

# AUTOIMMUNE WELLNESS MANIFESTO

We will be covering all the details and applying some of the principles of the autoimmune wellness journey together, but this manifesto is a way to boil the process down to a few uncomplicated points. These tenets can serve as guideposts on this journey and help you fight overwhelm or find inspiration on your mission of wellness. Post them on your fridge or tape them to your bathroom mirror to help you keep perspective.

1. **Trust your intuition.** You don't need a guru to navigate this process successfully.
2. **Embrace the template.** The Autoimmune Protocol is not one-size-fits-all; it's a template that promotes individuality and self-discovery.
3. **Information is power.** Learn enough to be an informed and proactive advocate for your health.
4. **Start simple.** Begin with the foundations of diet, sleep, stress-management, movement, and relationships before delving deeper.
5. **Take it slow.** Don't be afraid to make changes in phases—it was the tortoise and not the hare that won the race!
6. **Food is your friend.** It provides nourishment to every single cell in your body!
7. **Set yourself up for success.** Planning and preparation are the key.
8. **Be a nutrient-seeker.** Don't ignore the foods that accelerate healing and restore health.
9. **Food over supplements.** Nutrients are often synergistic and more potent in nature's packaging.
10. **Don't diet "harder."** Resist the temptation to further restrict instead of troubleshooting.
11. **Seek help.** When necessary, thoughtfully add practitioners to your team that are willing to collaborate, not undermine your authority on you.
12. **Test, don't guess.** Always use testing to reveal root issues if progress is not as expected.
13. **Be skeptical.** "Magic bullets" that only the elite can afford are not the solution to our healthcare crisis.
14. **Strive for balance.** Restoring your health is a worthy pursuit but it is not a religion.
15. **Support is crucial.** If your networks aren't strong enough, explore ways to add to your human connections.
16. **Reframe the negatives.** Find areas where your life has been expanded by your experience with illness.
17. **Practice gratitude.** Give thought energy to what is good and right in your life.
18. **Eyes on your own journey.** The path to wellness is unique for all of us. Resist the urge to compare.
19. **Health before image.** Value wellness above numbers on a scale or reflections in a mirror.
20. **Vibrant health is a lifelong journey.** Nobody ever regrets investing in their wellness. Enjoy the process of restoring your health!