

DR. OSBORNE'S



Autoimmune Supplement Support

1. Inflammation Shield @ 4 caps/day in divided doses with food.
2. Ultra Turmeric (pepper-free) @ 2 caps/day in divided doses with food.
3. Ultra Nutrients @ 4 caps/day in divided doses with food.
4. Omega Max @ 3 caps/day in divided doses with food.
5. Biotic Defense @ 2 caps/day.
6. Gluten Shield @ 2 caps with meals.
7. **Avoid gluten and other allergens.**
8. **Read [No Grain No Pain](#) – education is crucial to your recovery.**
9. **Watch [The Autoimmune Recovery Matrix](#)©**
10. **It is imperative that you watch [this](#) video.** It explains the **7 Fundamental Habits** you must have in your lifestyle to accomplish good health. Simply taking supplements will not lead to a complete resolution of your health problems.
11. If you are currently taking a prescription **medication**, it is important that you also work with your prescribing doctor to monitor them. Many medications effect the function of the GI tract, and may directly interfere with your ability to heal and recover. Also, many medications cause vitamin and mineral deficiencies.
12. **Avoid** daily consumption of Alcohol & Caffeine (coffee, tea, soda, diet pills, etc.). Caffeine is a diuretic and causes excess urination. This can lead to chronic low grade dehydration well as the increased excretion of water soluble nutrients (B-Vitamins, minerals, etc.) in the urine. In addition, caffeine is a drug which has addictive properties. Long term overuse of caffeine may affect the cardiovascular system as well as the thyroid gland.
13. **Fats.** Avoid fried foods, foods with trans fats or hydrogenated/partially hydrogenated fats (i.e. margarine, foods baked with Crisco, packaged crackers and cookies, microwave popcorn, non-natural brands of peanut butter, certain brands of spices, etc.). Hydrogenated fats elevate triglycerides, and cause weight gain. In addition, these fats can

damage cell walls causing an increase in inflammatory chemicals in the blood has been linked to an increase risk of heart disease, cancer, diabetes, arthritis, stroke, dementia, and many other chronic degenerative diseases. Consume organic cold pressed oils only. It's always best to get your healthy fats and oils from whole foods, i.e. eating an avocado vs. using avocado oil, eating almonds vs. using almond oil. Always cross-reference your allergies.

14. **Consume** 8-10 ½ cup servings (a ½ cup equals one serving) a day of fresh fruit and vegetables. Keep in mind that Organic foods are a better choice. This is the most effective way to increase your body's ability to protect itself from free radical damage. Increasing fruit and vegetable intake will also give a greater sense of fullness throughout the day, boost fiber intake, and induce a natural and safe weight loss. These foods can be found on my website drpeterosborne.com under the resource link or you can just [click here](#).
15. **Meats and other foods** of animal origin should come from organic sources. The diet of the animals should be considered i.e. cows should be grass fed (pastured) not corn or grain fed. Fish should be wild caught, not farm raised. Poultry should be free range organic. These foods can be found on my website drpeterosborne.com under the resource link or you can just [click here](#) for grass fed beef, grass fed bison, grass fed ostrich, and grass fed chicken.
16. **Monitor** your water intake to ensure it is ~ 2 liters/day. The human body is 66% water. This water influences every single cell in your body. Unfortunately, chemicals and environmental toxins commonly found in our water supply don't get adequately filtered. Many of these compounds can wreak havoc on your hormones. Additionally, these toxic chemicals can negatively impact the functions of your liver, kidney, muscle, and GI tract. It is absolutely **essential** to make sure that your water is clean and toxin free. Keep a **glass** water bottle handy at all times. All biochemical reactions inside the body require water. Chronic dehydration can alter your body's ability to effectively create or break down molecules required for normal physiological function. You should urinate approximately 3-4 times per day without the influence of a diuretic (caffeine, etc.).
17. **Grocery Shopping Tips:** Never go grocery shopping when you are hungry. Have a list of meals you want to prepare for the week and purchase only what you need. Stick to the perimeter of the grocery store. This includes the produce and meat departments. With few exceptions, in a standard grocery store, the center aisles contain mostly processed and refined "junk food". If possible, buy only organic, seasonal produce. In the meat department, look for meats which do not contain antibiotics or steroids. Eggs should come from "cage free" hens. On my website you can find a great resource for grass fed meats, free range poultry, and wild caught seafood [here](#).
18. **Meal Planning:** Always plan meals several days in advance. This will ensure that you do not stray from a healthy diet. Pack your lunches for work and/or school. This ensures you will not be without adequate nourishment. Remember, that being hungry and unprepared is a recipe for bad food choices. It will keep you from choosing "fast food" as a meal and it will save you money. Some lunch and snack ideas include: carrot sticks, nuts/seeds, apple, banana, berries, yogurt, chicken breast, tuna fish, leftovers from the

previous night's healthy dinner, etc. **** A note on food consumption** – Over eating is one of the greatest stresses a person can put on his/her body. It is less deleterious to under eat than to over eat. When selecting foods it is wise to choose items that are low in calories but nutrient (vitamins/minerals) dense. In fact, the only known way to increase the life span in mammals is with calorie restriction and consumption of nutrient dense foods.

19. Although you should avoid eating out for the first 6 months of your healing journey, when eating at restaurants use the following tips:

- 1) Share a meal with someone. Portion sizes today are overwhelmingly large and too caloric.
- 2) When ordering cooked meats or vegetables, ask that the food be grilled without margarine, oils or high salt seasonings. Ask them to prepare it or olive oil instead. You might even take your own butter and spices into the restaurant with you.
- 3) Absolutely no fried foods while dining out.
- 4) Drinks should be limited to water. For flavor you can add lemon or lime. You can take your own organic tea bags with you, and ask for a cup of hot water to prepare them.
- 5) Look for items on the menu that are baked, grilled, dry-sautéed, broiled, poached, or steamed.
- 6) Make sure to order plenty of vegetables. You can add your own seasoning for taste.

20. Begin an Exercise Regimen. Start slowly with light activity and work your way up to a minimum of 45 minutes 5 X per week (include cardiovascular, resistance activities, and flexibility training). It is important to pick activities that you enjoy. **Warning:** if you are physically unfit it is better to start with less than more. Listen to your body.

An excellent protocol incorporates HIIT (High Intensity Interval Training) which uses simple body weight exercises such as push-ups, squats, pull-ups ([purchase a pull up bar here](#)), and lunges. The goal is to perform each exercise to maximum exertion with a 30 second rest between each movement. The process takes about [10-20 minutes](#). Another exercise option is vibrational platform therapy. If you find it difficult to find adequate space to exercise, this is a great resource. We offer the Whole Body Vibration Platform ([can be found here](#)). The benefits of exercise on health are enormous. Adding exercise to your lifestyle will help your metabolism become more efficient. Some positive side effects include – greater energy, general feelings of well-being, stress relief, weight loss, increase muscle tone, and chronic degenerative disease prevention. If you need guidance, Origins staff can help.

21. Ensure Direct Sunlight without the use of conventional sunscreen. A safe alternative can be found [here](#). (SPF >8 will block out UVB light which is responsible for the production of vitamin D in your skin.) Sunlight is a human requirement for good health. Sunlight is our most abundant, vital source of vitamin D. Vitamin D is a major hormone which is responsible for a variety of critical functions in your body. Although, many doctors have warned people to stay out of the sun, it is **imperative** that you get adequate exposure. The

only risk for sun exposure is staying out too long and burning. Natural sources of sun protection for your skin include dark colored berries (blueberries, blackberries etc.) and a diet rich in antioxidants. You can take my supplement [Ultra Antioxidants](#) for added support. You should never stay in the sunlight long enough to burn. Common sense is encouraged as you know the limits of your skin better than anyone else.

22. Try to ensure your quantity of **restful sleep**. Eight or more hours per night are adequate for most individuals. You should always be asleep between the hours of 10 pm and 2 am. These are the optimal hours for restorative sleep. If you have difficulty falling asleep try using some type of white noise (falling water, humming fan, etc.). Your bedroom should be dark. No artificial light sources should be kept on (television, lamps etc.) as they can disrupt the overall quality of your sleep. Deep sleep is important for the body's natural healing process; therefore it must be considered a **priority**.
23. **Smoking, Second Hand smoke and oral tobacco:** These should be completely avoided. If you smoke, it is recommended that you seek out help to quit immediately as smoking is a risk factor for cancer, lung disease, and a number of other health problems. Additionally, smoking depletes the body's antioxidant status.
24. **Air Quality:** Air quality is typically poor inside most homes. Heavy dust, dust mites, animal dander, disease causing bacteria, mold, fungus, chemical gases from carpet, paint, household cleaners, etc. can all pollute the air inside your home. Oxygen is an essential nutrient and is required by your body to function normally at the biochemical level. This means that polluted air can lead to altered nutrient intake as well as altered nutrient function. Water damage can also lead to mold growth and toxic air quality. If you believe your home has experienced water damage, I recommend running an ERMI [test](#). For more information on air filtration you can visit drpeterosborne.com and click the resource tab on the right of the page or just [click here](#).
25. **Water Quality:** Living in an industrialized area, it is virtually impossible to avoid water contamination. In some cities, as much as 42 different prescription medications have been found in the drinking water in homes. This includes antipsychotics, antibiotics, blood pressure, cholesterol and antidepressant medications to name a few. A home filter is recommended for this. A four chamber filter is recommended. The chambers will have a sediment filter, a carbon block, a kdf filter, and a VOC (volatile organic compound) filter. [Pure water supply](#) is an excellent company for this resource. Be sure to mention Dr. Osborne when making your order for a discount.