

7-STEP

CHEAT SHEET

TO
Beating 
AUTOIMMUNITY

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Oxygenate for Vitality

- **Exercise to Capacity:** Engage in regular physical activity to enhance oxygen circulation, promoting overall well-being. Find your level of “just right”.
- **Deep Breathing Exercises:** Incorporate deep breathing techniques to optimize lung function and increase oxygenation.
- **Normalize Blood Pressure:** Track blood pressure, add sea salt if low. Address anemia to support optimal oxygenation.



2

Stabilize Blood Glucose Levels



Hypoglycemia

- **Small, Frequent Meals:** Consume balanced meals with protein, fat, and fiber to stabilize blood sugar. Increase Vitamin B complex as cofactors for blood sugar metabolism. Increase Vitamin B complex as cofactors for blood sugar metabolism
- **Adrenal Support:** Address adrenal health with adaptogens and licorice root extract to manage hypoglycemic conditions effectively.

Insulin Resistance

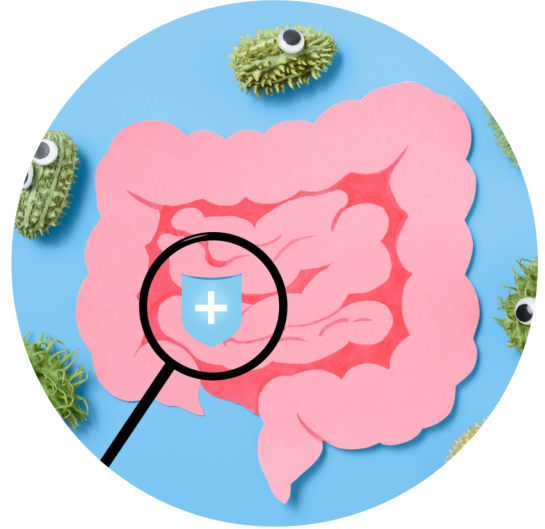
- **Exercise & Carb Reduction:** Regular exercise and a reduced carbohydrate intake help combat insulin resistance.
- **Increase antioxidants:** Reduce oxidative stress from insulin resistance with glutathione, alpha lipoic acid, CoQ10

Mixed Pattern

- **Combination Approach:** Employ both small, frequent meals and exercise with reduced carbs for a balanced strategy.

3 Heal the Barriers

- **Heal Leaky Gut:** Eliminate sensitive foods and incorporate gut healing nutrients such as L-glutamine
- **SCFA for Gut Microbiome:** Foster a healthy gut microbiome with Short-Chain Fatty Acids (SCFA) supplementation and increase fiber intake.
- **Support Blood-Brain Barrier:** Increase healthy fat and flavonoids, reduce toxin exposure.
- **Lung & Sinus Barrier Support:** Use natural antimicrobial to decrease pathogen load, decrease allergen exposure



4 Regulate Autoimmunity



- **Dampen Inflammation:** Adopt an anti-inflammatory diet and use turmeric and resveratrol to inhibit inflammation.
- **Promote Immune Tolerance:** Foster a balanced immune response to modulate autoimmune reactions with glutathione, vitamin D, fish oil.
- **Regulate T Helper Cells:** Balance T Helper 1 and T Helper 2 immune cells for immune system harmony.

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Reduce Pathogen Burden

- **Pathogen Control:** Use antimicrobial herbs such as berberine to combat gut dysbiosis, innate immune support such as baicalin and beta-glucan to contain chronic viruses, sweet wormwood, and black walnut hull to eliminate parasites, and binders for mold.
- **Immune Support:** Provide immune system cofactors such as vitamin A, D, glutathione, zinc, vitamin C



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Eliminate Toxic Burden

- **Toxin-Free Living:** Create a toxin-free home environment with air and water purifiers.
- **Organic Lifestyle:** Choose organic products when possible to minimize exposure to harmful chemicals.
- **Regular Detox Protocols:** Incorporate regular detox protocols including sauna to support drainage pathways in liver, gallbladder, kidney, lymph, and skin to reduce toxic burden.

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Heal the Brain

- **Meditation:** Practice regular meditation for cognitive well-being.
- **Vagus Nerve Stimulation:** Explore techniques to stimulate the vagus nerve for improved brain health, such as gargling, humming, gag reflex, coffee enema, electrical stimulation.
- **Brain-Based Exercises:** Engage in activities that stimulate and support brain function starting with physical exercise.

