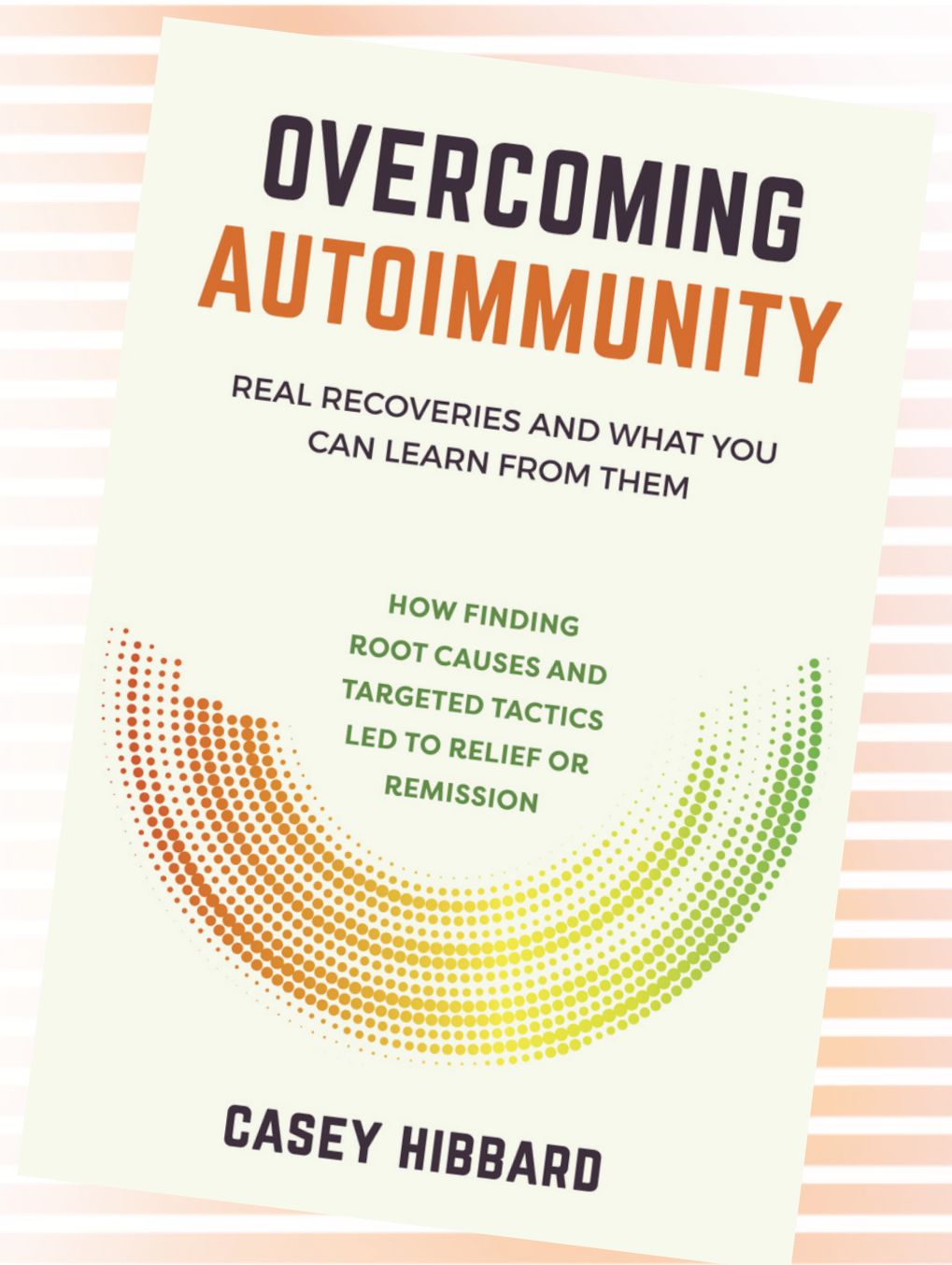


The Top 8 Steps That Helped

*Takeaways from
“Overcoming
Autoimmunity”*



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The Top 8 Steps That Helped

1. Embracing a Possibility Mindset

Your mindset matters. Across all the stories in *Overcoming Autoimmunity*, mindset stands out as one of the top three most influential tactics. If you believe or know you can get better, you'll take proactive steps to do so. The alternative--believing you can't get better--doesn't leave the door open to improve.

Adopting a possibility mindset also involves taking control. At some point in nearly every health success story, the individual decides to take control.

Become the “CEO” of your health and pull help and insights from various practitioners and sources. Do the research. You have power and agency in your health.

Mindset is the concrete foundation for all the other building blocks of your health.

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2. Following an Anti-Inflammatory Diet

Every person in *Overcoming Autoimmunity* found diet changes influenced their symptoms—sometimes within days and dramatically.

Nearly all adopted an anti-inflammatory diet and have remained with this kind of eating in some form. Only one still eats gluten—but she admits she feels better without it.

“Diet” implies something you do for a short time, but these folks have embraced dietary habits as a lifelong lifestyle practice to keep down their inflammation.

If you’re considering trying diet changes to up-level your health, talk to your doctor or a nutritionist. Most of the time, there’s little risk but it’s important to have personalized guidance.

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3. Healing the Gut

Most of the folks featured in *Overcoming Autoimmunity* had to heal at the gut level—literally. They uncovered digestive issues that, when addressed, reduced their inflammation and symptoms.

Some didn't even have obvious digestive symptoms, however, testing revealed problems like dysbiosis, infections, parasites, intestinal permeability, low digestive enzymes, and more. Others had lifelong constipation, gas, bloating, diarrhea, pain, and other symptoms.

Beyond autoimmunity, studies link the gut to mental health, dementia, and many more chronic and complex conditions.

If you're contending with autoimmunity, and honestly, just about any other health conditions, it may be worth testing your gut health.

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4. Reducing Stress

Across these stories, I didn't expect to hear this from almost everyone: new health challenges often began following a specific stressful event or after lasting stress.

It may not have caused the illness, but perhaps accelerated or worsened it. Sometimes the stress wasn't even negative. Getting married or the birth of a child proved to be a triggering event for some.

Research uncovers numerous links between stress, autoimmunity, and other chronic illnesses.

Many folks found wrangling their stress essential to halting the progression of or reversing their autoimmunity. At times, it felt like they had done everything else but didn't get better until they took action to reduce stress.

The message is clear: Your health depends on managing stress.

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5. Adding Nutritional Support/Supplementation

For all the autoimmune thrivers, supplementation played a major role in aiding autoimmunity, either in the short or long term. Many turned to supplements to reduce inflammation, address gut issues or detox, and fill in the gaps of missing vitamins, minerals, amino acids, and additional needs.

But, it's important to proceed with caution. It's critical not to add any supplements without talking with your doctor or other health professionals. Also, don't follow someone else's supplement protocol that's not tailored for you.

Ideally, testing and a trained professional will help you zero in on the right mix of supplements or foods that may fill in gaps to help you rebuild your health.

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6. Trying Mind-Body Practices

Most of the autoimmune thrivers turned to mind-body practices to aid in symptom relief and autoimmune recovery. Mental and emotional states can influence physical health and vice versa.

Mind-body practices include meditation, mindfulness, breathwork, tapping (the Emotional Freedom Technique), tai chi, qigong, and yoga. Science increasingly shows the power of such practices.

Wondering where to start? The simplest exercises are meditation, breathing, or mindfulness. There's no shortage of resources to guide you: YouTube, or apps like Calm or Insight Timer let you choose your time frame and walk you through.

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7. Detoxing and Reducing Toxin Exposure

Many featured in *Overcoming Autoimmunity* reported feeling better after reducing their toxic burden and toxin exposure.

Every day, we are exposed to hundreds of pollutants and studies abound about the link between health issues and pollutants from the air, water, food, and more.

Most we featured embarked on specific detox protocols to reduce toxin levels and practices to limit exposure. Many turned to supplements to help carry toxins out of the body and to improve the body's detoxification processes. They also embraced practices such as sauna sessions, lymphatic drainage, or coffee enemas.

If you're interested in taking steps to detox, work with a qualified practitioner to make sure you're not putting yourself at risk and taking a "low and slow" approach.

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8. Integrating Movement

It's imperative that you move your body. But if you're ill, getting out of bed or taking a shower can feel like the equivalent of running a half marathon.

Do what you can, even starting with tiny, gentle movement. Folks featured in *Overcoming Autoimmunity* embraced yoga, walking, running, dancing, strength training, biking, and more.

Just get moving somehow—in any way that you can—and make it a scheduled habit.

Find More Resources

There you have them, the top eight most common tactics. However, these steps are by no means the only tactics our autoimmune thrivers tried.

Overcoming Autoimmunity includes dozens of approaches. Every story and person is unique. Looking at the list may feel overwhelming, especially if you're struggling daily with the symptoms of autoimmunity. Like Shannon in the book, you might choose one tactic initially and add others over time.

With gems from these stories, and help from your health practitioners, I sincerely hope you find your way to relief or remission from autoimmunity.

Find more stories and insights at rebuildingmyhealth.com.