6 Easy Steps to Healing Autoimmune Disease with Supermarket Foods

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Steps 1-3
- Eliminate Inflammatory Foods

Steps 4-6
- Add Healing Foods
Step 1

Dairy products are nature’s perfect food...
If you want to grow up to be a cow!
Step 1
George

- 35 years old
- 12-27-13 p/w SLE x 2 years
- Initially dx with Pulmonary Embolism after torn gastrocnemius muscle
- Alopecia
- Severe joint pain
- Lost 90 lbs
- Recent onset Nephritis after Tried Paleo diet
- Prednisone 15mg, Plaquinol 400mg, Drs want to start Cellcept
George

“I’m back to my previous weight when I was fit, about 99 kilos. Put on about 5 kilos. Fitness-wise my strength is increasing, weights and reps increasing.”

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Step 2
Step 3
Omega 6 Fatty Acid Pathway

Vegetable Oils
Processed Foods → Linoleic Acid (LA) → (Delta-6 Desaturase) → Gamma-Linoleic acid → Dihomo Gamma-Linoleic acid (DGLA) → Arachidonic Acid (AA) → (COX), (LOX) → PGE2, LTB4 → INFLAMMATORY

Meat
Eggs
Step 4

Hyper-Nourish

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David

25 Year old Man, Diagnosed with Scleroderma and SLE

Long history of chronic illness since 15 y/o

2005: Flesh eating bacteria b/l legs

Disfiguring chronic face rash

Contracture of b/l hands

2012 greatest struggle is that he wants to work, but is not hired, blames people's reaction to his face a hands.

Met with me June 7, 2012 for nutrition evaluation and plan.
Brooke Goldner, M.D.

David Results

- Stuck with:
  - Green smoothies
  - Water

- Skin clears up.
- Within 2 days dramatic improvement in energy and mood.
- 6 months later reports decreased pain in joints
- Got a job as a case manager helping poor youth in Los Angeles, California

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2 years later, attends Amazing Fitness & Health

Learns the 6 Easy Steps to Healing with Supermarket Foods and COMMITS to the plan.

"more clarity in my thinking, my energy lasts all day now!"

- 2 days later increased energy, and alertness.
- 1 week: Improved mood. "More Joy!"
- 1 month – "My body is healing faster than ever"
- 2 months: Skin more clear and glowing
  - Joints are more flexible, minor pain

"My skin has cleared up significantly over the past 2 months. It's brighter and more clear!"

Got a message from his mother.
Step 5
Omega 3 Fatty Acid Pathway

Flax Seeds
Walnuts

Alpha-Linoleic Acid (ALA)

(Delta-6 Desaturase)

Steridonic acid

Eicosatraenoic Acid

Eicosapentaenoic Acid (EPA)  ↔  Decosahexanic Acid (DHA)

(COX)  ↔  (LOX)

PGE3

LTB5

ANTI-INFLAMMATORY

ANTI-INFLAMMATORY

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Omega 6 Fatty Acid Pathway

Vegetable Oils
Processed Foods ➔ Linoleic Acid (LA)

(Delta-6 Desaturase)

Gamma-Linoleic acid (GLA)

Dihomo Gamma-Linoleic acid (DGLA)

Arachidonic Acid (AA)

(COX) ➔ PGE2

(LOX) ➔ LTB4

INFLAMMATORY

Meat
Eggs

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Omega 6 Pathway

- LA → GLA → DGLA → AA

Omega 3 Pathway

- ALA → SA → EA → EPA → DHA

(Delta-6 Desaturase)

- PGE2 (INFLAMMATORY)
- LTB4 (INFLAMMATORY)

- PGE3 (ANTI-INFLAMMATORY)
- LTB5 (ANTI-INFLAMMATORY)
Hyper-Nourishing Healing Protocol for Lupus Recovery

- 4 week Program
- Incorporates the 6 Easy Steps to Healing With Supermarket Foods
- NO Animal Products, Processed Foods, Or Added Oils
- HYPERNOURISHMENT:
  - all raw vegetables, fruits, greens, seeds, nuts
    - At Least 64 ounces green smoothie a day
  - High water – 96 ounces up to max 120oz / day
  - High omega 3s – at least ¼ cup flax or chia a day

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Hyper-Nourishing Healing Protocol for Lupus Recovery

- Daily Contact
- Daily diet log
- What they ate
- How much omega 3
- How much water
- Rate Pain/Mood
- Comments
Kim

- 20 year old college student with SLE, scleroderma, mixed connective tissue disease since 18 years old.
- Arthritis with pain and swelling in upper and lower body since age 18.
- Dry red tight acne-prone skin,
- Chronic constipation,
- Stiff joints with very limited ROM, difficulty with stairs, has to sit down to put on pants. Great difficulty bending, kneeling
- Chronic elevated AST 54-56 u/l x 2 years
- no remissions. 5-10 Flare-ups/year
- Symptomatic on multiple medications
Brooke Goldner, M.D.

Hyper-nourishing Healing Protocol for Lupus Recovery*

*Results Typical

Day 14
- Daily Bowel Movements

Day 15
- Skin Unusually Clear

“didn't notice until my mom mentioned it, but now that I look, I noticed an improvement in skin that I didn't notice before.

noticed I'm able to move my joints a bit more easily than before :]

I went to the pulmonologist today. He said everything looks good and I'll be gradually lowering one of my steroid medications. I'm very happy about that.

today I noticed that my joints are more flexible than they were before. I usually have a bit of trouble putting on pants, so I would normally have to sit down when I put them on. Today I was able to do it standing up :]

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Kim

- 3 weeks:
  - Red tight skin with acne → Clear skin
  - Chronic constipation → Daily BM
  - Swollen stiff joints, limited ROM → Inc flexibility and ROM, can stand to pull on pants, tennis

- ALT 54-56 u/l x 2 years → ALT 19
- AST 43 → AST 29
- APA + 26 → APA <20
- Ab Lymph 4092 → Ab Lymph 3894
- Ab Monocytes 992 → Ab Monocystes 826
Donna

- 48 year-old female technology consultant
- 3 sisters with confirmed autoimmune disorders
  - one had a positive ANA and titer for lupus but she never returned to the rheumatologist
  - one has had Multiple Sclerosis for at least 18 years
  - One has Erythema nodosum, liver failure
- Relatively healthy, long term vegetarian
- 2 years after starting to eat meat, developed joint pains in upper and lower extremities
- Liver Granuloma
Donna

- Desperate to donate kidney to sister but was denied due to inflammation and possible autoimmune dysfunction.
- Recently tried to eat vegan diet, stopped coffee, “white foods, “as much as possible” , no dairy and joint pain has improved.
- Labs not specific for Lupus/RA/Sc, considered “at risk” for AD
Subject: greetings!
From: Donna ---------
To: DrG@VeganMedicalDoctor.com

Hi Dr G,

Just a note to say hi. All's well, and I'm heading off to my graduate program at the end of the month. Finally getting my strength back...I'm almost back to my pre-surgery self and I'm sticking to raw foods.

Hope all continues to be well and beautiful in your world,

Donna
Cathy

- 60 years-old, Director for Mental Health Clinic. Chronic SLE
  - Rheumatologist put her on plant-based diet
  - Ate mostly rice, beans, potatoes, and cooked vegetables.
  - Some improvement, still severe pain and fatigue.
  - Constant pain.
    Unable to stand without using arms of chair
    Claw tool to put pants on.
    *Unable to climb stairs x 2 years*
  - Exhausted after work, would be in bed by 7:00pm
    Struggled to get to work at 9:00am
  - Planning early retirement because of symptoms
  - Weight: 209.5 lbs
“Energy was good today. It is still hard kneeling down... two flat tires today...so I had the opportunity to complete repairs. I was uncomfortable, but was able to tolerate the job. It is amazing the decrease in symptoms I noticed yesterday.”
“I am not falling asleep after I take my medications in the evening – this has been a pleasant change. I can stay awake till 10:30-11:00 pm! Pleased with the weight loss also, but not as much as I am pleased with an increase in my energy.”
“Still no joint pain (YAY)... Folks from work and my bible study group have asked me to share my green drink because they have noticed the weight loss and the overall health benefits.

Staying as close as I can to plant based living is also better for me.

Have I been totally vegan? No. I have had beef, venison fish and cheese probably on 7 - 10 occasions since I started the lupus program... I could tell my body was unhappy with that choice... I am back to eating green.”
Free Gift!

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