What is an autoimmune disease?

Autoimmune diseases are conditions in 'which your immune system mistakenly attacks your body.'

Besides generic predisposition and belonging to certain demographic groups, one's diet is a suspected risk factor for developing an autoimmune disease. Diets containing high-fat, high-sugar and highly processed foods may be linked to inflammation, in turn increasing the risk of developing an autoimmune disease.

Symptoms of autoimmune diseases includes:

- Inflammation
- Brain fog
- Chronic fatigue
- Digestive issues
- Mood swings
- Depression
- Joint pain
- Memory loss
- Low sex drive
- Headaches
- Weight gain
- Severe bloating
- Inability to lose weight
- Eczema

The diet guide may assist people suffering from IBS, Fibromyalgia, Arthritis, Type 1 Diabetes, Crohn's Disease, Hashimoto (Hyperthyroidism), Celiac Diseases and Acne, to mention a few.

Keep in mind

Continuous stress can cause your body to be reactive. Your body produces more cortisol when you are stressed, which can potentially lead to weight gain around your waist area. Diseases, however, are mainly the result of environmental toxins, chemicals, pesticides and hormones found in our food. Most autoimmune diseases can be improved or eliminated by REMOVING the above-mentioned causes from your diet.

Exercise

Over-exercising can lead to weight gain instead of weight loss. Focus on low-impact exercises like swimming, yoga, Pilates, or steady walking for an hour a day. Listen to your body and avoid intense workouts that may cause injuries. This can send your body into crisis mode and have a negative impact on you.

Getting started

With an autoimmune disease, it is essential to heal your gut first before you can expect to see any results. For the first 30 days of this journey, you will avoid certain foods (listed below and under the My Kitchen tab in the VIP Slimming Lounge), and once you have completed the 30 days, you will start to reintroduce those foods back into your diet. NO juicing is allowed for the next 30 days, not even during the DETOX PHASE, as your body needs the fibre.

REMOVE THE FOLLOWING FOOD ITEMS FOR THE NEXT 30 DAYS

MEAT PROTEIN:	VEGAN/VEGETARIAN PROTEIN:
All beef meat	Black beans
All game meat	Kidney beans
Eggs	Chickpeas
	Green/red lentils
	Red/white quinoa

FATS:	VEGETABLES:
Seed crackers (Simply Truth)	Eggplant/aubergine/ brinjal
Carb Smart and Hellman's Vegan Mayo	Onions
Nuts: almonds or cashews	Tomatoes
Nut butter: almond or cashew	Green/red/yellow bell peppers
Seeds (flaxseeds, chia, poppy, pumpkin, sesame, sunflower)	Herbs

OTHERS:

Sweeteners (Xylitol, Suki, Stevia	Gelatine
Zero calorie jelly	Stock cubes
Sugar free gum	Braggs Amino
Psyllium husk	Braggs Amino coconut
Nutritional Yeast	Tabasco
Dijon mustard	Coffee
Balsamic vinegar	Unsweetened cocoa powder
Brown/white vinegars	

TREAT LIST (FATS):

Mozzarella cheese	Sugar free cocoa nibs
Cottage cheese	Tahini
Feta cheese	Almond flour
Butter	Flax meal flour
Full fat plain yoghurt	

FRUIT:

Pure date syrup

REINTRODUCING AFTER 30 DAYS:

Reintroduce the **REMOVED** foods, back into your diet, along with foods listed under the My Kitchen tab. Reintroduce only **ONE** food item at a time. Wait 3 - 4 days before reintroducing another food item. This allows you to identify which food triggers your autoimmune. If any food impacts you negatively, then completely remove it from your diet **FOR LIFE.**

Once you have successfully reintroduced the removed foods and you still need to shed a few more kilograms and lose some more centimetres, just continue with your **Ditch The Diet** plan; without the food that negatively impacts you.

FOOD THAT IS GOOD DURING YOUR DITCH THE DIET PROTOCOL:

Diet Doctor Collagen	Collagen helps heal the stomach lining.
Home-made bone broth	Collagen helps heal the stomach lining.
Berries	Raspberries, strawberries, blueberries and gooseberries.
Fruit and vegetables	Organic fruit and vegetables from the allowed list.
Chicken	Free range
Fish and seafood	From the allowed list

AFTER COMPLETING YOUR DITCH THE DIET PROTOCOL

NO NO LIST FOREVER:

Pork	Stay away from pork, its toxic and almost always contains nitrates.
Refined sugar	Avoid sugar at all costs, even sweeteners.
Gluten	Avoid gluten. Your body sometimes mistakes gluten for human tissue and can attack your body instead.
Dairy	Milk, cheese, yoghurt, etc. (Inflammatory properties)
Alcohol	Throws off your blood sugar levels.
Potatoes	Nightshades can be problematic for people with autoimmune Diseases due their lectin, saponin and capsaicin content.
Nitrates	May damage blood vessels, making your arteries more likely to harden and narrow, leading to heart disease.
Corn	A GMO which is not fit for human consumption.
Peas	High in sugar.
Peanut/peanut butter	Contains lectins, sticky proteins that strip mucus from the small Intestine and contribute to autoimmune diseases.

GOOD FOR LIFE:

Goat cheese	Replace cow dairy products with goat products. It's easier for your body to process.
Home-made bone broth	Collagen heals the stomach lining.
Diet Doctor Collagen	Diet Doctor Collagen with added vitamins is the best.
Seafood and fish	Any seafood and fish.
Chicken	Free range.
Beef	Grass-fed and only once a month.
Fruit and vegetables	Organic
Coconut or almond milk	Use this instead of cow's milk.