Video 6/9: Auto Immune Dis-ease

Disease Prevention, Remission & Rejuvenation

FILL OUT & CHECK THE BOXES

☐ I have seen video 6/9: Auto Immune Dis-ease

☐ NOTE: I (Tom) used to eat only a plant based diet and I would prefer plants to be our primal or best food source. Since I survived a life threatening disease and since auto-immune is linked with eating plants, I decided to question everything: is our carbon foodprint or CO2 bad, my own morals, like-ability and preferences and share the scientific studies, so you can decide for yourself, to allign yourself with our intended primal state or not. My intention is to serve you in the direction of true and lasting prevention, remission and even rejuvenation.



CO2 generator to double plant growth



☐ I understand when symptoms like chronic inflammatory conditions or auto immune symptoms such as skin problems, eczema, skin rashes, rosace, lupus, hoshimodos, rheumatoid arthritis, ms etc. are still controlling you and your life according to MD Paul Saladino; the thing that needs to be done is to remove the lectins from vegetables in your diet.

☐ I understand lectins are protein molecules created by plants to be used as a defense mechanism of being eaten. 99,9% of pesticides are produced by plants themselves. Plants also generate anti-nutrients and enzyme inhibitors, to prevent plant eaters to eat the plants again.

☐ I understand when we consume these lectins, the molecules attach to the gut lining and they have the ability to create holes trough the gut lining!

☐ I understand human molecules mimicked from plant lectins go through the holes in our gut lining.

☐ I understand our body's immune system will respond by protecting itself against their own molecules which were mimicked by the lectins and our body starts to attack itself.
When our body attacks itself we call auto-immune conditions like lupus, skin problems, rheumatoid arthritis, ms..

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Preventing or healing auto-immune from Plant Lectins

I understand to prevent or heal auto-immune, it is important to cut the following out of my diet:

- ☐ 1. Grains in the processed form (bread, pasta, oats,...) we commonly consume are little toxic lectin powerhouses
- ☐ 2. Corn, grains, whole grains, beans and dairy (contain toxic lectins and anti-nutrients)
- ☐ 3. The autoimmune version: cut seeds, nuts and grains entirely: they contain anti-nutrients and block the absorption of necessary enzymes.
- ☐ 4. Stay away from nightshade vegetables (potatoes, peppers, eggplant, tomatoes) all contain a high level of toxins
- ☐ 5. Avoid grain fed or corn fed animals, choose grass fed.

Lowering the harmful effect from Plant Lectins

- ☐ I understand that when I just want to lower the harmful effect of lectins, I can cook, ferment, peel and remove seeds of the plant based foods.
- ☐ Leafy greens or cruciferous vegetables don't have much lectins and are therefor can be included in our daily life.
- ☐ I understand we become more sensitive to lectins when we consume GMO foods or take antibiotics. Also when consuming high amounts of corn fed meat full of antibiotics disrupts the gut.
- ☐ I can choose to eat strictly carnivore as an elimination test and see if the symptoms stop, afterwards add foods and see whether the symptoms return or not.

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How to repair the holes in our gut lining from Plant Lectins

- ☐ I understand our gut lining is made of collagen.
  To repair our gut lining we need collagen synthesis.
  Collagen synthesis is possible by combining collagen from bone broth (soup made from animal bones and ligaments), vitamin c and salt.
- ☐ NOTE: I have made it a habit to have a cup of bone broth with 1/2 key lime (for the essential vitamin C) with 1/2 table spoon of Celtic Sea salt (contains essential trace minerals), to promote collagen synthesis in my body.
- ☐ I understand high insulin in the body, depletes our vitamin C, which makes collagen synthesis impossible, which might be the cause of leaky gut in the first place.

Sharing/ caring

I click to share this video series with my family and friends
to make them also benefit from these insights

Scientific studies

Click here — Plant Lectin Food Poisoning
https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0000687

Click here — Is carbon Dioxide really bad for the planet?
https://www.naturalnews.com/040890_greenhouses_carbon_dioxide_generators_plant_growth.html?fbclid=IwAR0XYYsq8fNwipGEIcqV1Nbzp2kFCZLCprWk-3SIZdV02xSnUAKgOQhcfes

Click here — Human Stomach PH-level = (1 - 3,5)
https://en.wikipedia.org/wiki/Gastric_acid

Click here — carnivore Stomach PH-level (meat eater) = (2.2 ± 0.44),
omnivore Stomach PH-level (meat & plant eater) = (2.9 ± 0.33)
herbivore Stomach PH-level (plant eater) = (6.1 ± 0.31)
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4519257/

Next video 7/9: Autophagy

In the next video, I want to share the science how we are able to flush out the garbage (or blocked fat and damaged junk protein,...which block our communication system between cells and organs) to function perfect as a whole again. Or even better, how we are able to let nature recycle inflammation causing garbage (like e.g..: wrinkles, excess skin)