



HOPE IN THE FACE OF THE INCURABLE

After your initial diagnosis, you likely followed a treatment plan focused on managing your symptoms and slowing the disease progression. Life without autoimmune disease was not in the cards.

Yet, I'm here to tell you that regaining health after a severe autoimmune condition is often possible. It may seem like a bold statement, but it is supported by my personal experience, as well as the many people who have subsequently followed this program and experienced healing. You don't have to accept your condition as inevitable—you have the power to live the active life you want, free from chronic inflammation.

So, are autoimmune diseases incurable or not? The short answer is: yes. Within the limitations of the conventional healthcare system, autoimmune diseases are typically incurable. Treatments mainly aim to manage the disease and reduce symptoms.

The long answer, though, is much more encouraging. By taking a holistic approach—making lifestyle changes and strategically targeting multiple aspects of your body—you can overhaul your bacterial landscape to transform your immune system and significantly improve your health. In many cases, I've even witnessed complete cures. But before we delve into how you can achieve this, let's discuss why conventional medicine is limited.

Conventional healthcare relies on methods that are *scalable, repro-*

ducible, and *feasible*. Doctors need to deliver consistent results and help as many patients as possible with restricted time and resources. Any highly personalized strategies that depend heavily on the patient's hard work and lifestyle changes over many years just cannot be accommodated.

Today, most medical treatments involve taking medications to correct what's wrong by influencing the body's chemical reactions. This approach gets the job done quickly, enabling doctors to treat more patients within an overburdened healthcare system.

Sometimes, *adding* something new can be efficient, but it is not always a solution. Often, you will see better results by *subtracting* something—like an unhealthy food or habit—or making fundamental lifestyle *changes*. The problem is, this requires effort, self-discipline, and dedication. Results take time, and many people lose interest when they don't see immediate improvements. Your doctor simply doesn't have the time to guide you through an intensive transformation. Instead, the medication cycle continues, leaving people with autoimmune diseases frustrated and searching for better answers. Side effects are common. No matter how small they are, they build up over time, creating new problems and further limiting the effectiveness of drugs in managing chronic diseases.

A placebo is a treatment that has no real medical benefit but can sometimes improve a person's condition due to the power of belief.

Now, let's discuss why natural treatments often fall short. Many natural healing plans boil down to "eat this; it will help." Basically, instead of adding a pharmacy-bought product, you add one bought at a supermarket or, worse, an overpriced supplement marketed online by an enterprising healing guru.

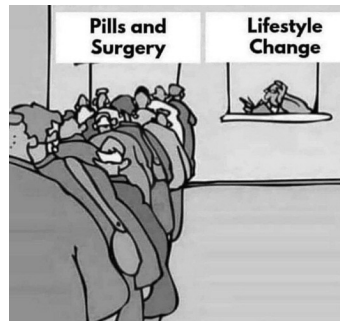
These products might be helpful, and they are generally safe—nobody wants to be sued. They are also available without a prescription because their effects are usually weak. Such supplements cannot cure complex illnesses on their own. Sometimes, we even come across websites selling 'remedies' that don't make any scientific sense. If they work for someone, it's usually due to the *placebo effect*.

“ **Most self-proclaimed healers are just selling placebos with a hefty markup.**

To avoid the placebo-market traps, always scrutinize the scientific explanation of **how** something works. Also, check if the claims are supported by independent scientific publications in reputable journals.

“ **If a treatment can't be scientifically explained, it's either a miracle or a scam. If you have to pay for it, it's probably the latter.**

Because "eat this" methods don't solve the problem, many people with autoimmune disorders keep switching from one medication to another—following their doctor's advice—while chasing the latest "miracle cures" they find online. People often resist making fundamental lifestyle changes. Instead, they search for a magic pill (or a magic plant, for those who prefer natural healing) that promises a miracle cure without much effort. This doesn't work, and the struggle to find a genuine solution continues.



“ **No miracle food or supplement can replace the need for a lifestyle change.**

Recovering from an autoimmune disease is complex. The immune system is interconnected with various other aspects of your body—the *microbiome*, the digestive system, hormones, sleep patterns, physical activity, and more. Targeting one or two of these processes at a time is not enough. You need to address many factors at once to make real progress. A common mistake is to treat the most obvious issues while ignoring others. These unchanged aspects continually pull you back towards the disease as if being tied to it by rubber bands.

The human microbiome is a community of trillions of bacteria and other microorganisms living within and on the surface of our body. These living microorganisms play a significant role in health and disease, influencing your metabolism, immune system, and other functions. While specialists sometimes differentiate between the microbiota (the microorganisms) and the microbiome (the microorganisms along with their genes), for simplicity, we will use these terms interchangeably in this book.

Doctors understand these connections and may address some of them, but it's not practical for them to manage everything. They don't have the time required to guide each patient through a significant lifestyle revamp. This requires self-discipline and a commitment from you that doctors can't enforce. It is more efficient for them to focus on strategies that work best for most of their patients. This means that, despite all the supporting research, addressing the root causes of many complex illnesses in modern healthcare settings is not feasible.

Adding to the challenge, researchers have only relatively recently started unraveling the links between the immune system and the microbiome. It is a complex dynamic ecosystem, with natural selection, competition, survival of the fittest, and population changes. You cannot restructure something as intricate as an *ecological community* with medication or isolated dietary changes.

An ecosystem is a community of living organisms, such as plants, animals, and microbes, that interact with each other and their physical environment within a specific area.

Your body is not a collection of separate systems, and your treatment plan should reflect that. The holistic approach in this book is based on years of experience and systematically targets several fundamental areas that are interconnected with the immune system. If you have an autoimmune disease, problems in these areas support the

condition. I call them the 5 "DILL+" locks. Corresponding to these locks are the 5 "R" keys—the core strategies of our system that restore the foundational pillars. Finally, there is a "Reintroduce" step, where you can bring back many of the foods you had to exclude during the strict elimination diet phase. This is why it is called the **5R+ System**. It is not only about food; each key incorporates many other essential factors. This book has 5 sections, each focusing on a specific lock-and-key pair.

We'll talk a lot about digestive health, which needs serious repair in many people. For example, you might have heard of **Leaky Gut** syndrome, which results from an unhealthy gut lining (*epithelium*). Fewer people know about what I call **Lazy Gut**—a condition of poor *gut motility* (movement). Both of these conditions affect your immune health. We will also cover issues like hidden **intestinal Inflammation**, oral health, unhealthy stomach juices and bile, and more. While diet and digestive health are crucial, they are only part of the puzzle. There are other factors beyond the digestive system—the "+" in the **DILL+** locks mentioned earlier. We'll explore these in the final section of the book.

And, of course, we will explore the **Microbiome** in detail. We will work on improving it in two ways—its **Distribution** and its **Composition**. Fixing the *distribution* will address problems such as **IBS (Irritable Bowel Syndrome)** and **SIBO (Small Intestinal Bacterial Overgrowth)**, both of which are often linked to autoimmune diseases. Restoring the *composition* will strengthen your entire internal ecosystem, making it more stable and resilient against occasional diet deviations and infections. It also ensures more robust immunity.

When I was a medical student, the scientific community knew very little about the human microbiome. Even today, we are only just beginning to grasp how it impacts our health. The concept of "Leaky Gut" was also unknown. By God's grace, in the early 2000s, I began learning how the immune system is connected to the vast world of our body's bacteria and internal ecosystem factors, all of which shape its function. The good news is that these elements can be modified to potentially restore a healthy microbiome and immune system. The holistic approach goes beyond diet. Indeed, much of it is about food, but we

will also discuss seemingly unrelated factors like hormones, the microclimate in your home, mold exposure, abdominal muscle strength, and even snoring. This system took many years of research, experimentation, and learning from patients I had the privilege to coach. I am grateful for the deeper understanding I have gained, and I am excited to share it with you.

The system requires significant lifestyle changes—some temporary, some permanent. Each of the 5R+ keys is complex and involves multiple tactics. By understanding how everything is connected—the what, why, and how things are happening—you'll be better motivated and equipped to identify and handle any setbacks. These locks, keys, and tactics are illustrated in a free mind map, available for download in *Bonus 1*.

Changing a habit is difficult, but as the saying goes, "The definition of insanity is doing the same thing over and over and expecting different results." It's time to stop searching for a miracle cure. Instead, you will find health through a consistent strategy that requires dedication and self-discipline to rebuild your health on multiple fronts.

Yes, the immune system is complex. That's why this book is lengthy. The good news is that this process is inexpensive. Unlike some other books you may have read, I am not trying to sell you anything! All you need is determination. You'll change many of your habits; your diet and lifestyle will differ significantly from your friends. And then comes the great news. Your overall health—not just your immune system—will improve dramatically.

You may have heard the phrase, "What got you here won't get you there." Let's start by exploring how to get "*there*". If you haven't already done so, download the complete mind map from *Bonus 1*. It's free, and I encourage you to share it with others who might benefit. The map might look overwhelming at first, but don't worry—you'll become familiar with it as we go through each key and tactic step by step. It is the map of your healing journey; this book is your guide. A journey of a thousand miles begins with a single step, and you just took that step by opening this book. In fact, you've already read 3% of it!

Important: Always consult a physician if you notice any unusual or uncomfortable symptoms.

- Your condition should improve, not worsen.
- The only discomfort you should experience is hunger during water fasting.
- If you have diabetes or other medical conditions, fasting may not be appropriate. Consult your doctor first.
- If something goes wrong or simply does not feel right, consult your doctor.
- Avoid any foods that cause intolerance or allergic reactions, even if they are on the recommended foods list; focus on those you tolerate well. As you restore your immune system, you may become allergy-free and can add them back later under your doctor's guidance.
- Do not reduce or discontinue any medication without talking to your doctor first.

The goal is to help you build a foundation where medication becomes unnecessary. This process will take time. As you progress, your doctor will notice improvements and may consider changes in your treatment plan.

“ **Consult your doctor before following the recommendations in this book or any other.**