes that can help slow the progression of autoimmune conditions, so you can live a more pain-free life.

Diet is one part of controlling inflammation and it is frequently where many people choose to get started. We eat at least three times a day, therefore changing your diet can have the most significant impact on how you feel right away. The recipes included in this guide will give you a starting point towards a more anti-inflammatory diet.

With any way of eating, it is important to understand that the “ideal” diet is highly dependent upon the individual. A trained practitioner can take into account disease progress, overall health, preferences, sensitivities, and lifestyle to recommend the ideal diet for you.

Therefore, if you are looking to improve your symptoms by changing your diet, you should seek to work closely with a professional who can guide you in the discovery of what works best for you. Let this guide be your starting point as you learn about how food impacts your body.

## THE ANTI-INFLAMMATORY DIET FOR AUTOIMMUNITY HAS FIVE PRIMARY GOALS:

### 1 Reduce inflammation.

As previously mentioned, uncontrolled inflammation is the underlying cause of autoimmune-related symptoms, such as joint pain, skin rashes, and organ damage. Controlling inflammation can help relieve and even reverse some of these debilitating symptoms.

### 2 Eliminate common food sensitivities.

If you are regularly eating foods that you are sensitive to, this will also trigger inflammation. This diet eliminates the most common food sensitivities to help you see relief as soon as possible. You may or may not be sensitive to all the foods on the elimination list.

### 3 Restore gut health.

Poor gut health is a known trigger of autoimmune disease. An imbalance of healthy gut bacteria, called dysbiosis, triggers inflammation and causes the immune system to overreact.

Leaky gut, or increased intestinal permeability, is associated with autoimmune disease. When the gut is permeable, or “leaky”, this allows food molecules and harmful microbes to pass through unchecked. When this happens, the immune system begins to attack these substances. The problem is that while doing so, since many of these substances are similar to our own tissues, the immune cells have also mounted an attack against the body’s own cells. This is one of the triggers for autoimmune disease.

A primary goal of this anti-inflammatory diet is to provide foods that support gut health, particularly those high in pre- and probiotics. It also eliminates foods that are known triggers of leaky gut and inflammation of the digestive tract, such as gluten and dairy.

#### 4 Balance hormones.

Hormones are chemical signals with multiple functions in the body, including keeping the immune system balanced. For this reason, hormones play a major complex role in the development of autoimmune disease, although this connection is not well understood. What we do know is that women are at much greater risk of developing autoimmunity, particularly during the reproductive years.

It is likely related to the action of estrogen, a known trigger for inflammation. Balancing hormones, including estrogen, is one of the goals of this diet.

#### 5 Increase nutrient density and correct deficiencies.

Your body needs a variety of critical nutrients to function at its best. Nutritional deficiencies can trigger inflammation and poor immune function. Therefore, this diet is of the highest nutritional quality to support optimal health and function.



Although this diet may seem strict at first, it is meant to get you the fastest results possible. As you begin to understand your own individual triggers and sensitivities, you can modify and expand the variety in your diet based on your personal needs and goals





## FOOD LIST

Now that you understand a bit about why certain foods are eliminated, here are the basics of what to eat.

## FOODS TO INCLUDE

- Fish high in omega-3s (wild-caught salmon, sardines, mackerel, anchovies)
- Organic, hormone and antibiotic free poultry
- Organic, grass-fed beef
- Organic organ meats
- All vegetables except nightshades
- All fruit, in moderation (limit to two servings per day)
- Sweet potatoes and tubers, except white potatoes
- Fresh and dried herbs
- Coconut products (oil, butter, sugar, etc.)
- Avocados and avocado oil
- Olives and olive oil
- Fermented foods: kombucha, sauerkraut, coconut milk yogurt, non-dairy kefir
- Organic, raw honey and real maple syrup (in small quantities)
- Bone broth
- Green, black, or herbal tea
- Vinegar



## FOODS TO AVOID

- All grains, including wheat, barley, rye, rice, quinoa, and oats
- Eggs
- Dairy
- Beans and legumes
- All soy, including tofu, edamame, tempeh and soy additives
- Nightshade vegetables: tomatoes, white potatoes, eggplants, and peppers, including pepper containing spices.
- Sugar and foods made with sugar
- Nuts and seeds
- Chocolate
- Alcohol
- Coffee
- Non-nutritive sweeteners (Splenda, Stevia, Equal, Aspartame)
- Food additives and thickeners (artificial colors and flavors, emulsifiers)
- All fats and oils except those listed under "Foods to Include"

# Power Up Smoothie



Makes 1 serving



## INGREDIENTS

- 1/2 avocado
- 1/2 cup coconut milk, full fat
- 1 cup frozen strawberries
- 1 cup of fresh spinach
- 1 scoop collagen protein powder

## INSTRUCTIONS:

Put everything in the blender and blend until a smooth texture forms. Add ice if desired.

Calories: 510, Fat: 33g, Protein: 13,  
Carbohydrates: 41 g,  
Fiber: 10g



Makes 6 2-inch  
pancakes



For 2 pancakes: Calories: 314, Fat: 14g, Protein: 8g,  
Carbohydrates: 36g, Fiber: 11g

# Coconut & Cassava Root Flour Pancakes

## INGREDIENTS

- 1½ Tablespoons gelatin
- 3 Tablespoons boiling hot water
- ¾ cup coconut flour
- ½ cup cassava flour
- Dash of cinnamon, nutmeg, or other spice of choice
- ½ cup coconut milk, warmed
- 2 Tablespoons honey and more to drizzle if desired
- 2 Tablespoons coconut oil, to cook with
- Your choice of berries or coconut yogurt as toppings

## INSTRUCTIONS:

1. Follow the gelatin instructions, by adding boiling water, stirring, and allowing to cool.
2. In a separate bowl, mix both the coconut and cassava flours, the cinnamon, the coconut milk, honey, then 1½ Tablespoon of gelatin mixture together, whisking vigorously to combine and create a smooth texture. Keep this mixture warm by covering with a moist, hot towel, off to the side.
3. Add 2 Tablespoons of coconut oil to a small non-stick pan over medium heat. Spoon in roughly ¼ cup of the batter and let the pancake cook for 3-4 minutes, before turning the pancake over slowly. Cook on the underside for 2-3 minutes until a nice golden crust forms, then place onto a paper towel to gently absorb any extra oil. Repeat until all the batter is gone. Should make a total of 6 pancakes.
4. Serve drizzled with honey, coconut yogurt, and your favorite berries.



Makes 4 servings

# Beef Hash

## INGREDIENTS

- 1 Tablespoon of avocado oil, to grease casserole baking dish
- 3 Tablespoons of avocado oil, to cook the ground beef and onions with 1.5 lbs. ground beef
- 1 medium onion, diced
- 1 cup of coconut cream
- 1/2 head of cauliflower, broken into florets
- 2 peaches (or apples), diced small
- 4 cups of spinach, chopped
- 2 Tablespoons of lemon juice
- 2 Tablespoons of fresh parsley, chopped
- Salt for taste



For 1 serving: Calories: 379, Fat: 31g, Protein: 16g, Carbohydrates: 9g, Fiber: 3g

## INSTRUCTIONS:

1. Preheat oven to 375°.
2. Grease a large casserole baking dish with the 1 tablespoon of avocado oil
3. Add the 3 tablespoons of avocado oil to a large frying pan and brown the beef and onions. Season with salt.
4. In a blender or chopper, blend the cauliflower florets with the coconut cream.
5. Mix the beef, onions, and the rest of the ingredients together in a large bowl. Season with some additional salt. Pour the mixture into the greased baking dish.
6. Bake for 45 minutes, then serve immediately.

# Orange Zest Meatballs



Serving: 20  
meatballs



## INGREDIENTS

### MEATBALLS

- 2 lbs. ground chicken
- 1/2 cup finely chopped green onions
- 2 teaspoons orange zest (2 oranges worth)
- pinch salt
- 1/3 cup of water

### SAUCE

- 2/3 cup fresh orange juice of 2 oranges
- 2 teaspoons grated ginger
- 1/4 cup coconut aminos
- 1 Tablespoon apple cider vinegar
- 1 clove crushed garlic
- 1 Tablespoon honey

For 2 meatballs and sauce: Calories: 189, Fat: 9g, Protein: 16g, Carbohydrates: 11g, Fiber: 0.5g

## INSTRUCTIONS:

1. In a bowl, mix ground chicken, orange zest, water, salt, and green onions. Line a cookie sheet with parchment paper or a silicon mat and roll the ground meat mixture into 2 1/2 inch sized meatballs. Bake at 350° until internal temperature of meatballs reaches 170°. Allow at
2. least 30 minutes of cook time.  
In a medium pan, add coconut aminos, grated ginger, honey, vinegar, garlic, and orange juice. Bring
3. to a simmer and the heat reduce until sauce begins to thicken into a syrup-like texture, approximately 10 minutes.  
Once the meatballs are done, remove, then place in a bowl and gently toss with
4. the sauce to coat the meatballs. Serve immediately.

# Bacon-Wrapped Scallops (Served over Zucchini noodles)

## INGREDIENTS

- 1 lb. of scallops, cleaned/dried
- (if they are large you will slice each in half)
- 1 package of no added sugar bacon (check for quality)
- 1 Tablespoon of coconut oil
- 1 packages of frozen spiral zucchini noodles (you can make these yourself)
- 1 Tablespoon of garlic powder
- 1 Pinch of ground Thyme
- 1 Lemon, sliced for garnish
- Course sea salt for taste

For 2 scallops with zoodles: Calories: 311,  
Fat: 19g, Protein:  
28g, Carbohydrates: 5g  
Fiber: 1.5g

## INSTRUCTIONS:

1. Lay your bacon strips out on a foil-lined cookie sheet. Heat your oven to 350° and cook the bacon for about ¾ the time so it's not cooked fully. Once you have it ¾ of the way done, remove them and lay on a paper towel to absorb extra bacon fat and let cool until they are manageable with your hands.
2. Heat a frying pan to medium heat and allow the coconut oil to melt. While the pan is heating, wrap each scallop with a slice of bacon (once the bacon is cool enough to handle). Once they are all wrapped, add them to the frying pan, sprinkle on the thyme and cook for 2-4 mins per side.
3. Once all the scallops have been cooked, remove, place on a serving plate off to the side and add zucchini noodles to the frying pan, sprinkle on garlic powder and salt, then cover and allow to sauté and steam for 5 minutes until they are tender.
4. Dress each serving plate with zucchini noodles first, topped with scallops, and a lemon wedge on the side.



Makes 4 servings

# Avocado Burgers



Serving: Makes  
4 burgers



## INGREDIENTS

### FOR THE “BUNS”

- 2–3 large, round sweet potatoes
- 1 Tablespoon coconut oil
- 1/4 Teaspoon sea salt

### FOR THE BURGERS

- 1 lb. ground beef
- 1 Teaspoon sea salt
- 1 Teaspoon garlic powder
- 1 Teaspoon onion powder

### TOPPINGS

- 1 Medium avocado, sliced
- Sliced red onion
- Arugula

For 1 burger: Calories: 213, Fat: 10g, Protein: 23.9g,  
Carbohydrates: 5.5g,  
Fiber: 1g

## INSTRUCTIONS:

1. Begin with the buns. You will want to clean, dry, and slice your sweet potato into 1/4-inch-thick slices, and place on a parchment paper lined cookie sheet. Coat them in the coconut oil and top with sea salt. Bake for 40 mins at 375°. Once they are tender, remove, and allow to cool
2. Fire up that grill! Over medium-high heat, add your burger patties (seasoned with salt and both the garlic powder and onion powder) and grill for 5 minutes each side. Once the internal temperature reaches 135° (for Medium temp) remove, place each patty on a “bun” and garnish with a few slices of avocado and red onion and a few sprigs of arugula.



## SOUP

# Anti-inflammatory Carrot and Lemongrass Soup



Makes  
4 servings



For 1 serving: Cal: 195, Fat: 7g, Protein: 10g,  
Carbohydrates: 22g, Fiber: 5g

### INGREDIENTS

- 2 Tablespoons of coconut oil
- 1 ½ cup of peeled and diced onions
- 1 ½ lb. of carrots, peeled and sliced thin
- 2 Tablespoons of minced ginger
- 1 two-inch piece of pounded lemongrass
- 4 cups of chicken bone broth
- Dash of sea salt

### INSTRUCTIONS:

1. In a pan, over medium heat, melt the coconut oil and add the onions. Cook until the onions are translucent then decrease the heat to medium-low.
2. Add the carrots, ginger, and lemongrass, stirring to coat all the ingredients in the oil. Cook uncovered for 10 minutes, then add the broth last.  
  
Raise the temperature back to medium and simmer
3. the soup for 20 more minutes.  
  
Add the entire mixture to a blender and process down until your soup consistency is created. Serve immediately and garnish with salt if desired.
- 4.

# Garlic and Mushroom Soup



Makes 4 servings



## INSTRUCTIONS:

1. Add all the ingredients except the broth, to a slow cooker and stir so everything is evenly coated in oil. Then add the broth. Cover.
2. Set your slow cooker for 3 hours on low.
3. At the 3-hour mark, set aside 1/2 cup of the tender mushrooms (to use as garnish) and use your immersion blender to puree the rest of the mixture.
4. Serve immediately and garnish with extra salt and mushrooms that were set aside earlier.

## INGREDIENTS

- ½ cup olive oil
- 1 cup white onion, finely chopped
- 5 cloves garlic, minced
- 16 ounces wild mushroom blend (portabellas, shiitakes, oyster, etc.)
- 3 Teaspoon fresh thyme leaves
- 6 Tablespoons arrowroot
- 2 Teaspoon coconut vinegar
- 8 cups chicken or beef bone broth
- 1 cup coconut cream
- Salt to taste

For 2 meatballs and sauce:

Calories: 189, Fat: 9g, Protein: 16g,  
Carbohydrates: 11g, Fiber: 0.5g

# Slow Cooked Onion Soup

## INGREDIENTS

- 2 Tablespoons of coconut oil
- 2 large yellow onions, cut into halves
- 1 Tablespoon of balsamic vinegar
- 6 cups of beef bone broth
- 1 Teaspoon of salt
- 2 Bay leaves
- 2 sprigs of fresh thyme



Makes 4 servings

## INSTRUCTIONS:

1. Coat a slow cooker with the two tablespoons of coconut oil.
2. Add the onions, pork stock, salt, Bay leaves, and thyme to the slow cooker, and set to low for 2 hours. At the two-hour mark, separate the onions, add the balsamic, then cover for another hour.
3. Once the third hour is complete, set to warm, remove the sprigs of thyme and the Bay leaves and stir. Serve after 30 mins on warm.

For 1 serving: Calories: 140, Fat: 7.2g, Protein: 8g, Carbohydrates:12g, Fiber: 1.3g



## SNACK

# Berry Bliss Trail Mix

### INGREDIENTS

- 1.5 cups freeze dried cranberries  
(no sugar added)
- 1.5 cup freeze dried blueberries  
(no sugar added)
- 1/2 cup of coconut flakes (unsweetened)
- 1/2 Tablespoon of Cinnamon powder

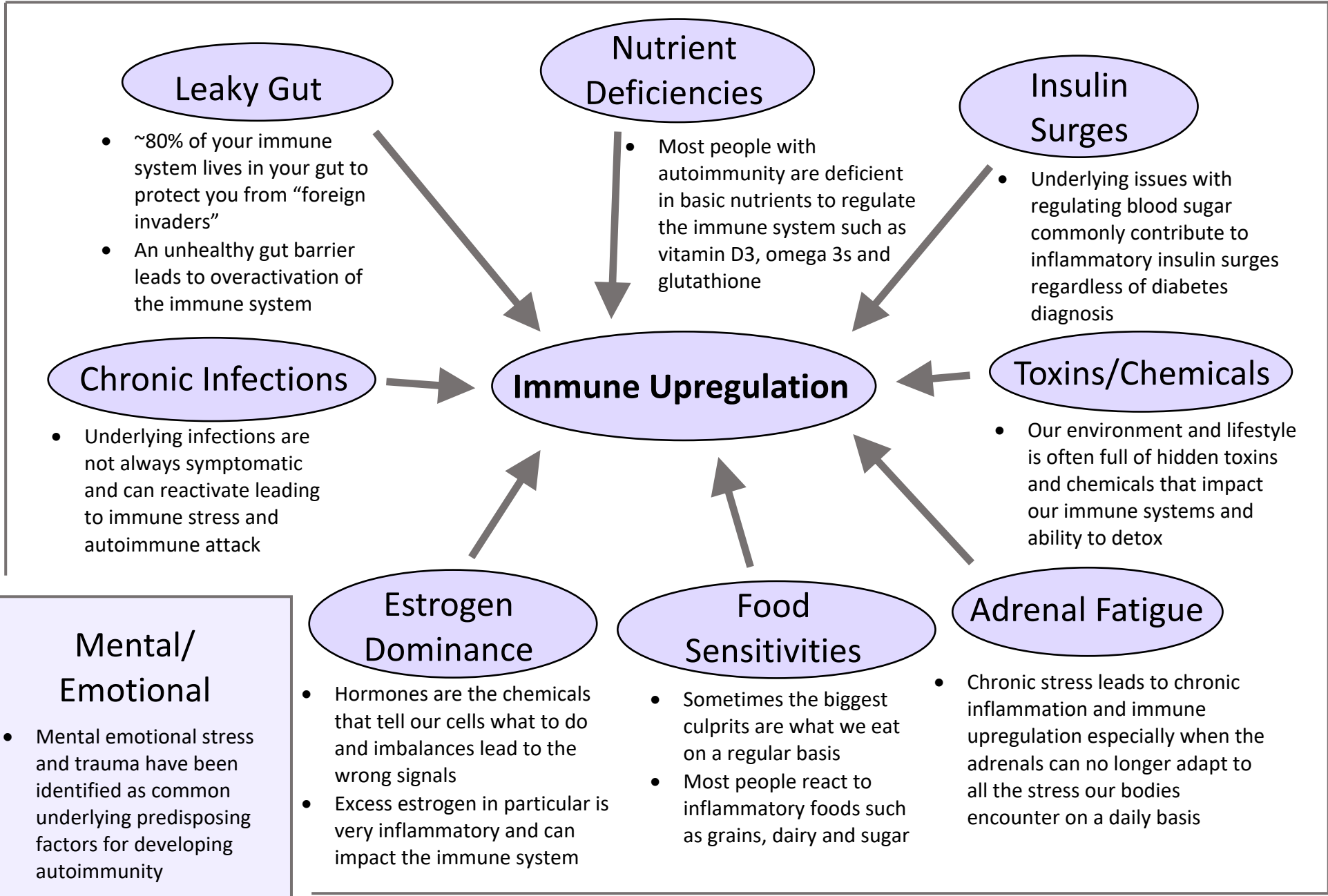
For 1 serving: Calories: 53, Fat: 5g, Protein: .5g,  
Carbs: 10g, Fiber: 3g

### INSTRUCTIONS:

1. Combine all the ingredients in a bowl and mix well.
2. Distribute evenly into 5 small individual to-go containers for your on-the-go snacking needs.



Makes 5  
servings

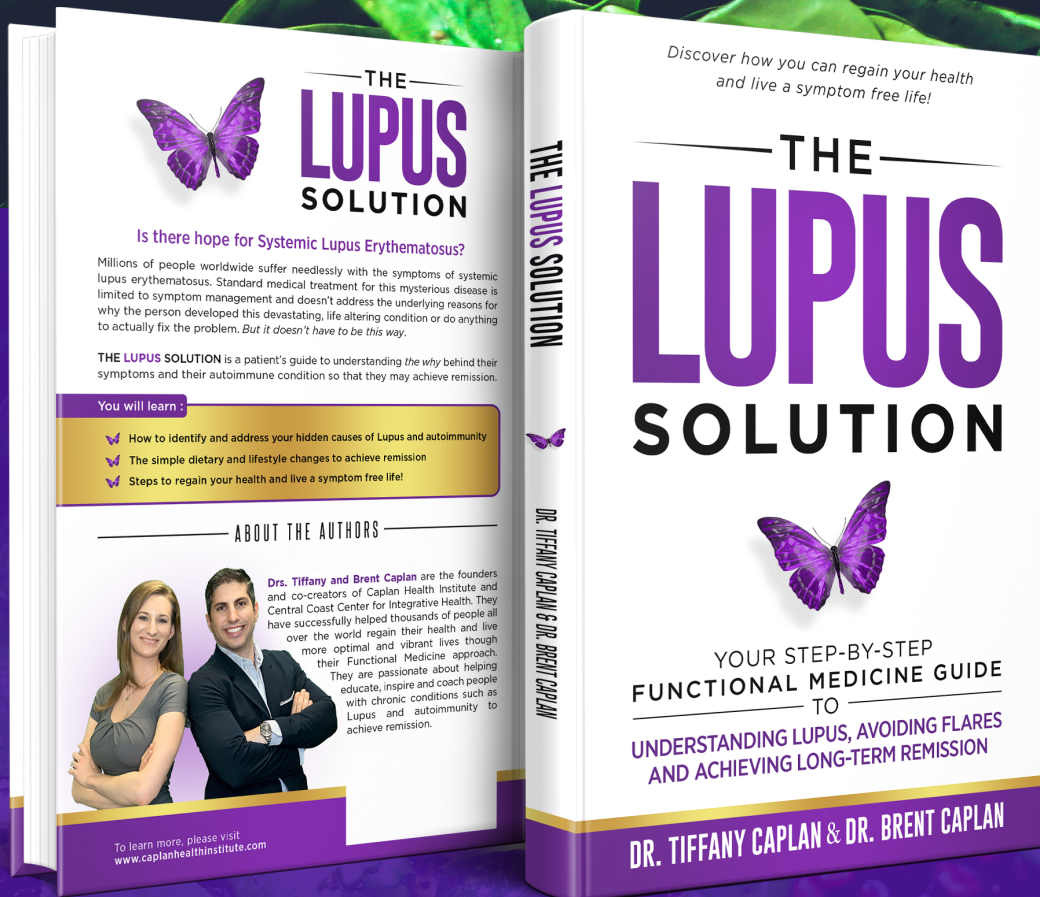


The following questions can help you determine how many risk factors you may have for developing or triggering an autoimmune response.

- | Yes                      | No                       |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you experience any symptoms after eating (gas, bloating, diarrhea, constipation, itching, fatigue, etc)? |
| <input type="checkbox"/> | <input type="checkbox"/> | (Females) Do you experience worsening symptoms around your cycle or at certain times of the month?          |
| <input type="checkbox"/> | <input type="checkbox"/> | When did you first start noticing symptoms (pregnancy, stress, trauma, a move/life change)?                 |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you tired after you eat, or do you experience an afternoon energy slump?                                |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have issues sleeping (trouble falling asleep or staying asleep)?                                     |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you get sick easily or stay sick longer than others around you?  |
| <input type="checkbox"/> | <input type="checkbox"/> | Do your symptoms tend to get better then get worse (cyclical pattern)?                                      |
| <input type="checkbox"/> | <input type="checkbox"/> | Did you have any trauma growing up (physically, mentally, emotionally)?                                     |
| <input type="checkbox"/> | <input type="checkbox"/> | (Females) Do you feel your hormones are imbalanced (mood issues, PMS, heavy bleeding, fibroids, PCOS)?      |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you use plastics in your home or workplace (water bottles, containers)?                                  |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you get exposed to conventional cleaning products in home or workplace?                                  |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you feel stressed out, overwhelmed or suffer from chronic fatigue?                                       |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you supplement with vitamins and minerals on a regular/daily basis?                                      |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you eat a variety of veggies, fruits, plant foods and proteins on a daily basis?                         |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you drink at least half your body's weight in ounces of water per day?                                   |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have exposure to Wi-Fi on a regular basis?   |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you suffer from recurring infections (sinus infections, UTIs, cold sores)?                               |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you experience allergies or asthma?  |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you lost tolerance to chemical smells or fragrances or other scents in your environment?               |

You can learn more about how to identify your underlying hidden triggers and how to address them naturally in the book: ***The Lupus Solution: Your Step-By-Step Functional Medicine Guide to Understanding Lupus, Avoiding Flares and Achieving Long-Term Remission***

For more information and resources head to [www.CaplanHealthInstitute.com](http://www.CaplanHealthInstitute.com)



## THE LUPUS SOLUTION

### Is there hope for Systemic Lupus Erythematosus?

Millions of people worldwide suffer needlessly with the symptoms of systemic lupus erythematosus. Standard medical treatment for this mysterious disease is limited to symptom management and doesn't address the underlying reasons for why the person developed this devastating, life altering condition or do anything to actually fix the problem. *But it doesn't have to be this way.*

THE LUPUS SOLUTION is a patient's guide to understanding the why behind their symptoms and their autoimmune condition so that they may achieve remission.

#### You will learn:

- How to identify and address your hidden causes of Lupus and autoimmunity
- The simple dietary and lifestyle changes to achieve remission
- Steps to regain your health and live a symptom free life!

#### ABOUT THE AUTHORS



Dr. Tiffany and Brent Caplan are the founders and co-creators of Caplan Health Institute and Central Coast Center for Integrative Health. They have successfully helped thousands of people all over the world regain their health and live more optimal and vibrant lives through their Functional Medicine approach. They are passionate about helping educate, inspire and coach people with chronic conditions such as Lupus and autoimmunity to achieve remission.

To learn more, please visit  
[www.caplanhealthinstitute.com](http://www.caplanhealthinstitute.com)

Discover how you can regain your health  
and live a symptom free life!

## THE LUPUS SOLUTION



YOUR STEP-BY-STEP  
FUNCTIONAL MEDICINE GUIDE  
TO  
UNDERSTANDING LUPUS, AVOIDING FLARES  
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DR. TIFFANY CAPLAN & DR. BRENT CAPLAN

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