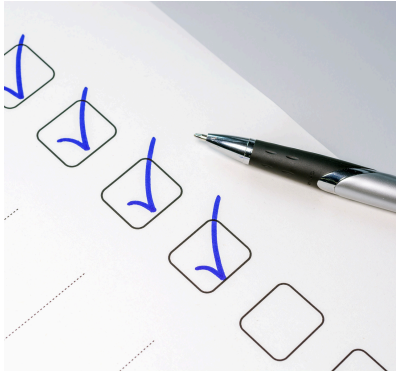


Anti-Inflammatory Intensive

*For busy women who want to build
physical & mental resilience while living with autoimmune*



This workbook & quiz will help you keep track of the key learnings from The Autoimmune Intensive & the key steps our team at The Integrative Autoimmune Network know are **critical for improving pain, fatigue and inflammation.**

These areas of focus reflect our **combined 36+ years of clinical & client experience**, plus our own personal experiences in living well with five autoimmune diseases among us (Rheumatic, MS, Hashimoto's, IBD, Psoriasis).

We take a whole person approach, **focusing on several root causes for flares** and that's because immune dysregulation isn't caused by just "one" thing or "3 secrets."

Building relief, strength and resilience requires a multi-disciplinary approach.

Working with your medical doctor & getting on the right treatment is an essential part of this roadmap.

The rest is up to you - and no one else - to take responsibility for the steps & habits you need to have in place that will help target imbalances and promote healing ... skills your doctor doesn't have time to teach you and a supplement or recipe can't fix.

So, get ready to learn, grow and make some changes that will help you get back to feeling like YOU again!

Let's start with a quick quiz to help you prioritize the trainings, free gifts and replays during your time with us.



Vanessa Bond, BA, CNP
Founder, The Integrative
Autoimmune Network

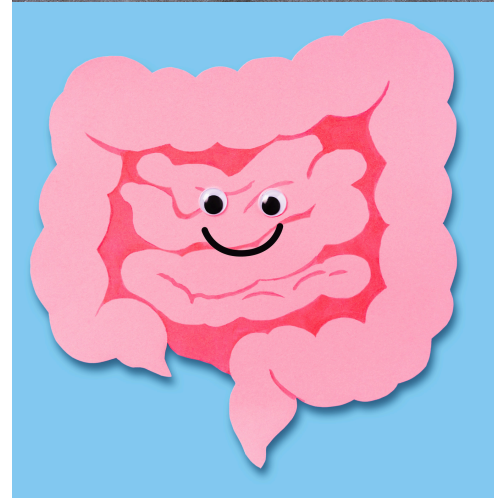
Chronic, festering inflammation is a key driver for disease and discomfort in the body. You're working with your doctors on some aspects ... but what can you do at home?

This workbook will help shine a light on what may be triggering unnecessary inflammation in the ways that you eat and live. From there, you can build a plan specific to your body & goals!

Email me at
info@bondwithhealth.com if you
have questions or to schedule a
free 45-Min consultation.

DO YOU NEED HELP WITH YOUR FOOD OR DIGESTION?

- 1. Do you know with certainty which autoimmune-friendly foods are best for YOUR body**, so you can target and correct nutritional imbalances driving unnecessary inflammation & disease? (yes / no)
- 2. Are you eating these foods** on a regular basis (they are on your weekly shopping list)? (yes / no)
- 3. Do you know with certainty what foods trigger physical reactions** in your body so you can temporarily remove and test them? (yes / no)
- 4. Do you have simple pantry swaps and easy meal ideas** that you'll actually eat in place so you stay on track with these things? (yes / no)
- 5. Do you have sugar or salt cravings under control?** (yes / no)
- 6. Do you have symptoms of gas, bloating, acid reflux under control** without medication, so you don't need more medication? (yes / no)
- 7. Do you have a regular daily bowel movement** (1 to 3 daily) that is well formed, so you know you're removing waste daily and promoting good gut bacteria? (yes / no)
- 8. Are you able to stick with nutrition changes that you're making on your own for more than 30 days** and experiencing positive physical changes? (yes / no)



If you answered yes to 5 or more questions, Keep It Up

Focusing on lifestyle changes is a great next step. You'll benefit from our Nervous System & Lymphatic trainings and bonuses, or enrolling in the **Autoimmune Jumpstart** to experience how professionally guided **mobility yoga & breathwork specific to autoimmune** can help with fatigue, joint/muscle pain and focus!

If you answered no to 4 or more, welcome to 99% of the population!

Changing what you eat - *and sticking with those changes so you feel the benefits* - is a common challenge. You'll benefit from **watching the Digestion & Food trainings**, and make sure you enjoy the recipe handouts! You should also consider enrolling in the **Autoimmune Jumpstart** for professional, practical guidance on **starting an autoimmune-specific diet** using the **Autoimmune Nutrition Triad** and our **Reality-Based Meal Planning Method**.

WHERE DO YOU NEED HELP WITH YOUR DAILY HABITS?

1. Are you exercising every day or include mindful mobility movement to support your immune & lymphatic systems while building strength and ease in joints and muscles? (yes / no)

2. Do you include meditation, breathwork or stress reduction practices to keep your stress hormones & nervous system in check (a key driver of flares, fatigue & inflammation)? (yes / no)

3. Do you know how to naturally reduce swelling and pressure in your joints and muscles so you don't have to rely on just medication? (yes / no)

4. Do you feel you have control over your hormones & thyroid so you're not dealing with more symptoms in addition to your autoimmune Dx? (yes / no)

5. Are your blood sugar, cholesterol, blood pressure or weight within normal range (common metabolic imbalances with many autoimmune)? (yes / no)

6. Do you sleep a solid 7 to 9 hours, without waking at 2 or 4am, and feeling rested in the morning? (yes / no)

7. Are you able to navigate stressful events with ease (family, work, holidays) so you don't experience any physical setbacks, exhaustion or flares? (yes / no)

8. Are you able to stick with movement or lifestyle changes for 21 days or more so you build consistency which leads to immediate and long term results? (yes / no)



If you answered yes to 5 or more questions, keep going!

You are starting to see and feel the benefits of **essential, foundational habits** in your blood work, flares and hormones! You may want to consider refining your meal plan for even better impact. If you're looking for deeper dives and motivation, consider joining us for the **Autoimmune Jumpstart** to help you **refine your existing routine for more progress**.

If you answered no to 4 or more, we see you!

Welcome to the majority. Changing and sticking with lifestyle habits can be harder than changing diet because you can live without many of these practices. But "living" doesn't mean living well. Try our bonus breath and mindful yoga trainings, and **consider joining the Autoimmune Jumpstart** to get started with **professionally guided instruction in movement, mindset & metabolic health *specific to autoimmune!*** We would love to get to know you and be your cheerleaders for this essential next step.

KEY DRIVERS FOR CHRONIC INFLAMMATION, FLARES & FATIGUE, AND RISK PROFILE

You have immediate access to our introductory Inflammation Training ... explaining root causes for fatigue, pain and metabolic imbalances we experience with autoimmune. Answer these important questions as you review the training.

Inflammation is a chain of reactions that occur when the body reacts to what?

How long can it take to get an accurate autoimmune diagnosis?

What medical risks and diagnoses increase when you have an autoimmune disease that you weren't aware of?

List three areas over which you have control when it comes to targeting & correcting imbalances that drive inflammation (things that only you are responsible for).

BONUS: Describe what building physical and mental resilience with autoimmune means to YOU (your family, work, quality of life)? Doing so will create meaning for making - and sticking with - changes for the long term.

HOW ARE POOR STRESS TOLERANCE & HORMONAL IMBALANCES IMPACTING YOU?

Your nervous system & the resulting inflammatory cascade are major and often overlooked influences for flares & physical reactions in the body. While “stress” is considered a major factor in cardiovascular health, with autoimmune, it typically isn’t addressed (or taken seriously) until there are changes in blood work and you’re primed for an additional diagnosis.

Does your brain (your operating system) differentiate between physical stressors (issues in tissues) or external stressors (life load or stranger danger) when it launches an inflammatory response? Yes or No.

List 3 ways your nervous system or stress hormone cascade are negatively impacting YOUR body and everyday symptoms that you didn’t realize before, or thought that was “normal” for being a woman?

In which way does your nervous system & stress hormone cascade impact your blood sugar & other markers for metabolic health (cholesterol, blood pressure, weight)?

List three autoimmune-friendly foods that you enjoy eating (and can add to your grocery list) that also support better stress tolerance?

Which two autoimmune-friendly lifestyle techniques are we sharing in the Intensive Gifts that have immediate, positive impact on the inflammatory or stress cascade, putting you back in control?

HOW YOU CAN INCREASE MOVEMENT TO SUPPORT LYMPHATIC & CELLULAR HEALTH WITH CHRONIC INFLAMMATION?

Your lymphatic system is a MAJOR part of your immune response and an area most people don't know about. It reacts to food sensitivities through nerves found in your intestines. It produces T Cells and B Cells just like your spleen. It delivers important fat soluble vitamins (A,D,E,K) to fight inflammation to your cells for proper cellular function and energy production.

List one additional way your lymphatic system helps lower inflammation (hint, garbage trucks)?

What are some symptoms of slow moving lymph or stuck synovial fluid discussed in the training that you are currently experiencing?

How often do you need to support lymphatic flow and circulation, and why?

Which of our free gifts will help promote lymphatic circulation for better joint, immune and internal health and why?

What are the energy packs found inside your cells called?

List three things you can do to improve the health & vitality of these battery packs, which in turn will create more energy and focus?

WHAT AREAS OF YOUR DIGESTION REQUIRE YOUR ATTENTION?

Your digestive system is a major part of your immune response. Targeting & correcting digestive & food imbalances is an essential step in building both physical and mental resilience while living with chronic illness. Digestion walks hand-in-hand with what you eat, so if you have the goal of improving what you eat, you also need to consider how you digest.

What are the common autoimmune co-conditions you need to be mindful of that are relevant to your diagnosis (i.e., the rheumatic trifecta)?

List the obvious and not-so-obvious digestive symptoms you are currently experiencing that you hadn't connected to your immune response or chronic inflammation symptoms.

What is leaky gut or intestinal permeability? And does everyone have this?

How can foods trigger an immune response?

List three things you are doing (not food related) that you learned can negatively impact your digestive wellness?

What tip did Vanessa share to help improve your digestive health that you can start immediately and why is it so effective?

WHICH AUTOIMMUNE-FRIENDLY DIET IS BEST FOR YOUR BODY?

Not all anti-inflammatory diets are considered autoimmune friendly, which is why there is a lot of confusion around “what to eat” with autoimmune.

With high levels of chronic inflammation, there are foods that can increase pain & discomfort and there are foods that can help reduce these reactions. Using a combination of both is critical to fighting inflammation & building immune, gut, hormone & nervous system resilience. From there, finding a realistic plan that you enjoy is key to success, so you know how to assemble meals quickly, without thinking or relying on complicated recipes.

List the foods you're missing in your current eating plan that can help you better fight inflammation:

List the foods your currently eating that may be triggering reactions in the body (you weren't aware):

What is the MOST important food group for lowering inflammation (often overlooked or forgotten about)?

Which “diets” have the most research behind them in terms of restoring nutrient imbalances and improving digestive health for your autoimmune diagnoses?

Why is it important to test foods that you've been avoiding for over 90 days (note: this does not include IgE food allergies diagnosed by a medical physician or allergist)?

Which success path did we outline makes the most sense to you to move forward and follow, based on what you've learned?

CREATE A REALISTIC, CUSTOM PLAN

If you're open and ready to make a change in your pain, fatigue and flares in the next 3 - 6 months, we want to make sure you keep up the momentum of what you learned this week!

Make sure you're on the Waitlist for the Autoimmune Jumpstart for when doors open!

The Jumpstart is our introductory 14-day trial program within our monthly membership that will help you lower inflammation with very specific steps. Women who join are amazed at the amount of support & clarity they receive to move forward. We will help you ...

- **Determine which autoimmune-friendly diet is best for your body** so you can stop second guessing and follow a professional proven plan for your body, health history & goals.
- **Start changing meals with our Reality-Based Meal Planning method**, to slowly transition to a new way of eating with reduced stress, while also finding meals that suit your family & busy life.
- **OPTIONAL: Try a selection of mobility yoga and stress-reducing breathwork specific to autoimmune** so you experience simple, scientifically proven tools that promote lymphatic flow and decrease the nervous system / stress cascade in less than 15-minutes. *Our instructors have MS and Hashimoto's, plus a combined 24+ years experience in teaching women of all levels of experience how to move mindfully with autoimmune, pain and fatigue.*

Vanessa Bond, BA, CNP, CNNP, AIP Certified Coach

Vanessa is founder of the Integrative Autoimmune Network, a monthly membership for women who want to improve fatigue and flares, so you can stop feeling restricted in your body and life, and start feeling strong, resilient and in control.

She has 12+ years clinical experience in holistic & functional nutrition, working in both naturopathic clinics and her online practice. She's a member of the CANNP and a professional advisor to the student clinic at the Institute of Holistic Nutrition in Canada.

Personally, she's the mom of a teen with an ultra rare rheumatic condition called CRMO (similar to RA). Vanessa also has suspected PsA and confirmed IBD, eczema, psoriasis + environmental and food allergies.

She believes a combination of both medical & natural support are essential for living well with chronic illness.



One of my core values is working WITH your medical team. This is a true INTEGRATIVE approach. Nothing contained in this guide is medical advice and you are encouraged to consult with your doctor before undertaking any new diet or eating style, supplement or lifestyle practice. Any information provided in this document should not and cannot be held as a substitute for consultation, evaluation, or treatment by your doctor. Always seek the advice of your doctor with any questions you may have regarding natural treatment, including diet. Do not disregard professional medical advice or delay in seeking it because of something you have read here.

ADDITIONAL NOTES & QUESTIONS