

CONCLUSION

As I write this book, new research continues to reveal fascinating connections. I've learned that Alzheimer's disease appears to involve an autoimmune mechanism and that there is a link between Parkinson's disease and the body's microbiome. It's mind-boggling how much human beings rely on certain bacteria to ensure health and well-being.

A gut-brain connection might seem like science fiction. After all, they're completely separate organs. But the results of ongoing studies show that the tiny organisms living within us can, and do, affect many areas of the body, including the brain. This should come as no surprise, considering the immune system operates in every human organ and system.

It is alarming how many people are at risk of diseases related to immunity and the microbiome. Around 6% of the population has a diagnosed autoimmune disease, and another 6% will develop one in their lifetime. 30% of the population suffers from allergies, and 20% have food intolerances. Then, there's the increased risk of all kinds of cancer in people with compromised immunity. That's why I believe the 5R+ System is relevant for everyone—it targets common problems that underscore a multitude of health issues.

This begs the question: What are we doing to our bodies? In many ways, we treat them as poorly as the land we live on. Mankind has a

bad reputation for replacing pristine forests and meadows with cities and monoculture farms. Industrialized modern living has wiped out much of the natural flora and fauna and created an environment that favors only a few pests that have adapted to life in our yards and wastelands. We continue to replace lush, robust ecosystems with a few fragile crops that constantly teeter on the edge of failure without our intervention—pesticides and chemical fertilizers. Our pets, whose ancestors navigated vast pastures and hunting grounds, now lose their way in their own neighborhood. They have lost their ability to survive in the wild.

A similar process is happening inside the human body. Our once robust and diverse microbiome is now fragile and lacking variety. Our immune cells are confused about who's friend or foe. And pathogens thrive on chronic inflammation.

“ **We don't just live in an ecosystem—we ARE an ecosystem, for and of the trillions of bacteria and immune cells that call our bodies home.**

If you want to enjoy good health, these residents must be healthy too. And that means changing their entire ecosystem. It requires action on many fronts and adjustments to multiple factors.

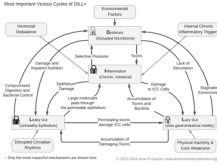
The **5R+ System** is a structured roadmap that addresses these needs. Through significant changes to your diet and your internal and external environments, you can **RESTORE** your immune system and tame the autoimmunity beast. This is achieved by **REPOPULATING** your microbiome with healthy bacteria, **REDUCING** chronic inflammation, **REPAIRING** your intestinal epithelium, **REAWAKENING** your intestinal motility, and **RECONDITIONING** other factors beyond the digestive system.

My journey, and that of many others, is proof that the time, commitment, and effort it takes to stay on this path to healing is worth it. The effort you put into changing your lifestyle now enables you to live the life of your dreams—pain-free and full of vitality.

Research on the topics of autoimmunity and the microbiome is ongoing. Given time, we'll learn even more about the interconnection

of these two fascinating topics, leading to a greater understanding and enhanced treatment strategies.

I am grateful to God for leading me in my research during the early 2000s on the link between autoimmune disease, the gut microbiome, and lifestyle. My healing was a miracle, but the miracle came in the form of understanding—a gift that can be shared with others. May this experience now help you in your journey to robust health.



APPENDICES

APPENDIX 1. ILLUSTRATIONS, TABLES, AND VIDEOS

Scan the QR code to access the materials online.



<https://book.autoimmunityunlocked.org/a1>

APPENDIX 2. REFERENCES AND ADDITIONAL READING

Scan the QR code to access references, additional reading, and scientific publications online.



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BONUSES

Scan the QR code to access additional materials online.



<https://bonus.autoimmunityunlocked.org>

BONUS 1. PRINTABLE MIND MAP OF 5R+ KEYS AND TACTICS

BONUS 2. THE ART OF FERMENTATION: DELICIOUS VEGETABLE AND DAIRY PROBIOTICS RECIPES

BONUS 3. FOOD BASKETS: FOODS RANKED BY THEIR IMPACT ON THE GUT-MICROBIOME-IMMUNE ECOSYSTEM