

The Autoimmune Solution PDF (Limited Copy)

Amy Myers

"A long needed and scientifically validated approach to autoimmune conditions that relegates the standard approach of simply managing symptoms to being a relic of the past. Read every word and implement Dr. Myers' plan and it will fundamentally change the trajectory of your health for the better."

—DAVID PERLMUTTER, M.D., author of *Grain Brain*

THE AUTOIMMUNE SOLUTION



PREVENT *and* REVERSE
the FULL SPECTRUM *of*
INFLAMMATORY SYMPTOMS
and DISEASES

AMY MYERS, M.D.  BooKey

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The Autoimmune Solution Summary

Reclaim Your Health with a Holistic Approach to Autoimmunity.

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About the book

In **The Autoimmune Solution**, Dr. Amy Myers introduces a revolutionary perspective on inflammation and autoimmune disorders, which impact a staggering 90 percent of the population. Traditional medical approaches often label these conditions as untreatable, resulting in patients enduring insufficient attention and care. Symptoms, often downplayed, can escalate into chronic illnesses that are managed with ineffective medications that may cause more harm than good.

Dr. Myers, a prominent figure in functional medicine—a holistic approach that seeks to address underlying health issues rather than merely treating symptoms—presents her evidence-based methodology to combat a range of inflammatory conditions. These conditions include not only common issues such as allergies and obesity but also complex autoimmune diseases like fibromyalgia, lupus, and Hashimoto's thyroiditis, which is characterized by an underactive thyroid and can lead to various debilitating symptoms.

Throughout the chapters, Dr. Myers emphasizes the importance of understanding the root causes of health problems rather than relying solely on traditional pharmaceutical solutions. She advocates for a comprehensive approach that encompasses lifestyle changes, dietary adjustments, and a thorough understanding of how environmental factors interact with an individual's genetic predisposition to inflame the immune system.

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By highlighting the significance of personalized health strategies, Dr. Myers equips readers with the tools to reclaim their well-being. She encourages individuals to become proactive in their health journey, enlightening them on how to make informed choices that can dramatically improve their quality of life. Ultimately, *The Autoimmune Solution* serves as both a wake-up call and a guide, offering a new path to healing through awareness, education, and empowerment.

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About the author

In the chapters exploring the journey of Dr. Amy Myers, a distinguished physician and functional medicine expert, readers are introduced to her compelling mission of helping individuals regain their health through a holistic approach, particularly in the realm of autoimmune conditions. Dr. Myers, whose credentials include a background as an emergency medicine physician, transforms her personal struggles with serious health issues into a broader commitment to empower others.

The narrative unfolds with Dr. Myers detailing her foundational experiences that led to the creation of the Myers Way, a comprehensive program aimed at uncovering and addressing the underlying causes of autoimmune disorders. This approach diverges from conventional medicine by emphasizing a patient-centered framework that considers lifestyle modifications, dietary adjustments, and natural therapies as crucial components of healing.

Throughout the chapters, insights from her best-selling book, "The Autoimmune Solution," are woven into the narrative. This book serves as both a guide and an inspiration, offering practical advice on how individuals can implement lifestyle changes to combat autoimmune symptoms. Dr. Myers emphasizes the importance of understanding one's body, utilizing dietary interventions to eliminate inflammatory foods, and embracing a more

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holistic lifestyle to foster overall well-being.

The chapters emphasize not only Dr. Myers's professional expertise but also the profound impact of her personal journey on her approach to medicine. By sharing her experiences and the successes of those who have followed her program, she cultivates hope and encouragement, guiding readers toward reclaiming their health and living lives filled with energy and vitality. Overall, Dr. Amy Myers emerges as a beacon of inspiration, advocating for informed self-care and the pursuit of vibrant life despite the challenges posed by autoimmune disorders.

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Summary Content List

Chapter 1: 1. My Journey

Chapter 2: 2. The Four Pillars of the Myers Way®

Chapter 3: 3. What You Need in Your Kitchen

Chapter 4: 4. Breakfast

Chapter 5: 5. Smoothies, Juices, and Other Beverages

Chapter 6: 6. Soups and Salads

Chapter 7: 7. Main Courses

Chapter 8: 8. Sides

Chapter 9: 9. Dressings, Sauces, and Condiments

Chapter 10: 10. Snacks

Chapter 11: 11. Desserts

Chapter 12: 12. Home and Body

Chapter 13: 13. Getting the Whole Family on Board

Chapter 14: 14. Travel Tips

Chapter 15: 15. Dining Out

Chapter 16: 16. Sleep

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Chapter 17: 17. Food Reintroduction

Chapter 18: 18. Supplements

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Chapter 1 Summary: 1. My Journey

My Journey

In my second year of medical school, I faced a series of unsettling health challenges, including panic attacks, unexpected weight loss, and debilitating fatigue. Initially, these symptoms were attributed to the stresses of rigorous medical training. However, my insistence on further investigation led to a diagnosis of Graves' disease, an autoimmune disorder characterized by an overactive thyroid.

When it came to treatment, I was presented with options. I started on medication, but suffered from toxic hepatitis as a side effect, which forced me to discontinue its use. As my symptoms worsened, I opted for radioiodine ablation, a procedure intended to reduce thyroid function but which ultimately became my greatest regret, leading to further complications.

Despite these hurdles, I persevered through my medical training, eventually completing my residency and becoming an emergency physician. However, I grew increasingly disillusioned with conventional medicine's inability to effectively address chronic health issues. This prompted me to delve into functional medicine—a holistic approach that seeks to identify and treat the

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root causes of ailments, such as dietary influences, environmental toxins, and stressors.

Through my research, I learned about the significant link between gluten and autoimmune diseases. This revelation led me to implement profound changes to my diet, focusing on healing my gut. This personal transformation was pivotal and inspired the creation of "The Myers Way," a treatment protocol that emphasizes a tailored approach to managing autoimmune disorders. Unlike traditional methods that target isolated symptoms or specific organs, functional medicine strives to restore balance to the immune system as a whole.

Autoimmunity and Inflammatory Symptoms

Autoimmune diseases can manifest in various forms, affecting different parts of the body and resulting in diverse symptoms, including chronic fatigue, joint pain, and gastrointestinal disturbances. Recognizing these symptoms is critical for early detection and diagnosis. To assist individuals in assessing their health and understanding their risk for autoimmune conditions, I introduced the "Myers Way Symptom Tracker." This tool helps users evaluate their symptoms and calculate an overall score, placing them along the autoimmune spectrum.

Your Place on the Autoimmune Spectrum

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The Myers Way Symptom Tracker evaluates inflammation levels and identifies potential autoimmune risk, categorizing responses into four distinct ranges:

1. **Less than 5:** Indicates low inflammation and a low likelihood of developing an autoimmune condition.
2. **5 to 9:** Represents the low end of the spectrum, where some risk factors are present.
3. **10 to 30:** Falls within the mid-spectrum, where significant symptoms are noted, yet there is potential for healing through the principles of the Myers Way.
4. **Over 30:** Signifies moderate risk, suggesting the individual may currently have or be at risk for autoimmune conditions.

By following the guidelines established in the Myers Way, individuals can take proactive steps towards restoring their health and preventing the onset of autoimmune disorders, ultimately changing their trajectory toward wellness.

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Chapter 2 Summary: 2. The Four Pillars of the Myers Way®

The Four Pillars of the Myers Way®: A Path to Autoimmune Healing

Autoimmune diseases, where the immune system mistakenly attacks the body, can indeed be reversed by identifying and addressing their root causes. This healing journey is structured around four fundamental pillars that focus on restoring health and balance.

1. Heal Your Gut

The gut plays a vital role in immune health, housing approximately 80% of the immune system. An unhealthy gut, often manifested as leaky gut syndrome, can precipitate autoimmune conditions. Key contributors to this dysfunction include toxic foods, specifically gluten, gut infections (like Candida and Small Intestinal Bacterial Overgrowth or SIBO), certain medications, and chronic stress. To repair gut health, the “4R” approach is recommended:

- **REMOVE** harmful influences, such as toxic foods and gut infections.
- **RESTORE** essential digestive functions, including enzymes and stomach acid.

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- **REINOCULATE** the gut with healthy bacteria through high-quality probiotics.
- **REPAIR** the gut lining by incorporating nutrients like collagen and L-glutamine.

2. Eliminate Gluten, Grains, and Legumes

Gluten can trigger a multitude of symptoms, making its removal critical for those with autoimmune conditions. Modern wheat has been hybridized, rendering it more inflammatory and harder to digest. Thus, it is advisable to eliminate gluten, grains, legumes, dairy, eggs, and nightshade vegetables for an initial period of 30 days to prevent further gut damage. After this phase, foods can be cautiously reintroduced, with attention paid to any adverse reactions.

3. Tame the Toxins

Exposure to environmental toxins—like heavy metals and chemicals—can compromise the immune system and contribute to the onset of autoimmune diseases. To minimize toxin exposure, individuals are encouraged to:

- **Prevent** contact by using HEPA filters, drinking filtered water, consuming organic produce, and opting for non-toxic products.
- **Detoxify** by supporting the body's natural detox processes through adequate hydration, liver support, and encouraging sweating.

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4. Heal Your Infections and Manage Stress

Certain infections, such as the Epstein-Barr virus and various bacterial pathogens, have been implicated in triggering autoimmune responses, often through a phenomenon known as molecular mimicry. Addressing infections involves bolstering the immune system alongside the methods outlined in the four pillars. Equally important is managing stress, which can exacerbate symptoms by causing persistent immune activation. Stress relief techniques—such as meditation, yoga, and engaging in pleasurable activities—should be integrated into daily routines to promote overall health.

Through the principles of the Myers Way, individuals have found a pathway to transformative healing. Complementing these strategies, *The Autoimmune Solution Cookbook* serves as a valuable resource, offering straightforward guidelines for healthy eating and lifestyle choices that align with the healing process.

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Chapter 3 Summary: 3. What You Need in Your Kitchen

Chapter 3: What You Need in Your Kitchen

Embarking on The Myers Way simplifies the journey toward a healthier lifestyle, particularly for individuals looking to reverse autoimmune conditions. Recent strides in food accessibility have made it easier to find approved ingredients without reliance on specialty shops, while simultaneously supporting local farmers' markets.

Essential Ingredients for Your Pantry

This chapter outlines must-have pantry items for recipes contained in the book, including gluten-free and grain-free flours, proteins, fruits, vegetables, herbs, and spices. Each ingredient is analyzed for its health benefits and sourcing options, emphasizing the importance of organic produce and grass-fed meats. The narrative highlights staple recipes like Cauliflower Rice and Gut-Healing Bone Broth. Selecting items free from GMOs and pesticides is vital, as these substances are often linked to autoimmune issues.

Understanding Organic Labels

To navigate the world of organic foods, the chapter clarifies four categories of organic labels:

- **100 percent organic:** Completely organic ingredients.

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- **USDA organic:** At least 95% organic ingredients.
- **Made with organic:** Minimum of 70% organic ingredients.
- **Specific organic ingredients:** Contains some organic components but doesn't meet stricter criteria.

Three Reasons to Choose Organic

1. Pesticides are increasingly associated with autoimmune disorders.
2. Non-organic meats can have detrimental growth hormones and antibiotics.
3. Organic produce tends to offer higher nutritional value and fewer harmful additives.

Over time, transitioning to organic options can be cost-effective as it often replaces processed foods. The rising demand for organic products has made them widely available even in major grocery stores.

Shopping and Meal Preparation Tips

To create a healthier kitchen, prioritize:

- **Organic, grass-fed, pasture-raised proteins:** These bring higher nutritional quality.
- **Avoiding the "Dirty Dozen":** Focus on buying organic for produce identified as having high pesticide residues.

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- **Sustainable shopping practices:** Batch cooking, buying in bulk, and carrying canvas bags can reduce waste and save money.

Ingredient Breakdown by Type

The chapter lists and elaborates on key ingredients:

- **Baking Powder:** Choose aluminum-free options for a cleaner ingredient list.
- **Cacao and Cocoa:** Explore healthy chocolate alternatives rich in nutrients.
- **Coconut Products:** Discuss various coconut-based ingredients and their health benefits.
- **Healthy Fats:** Highlight the necessity of high-quality fats, including recommended oils.
- **Flours:** Feature gluten-free and grain-free options for versatile cooking.
- **Fruits and Vegetables:** Stress the significance of fresh and organic produce.
- **Spices:** Examine flavorful spices that also support health.

Foods to Enjoy and Avoid

The chapter distinguishes between foods to integrate and those to eliminate:

- **Foods to Enjoy:** Emphasize quality proteins, organic non-starchy vegetables, healthy fats, and organic fruits.

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- **Foods to Toss:** Steer clear of processed foods, GMOs, and common allergens such as gluten, dairy, and soy.

Kitchen Tools Recommendations

For an efficient kitchen, recommendations include:

- **Storage:** Prefer glass over plastic and stainless steel over toxic materials.

- **Cookware:** Emphasize the use of stainless steel and cast-iron.

- **Essential Appliances:** Invest in high-quality blenders, juicers, food processors, and thermometers for better meal prep.

Overall, this chapter serves as a comprehensive guide for creating a nourishing kitchen, enhancing culinary skills, and making informed nutritional choices that are essential for anyone committed to achieving wellness through The Myers Way.

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Chapter 4: 4. Breakfast

Breakfast

Starting your day with a nutritious breakfast is essential for maintaining energy and supporting overall health. This chapter introduces a variety of autoimmune-friendly recipes designed to replace traditional sugary cereals and inflammatory egg dishes, offering a blend of sweet and savory options. These recipes incorporate root-based flours, such as cassava and tigernut, to create wholesome alternatives that are both satisfying and delicious.

1. **BLC Tacos** A delightful combination of sweet potatoes, bacon, chicken, and avocado, all wrapped in crisp lettuce leaves or homemade cassava tortillas, making for a hearty breakfast or lunch.
2. **Turkey-Butternut Squash Hash** This customizable breakfast hash features ground turkey sautéed with butternut squash, apple, and kale, providing a hearty dish packed with proteins and vitamins.
3. **Sweet Potato-Bacon Hash with Avocado Cream** This dish combines roasted sweet potatoes with crispy bacon and fresh herbs, topped with luscious avocado cream for an indulgent yet healthy meal.

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4. **Spaghetti Squash Hash Browns:** Transforming spaghetti squash with garlic and spices into crunchy hash browns, this recipe yields 24 crispy delights, perfect for breakfast or as a savory snack.

5. **Roasted Sweet Potato Rounds with Smoked Salmon:** These sweet potato rounds serve as a gluten-free alternative to bagels, topped with rich smoked salmon and creamy avocado for a fulfilling meal.

6. **Savory Breakfast Sausage:** These ground turkey patties infused with fresh herbs provide a protein-packed option, great for breakfast or as a quick snack on the go.

7. **Crunchy Maple Granola:** Made from tigernuts and coconut, this gluten-free granola not only serves as a perfect topping for yogurt but also makes a wholesome snack anytime.

8. **Tigernut Waffles:** With a crispy texture and gentle sweetness, these grain-free waffles, made from tigernut flour and plantains, offer a delightful breakfast experience.

9. **Pumpkin Pancakes:** Nutrient-dense pancakes mixed with pumpkin and spices create a hearty breakfast that is both comforting and nutritious.

10. **Zucchini Muffins:** Moist and versatile, these muffins made with

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tigernut and cassava flour are ideal for breakfast or gatherings, offering a sweet treat that's healthy.

11. **Tigernut Oatmeal:** A gut-friendly oatmeal using tigernuts and coconut milk serves as a warm and nourishing start to the day, customizable with a variety of toppings.

12. **Acai Smoothie Bowl:** Packed with antioxidants, this refreshing bowl can be customized with your choice of fruits and granola, making it a vibrant breakfast option.

13. **Cassava Tortillas:** Simple to make, these tortillas made from cassava flour are perfect for wrapping tacos or sandwiches, adding versatility to your meals.

14. **Coconut Yogurt Parfaits** These layered parfaits featuring coconut yogurt, fresh berries, and granola create a delightful and visually appealing breakfast or snack.

15. **Sweet Potato Biscuits:** Fluffy and versatile, these biscuits made with sweet potato can be enjoyed sweet or savory, making them a great addition to any breakfast spread.

Utilizing these recipes will not only enhance your morning routine with

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variety but will also support your autoimmune health, setting a positive tone for the day ahead.

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Chapter 5 Summary: 5. Smoothies, Juices, and Other Beverages

Smoothies, Juices, and Other Beverages: A Healthful Guide

In this chapter, we explore a range of nutritious beverages, emphasizing their role in promoting gut health and immune support. Smoothies and juices serve as quick, delicious ways to incorporate essential nutrients into your diet, particularly beneficial for those with digestion issues, such as leaky gut. The blending process of smoothies makes nutrients more accessible and digestible.

Smoothies

Smoothies are easy to prepare using a few key ingredients:

- **Base Ingredients:**

- 1 cup of fruit (ideally berries for their antioxidant properties)
- 1 cup of coarsely chopped vegetables (optional for added nutrition)
- 1/2 to 1 cup of liquid (coconut milk or water are great choices)
- 1 tablespoon of healthy fat (coconut oil or avocado oil for satiety)
- 1 scoop of protein (The Myers Way Paleo Protein or Collagen Protein to

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support gut health)

Preparation: Blend all ingredients until smooth; it's suggested to blend twice for a silky consistency.

Favorite Smoothie Recipes

1. **Cherry Sunrise Smoothie:** A vibrant blend of cherries, mango, and spinach for a morning boost rich in antioxidants.
2. **Very Berry Smoothie:** Creamy cauliflower paired with assorted berries for a nutrient-dense treat.
3. **Tropical Green Smoothie:** An invigorating mix of pineapple, mango, spinach, and avocado for smooth texture.
4. **Mean Green Smoothie:** Spinach, cucumber, kiwi, and optional banana combine for a refreshing drink packed with vitamins.
5. **Kale-Mint-Lemongrass Smoothie:** The refreshing duo of kale and mint creates a unique flavor profile.
6. **Dark Chocolate–Cherry Smoothie:** A decadent yet healthy dessert alternative featuring chocolate and cherries.
7. **Chai Smoothie:** Infused with warming chai spices for a delicious twist.
8. **Strawberry Cheesecake Smoothie:** Cheesecake-inspired richness without dairy or sugar.
9. **Mint–Chocolate Chip Smoothie:** A satisfying dessert-style blend.

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10. **Gingerbread Cookie Smoothie:** Perfect for holiday cheer in a glass.

11. **Pumpkin Pie Smoothie:** A seasonal favorite that's a healthy alternative to sugary pumpkin lattes.

Juices

Juicing is another fantastic way to extract essential vitamins and minerals from fruits and vegetables. For maximum freshness and nutrient retention, prep ingredients the night before and consume the juice shortly after making it. Adding collagen protein can also enhance its gut-health benefits.

Favorite Juice Recipes

1. **Splash of Sunshine:** A bright combination of pineapple, carrots, sweet potatoes, and ginger.
2. **Purple Perfection:** Rich in antioxidants, this juice blends purple carrots, blueberries, apples, cucumber, beets, and lemon.
3. **Classic Detoxifying Green Juice:** A detoxifying mix of kale, cucumber, pear, celery, lemon, ginger, and cilantro.
4. **Free-Radical Fighter:** Combines apples, cucumber, blueberries, grapes, spinach, and ginger to combat oxidative stress.
5. **Organic Green Margarita Juice:** A refreshing blend of spinach, lime,

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apple, cucumber, and cilantro.

Other Beverages

This section introduces a delightful array of beverages, from spiced milks to refreshing mocktails, offering both enjoyment and health benefits.

Featured Recipes

- **Golden Milk:** A soothing concoction of coconut milk, turmeric, ginger, and collagen, known for its anti-inflammatory properties.
- **Peppermint Hot Chocolate:** A cozy drink made with unsweetened cocoa, coconut milk, and a hint of peppermint oil.
- **Pumpkin Spice Latte (Upgraded):** A healthier twist on the classic, with real pumpkin and warm spices.
- **Chai Tea Latte (Upgraded):** Made with dandelion root tea and aromatic spices for a caffeine-free indulgence.
- **French Vanilla Coffee Creamer:** A better substitute for conventional creamers, adding flavor without excess sugars.
- **Gut-Soothing Collagen Tea:** An easy ginger and lemon tea packed with collagen benefits.

Mocktails and Refreshers

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For social occasions, clever mocktails provide healthy, flavorful alternatives to traditional cocktails, making them perfect for gatherings.

Key Mocktail Recipes

- **Blackberry-Basil Mule:** A fruity mix of ginger, blackberries, and basil for a refreshing beverage.
- **Strawberry Mojito:** A minty refresher that brings the taste of summer to any setting.
- **Rosemary-Lemon Spritzer:** A light fizzy drink combining refreshing rosemary and zesty lemon.
- **Sangria:** A non-alcoholic blend of apples, pears, and cranberry juice perfect for a crowd.
- **Agua Fresca:** A refreshing fruit-infused drink ideal for hot summer days.

This chapter showcases a diverse selection of beverages that not only tantalize the taste buds but also support overall health, encouraging readers to explore nutritious options that suit various occasions and preferences.

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Chapter 6 Summary: 6. Soups and Salads

Chapter 6: Soups and Salads

In this chapter, the focus is on the health benefits of soups and salads, which are embraced for their ability to nourish the body and support digestive health. Soups, especially Gut-Healing Bone Broth, are celebrated not only for their comforting qualities but also for their gut-healing and immune-boosting properties. The chapter emphasizes the importance of nightly salads, rich in nutrient-dense greens, as a dietary tradition aimed at maximizing wellness through diverse and flavorful ingredients.

Soups

The chapter begins with a collection of innovative soup recipes designed to enhance the immune system while providing delightful tastes. Each recipe features ingredients that are not only delectable but also packed with health benefits:

- **Chicken “Noodle” Soup:** This modern take on the classic utilizes spiralized zucchini for noodles and incorporates nutritious spices like ginger and turmeric for their anti-inflammatory properties.

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- **Chicken Tortilla Soup:** A lighter version that includes zesty lime and crunchy Cassava Tortilla chips, complemented by fresh cilantro for a burst of flavor.
- **Creamy Zucchini-Basil Soup:** A rich, creamy option brimming with the nutritional goodness of zucchini, making it both satisfying and healthy.
- **Curried Carrot Soup:** Designed to be vibrant and flavorful, this soup is rich in beta-carotene and can be adapted with various root vegetables, enhancing its versatility.
- **Butternut Squash–Sage Soup:** A savory delight that celebrates the sweetness of butternut squash, enriched with the aromatic essence of sage.
- **Roasted Vegetable Soup:** A nutrient-rich blend featuring detoxifying ingredients like garlic and shallots combined with hearty cruciferous vegetables.
- **Cauliflower Chowder:** Creamy in texture, this chowder is elevated by the addition of smoked bacon, lending a savory depth of flavor.
- **Thai Meatball Soup:** A delightful fusion of flavors, boasting ground turkey meatballs and an assortment of fresh vegetables inspired by traditional Thai cuisine.

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Salads

Following the soups, the chapter transitions to a selection of creative salads that showcase vibrant colors and an array of fresh ingredients aimed at invigorating the palate while promoting good health:

- **Brussels Sprouts and Red Cabbage Salad:** A crunchy salad inspired by winter produce, dressed with a sweet vinaigrette that balances the flavors.
- **Mardi Gras Salad:** Bursting with festival colors from roasted vegetables and tangy pomegranate seeds, this salad captures the spirit of celebration.
- **Tropical Nicaraguan Salad:** This fruity concoction blends fresh greens with tropical flavors, evoking a vacation experience in every bite.
- **Winter Salad with Maple Vinaigrette:** A comforting mix of nutrient-rich greens and roasted apples, dressed in a sweet maple vinaigrette to welcome the colder months.
- **Apricot-Chicken Salad:** A refreshing chicken salad that incorporates dried apricots, adding both sweetness and essential nutrients to the dish.

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- **Tangy Coleslaw:** A classic southern favorite, this coleslaw is perfect for outdoor barbecues, offering a refreshing crunch with a tangy kick.
- **Herbed “Potato” Salad:** A nutritious twist on traditional potato salad by substituting steamed root vegetables, thus enhancing its health profile.
- **Cucumber-Seaweed Salad:** Combining fresh cucumbers with nutrient-dense wakame seaweed, this salad is a healthful option enriched with iodine.

In summary, Chapter 6 not only highlights a diverse range of soups and salads but also underscores their health benefits, crafting a narrative that ties together flavor, tradition, and nutrition for a holistic approach to food.

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Chapter 7 Summary: 7. Main Courses

In Chapter 7, titled "Main Courses," the author presents a rich collection of nutritious recipes aimed at promoting health and reversing autoimmunity. Each dish is designed for simplicity and can be made using modern conveniences like the Instant Pot. A core principle throughout the chapter is the importance of selecting high-quality ingredients, including grass-fed meats, pasture-raised poultry, and wild-caught seafood, to ensure optimal health benefits.

The chapter begins with **Herb Roasted Chicken**, a nostalgic dish that serves six and is versatile for leftovers. This recipe can be prepared in either the Instant Pot or the oven, featuring a blend of herbs and spices, and pairs beautifully with a restorative Gut-Healing Bone Broth.

Next is **Baked Chicken and Sweet Potatoes with Lemon-Rosemary Sauce**, designed for four. This all-in-one meal showcases the ease of baking chicken breasts alongside sweet potatoes in a tangy lemon-rosemary vinaigrette, offering a delightful flavor combination.

Moving on to a more indulgent option, **Chicken Rollatini with Bacon and Pesto** serves four, featuring chicken breasts stuffed with aromatic pesto and wrapped in crispy bacon, best complemented by sides like Broccolini or Wilted Greens.

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For a family favorite, the chapter includes **Chicken Nuggets**, which are both crispy and satisfying, making them a treat for both children and adults. This recipe introduces a frying technique that brings nostalgia to the dinner table.

The spicy and aromatic **Chicken Pad Thai**, serving four, reimagines the classic Thai dish with a healthier twist that incorporates spiralized sweet potatoes and carrots alongside a coconut aminos and “Peanut” Sauce.

Cheerfully vibrant, the **Chicken Burrito Bowl** offers a Mexican flair by pairing cauliflower rice with chicken and colorful vegetables, providing a refreshing blend of flavors, with a recipe for guacamole to enhance the experience.

For comfort food lovers, the **Turkey Pot Pie** offers a gluten-free version made with cassava and coconut flours, featuring ground turkey and an array of hearty vegetables beneath a flaky, biscuit-like topping.

Diving into rich flavors, the **Mississippi Roast** serves six, featuring a chuck roast slow-cooked with herbs and root vegetables, whether in the Instant Pot or slow cooker for maximum tenderness.

The **World's Best Asian Flank Steak** is marinated in a Southeast

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Asian-inspired sauce, making it a quick and versatile dish that caters to those craving bold flavors. Following closely is the **Perfect Fast Man Burgers**, crafted with high-quality ground beef and various topping options for a customizable meal.

The chapter also presents **Meatballs**, beautifully flavored with herbs and perfectly paired with zucchini noodles for a lighter pasta alternative. For something heartier, **Bison Chili** packs protein and nutritional value, crafted with ground bison and assorted vegetables.

Two decadent options follow: **Lamb Chops with Cherry Glaze** serve two, presenting a delightful harmony of flavors, while the **Pesto Pizza** offers a gluten-free crust topped with fragrant pesto and fresh vegetables, satisfying pizza cravings without gluten.

Seafood lovers can enjoy the **Halibut Piccata**, featuring delicate halibut in a lemon-caper sauce, ideal when served with greens. On the pork front, the **Pork Tenderloin with Mustard Sauce** is an easy dish that highlights the flavors of seared pork complemented by a tangy mustard sauce.

The chapter rounds out with **Carolina Pulled Pork**, tender and easy to prepare, along with **Apple-Stuffed Pork Chops with Maple Glaze**, which adds a sweet twist to savory pork, and **Braised Pork Ribs**, cooked to perfection with a homemade sauce.

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Health-conscious diners will appreciate the **Honey-Ginger Glazed Salmon**, an anti-inflammatory option served with customized sides, and **Lamb Meatballs in Lettuce Wraps**, which offer a Mediterranean flair through tender meatballs paired with tzatziki sauce.

The **Create Your Own Coconut Curry** invites readers to customize their meals with various proteins and vegetables, served best over cauliflower rice, while **Coconut Shrimp** provides a healthier alternative to fried shrimp, baked with coconut for crunch.

Lastly, the chapter includes **Vegetable Fried “Rice”**, a colorful dish based on cauliflower rice, vibrant vegetables, and great as a main or side. **Chimichurri Lamb Kebobs** add a grilled option, accentuated by a vibrant chimichurri sauce, while the **Mushroom and Asparagus Caulisotto** offers a creamy, risotto-like dish that encapsulates the essence of this chapter.

Overall, these recipes cater to diverse dietary needs and preferences, emphasizing creative, flavorful meals that not only support optimal health but also make cooking enjoyable and achievable.

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Chapter 8: 8. Sides

Chapter 8: Sides

In this chapter, the spotlight is on the often-overlooked star of any meal—the side dishes. While they complement the main course, many of these recipes are nutritious and flavorful enough to stand on their own. The chapter introduces a variety of vegetable-based dishes that not only elevate dinner presentations but also promote a healthy diet.

The journey begins with **Bacon-Wrapped Asparagus**, an elegant yet simple dish. Asparagus is tightly wrapped in pastured bacon, seasoned, and roasted to perfection, bringing a delightful blend of textures and flavors.

Next, the chapter explores **Roasted Vegetables**, a versatile option consisting of an assortment of vegetables that, when roasted until crispy, become a delectable accompaniment to any main course or a convenient meal prep solution.

For a light and refreshing choice, **Zucchini Noodles with Spinach-Kale Pesto** are highlighted. These quick vegetable noodles are tossed with a homemade pesto made from nutrient-rich greens, making for an easy meal filled with flavor.

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Sweet Potato Fries offer a healthy and kid-friendly alternative to traditional fries, made from naturally sweet tubers. They can be customized with a variety of root vegetables and seasonings, catering to different taste preferences.

The chapter introduces **Root Vegetable Pancakes**, made with shredded sweet potatoes, parsnips, and beets bound together with gelatin. These colorful pancakes can be topped with a variety of options, adding to their appeal.

In a festive nod, **Roasted Brussels Sprouts with Bacon** feature prominently. These crispy sprouts, paired with crispy bacon and glazed with a combination of maple syrup and mustard, are perfect for holiday gatherings or special occasions.

Another innovative dish is **Cauliflower Saffron "Rice"**, which transforms cauliflower into rice flavored with saffron, a luxurious spice known for its vibrant color and aromatic taste.

For those seeking a creamy alternative to mashed potatoes, **Mashed Cauliflower and Rutabaga** provides a delightful combo that maintains a comforting texture while promoting health.

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The chapter also showcases **Creamy Vegetables “Alfredo,”** where a light coconut milk sauce envelops steamed vegetables, creating a quick and satisfying side that delights the senses.

Loaded and Baked Sweet Potatoes come next, featuring sweet potatoes

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Chapter 9 Summary: 9. Dressings, Sauces, and Condiments

Chapter 9: Dressings, Sauces, and Condiments

In this chapter, we explore a selection of autoimmune-friendly dressings, sauces, and condiments designed to elevate your meals while steering clear of hidden sugars, gluten, and artificial ingredients often found in commercial products. Making these condiments at home not only enhances flavor but also ensures they fit within an autoimmune protocol.

The chapter opens with **Spinach-Kale Pesto**, a vibrant mixture of spinach, kale, garlic, basil, lemon juice, and olive oil. This versatile pesto can be used to add zest to veggie noodles, baked sweet potatoes, or simply enjoyed as a dip.

Next, we find **Aïoli**, which combines roasted garlic with palm shortening, avocado oil, apple cider vinegar, and salt. This creamy sauce serves as an excellent accompaniment for fish or a fresh dip for an assortment of vegetables.

The chapter introduces **No-Mato Sauce**—a clever twist on traditional tomato sauce, crafted from carrots, beets, garlic, onion, and herbs. This

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sauce is perfect when served over vegetable noodles or stirred into soups, providing a rich flavor without the nightshade.

A homemade **Ketchup** alternative features carrots, beet, onion, apple cider vinegar, lemon juice, and a hint of honey. It pairs wonderfully with burgers, fries, or even spaghetti squash hash browns, proving that indulgent flavors can be made healthfully.

For barbecue enthusiasts, a **Cherry Barbecue Sauce** made with carrots, cherries, onions, bone broth, and molasses delivers robust flavor. This sauce is ideal for brushing on meats before grilling, adding a delightful sweetness to your outdoor cooking.

The chapter continues with a delicious “**Peanut**” **Sauce**, which substitutes traditional peanut butter with tigernut butter, complemented by bone broth, apple cider vinegar, and ginger. This sauce shines in dishes like Chicken Pad Thai or paired with grilled shrimp.

For marinating meats, a **Meat Marinade** combining garlic, onion powder, coconut aminos, black pepper, honey, and bone broth infuses flavors deeply, ensuring juicy and tender results. Similarly, the **World’s Best Asian Marinade**, made with coconut aminos, sesame oil, honey, garlic, fish sauce, and ginger, is perfect for steaks or skewers, bringing an Asian flair to your grilling.

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Swapping creamy bases, a refreshing **Tzatziki** makes use of coconut milk yogurt, cucumber, lemon juice, vinegar, and garlic, making it ideal as a sauce for grilled meats or a cooling dip.

Betty's Italian Dressing combines olive oil, garlic, honey, Dijon mustard, and vinegar to deliver a robust salad dressing, while **Ranch Dressing** featuring coconut milk, garlic, dill, onion powder, and vinegar provides a versatile option for salads or vegetable dips.

For something fruity, the **Blackberry Vinaigrette** blends blackberries with honey, thyme, vinegar, and olive oil for a sweet and tangy salad dressing. Similarly, the **Herbed Vinaigrette** allows for customization with olive oil, vinegar, lemon juice, and various fresh herbs, adapting to any meal.

The chapter also features a **Green Goddess Dressing** made from fresh herbs, garlic, avocado, and lemon juice, fitting beautifully as a dip or salad dressing. Meanwhile, a vibrant **Mango-Avocado Salsa** combines mango, avocado, red onion, cilantro, and lime juice, perfect for grilled proteins or as a delightful dip.

For those who enjoy a sweet finish, a range of **Fruit Compotes** such as Apple-Cinnamon, Blueberry-Lemon, and Caramelized Banana are suggested as toppings for pancakes or waffles, adding a nourishing twist to breakfast

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staples.

Lastly, a classic **Tapenade** made from mixed olives, garlic, capers, vinegar, and olive oil serves as a savory spread, whether on vegetables or accompanying grilled dishes.

In summary, this chapter emphasizes the ease and health benefits of preparing homemade condiments, enriching meals with natural ingredients while adhering to an autoimmune-friendly lifestyle.

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Chapter 10 Summary: 10. Snacks

Snacks: Preparation and Importance

Being prepared is vital for adhering to **The Myers Way**, a dietary approach focused on improving health through mindful eating. This chapter outlines various nutrient-rich snacks that promote immune support and gut health. It emphasizes the importance of having snacks readily available, particularly during hectic periods, to help maintain a healthy lifestyle.

Snack Recipes

Sweet-and-Salty Trail Mix

A blend of energy-boosting ingredients that combines whole tigernuts, unsweetened coconut flakes, mixed dried fruits, plantain chips, and root vegetable chips. Prepare by soaking the tigernuts overnight, toasting the coconut, mixing all components, and storing them in a glass container for easy access.

Root Vegetable Chips

An easy, healthy alternative to traditional chips, these crispy snacks are made from thinly sliced vegetables like sweet potatoes, golden beets, carrots, parsnips, and turnips, sprinkled with sea salt and baked in avocado oil until

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crunchy.

Plantain Chips

A sweet and savory snack made from ripe plantains. Slice the plantains, toss them in coconut oil, and bake until they turn a golden brown. Optionally, you can season them to enhance their flavor.

Rutabaga “Hummus”

This unique take on hummus uses boiled and blended rutabaga mixed with lemon juice, garlic, cumin, sea salt, and olive oil to create a smooth, nutritious dip that pairs well with vegetable chips or gluten-free crackers.

Coconut Collagen Fuel Bites

A protein-packed treat containing coconut oil, coconut butter, collagen protein, stevia, and optional flavoring. Melt the ingredients together, refrigerate until set, and then cut into bite-sized pieces for immediate snacking.

Tigernut Butter

Nut-free and nutrient-dense, this butter is made by soaking tigernuts, then blending them with coconut oil and maple syrup until smooth. It serves as a delicious spread or ingredient in recipes.

Five-Vegetable Guacamole

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A fresh and colorful dip made from mashed avocados and a selection of vegetables like onions, cucumbers, yellow squash, zucchini, carrots, garlic, lime juice, cilantro, and sea salt. This guacamole is not only flavorful but also packed with nutrients.

Fruit Snacks

A fun, gelatin-based treat made with pomegranate juice, gelatin, and stevia. Combine the ingredients, refrigerate until they firm up, and cut into various shapes for a healthy dessert-like snack.

Rosemary–Sea Salt Crackers

These savory snacks are prepared using cassava flour, baking powder, sea salt, water, olive oil, and rosemary. Mix the ingredients, roll out the dough, cut into squares, and bake until crispy.

Spinach-Artichoke Dip

A creamy dip that features artichoke hearts, avocado oil, onion, garlic, spinach, coconut cream, aioli, lemon juice, and sea salt, sautéed together and baked to create a warm and decadent appetizer.

Beef Jerky

Made from grass-fed flank steak, this high-protein snack is marinated and baked until dried. It's a great source of protein and perfect for on-the-go consumption.

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Wild-Caught Shrimp Sushi Rolls

These sushi rolls are filled with fresh ingredients such as nori, avocado, ginger, baby spinach, shrimp, carrots, and cucumber, rolled up for a nutritious meal that's easy to prepare and packed with flavor.

Chicken Satay with "Peanut" Sauce

Tender chicken marinated in a mix of lemongrass, garlic, coconut aminos, fish sauce, honey, lime juice, and avocado oil is grilled on skewers and served with a delicious, allergen-friendly "peanut" sauce for dipping.

These diverse and nutritious snacks provide ample options for maintaining a healthy diet, highlighting the importance of meal prep and smart snacking as part of The Myers Way.

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Chapter 11 Summary: 11. Desserts

Chapter 11: Desserts

Introduction

In this chapter, dessert enthusiasts can explore a variety of healthier dessert options crafted from alternative ingredients such as cassava, arrowroot, and coconut flours, coconut sugar, and gelatin. However, individuals dealing with Candida overgrowth or Small Intestinal Bacterial Overgrowth (SIBO) should avoid sugar until their condition is managed. The recipes provided here simplify traditional dessert preparations, making them accessible and enjoyable.

Anne's Amazing Cinnamon-Raisin Cookies

These delightful cookies blend the warmth of spices with sweet raisins. Using palm shortening and sweeteners like maple syrup and coconut sugar, the cookies come together with both arrowroot and tigernut flours. Simply mix wet and dry ingredients, shape them into cookies, and bake for a satisfying treat.

Gingerbread Cake

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This wholesome gingerbread cake utilizes a mixture of cassava, coconut, and arrowroot flours with coconut oil and applesauce for moisture. After mixing the rich spices into the batter, it is baked until perfectly spongy and then glazed for added sweetness.

Fudgy Brownies

Rich and chocolatey, these brownies benefit from the creaminess of avocado and the natural sweetness of maple syrup, blended with a combination of coconut and arrowroot flours. The result is a dense and fudgy dessert that's both indulgent and satisfying.

Lemon Bars

These refreshing lemon bars feature a crust made from coconut and arrowroot flours, topped with a zesty filling of lemon juice and coconut cream. After baking the crust, the filling is added for a citrusy twist on a classic dessert.

Birthday Cupcakes

Perfect for celebrations, these cupcakes are light and airy, created with cassava flour and sweetened with coconut sugar. With an applesauce base

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for moisture and a delightful frosting on top, they add a celebratory touch to any gathering.

Dark Chocolate Bark

This simple yet satisfying treat involves melting coconut oil and mixing it with cocoa powder and stevia. Pour it into a mold, refrigerate until firm, and enjoy a guilt-free chocolate snack that can be customized with your favorite toppings.

Raspberry Cheesecake Bites

These bites combine coconut butter, fresh raspberries, and dates for a no-bake dessert option. The ingredients are blended, formed into balls, and chilled, making them a convenient and healthy sweet treat.

Chocolate Whoopie Pies

These indulgent whoopie pies are made from a rich batter of cassava and coconut flours, with a creamy filling to sandwich between the two cakes. They offer a delightful combination of flavors and textures, perfect for any occasion.

Creamy Frozen Fruit Pops

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A cooling treat, these fruit pops are made by blending frozen strawberries and mango with coconut milk. They are layered into molds and frozen, resulting in a refreshing dessert that retains the vibrant flavor of the fruits.

Pumpkin Pie

Celebrating autumnal flavors, this pie features a crust made from coconut and arrowroot flours, with a filling of spiced pumpkin puree and coconut milk. Baked to perfection, it is a comforting dessert that captures the essence of the season.

Banana Pudding

Layered with bananas and a creamy coconut milk filling, this banana pudding is a delightful treat enhanced by cranberries for a touch of tartness. After layering the ingredients, it is chilled to form a delicious dessert.

Apple Crisp

A classic dessert with a healthy twist, this apple crisp combines chopped apples with spices and a crunchy topping made from tigernuts, coconut sugar, and flour. Baked until golden, its warm, comforting flavors are accentuated by the crispy crust.

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Coconut Chocolate Mousse

This rich mousse is a simple blend of whipped coconut cream, cocoa powder, and spices. The mixture is light and airy, providing a decadent, yet healthy dessert option for chocolate lovers.

“Peanut Butter” Cups

These versatile cups use coconut oil and a preferred nut butter, sweetened naturally. Melted together and molded, they are refrigerated until set, resulting in a creamy treat reminiscent of classic chocolate peanut butter cups.

Diet Considerations

For readers managing SIBO or histamine intolerance, tailored adjustments can be made to each recipe to accommodate dietary sensitivities. Further guidance is available on the dedicated website for personalized adaptation and support.

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Chapter 12: 12. Home and Body

Chapter 12: Home and Body

In this chapter, the author delves into the dangers posed by toxic chemicals found in everyday beauty and household products, emphasizing their potential to disrupt the immune system. With over eighty thousand chemicals in use in the United States, many of which have not been rigorously tested for safety, there is a pressing need for awareness and action. The beauty industry, in particular, lacks thorough independent safety assessments, often relying on panels funded by industry interests, which raises concerns about their objectivity.

As part of **The Myers Way**, the chapter advocates for a shift toward creating toxin-free personal care and cleaning products. This approach not only prioritizes health but also aligns with a cost-effective and sustainable lifestyle, empowering individuals to take control of their home and body care routines.

Personal Care Recipes

To illustrate this approach, the chapter provides a selection of simple, natural

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recipes for personal care:

1. **Stress-Relieving Lavender Spa Bath Salts:** A soothing blend of Epsom salts, baking soda, sea salt, and organic lavender oil, designed to promote relaxation during baths.
2. **Lemongrass Natural Deodorant:** A mixture of baking soda, arrowroot starch, and coconut oil, with optional lemongrass essential oil. This deodorant is an effective, natural alternative to commercial products.
3. **Homemade Toothpaste:** Combining baking soda, fine sea salt, hydrogen peroxide, and optional coconut oil and peppermint oil, this recipe offers a safe alternative for oral hygiene.

Household Cleaners

The chapter also includes recipes for effective household cleaners that prioritize health without sacrificing cleanliness:

1. **All-Purpose Cleaner:** A blend of filtered water, liquid Castile soap, and your choice of essential oils, providing a versatile and safe cleaning solution for various surfaces.

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2. **Bath and Sink Scrub:** A simple combination of baking soda, essential oil, liquid Castile soap, and water, perfect for scrubbing and disinfecting hard surfaces.

3. **Glass Cleaner:** Utilizing filtered water, white vinegar, rubbing alcohol, and peppermint essential oil, this recipe offers a streak-free shine for windows and mirrors without harsh chemicals.

By transitioning to these homemade concoctions, individuals not only safeguard their health but also contribute to a more environmentally friendly household. This chapter underscores the importance of making informed choices about products we use daily, fostering a greater sense of control over our well-being and surroundings.

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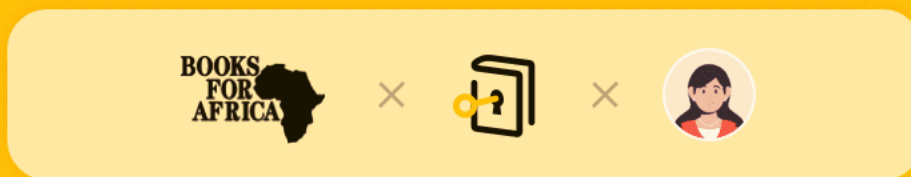




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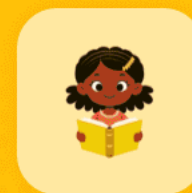
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Chapter 13 Summary: 13. Getting the Whole Family on Board

Chapter 13: Getting the Whole Family on Board

Introduction to Nourishing Foods

In this chapter, the author reflects on her upbringing in a household that prioritized whole, real foods as a foundation for health. She emphasizes that food is not just sustenance, but a powerful tool for healing and well-being. Despite experiencing challenges with an initial vegetarian diet that exacerbated her autoimmune issues, the lesson about engaging with food as a source of nourishment remains central. The author encourages readers to make informed food choices that align with their health goals, framing the act of eating as a crucial element of self-care.

The Myers Way: A Lifestyle Change

The chapter introduces The Myers Way—not merely a diet, but a comprehensive lifestyle approach aimed at long-term health, especially for those managing autoimmune conditions. The author asserts that rather than indulging in occasional “cheat” days, individuals should focus on uncovering root health issues and maintaining steady wellbeing. The

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importance of women, particularly mothers, prioritizing their own health is highlighted, as doing so enables them to better support their families in adopting healthier habits.

Engaging the Family in Healthy Eating

To encourage healthy eating habits within families, the author suggests that parents present nutritious foods as exciting health improvements rather than sacrifices. She explains that the visible benefits of nourishing foods, such as increased energy levels and enhanced behavior in children, often serve as motivation for everyone to embrace The Myers Way. By creating a positive narrative around dietary changes, families can work together to foster a health-conscious mindset.

Fostering Healthy Habits from a Young Age

Sharing her own experiences, the author emphasizes the significance of instilling healthy eating habits early in life. She recounts how her family meals are centered around nutrient-dense foods, showcasing that healthy eating can be both enjoyable and delicious. This foundational approach not only fosters a lifelong appreciation for wholesome foods in her daughter but also reinforces the idea that these practices are a source of joy rather than restriction.

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Implementing Changes Gradually

Recognizing that some family members may be picky eaters, the author advises a gradual approach to introducing healthier foods. Simple substitutions, like gluten-free options or smoothies, can make the transition smoother. By keeping a variety of healthy snacks readily available, families can encourage better eating habits without overwhelming those who may be resistant to change.

Balancing Restrictions and Choices

The author underlines the necessity of finding a balance when it comes to food restrictions within families. It's essential for parents to choose their battles wisely, ensuring that the choices they make align with their family's needs. The challenge often lies in maintaining healthy eating at home while allowing for some flexibility in social settings, such as restaurants or gatherings. Compromises are acknowledged as essential, with the emphasis that each family should establish its own guidelines to cultivate a healthy lifestyle that works for them.

Through this chapter, the author advocates for a supportive, collective transition towards healthier eating practices that not only prioritize individual health but also strengthen familial bonds through shared experiences and choices.

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Chapter 14 Summary: 14. Travel Tips

Chapter 14: Travel Tips

Traveling can be both exhilarating and challenging, especially when it comes to maintaining a healthy routine. This chapter emphasizes the importance of preparation to ensure a balanced lifestyle while on the go. By being proactive, travelers can easily avoid unhealthy food choices and enjoy their journeys more fully.

Importance of Preparation

To sustain a healthy lifestyle during trips, it's essential to plan and prepare ahead of time. This approach helps prevent reliance on fast-food options, which are often less nutritious.

Pack Snacks and Meals

One of the best ways to stick to healthy eating is to prepare and pack your own meals. Suggested options include delicious grilled herb roasted chicken paired with brussels sprouts, light green salads, creative Rutabaga "Hummus," protein-rich Beef Jerky, and a Sweet-and-Salty Trail Mix for a nutritious snack on the go. Utilizing hotel refrigerators or opting for an

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Airbnb with a kitchen can significantly enhance meal storage options, making it easier to enjoy home-cooked meals while traveling.

Stay Hydrated

Staying well-hydrated is vital for overall health. Travelers are advised to carry durable glass or stainless-steel water bottles that can be refilled with filtered water, especially after passing through airport security. This habit not only supports hydration but also minimizes reliance on single-use plastic bottles.

Take Protein

To maintain energy and nutrition, consider bringing along The Myers Way Paleo Protein powder. This convenient option allows for nutritious smoothies that can be quickly whipped up anywhere. Adding The Myers Way Collagen Protein to drinks can further bolster protein intake, supporting muscle health and skin elasticity.

Carry Your Supplements

To avoid potential pitfalls with lost luggage, it's crucial to pack all supplements and necessary medications in your carry-on bag. This ensures consistent health support during travels, preventing any interruptions in

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routines.

Pack Clean Bath and Beauty Products

Travelers should also focus on personal care by bringing their own non-toxic toiletries. Rather than using potentially harmful hotel products, fill travel-size containers with natural soap, lotion, and shampoo. For those inclined to DIY, crafting your own beauty products can be both fun and healthier. Brands like Beautycounter offer a selection of safe and clean beauty options, including effective sunscreens, which can help protect the skin while traveling.

By following these travel tips, individuals can not only enjoy their journeys but also sustain a healthy lifestyle, making their experiences more memorable and enjoyable.

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Chapter 15 Summary: 15. Dining Out

In Chapter 15 of "The Autoimmune Solution," Amy Myers stresses the critical importance of home cooking during the initial thirty days of the autoimmune protocol. By preparing your own meals, you can meticulously control the ingredients, ensuring they align with your dietary requirements. Although some restaurants may offer organic and healthy options, the safest approach to begin this healing journey is to focus on homemade meals. Once the thirty-day protocol concludes and individuals have identified their unique food sensitivities, they can confidently explore dining out.

Key Strategies for Dining Out:

- 1. Research Restaurants:** Before selecting a dining venue, it's advisable to browse restaurant menus online. If a menu fails to meet your dietary needs, don't hesitate to suggest a different option to your dining companions.
- 2. Communication is Key:** When trying a new restaurant, consider calling ahead to discuss your dietary restrictions with the chef. This proactive communication helps ensure your meal aligns with your health goals and enhances the overall dining experience.

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3. Customizing Meals: Personalizing your order is crucial. Opt for simple dressings, like those made from lemon juice and olive oil, and request the removal of ingredients that don't work for you, such as tomatoes or peppers. For side dishes, ask for steamed vegetables to replace grains or nightshades. Additionally, make sure that proteins are grilled or broiled without butter or sauces, which may contain hidden allergens.

4. Avoid Cross-Contamination: To prevent unintended exposure to gluten or other allergens, be mindful of foods cooked in shared fryers, as cross-contamination can occur.

5. Dining at Home Invites: When invited to someone's home, inform your hosts of any dietary restrictions ahead of time, allowing them the opportunity to prepare suitable dishes. Bringing your own dish can also enhance the communal dining experience and ensure there's something safe for you to enjoy.

This chapter equips readers with practical strategies for managing their dietary needs while dining out, fostering a sense of confidence and empowerment as they continue their autoimmune health journey.

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Chapter 16: 16. Sleep

Sleep

The importance of a full night's restorative sleep cannot be overstated; it allows the body to repair and manage inflammation effectively. Our bodies naturally align with the circadian rhythm, which dictates our sleep-wake cycles, encouraging us to sleep in the dark and wake at dawn. This rhythm is integral to hormone regulation and recovery from illness. However, modern life introduces numerous disruptions to this natural cycle, including factors like jet lag from time zone changes, excessive use of electronic devices, chronic stress, and the intake of stimulants such as caffeine.

Tips for Better Sleep

1. Morning Sunlight Exposure

Begin your day by stepping outside within twenty minutes of waking. Engaging in activities such as walking or gardening can signal to your body that it is daytime, promoting the production of vitamin D which supports overall health.

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2. Limit Blue Light Exposure

As evening approaches, it is crucial to minimize exposure to blue light emitted by screens and artificial lights. This practice helps in re-establishing melatonin production, the hormone responsible for regulating sleep. Using amber light bulbs and disconnecting from digital devices at least two hours before bedtime can greatly aid in this process.

3. Wear Amber Glasses

To enhance evening relaxation, consider wearing blue light–blocking glasses. These glasses can help shield your eyes from stimulating blue light and encourage your body to prepare for restful sleep by facilitating melatonin production.

4. Seasonal Adjustments

Acknowledge that your sleep requirements might vary with the changing seasons. During winter, for example, longer sleep durations may be necessary for energy conservation and physical repair, aligning with nature's cycles.

5. Consider Melatonin Supplements

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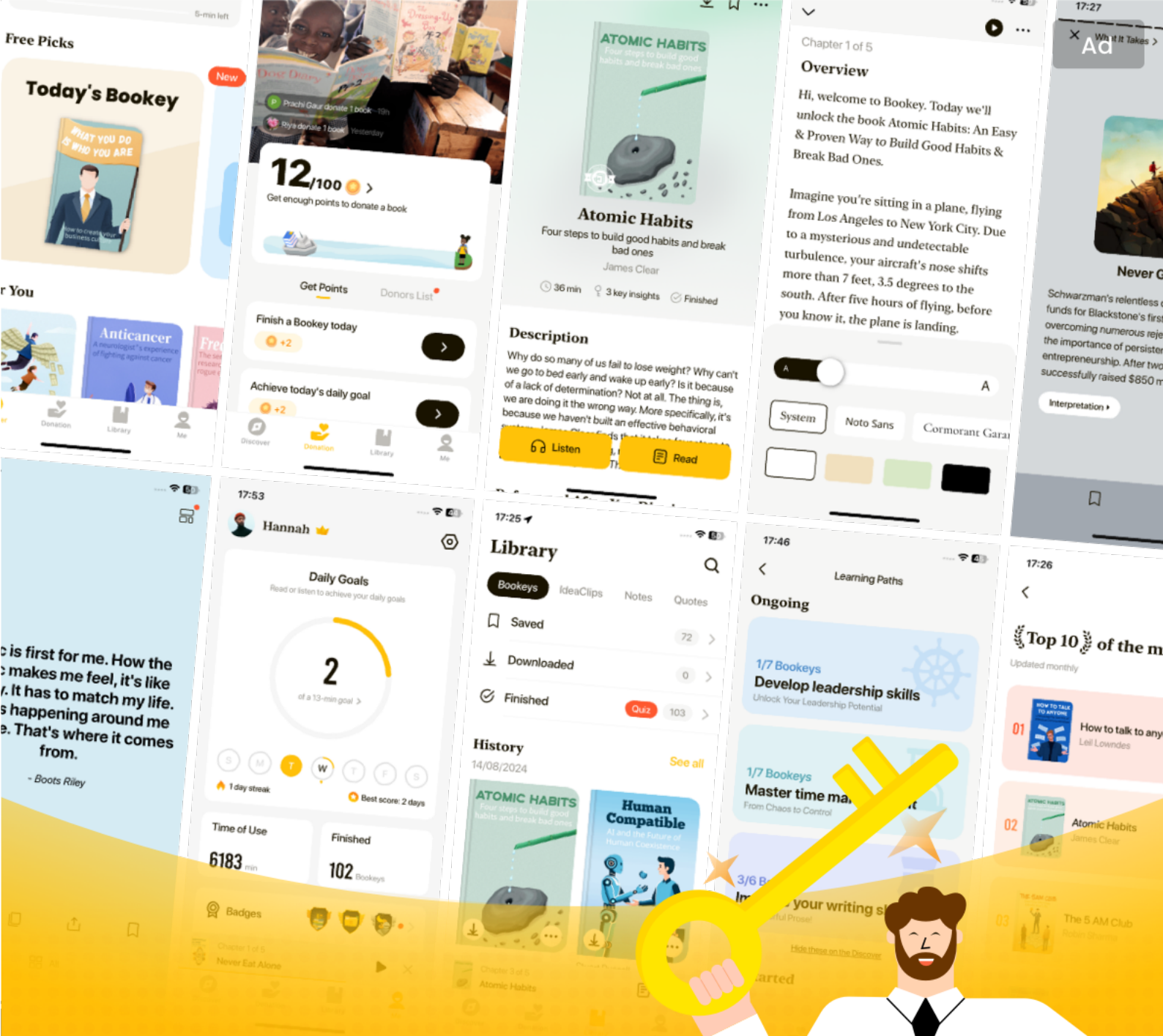
If your circadian rhythm is frequently disrupted, melatonin supplements taken before bedtime may provide significant benefits, enhancing sleep quality and helping to recalibrate your internal clock.

6. Stress Relief Techniques

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Chapter 17 Summary: 17. Food Reintroduction

Food Reintroduction

Food reintroduction is a pivotal element of The Myers Way, a nutritional approach rooted in recognizing and addressing food sensitivities, particularly for individuals with autoimmune issues. After eliminating potential triggers from the diet, this methodical process allows individuals to identify which foods can be safely integrated back into their meals, which can be consumed sparingly for special occasions, and which should be strictly avoided due to adverse health effects.

Personal Experience with Food Tolerance

The author recounts personal experiences with various foods to illustrate the concept of food tolerance. After following a thirty-day elimination plan derived from **The Autoimmune Solution**, it becomes evident which foods are well-tolerated. For instance, rice, eggs, and gluten-free alternatives can be consumed occasionally without negative repercussions. In contrast, gluten and cow's dairy are categorized as "absolute no" foods, strictly off-limits due to their harmful impact on health.

Food Reintroduction Guidelines

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To ensure a successful reintroduction, specific guidelines are set forth:

- **Avoid Certain Foods:** It is crucial to steer clear of gluten and cow's dairy altogether. High quantities of caffeine, sugar, alcohol, salt, grains, legumes, and artificial additives are discouraged. These foods can exacerbate inflammation and affect overall health.

Challenges to Consider

Reintroducing foods can be complex, particularly if symptoms persist. Consulting with healthcare professionals to evaluate inflammatory markers is advised to ascertain readiness for reintroduction. For individuals on immunosuppressive medications, symptoms might be masked until these are discontinued, adding a layer of challenge to understanding food tolerance.

Recommended Foods for Reintroduction

The following foods are suggested for gradual reintroduction:

1. Eggs
2. Tomatoes
3. Potatoes
4. Eggplant
5. Peppers
6. Goat dairy

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7. Sheep dairy

Moreover, individuals may also consider adding:

- Alcoholic beverages
- Caffeinated drinks
- Sugars
- Nuts and seeds
- Gluten-free grains
- Legumes
- Special occasion gluten- and dairy-free baked goods

Protocol for Reintroducing Foods

Effective reintroduction requires a disciplined approach: introduce one food at a time, adhering to a structured schedule. This involves consuming the selected food three times daily for three days. If any negative reactions arise, the food should be discontinued immediately, and a symptom-free period must be observed before attempting the next item on the list.

Monitoring Symptoms During Reintroduction

Monitoring for inflammatory responses is essential, as symptoms may not manifest until up to seventy-two hours post-consumption. Individuals should be alert for a range of common symptoms, including:

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- Increased autoimmune markers
- Brain fog
- Altered lab results
- Mood swings
- Digestive disturbances
- Fatigue
- Swelling and joint pain

Utilizing The Myers Way Symptom Tracker can enhance understanding of personal dietary responses, allowing individuals to distinguish between foods they can tolerate, those that can be enjoyed occasionally, and those best eliminated permanently. This systematic approach not only aids in reclaiming a varied diet but also empowers individuals to make informed choices that support their health journeys.

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Chapter 18 Summary: 18. Supplements

Supplements

Importance of Supplements

In our modern diet, many individuals face nutrient deficiencies primarily due to the high consumption of processed foods, the depletion of soil nutrients, exposure to environmental toxins, and increased stress levels that can adversely affect gut health and nutrient absorption. Given these challenges, incorporating dietary supplements can be crucial for maintaining optimal health.

Essential Supplements

To support overall well-being, four key supplements are often recommended:

1. **The Myers Way Multivitamin:** Tailored for individuals with autoimmunity, this comprehensive multivitamin includes crucial nutrients that bolster immune and thyroid function.
2. **Omega-3 Fish Oil:** Known for its anti-inflammatory properties, this supplement also supports brain and thyroid health, with a recommended daily intake of at least 1,000 mg.
3. **Probiotics:** These beneficial bacteria play an essential role in gut

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health and immune support. For those with gut dysfunction, a dosage of 100 billion CFU is advisable, while maintenance requires about 30 billion CFU daily.

4. **Vitamin D with Vitamin K:** Particularly important for those suffering from autoimmune conditions, this combination is suggested at a daily dosage between 1,000 to 5,000 IU.

Bonus Essential Supplements

In addition to the foundational supplements, the following can support specific health needs:

- **Methylation Support:** Beneficial for individuals with MTHFR gene mutations, helping with detoxification.
- **The Myers Way Paleo Protein Powder:** This convenient protein source provides essential amino acids for muscle repair and overall health.

Supplements for Inflammation and Autoimmunity

For those managing inflammation or autoimmune conditions, several targeted supplements are recommended:

- **Acetyl-Glutathione:** A potent detoxifier, with a suggested dosage of 300 to 900 mg daily.
- **Curcumin (Fat Soluble):** Offers anti-inflammatory and antioxidant benefits, with a recommended intake of 1,000 mg.

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- **Resveratrol:** Known for its immune-balancing and anti-aging effects, a daily dosage of 25 mg is suggested.
- **Immune Booster (Colostrum):** Provides immunoglobulins to support the immune system, with a recommendation of 2 grams daily.

Supplements for Gut Health

Gut health is crucial for overall wellness. Recommended supplements in this area include:

- **The Myers Way Collagen Protein:** Supports gut repair; a daily intake of up to 25 grams is suggested.
- **L-Glutamine:** Aids gut healing, with a recommended dosage of 2,500 to 4,000 mg.
- **Complete Enzymes:** To enhance nutrient absorption, it's advised to take 1 to 2 pills with each meal.

Choosing Quality Supplements

Selecting high-quality supplements is paramount. This involves researching manufacturers, seeking products certified by Good Manufacturing Practices (GMP), checking for third-party testing, and ensuring that the supplements have stable shelf life. By making informed choices, individuals can better support their health through the use of supplements.

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