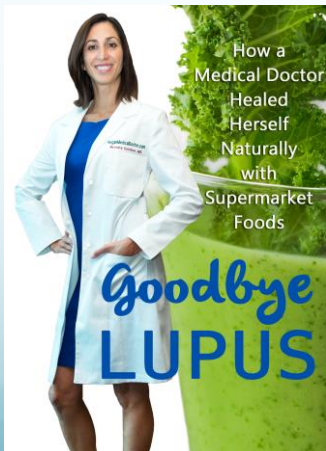


6 Easy Steps to Healing Autoimmune Disease with Supermarket Foods

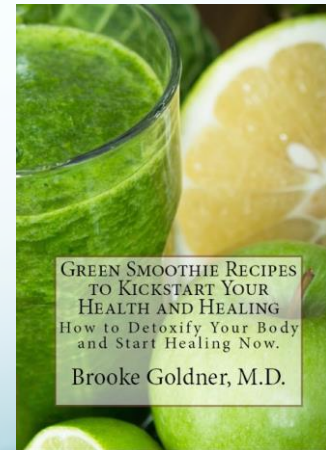


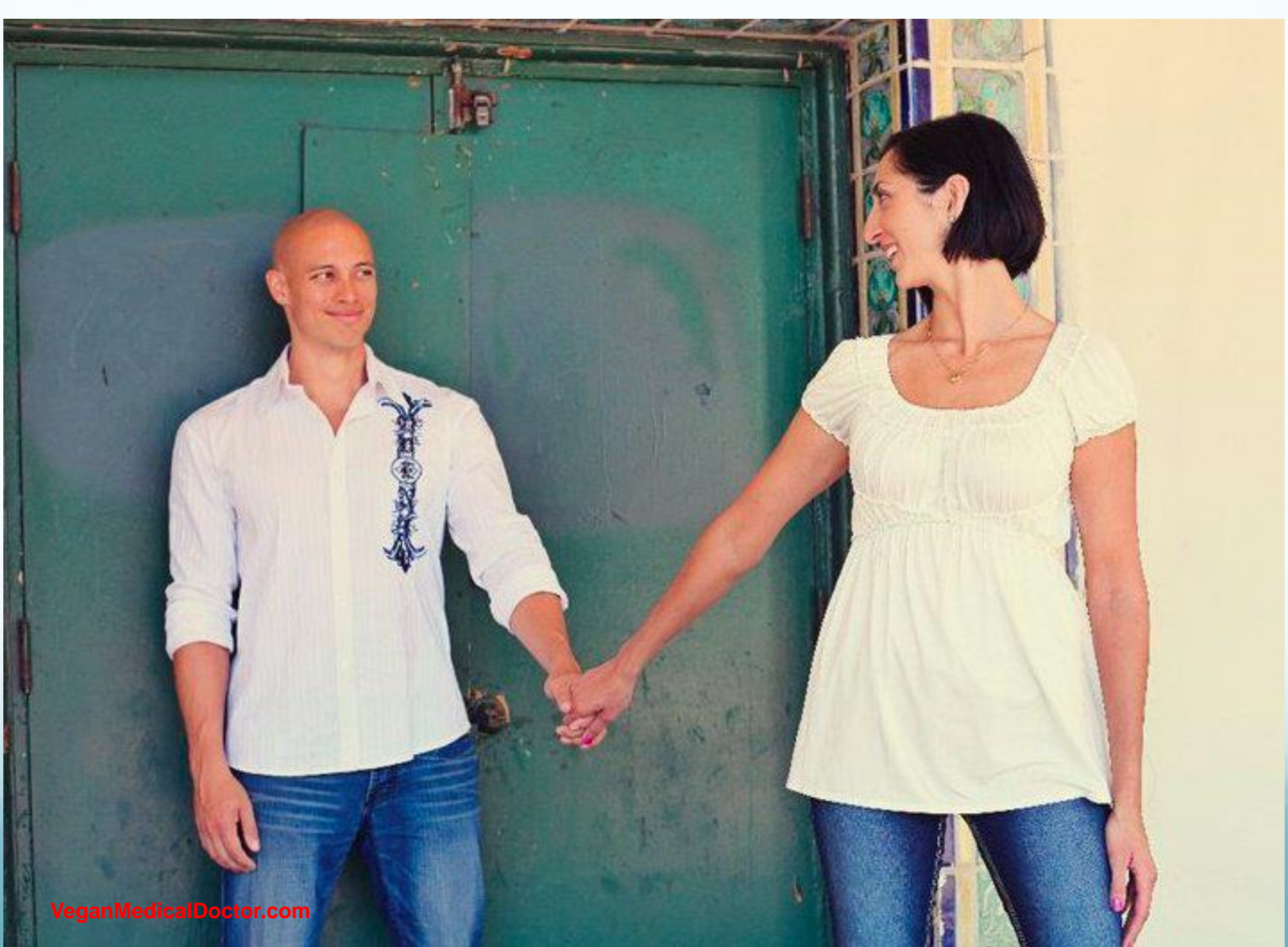
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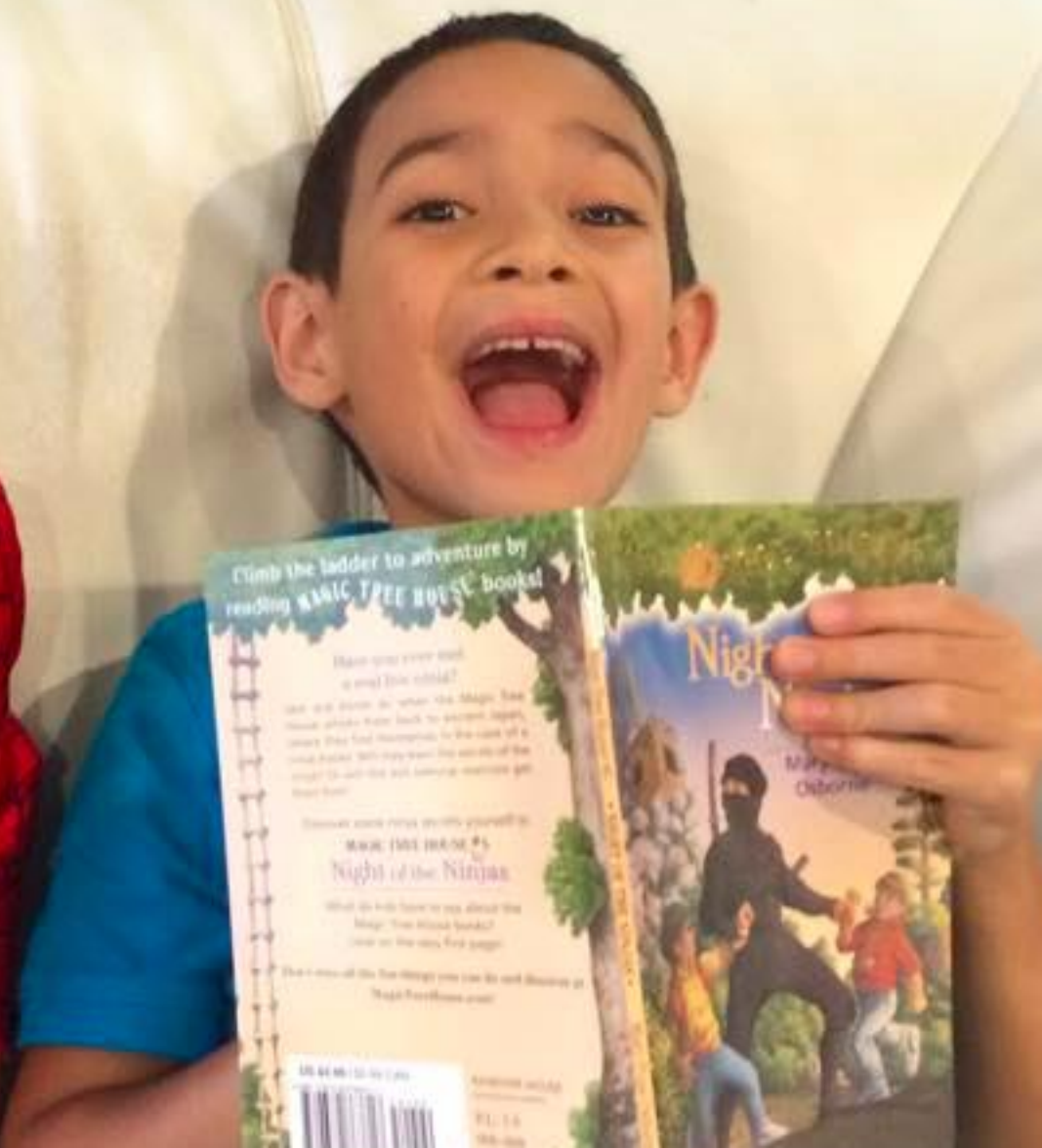












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Steps 1-3

- Eliminate Inflammatory Foods



Steps 4-6

- Add Healing Foods



Step 1



Step 1



George

- 35 years old
- 12-27-13 p/w SLE x 2 years
- Initially dx with Pulmonary Embolism after torn gastrocnemius muscle
- Alopecia
- Severe joint pain
- Lost 90 lbs
- ***Recent onset Nephritis after Tried Paleo diet***
- Prednisone 15mg, Plaquenol 400mg, Drs want to start Cellcept

George

“I’m back to my previous weight when I was fit, about 99 kilos. Put on about 5 lbs. Fitness is twice my

	2014	2014	2014	2013	2013	2013
Date Collected:	06/08	02/11	01/03	12/17	12/11	11/13
ESR:	17	12	18	48	52	48

Step 2

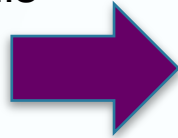


Step 3



Omega 6 Fatty Acid Pathway

Vegetable Oils
Processed
Foods



Linoleic Acid (LA)



(Delta-6 Desaturase)

Gamma-Linoleic acid

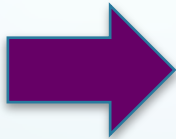


Dihomo Gamma-Linoleic acid (DGLA)



Arachidonic Acid (AA)

Meat
Eggs



(COX)

(LOX)



PGE2

LTB4

INFLAMMATORY

INFLAMMATORY

Step 4

~~No Fish~~

Hyper-Nourish



David

Worry is...
a waste
of the
imagination!







Step 5



Omega 3 Fatty Acid Pathway

Flax Seeds
Walnuts



Alpha-Linoleic Acid (ALA)



(Delta-6 Desaturase)

Steridonic acid



Eicosatraenoic Acid



Eicosapentaenoic Acid (EPA)



Decosahexanic Acid (DHA)

(COX)

(LOX)

PGE3

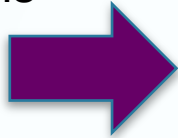
LTB5

ANTI-INFLAMMATORY

ANTI-INFLAMMATORY

Omega 6 Fatty Acid Pathway

Vegetable Oils
Processed
Foods



Linoleic Acid (LA)



(*Delta-6 Desaturase*)

Gamma-Linoleic acid (GLA)

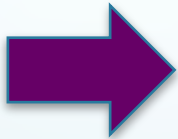


Dihomo Gamma-Linoleic acid (DGLA)



Arachidonic Acid (AA)

Meat
Eggs



(COX)

(LOX)



PGE2

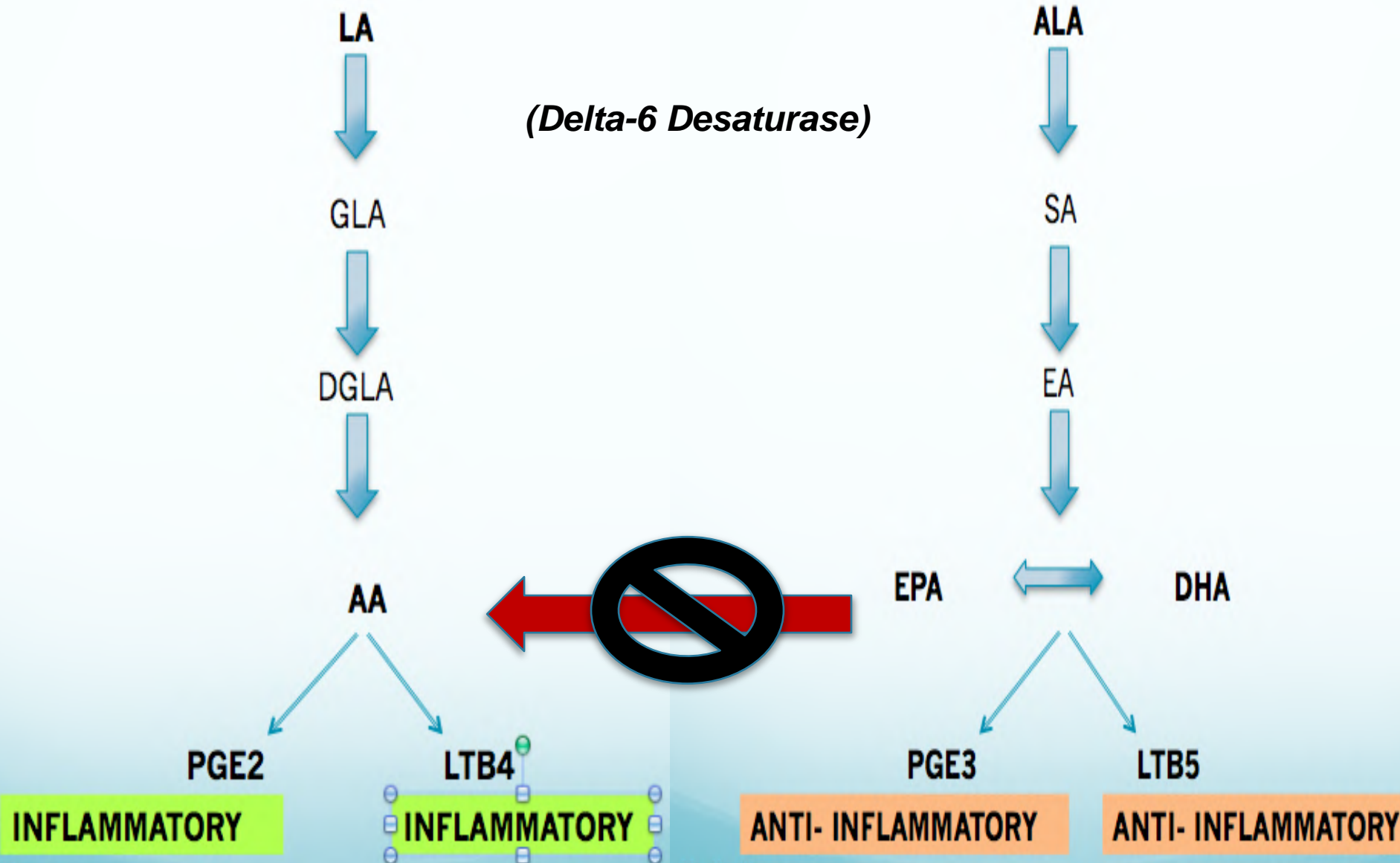
LTB4

INFLAMMATORY

INFLAMMATORY

Omega 6 Pathway

Omega 3 Pathway



Step 6



Hyper-Nourishing Healing Protocol for Lupus Recovery

- 4 week Program
- Incorporates the 6 Easy Steps to Healing With Supermarket Foods
- NO Animal Products, Processed Foods, Or Added Oils
- HYPERNOURISHMENT:
 - all raw vegetables, fruits, greens, seeds, nuts
 - *At Least* 64 ounces green smoothie a day
 - High water – 96 ounces up to max 120oz / day
 - High omega 3s – *at least* ¼ cup flax or chia a day

Hyper-Nourishing Healing Protocol for Lupus Recovery

- Daily Contact
- Daily diet log
- What they ate
- How much omega 3
- How much water
- Rate Pain/Mood
- Comments

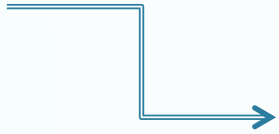
Kim

- 20 year old college student with SLE, scleroderma, mixed connective tissue disease since 18 years old.
- Arthritis with pain and swelling in upper and lower body since age 18.
- Dry red tight acne-prone skin,
- Chronic constipation,
- Stiff joints with very limited ROM, difficulty with stairs, has to sit down to put on pants. Great difficulty bending, kneeling
- Chronic elevated AST 54-56 u/l x 2 years
- no remissions. 5-10 Flare-ups/year
- Symptomatic on multiple medications

Hyper-nourishing Healing Protocol for Lupus Recovery*

***Results Typical**

Day 14



Daily Bowel Movements
Skin Unusually Clear

Day 15

“didn't notice until my mom mentioned it, but now that I look, I noticed an

“noticed I'm able to move my joints a bit more easily than before :)”

**I
on
it**

**W down when I put them on. Today I was
d able to do it standing up :)”**

very happy about that

Kim

Name <i>Standard range</i>	ALT <i>0 - 36 U/L</i>
5/17/10	54
5/19/10	56
10/2/13	16
4/9/14	23
7/8/14	19
9/23/14	23
12/2/14	27
3/17/15	23
6/19/15	22
8/28/15	13

Kim

- 3 weeks:
- Red tight skin with acne → Clear skin
- Chronic constipation → Daily BM
- Swollen stiff joints, limited ROM → Inc flexibility and ROM, can stand to pull on pants, tennis
- ALT 54-56 u/l x 2 years → **ALT 19**
- AST 43 → **AST 29**
- APA + 26 → **APA <20**
- Ab Lymph 4092 → **Ab Lymph 3894**
- Ab Monocytes 992 → **Ab Monocytes 826**

Donna

- 48 year-old female technology consultant
- 3 sisters with confirmed autoimmune disorders
 - one had a positive ANA and titer for lupus but she never returned to the rheumatologist
 - one has had Multiple Sclerosis for at least 18 years
 - One has Erythema nodosum, liver failure
- Relatively healthy, long term vegetarian
- 2 years after starting to eat meat, developed joint pains in upper and lower extremities
- Liver Granuloma

Donna

- Desperate to donate kidney to sister but was denied due to inflammation and possible autoimmune dysfunction.
- Recently tried to eat vegan diet, stopped coffee, “white foods, “as much as possible” , no dairy and joint pain has improved.
- Labs not specific for Lupus/RA/Sc, considered “at risk” for AD

Subject: greetings!

From: Donna -----

To: DrG@VeganMedicalDoctor.com

Hi Dr G,

Just a note to say hi. All's well, and I'm heading off to my graduate program at the end of the month. Finally getting my strength back...I'm almost back to my pre-surgery self and I'm sticking to raw foods.

Hope all continues to be well and beautiful in your world,

Donna

Cathy

- 60 years-old, Director for Mental Health Clinic. Chronic SLE
 - Rheumatologist put her on plant-based diet
 - Ate mostly rice, beans, potatoes, and cooked vegetables.
 - Some improvement, still severe pain and fatigue.
 - Constant pain.
Unable to stand without using arms of chair
Claw tool to put pants on.
Unable to climb stairs x 2 years
 - Exhausted after work, would be in bed by 7:00pm
Struggled to get to work at 9:00am
 - Planning early retirement because of symptoms
 - Weight: 209.5 lbs

**“Energy was good today.
It is still hard kneeling down...
two flat tires today...so I had the
opportunity to complete repairs.
I was uncomfortable, but was
able to tolerate the job.
It is amazing the decrease in
symptoms I noticed yesterday.”**

4 Week Hyper-Nourishing Healing Protocol for Lupus Recovery*

**“I am not falling asleep after I
take my medications in the
evening – this has been a
pleasant change.**

**I can stay awake till 10:30-11:00 pm!
Pleased with the weight loss also, but
not as much as I am pleased with an
increase in my energy.”**

“Still no joint pain (YAY)... Folks from work and my bible study group have asked me to share my green drink because they have noticed the weight loss and the overall health benefits.

Staying as close as I can to plant based living is also better for me.

**Have I been totally vegan? No. I have had beef, venison fish and cheese probably on 7 - 10 occasions since I started the lupus program... I could tell my body was unhappy with that choice...
I am back to eating green.”**

Free Gift!



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