

AUTOIMMUNE DIET

— & RECIPE GUIDE —

TOP 12 FOODS AND 20 RECIPES
TO REDUCE INFLAMMATION



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AUTOIMMUNE DIET

TOP 12 BEST FOODS TO REDUCE INFLAMMATION

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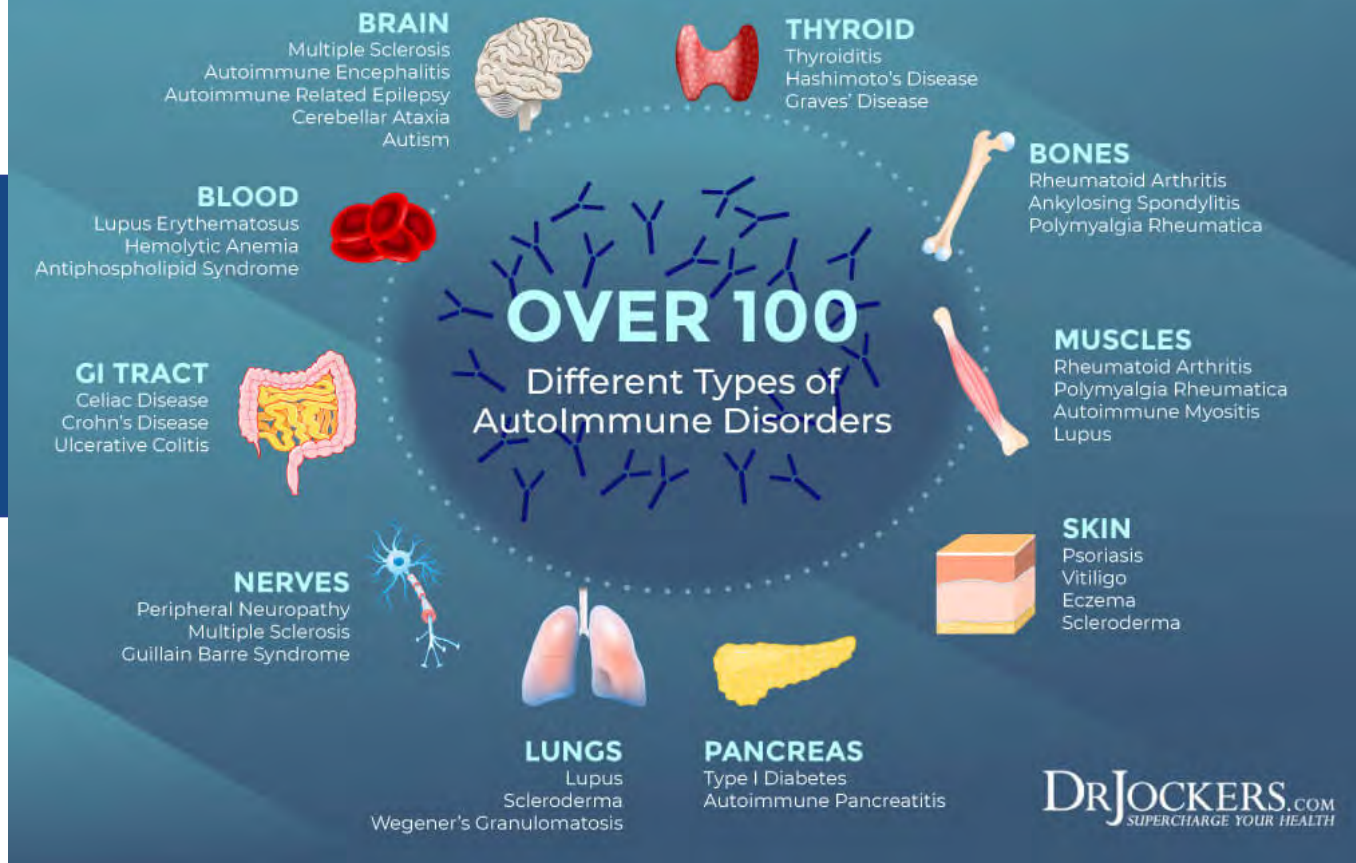
Autoimmune Diet: Top 12 Best Foods to Reduce Inflammation

The autoimmune diet is a powerful way to reduce inflammation and autoimmune conditions. When the body is inflamed, your immune system is weakened. This can lead to the development of autoimmune conditions. Continuing the cycle, autoimmune conditions cause more inflammation in the body.

To prevent, improve, or heal from an autoimmune condition, it is critical to reduce the inflammation in your body. Choosing the right foods to nourish your body is one of the most critical factors for reducing inflammation and preventing or improving autoimmune conditions.

The foods you consume every day have the power to heal your body or to harm and inflame your body. To lower inflammation and improve autoimmunity, you should eliminate pro-inflammatory foods that may be triggering an immune response. Replace those foods with the 12 best foods to reduce inflammation which are discussed in this autoimmune diet guide.

AUTOIMMUNE DISEASES

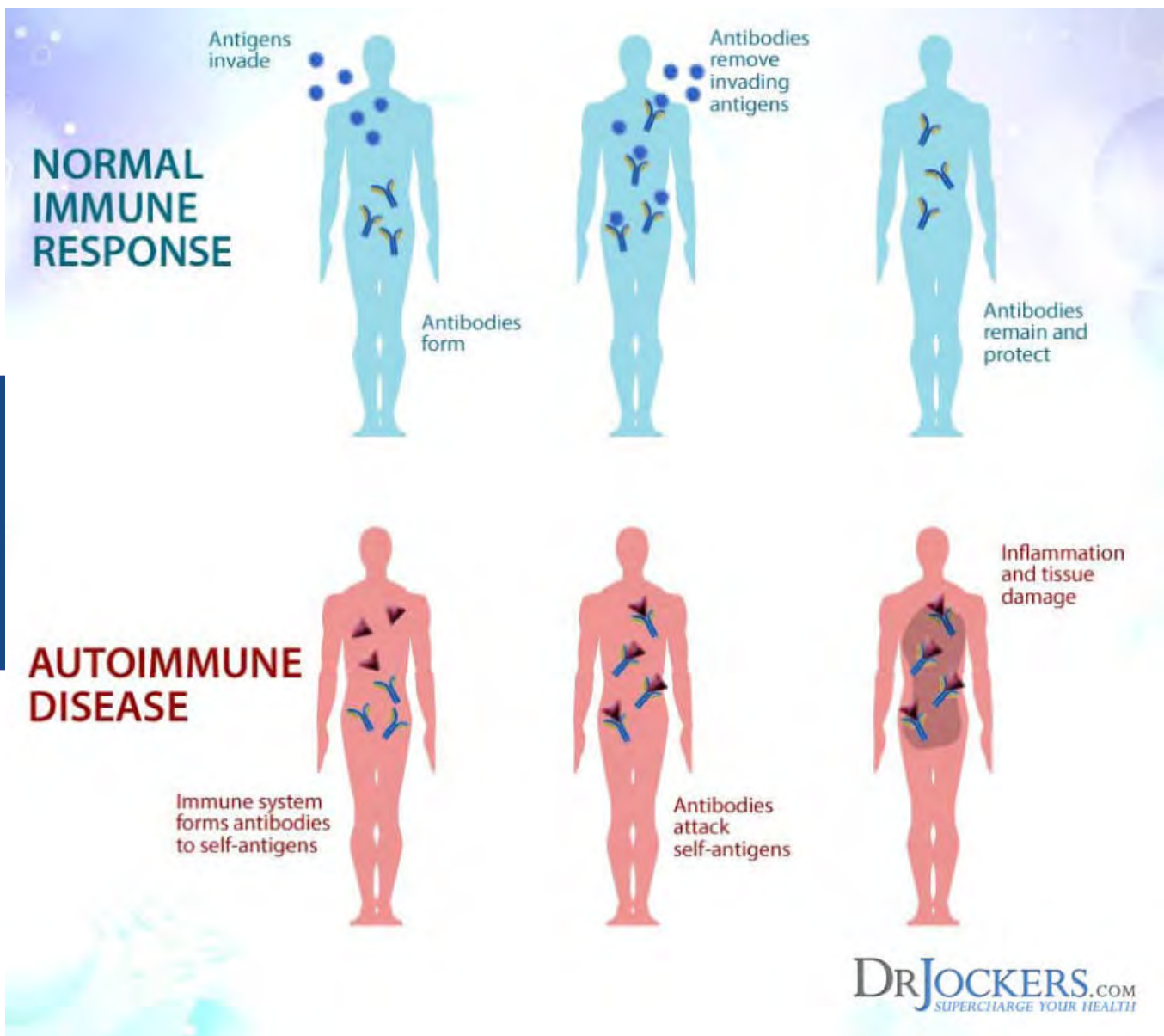


What is an Autoimmune Condition?

Your immune system is your body's defense mechanism. It is designed to protect you from disease and other potentially harmful foreign invaders. When functioning properly, the immune system identifies and destroys threats such as viruses, bacteria, and parasites.

An autoimmune condition occurs when the body's immune system turns on its own cells and tissues. The immune system mistakenly identifies the healthy cells and tissues as foreign invaders and mounts an attack to destroy them. This can happen in almost any part of the body, including the brain, muscles, skin, and other organs.

Autoimmune conditions are usually chronic and may be life threatening. There are around 140 autoimmune diseases or diseases with an autoimmune basis. Millions of Americans suffer from one or more of these autoimmune conditions (1). Around 80% of people with autoimmune conditions are women.



Symptoms of Autoimmunity

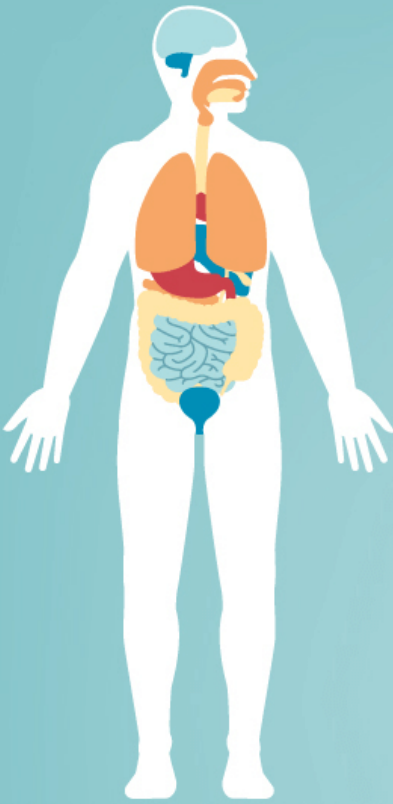
Symptoms of autoimmunity can affect several or all body organs. Until the condition becomes acute, symptoms often come and go and are nonspecific and varied. Symptoms that may indicate that your immune system is not functioning properly include:

- Fatigue
- Joint pain and stiffness
- Recurring fever
- Skin rash

- Abdominal pain or discomfort (sometimes associated with irritable bowel syndrome or IBS)
- Anemia or any known vitamin or mineral deficiency
- Mood changes

How Inflammation Affects the Body?

"Inflammation is at the root of practically all known chronic health conditions"



BRAIN

Pro-inflammatory cytokines cause autoimmune reactions in the brain, which can lead to depression, autism, poor memory, Alzheimer's disease and MS.

THYROID

Autoimmunity as a result of inflammation can reduce total thyroid receptor count and disrupts thyroid hormone function.

CARDIOVASCULAR

Inflammation in the heart & arterial & venous walls contributes to heart disease, strokes, high blood sugar (diabetes) and anemia.

LUNGS

Inflammation induces autoimmune reactions against the linings of airways. Can result in allergies or asthma.

MUSCLE

Inflammatory cytokines can cause muscle pain and weakness. Can manifest as carpal tunnel syndrome, or polymyalgia rheumatica, to name a few.

GI TRACT

Chronic inflammation damages our intestinal lining and can result in issues like GERD, Crohn's disease and Celiac disease.

BONES

Inflammation interferes with the body's natural ability to repair bone mass, increasing the number of fractures & leading to conditions like osteoporosis.

KIDNEYS

Inflammatory cytokines restrict blood flow to the kidneys. Complications like edema, hypertension, nephritis & kidney failure can result.

SKIN

Chronic inflammation compromises the liver & kidneys, resulting in rashes, dermatitis, eczema, acne, psoriasis, wrinkles & fine lines.

LIVER

Build-up of inflammation leads to an enlarged liver or fatty liver disease. Increased toxic load build-up in the body.

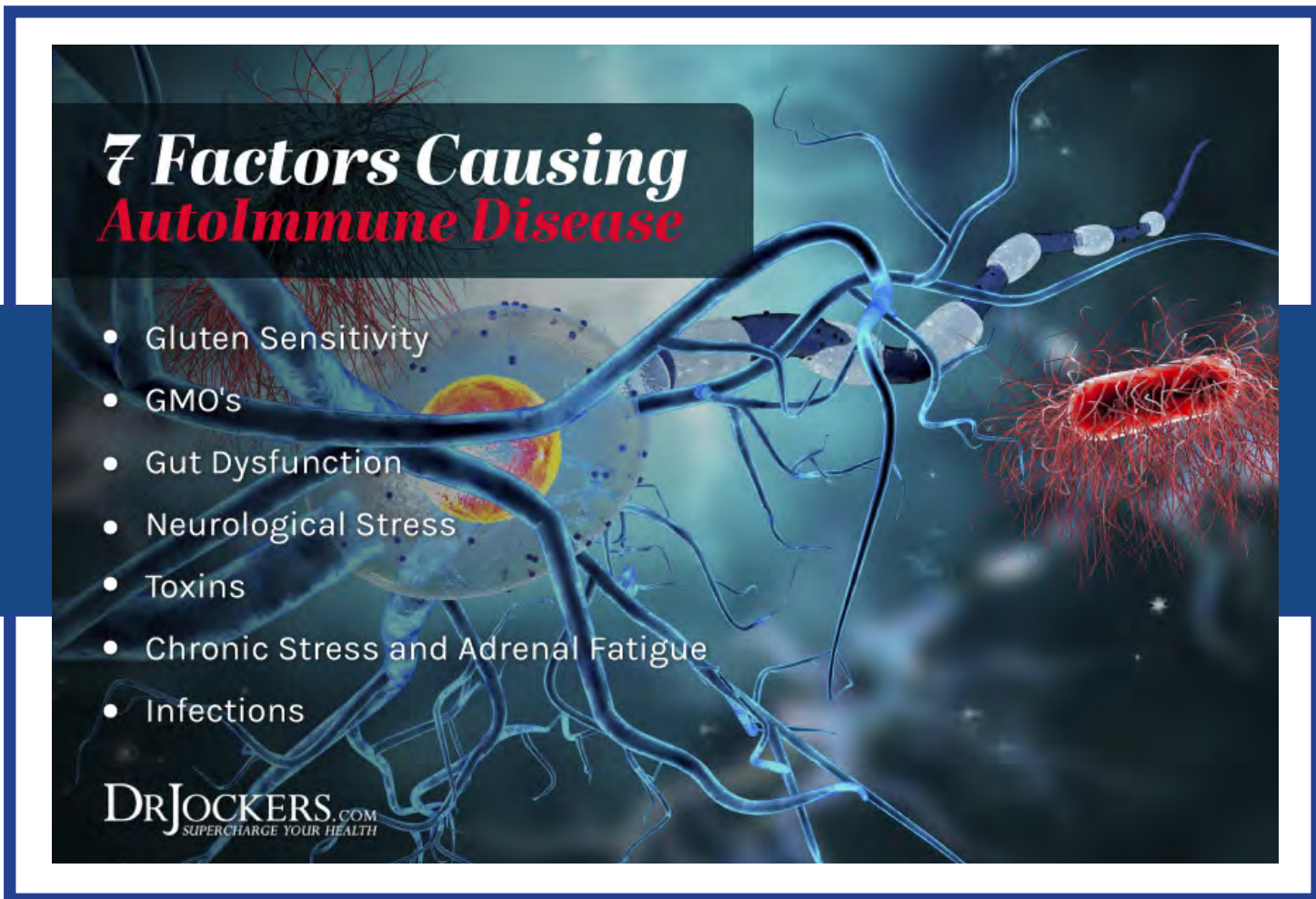
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Causes of Autoimmune Conditions

While the specific cause of autoimmunity is not clear, research suggests that there may be a genetic susceptibility to autoimmunity and different environmental triggers that bring on the condition (2).

It is estimated that around 75% of autoimmune conditions are caused by environmental factors. The top 7 factors which cause autoimmune conditions are:

1. Gluten Sensitivity
2. Genetically Modified Organisms (GMOs)
3. Gut Dysfunction
4. Neurological Stress
5. Toxins
6. Stress and Hormones
7. Infections



7 Factors Causing Autoimmune Disease

- Gluten Sensitivity
- GMO's
- Gut Dysfunction
- Neurological Stress
- Toxins
- Chronic Stress and Adrenal Fatigue
- Infections

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Food Sensitivities and Autoimmunity


The gut is critically important with autoimmune conditions because gut bacteria heavily regulate your immune system. In fact, 70% of your immune system resides in your gut. One of the main ways that the factors above lead to autoimmunity is by inflaming and damaging the gut and destroying the beneficial bacteria.

When the gut lining is damaged, it can become porous. Foods and other things that you are consuming pass through these holes in the gut lining and into your bloodstream. Your immune system is exposed to these foods and reacts to the foods as a threat, amplifying the immune response. For this reason, people with autoimmune conditions are more likely to have food sensitivities.

A recent observational study found a clear difference in food sensitivity profiles for people with autoimmune diseases (3). IgG levels for specific food antibodies were significantly higher in patients with autoimmune conditions which means they had a greater immune reaction to these foods. It is important to remove foods that may be causing an immune response to prevent and improve autoimmune conditions.

Food sensitivities can be hard to identify because symptoms are usually delayed up to 72 hours after consuming the offending food. These symptoms include more than digestive issues, such as migraines, fatigue, joint pain, and skin issues. Testing for food sensitivities is a good option for people with autoimmune conditions.

Food Sensitivities vs Food Allergies

Food Sensitivities	AGE	Food Allergies
ANY AGE	Reaction	Developed from INFANCY
45% of the Population suffer from Food Sensitivity		2% Adults 6-8% Children have an allergy
Delayed reaction to a food up to 72 Hours after eating the offending foods		Immediately 2 Hours or Less
<p><i>Bloating / Joint Pain / IBS / Tiredness / Eczema / Low Mood / Headache / Weight Gain</i></p> <p>Is it deadly? NO.</p>		<p><i>Skin / Digestion / Airways</i></p> <p>Is it deadly? Even trace amounts of foods trigger severe LIFE-THREATENING reactions</p>
<p>Most Common Sensitivities</p> <p>Wheat/Gluten Milk/Dairy Corn Eggs Sugar</p>	Which foods?	<p>Most Common Types of Allergies</p> <p>Peanuts Tree nuts Eggs Milk Fish Shellfish</p>
<p>How many? Can be multiple</p> <p>Self-Assessment Pulse Testing Can Be Effective Delayed Onset of symptoms can make this tricky</p>		<p>How many? Rarely more than 1 or 2 foods</p> <p>Self-Assessment Immediate reaction easier to identify</p>

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Anti-Inflammatory Diet and Autoimmune Conditions

A major contributor to autoimmune conditions is inflammation. One of the leading causes of inflammation is a poor diet such as the Standard American Diet (SAD).

The foods included in the Standard American Diet (SAD) diet are extremely inflammatory. They contain high levels of advanced glycation end products (AGEs), or glycotoxins (4). These compounds cause inflammation and oxidative stress, damaging tissue throughout the body.

It is critical for anyone with an autoimmune condition to consume an anti-inflammatory diet. An autoimmune diet eliminates foods that cause inflammation and includes foods that reduce inflammation in the body.

TOP ANTI-INFLAMMATORY FOODS



Grass / Pasture-Fed Meat, Poultry, and Wild Game



Lemons, Limes and Berries



Avocados and Avocado Oil



Green Tea



Non-Starchy Vegetables



Turmeric



Wild-caught Fish



Bone Broth and Vegetable Broth



Apple Cider Vinegar



Ginger



Organic Extra Virgin Olive oil and Olives



Fermented Vegetables



Coconut Oil, Coconut Butter, Coconut Milk and Coconut Flakes



Basil, Oregano, Thyme, Rosemary, Sage, etc



Garlic, Onions and Chives

PRO-INFLAMMATORY FOODS



Refined Grains, Whole Grains, Grain/flour Products



Deep Fried Foods, Processed Foods, Most Packaged Foods



Grain-fed Meats/eggs, Fast Foods, Soda Pop

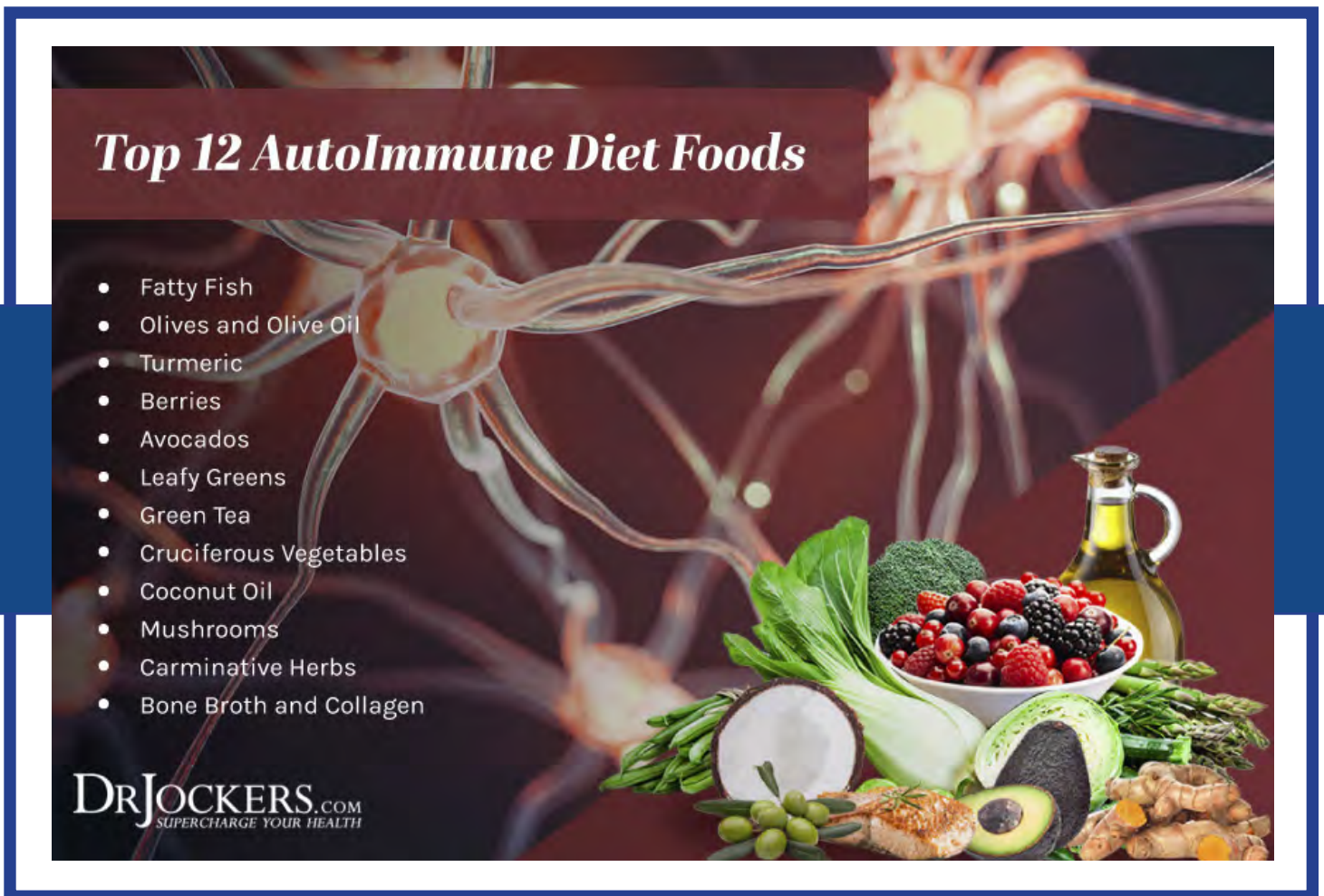


Most Commercial Salad Dressings, Trans Fats, Margarine, Some Oils (Corn, Safflower, Sunflower, Soybean)

Top 12 Autoimmune Diet Foods to Reduce Inflammation

The autoimmune diet focuses on real whole foods that are the least likely to trigger an immune reaction. Deficiencies in antioxidants, vitamins, and micronutrients can affect the body's ability to resolve inflammation.

Consuming micronutrient rich foods can help to reduce inflammation, support your immune system, and improve autoimmune conditions. It is also important to make sure these foods are organic because pesticides have been linked to autoimmune conditions (5).



Top 12 Autoimmune Diet Foods

- Fatty Fish
- Olives and Olive Oil
- Turmeric
- Berries
- Avocados
- Leafy Greens
- Green Tea
- Cruciferous Vegetables
- Coconut Oil
- Mushrooms
- Carminative Herbs
- Bone Broth and Collagen

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Fatty Fish

Wild-caught fatty fish are a fantastic component of an autoimmune diet and can benefit anyone with chronic inflammation. They contain the omega-3 fatty acids EPA and DHA which have been shown to help reduce inflammation.

Your body metabolizes EPA and DHA into compounds called resolvins and protectins which act as anti-inflammatories. DHA has been found to not only decrease cytokine production and reduce inflammation but to actively promote the resolution of inflammation (6).

The fatty fish that are the best sources of omega-3s are:

- Salmon
- Sardines
- Herring
- Mackerel
- Anchovies

Another important consideration for reducing inflammation is the ratio of omega 3 fatty acids to omega-6 fatty acids in your diet. While omega-3 fatty acids reduce inflammation, most omega-6 fatty acids increase inflammation in the body. The Standard American Diet (SAD) includes high amounts of oxidized omega-6 fatty acids found in corn and soybeans. Consuming a diet with higher omega-6 to omega-3 ratios may worsen inflammation over time (7). Instead, aim for the ideal ratio which is between 4:1 and 1:1.



Olives and Extra Virgin Olive Oil

Consuming olives and extra virgin olive oil is great for reducing inflammation. Olives and olive oil contain anti-inflammatory compounds such as antioxidants, macronutrients, and monounsaturated fatty acids. Olives contain fiber, vitamin E, vitamin, copper, and calcium. Olives and olive oil should be key components of a well formulated autoimmune diet.

Olive oil contains biologically active phenolic compounds (polyphenols) (8). Phenolic compounds have positive effects on plasma lipoproteins, oxidative damage, inflammatory markers, platelet and cellular function, and antimicrobial activity.

Studies also show that olive oil can increase adiponectin levels (9). Adiponectin is a protein hormone which is involved in regulating glucose levels as well as fatty acid breakdown. Low levels of adiponectin are associated with inflammation. (10)

Extra virgin olive oil is the healthiest form of olive oil and has the richest flavor. It is made without any heat or chemicals and has a low smoke point. Because of its low smoke point, extra virgin olive oil is best used drizzled over cooked or raw foods, or as a salad dressing.

Olives vs. Olive Oil

The distinction between the fruit and the oil lies in preparation and processing. There are pros and cons to both, but when consumed in recommended servings, they're both incredibly beneficial to your health.

Percentage of Fat

25%



Olives

Olive Oil



100%

Higher sodium:

Olives are cured or pickled in salt

Beneficial polyphenol content is lower than olive oil but polyphenols are still highly present in fruits harvested early and those that were irrigated properly

Lower sodium:

Almost zero sodium

Beneficial polyphenols are preserved in extra virgin olive oil

Olives are a great source of sodium, potassium, fiber, vitamin A, vitamin E, biotin, copper, calcium and B vitamins

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Turmeric

In the fight against inflammation, turmeric is a powerful weapon. Turmeric is a spice and medicinal herb that has been used for centuries for its healing properties. Turmeric's active compound, curcumin, is a polyphenol responsible for the yellow color of turmeric.

Curcumin has anti-inflammatory, antioxidant, anti-carcinogenic, anti-thrombotic, and cardiovascular protective benefits (11). It has even been shown to boost the body's natural antioxidant capacity which fights damaging free radicals.

Turmeric powder can be added to foods after cooking to maintain its potency as an anti-inflammatory. Add a dash of black pepper and eat with healthy fats to allow for better absorption of the beneficial compounds. You can also supplement with turmeric or its active and most well-studied compound called curcumin.



TURMERIC

- ✓ Improves Brain Health
- ✓ Improves Digestion
- ✓ Supports Healthy Inflammation Levels
- ✓ Supports Liver Health
- ✓ Improves Insulin Sensitivity
- ✓ Reduces Oxidative Stress
- ✓ Immune Booster
- ✓ Improves Metabolism
- ✓ Supports Healing Processes
- ✓ Supports Healthy Cholesterol Levels

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Berries

Berries, such as blueberries, blackberries, raspberries, strawberries, and cranberries, are packed with powerful nutrients. Berries contain vitamins, minerals, and polyphenols. The most notable polyphenols in berries are anthocyanins which give berries their distinctive colors. Anthocyanins have demonstrated antioxidant, anti-carcinogenic, and anti-inflammatory biological activity.

In addition to anthocyanins, berries contain abundant phytochemicals including ellagic acid and the flavonoids catechin, quercetin, and kaempferol (12). These compounds have antioxidant, anti-carcinogenic, and anti-inflammatory activity.

Another fruit that is excellent for reducing inflammation is cherries. Cherries are a rich source of polyphenols and vitamin C, both of which have antioxidant and anti-inflammatory properties. Studies show that consuming sweet or tart cherries can prevent or decrease oxidative stress and inflammation (13).

HEALTH BENEFITS OF BERRIES

- Rich in Anti-Oxidants and Polyphenols
- Great Prebiotic Source for the Microbiome
- Improve Skin Health and Collagen Production
- Lower in Sugar Compared to Other Fruits
- Support Good Cardiovascular Function
- Anti-Cancer Properties

****Best to Limit Yourself to 1/2 cup per day
to avoid excess fruit sugar****

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Avocados

Avocados are nutrient and phytochemical dense superfoods. The numerous beneficial compounds in avocados make them incredible for fighting inflammation in the body.

Avocados are packed with antioxidant phytochemicals, including beta-sitosterol, glutathione, and lutein. Glutathione, commonly referred to as “the master antioxidant” is crucial for good health. Glutathione and beta-sitosterol help to protect the body from free radical damage. Additional antioxidants in avocados include vitamins B, C, E, and K. These vitamins help neutralize free radicals and reduce cellular inflammation. Avocados contain the carotenoids, lutein and zeaxanthin which also have antioxidant properties.

Avocados are an excellent source of potassium along with other important trace minerals such as sodium, and magnesium. These minerals can help reduce inflammation. Avocados are also rich in choline, an essential nutrient needed for metabolism.

Avocados are fiber-rich, low in carbohydrates, and loaded with healthy monounsaturated fatty acids (MUFAs) and healthy cholesterol. Studies have shown that dietary MUFAs are protective against metabolic syndrome and cardiovascular disease risk factors (14). The fats also help the body absorb the nutrients in avocados.

Amazing Health Benefits of Avocado

- CARDIOVASCULAR**
Contain beta-sitosterol which lowers LDL (bad) cholesterol while raising HDL (good) cholesterol. Protect against strokes & regulate blood pressure.
- DIGESTION & METABOLISM**
Vitamin A helps protect the epithelial cell lining in the GI tract and high fibre content keeps you regular, preventing diarrhea & constipation.
- IMMUNITY**
Increases the strength of pathogen-fighting cells by aiding in nutrient absorption. Great source of glutathione, the “master” antioxidant.
- MUSCLE DEVELOPMENT**
Contains all 9 of the essential amino acids (the building blocks of protein) which are required for proper protein synthesis & promote healthy, strong muscle.
- SKIN, HAIR & NAILS**
Packed with biotin, which helps protect our cells from damage. Vitamins A & E help skin & nail tissues rebuild and keeps our hair shiny and lustrous. Avocados also include D-manno-heptulose sugar that improves collagen formation.
- TEETH & BONES**
Rich in phosphorous, magnesium & manganese to help maintain bone health and reduce your risk for developing osteoporosis.

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Leafy Greens

Dark leafy green vegetables are packed with an array of vitamins, minerals (including trace minerals), and fiber. Some of the most nutrient-dense leafy greens are spinach, kale, chard, arugula, swiss chard, and collards. Bok choy is another superfood leafy green vegetable that has potassium, manganese, and magnesium.

Spinach, kale, chard and other dark leafy green vegetables are true superfoods. They contain almost 400% of the recommended daily value of vitamin A in just one cup. They also contain vitamin C, vitamin E, vitamin K, and folate. The abundant antioxidants in leafy greens protect cells from damaging free radicals.

It is important to combine leafy greens with healthy fats for better absorption of the fat-soluble vitamins.

Eat Your Greens

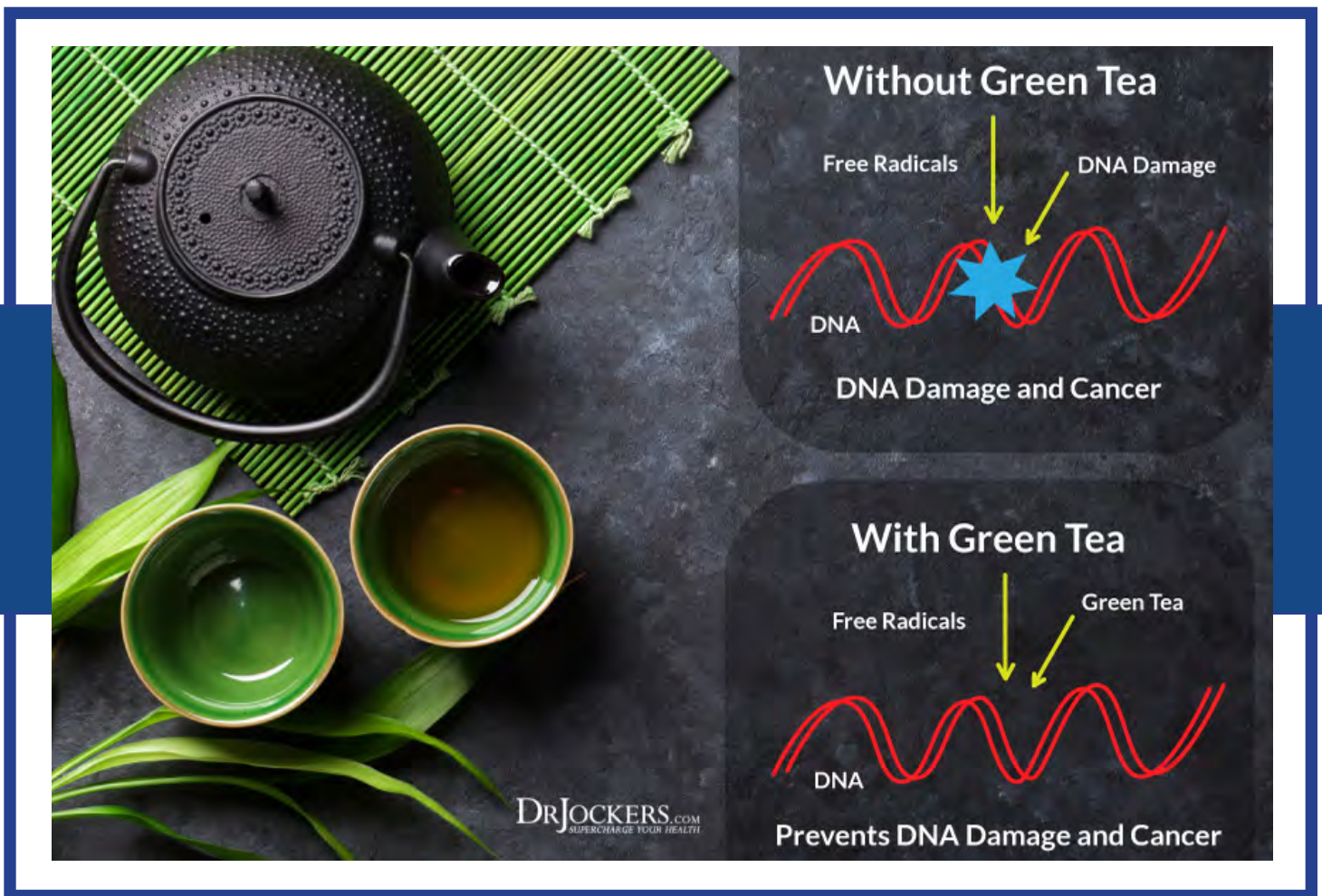
Vegetable	Health Benefits	Vitamins/Minerals	Calories (per cup)
Arugula	Arugula inhibits cancer growth and improves immune defenses. It is an excellent choice for building healthy bones.	A C E K 6 CAL	Folate, Calcium, Phosphorus, Magnesium, Potassium, Choline, Fiber
Collards	Collard greens help lower LDL cholesterol, regulate blood sugar and combat osteoporosis. It also boosts the immune system against viral and bacterial infection.	A B6 C E K 11 CAL	Folate, Choline, Manganese, Phosphorus, Calcium, Fiber
Iceberg Lettuce	Although lowest of all leafy greens nutritionally, iceberg lettuce combats anemia, heart disease, and age-related illnesses.	A C E K 8 CAL	Iron, Folate, Choline, Manganese, Phosphorus, Calcium, Fiber
Kale	Kale is the most nutrient dense green leafed vegetable. It aids in blood clotting, promotes healthy vision and retinal function and fights cancer.	A B6 C K 34 CAL	Iron, Fiber, Niacin, Folate, Calcium, Manganese, Magnesium, Phosphorus, Potassium, Riboflavin, Copper
Turnip Greens	Turnip greens enhance collagen synthesis, builds healthy bones, combats anemia and boosts immune defenses against cancer and illness.	A B6 C E K 18 CAL	Iron, Folate, Copper, Manganese, Magnesium, Potassium, Calcium, Fiber
Mustard Greens	Mustard greens prevent arthritis and anemia, lower LDL cholesterol, battle the onset of heart disease and offers protection against cancerous growths.	A B6 C E K 15 CAL	Iron, Fiber, Folate, Calcium, Manganese, Magnesium, Potassium, Riboflavin, Thiamin
Romaine Lettuce	Romaine lettuce promotes heart health and prevents strokes, as well as cancer. It builds healthy bones, eyes, skin and mucus membranes.	A C K 10 CAL	Iron, Folate, Choline, Calcium, Manganese, Magnesium, Phosphorus, Potassium, Fiber
Spinach	Spinach improves red blood cell function, strengthens bones, regulates heart rate and blood pressure and combats free radicals.	A B6 C E K 1 CAL	Fiber, Folate, Riboflavin, Manganese, Magnesium, Phosphorus, Potassium, Iron
Swiss Chard	Swiss chard helps maintain connective tissue, controls heart rate and blood pressure as well as sugar levels. It prevents anemia and boosts immunity.	A B6 C E K 1 CAL	Iron, Fiber, Folate, Choline, Phosphorus, Manganese, Magnesium, Potassium, Calcium

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Green Tea

Green tea is widely considered to be beneficial for health for its anti-oxidative and anti-inflammatory effects. It contains the polyphenol epigallocatechin gallate (EGCG) which is the major and most active component in green tea. EGCG has been shown to mitigate cellular damage, scavenge free radicals, and reduce inflammatory reactions in the body (15). Green tea is rich in quercetin which is a potent antioxidant and anti-inflammatory. It also helps to promote the production of the antioxidants glutathione and superoxide dismutase (SOD). These antioxidants drastically lower inflammation in the body.

It is very important to consume organic green tea because conventional green teas are highly sprayed with toxic pesticides and herbicides. The best type of green tea is matcha green tea which can have as much as ten times the amount of antioxidant compounds as standard brewed green tea.



Cruciferous Vegetables

Cruciferous, or brassica, vegetables are among the most nutritious foods you can eat. They offer an array of vitamins and minerals and are rich in phytonutrients, carotenoids, and flavonoids. These compounds are a great part of the autoimmune diet because they help combat free radical damage and neutralize toxins in the body.

Cruciferous vegetables contain glucosinolates which increase the production of enzymes. Glucosinolates are sulfur-containing compounds that are broken down into metabolites. Metabolites trigger specific enzymatic reactions that help detoxify the liver and increase its ability to remove carcinogens and heavy metals from the blood. They also aid in digestion (16).

Cruciferous vegetables include Brussels sprouts, broccoli, cauliflower, kale and mustard greens. They have a characteristic bitter taste and pungent aroma. Broccoli is a powerhouse cruciferous vegetable that is a fantastic source of sulforaphane. Sulforaphane is the powerful isothiocyanate (ITC) that reduces cancer cell replication and boosts the immune system.

BEST WAY TO PREPARE CRUCIFEROUS VEGGIES

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Steaming cruciferous veggies is the best way to prepare them so they retain most of their nutrients.

But what if you don't have a steamer? Make your own by placing a metal colander, strainer or baking rack atop a pot of boiling water. Make sure the water level doesn't touch the veggies.

- Broccoli
- Cabbage
- Cauliflower
- Brussels Sprouts
- Collard Greens
- Kale

Steaming breaks down the outer cellulose and removes much of the anti-nutrients. This makes these veggies easier to digest, gives them a better texture and retains the majority of their nutrients.

**Another option to improve digestibility is to ferment these (ex: sauerkraut)

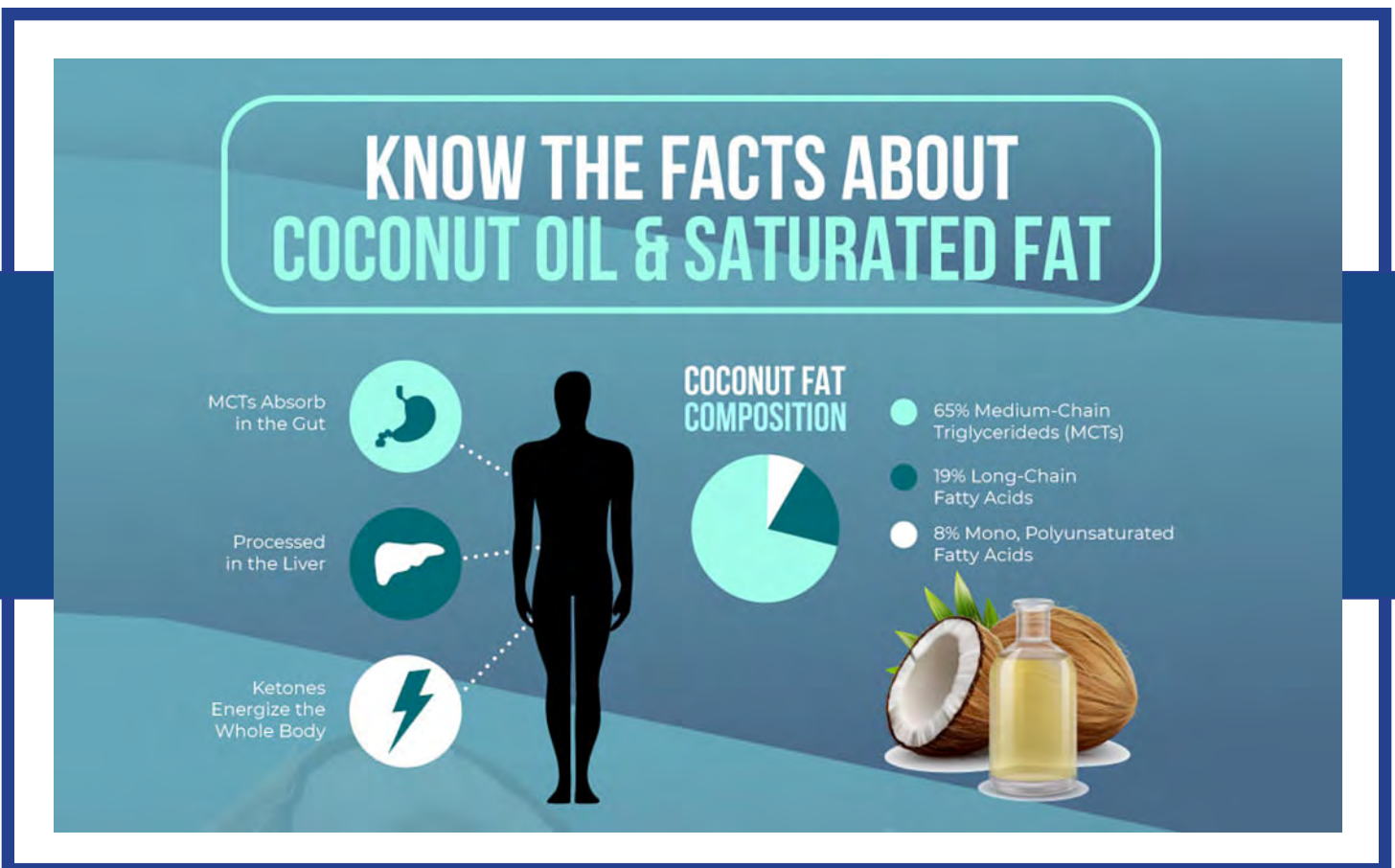
Coconut Oil

Coconut oil contains small to medium-chain saturated fats called medium-chain triglycerides (MCTs). MCTs permeate cell membranes to provide energy without the need for carrier proteins or special enzymes. This can be a really helpful source of calories on the autoimmune diet.

Saturated fatty acids constitute at least 50% of our cell walls and offer protection against unwanted materials invading the structural integrity of the cell wall. Coconut oil is the most stable source of fatty acids due to its high amount of saturated fats (92%). This stability is important because it reduces the free radical load on our bodies. Free radicals are unstable molecules that can damage our cells.

Coconut oil is rich in lauric acid, capric acid, and caprylic acid. This combination of fatty acids has an anti-inflammatory and immune boosting effect through their antiviral, antimicrobial, and antibacterial properties (17). Coconut oil also helps to balance blood sugar and increase ketone production which reduces inflammation.

It is best to use organic, unrefined coconut oil to reap the many benefits of coconut oil. Coconut oil is great for cooking because it has a higher smoke point than many other oils (like extra virgin olive oil). Rather than oxidizing, coconut oil remains stable and does not lose its antioxidant properties under high temperatures.



FACT #1
ALL SATURATED FATS ARE NOT EQUAL

Coconut oil is different from other saturated fats. It contains MCTs and lauric acid which are saturated fats, but are beneficial to the body.

Lauric Acid

- Increases HDL "Good" Cholesterol
- Anti-Bacterial
- Found in Breast Milk
- Not in Soy, Corn or Peanut Oils

FACT #2
SOME SATURATED FAT ISN'T BAD.

Studies reporting saturated fats as bad used selective evidence:

- ▶ Most didn't use pure virgin coconut oil
- ▶ The effects of coconut oil on lowering triglycerides and increasing HDL were ignored
- ▶ There is a lack of evidence linking saturated fat to heart disease
- ▶ Replacing saturated fat with polyunsaturated fat didn't improve mortality.

FACT #3
MEDIUM CHAIN FATS ARE GOOD

Medium chain fats are absorbed directly into the blood stream, going straight to the liver where they're converted to ketones, which bypasses the usual fat digestion process of longer chain saturated and fatty acids.

Reference: coconutcoalition.org

Mushrooms

Mushrooms are superfoods that have been used for thousands of years for their nutritional and medicinal value and are a valued element of the autoimmune diet. They are rich in anti-inflammatory compounds such as polysaccharides, phenolic and indolic compounds, mycosteroids, fatty acids, carotenoids, and vitamins (18). Metabolites from mushrooms have antioxidant, anticancer, and most significantly, anti-inflammatory properties. that strengthen and balance the immune system.

Mushrooms contain a number of polysaccharides including beta-glucan. Beta-glucan is a powerful immune stimulating compound that binds to the surface of innate immune cells. This reduces the tendency towards autoimmune reactions and hyperinflammatory activity when the body is under attack.



The Mushroom Advantage

Edible Mushrooms are a type of fungi that have adapted to environmental stressors for thousands of years and **Have Unique Compounds That Give Them a Survival Advantage in Nature.** When we consume these mushrooms, we take on these benefits which include:



Anti-Inflammatory Properties



Anti-Viral Properties



Anti-Cancer Properties



Supports Healthy
Nervous System Function



Adaptogens to Support and
Balance Our Stress Response



Promote Hormone
Optimization in the Body

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Carminative Herbs

Many spices and herbs are carminative. Carminative herbs are herbs that help to improve digestion, prevent the formation of gas in the intestinal tract, and remove gas from the digestive tract. They help to soothe the gut, modulate intestinal contractions, and stimulate bile flow.

Examples of carminative herbs are arugula, basil, black pepper, cilantro, cinnamon, garlic, ginger, peppermint, rosemary, sage, fennel, thyme, and turmeric. Carminative herbs contain powerful antioxidants and phytonutrients with anti-inflammatory effects.

Great ways to use carminative are in herbal teas, essential oils, fresh herbs, chew on fennel, in juices and fermented vegetables and drinks.



Carminative (car·min·a·tive)

An herb that promotes digestion, relieves cramps and gas, and increases appetite. Often an aromatic herb.

Examples: Anise, Cinnamon, Ginger

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Bone Broth and Collagen

Bone broth and collagen are excellent for healing and repairing the gut and key parts of the autoimmune diet. They help to soothe and heal inflamed tissues in the gut. This strengthens the immune system as digestive issues are often the root cause of chronic inflammation and autoimmunity.

For people with gut inflammation, it is important to get easily digestible protein into their bodies. Bone broth and collagen are easy to digest and contain amino acids which support a strong gut lining. As the gut heals and the immune system stabilizes, food sensitivities, which are common with autoimmunity, can improve.

Bone broth and collagen protein can be made at home or purchased in liquid or powdered form.

You can make your own homemade broths using organic bones from beef, chicken and turkey. You can also purchase premade bone broth liquids and collagen powders to help support your healing.

Make your own Bone Broth

Ingredients:

- 1 organic whole chicken
- 8 c of Water
- 4-6 stalks of celery, finely chopped
- 1/2 white or yellow onion, finely chopped
- 3 cloves of garlic, finely chopped
- 1 tablespoon chopped fresh parsley
- 1 inch ginger root, finely chopped
- 1/2 teaspoon sea salt
- 1/2 teaspoon of apple cider vinegar

Directions:

Place all of the above ingredients in crockpot and cook on low heat for 8-10 hours. Meat should fall away from the bones.

You can store any excess broth in the freezer and defrost for a later time.

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Foods You Should Avoid with Autoimmunity

People with autoimmune conditions should avoid pro-inflammatory foods and foods that are most likely to create an immune response in the body (food sensitivities). The autoimmune diet takes into account the most common foods that people struggle with.

Food Sensitivities

When you have a sensitivity to a food, the food will trigger your immune system to react. The foods that are most likely to cause an immune response include gluten, dairy, eggs, peanuts, tree nuts, soy, wheat, fish and shellfish.

Many people are also sensitive to nightshade vegetables (tomatoes, potatoes, eggplant, bell peppers), corn, legumes, all grains, processed foods, and vegetable oils. These foods should be eliminated if you have an autoimmune condition.

NIGHTSHADE SUBSTITUTIONS

Nightshades are a botanical family of plants, scientifically known as Solanaceae. There are more than two thousand plant species in the nightshade family, many of them are inedible and poisonous. This chart contains substitutions for some of the most common nightshades.

Nightshade	Substitution
White Potatoes	Cauliflower
Eggplant	Mushrooms
Bell Peppers	Celery
Tomatoes	Beets
Cayenne Pepper, Red Pepper Flakes, Paprika	Ground Black pepper
	Ground White Pepper
	Sweet Potato
	Radishes
	Zucchini
	Carrots

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Pro-Inflammatory Foods








Just as it is important to consume foods that are anti-inflammatory, it is critical to avoid foods that cause inflammation. These include:

- Sugar
- Refined carbohydrates (white flour, white rice, white potatoes)
- Conventionally-raised meat and dairy
- Farm-raised fish
- Processed meats
- Trans fats (partially hydrogenated oils)
- Monosodium Glutamate (MSG) and other food additives and preservatives
- Highly processed vegetable and seed oils, such as canola, corn, sunflower, peanut, grapeseed, cottonseed, and safflower
- Artificial Sweeteners.

These foods upregulate inflammation, and create extra acidity in the tissues. It is critical to avoid these food components on the autoimmune diet

Top Foods and Food Ingredients That Promote Inflammation

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 <p>Gluten</p>	 <p>Sugar</p>	 <p>Refined Carbohydrates</p>	 <p>Conventionally Raised Meat and Dairy</p>	 <p>Farm Raised Fish and Seafood</p>
 <p>Processed Conventional Meats</p>	 <p>Trans Fats (Partially Hydrogenated Oils)</p>	 <p>Food Additives and Preservatives</p>	 <p>Highly Processed Vegetable and Seed Oils</p>	 <p>Artificial Sweeteners</p>

Final Thoughts

Autoimmune conditions occur when the body's immune system turns attacks the body's own cells and tissues. Inflammation is a cause of autoimmunity, and autoimmune conditions can increase inflammation. Therefore, it is critical for anyone with an autoimmune condition to reduce inflammation.

The foods we eat every day have a huge impact on the amount of inflammation in our bodies. Food has the power to heal the body or to harm the body. To reduce inflammation, you should eliminate pro-inflammatory foods and foods to which you may have a sensitivity. Replace these harmful foods with anti-inflammatory foods that can benefit the body.

Healing Recipes

Here are 20 tasty recipes you can use to help support your journey to reduce inflammation and heal at a high level. These 20 recipes are micronutrient dense and help you balance your immune system and thrive in life. You will find beverages, super smoothies, side dishes, tasty sugar-free desserts and main course options.

These recipes do not contain any corn, soy, peanuts, coffee, sugar, gluten, grains, nuts, eggs and nightshade vegetables. We do not use any dairy protein but do have ghee, which is clarified butter that is free of lactose and dairy protein and is usually well-tolerated by individuals with dairy sensitivities.

If you have a known sensitivity to any of the other ingredients that are used in this recipe book, it would be best to avoid and look for alternatives. You don't need to use all of these recipes; I typically recommend just finding 10-20 go-to recipes that you enjoy and your body thrives on and you can continue to use these as the staple parts of your healing lifestyle.





Key Lime Pie Smoothie

YIELD:
2 SERVINGS
SERVING SIZE:
1 CUP

TOTAL CALORIES	FAT (G)	PROTEIN (G)	SUGAR (G)	CARBS (G)	FIBER (G)	NET CARB (G)
486	45	8	4	18.5	8	10.5

DIRECTIONS

1. Gather all the ingredients and prepare them.
2. Put all ingredients in blender and blend. Vitamix is really nice if you have one!
3. Blend until smooth and creamy
4. Serve and enjoy!

INGREDIENTS

- 1 cup of full-fat organic coconut milk
- 1 cup of filtered water
- 1 avocado
- ¼ tsp of vanilla
- 1 large handful of spinach or kale
- Juice of one lime
- 5-10 drops of vanilla stevia (optional to taste)
- Top with cinnamon
- 2 scoops of vanilla collagen or bone broth protein

 Prep Time: 10 mins

 Total Time: 10 mins



Blueberry Pudding

YIELD:
4 SERVINGS
SERVING SIZE:
1/2 CUP





TOTAL CALORIES	FAT (G)	PROTEIN (G)	SUGAR (G)	CARBS (G)	FIBER (G)	NET CARB (G)
254	18	6	6	14	5	9

DIRECTIONS

1. Blend all ingredients together in a vita mix or blender.
2. Refrigerate for 12 hours.
3. Your pudding is ready!

INGREDIENTS

- 1 cup canned, organic, full fat, coconut milk
- 2 small avocados
- 1/2 cup wild blueberries
- 4 tbsp. ground chia seed
- 1 scoop high quality protein powder
- 1/4 tsp. sea salt
- 1/2 tbsp. organic vanilla extract
- Liquid stevia (to taste)

-  Prep Time: 5 mins
-  Cook Time: 5 mins
-  Inactive Time: 12 hours
-  Total Time: 12 hours, 10 mins



Sweet Raspberry Shake

YIELD:
2 SERVINGS
SERVING SIZE:
3/4 CUP

TOTAL CALORIES	FAT (G)	PROTEIN (G)	SUGAR (G)	CARBS (G)	FIBER (G)	NET CARB (G)
298	20	22	0.5	9.5	1	8.5

DIRECTIONS

1. Assemble all the ingredients
2. Blend all ingredients together and enjoy!

If you want to use the carton coconut milk, which has less fat than the canned coconut milk, I would suggest adding in 1Tbsp. of extra virgin coconut oil or coconut butter for more coconut fats.



INGREDIENTS

- 1/2 can organic, full-fat coconut milk
- 2 scoops high quality vanilla protein powder
- 1/2 cup frozen raspberries or strawberries
- 1 tsp. cinnamon
- Liquid stevia to taste



Prep Time: 5 mins



Total Time: 5 mins



Golden Coconut Milk

YIELD:
2 -3/4 CUP
SERVINGS
SERVING SIZE:
1 CUP




TOTAL CALORIES	FAT (G)	PROTEIN (G)	SUGAR (G)	CARBS (G)	FIBER (G)	NET CARB (G)
180	18	1.5	0	1	0	1

DIRECTIONS

1. Over medium heat, pour coconut milk and water into cooking pot and add turmeric and cinnamon powder. Stir until well blended.
2. Let mixture simmer for about 5 minutes and add stevia drops. Stir one more time and remove from heat.
3. Pour into cup and serve the golden milk immediately.

INGREDIENTS

- ½ can full-fat coconut milk
- ½ cup of filtered water
- 1 tsp turmeric powder
- 1 tsp cinnamon powder
- 5-8 drops of liquid stevia

-  Prep Time: 5 mins
-  Cook Time: 7 mins
-  Total Time: 12 mins



Keto Matcha Green Tea

YIELD:

1-2 SERVINGS

SERVING SIZE:

1 CUP

TOTAL CALORIES
101

FAT (G)
10

PROTEIN (G)
1

SUGAR (G)
0

CARBS (G)
2

FIBER (G)
1

NET CARB (G)
1



DIRECTIONS

Option 1

In a small saucepan, bring water and coconut milk to a slight boil. Add in matcha tea and stevia and stir until fully mixed. Add coconut oil, ghee and tea mix to a blender and blend for 30 sec- 1 min, until creamy.

Option 2

In a pan, bring water to a boil. Place tea bags in and let stand for 5 min. Remove tea bags. Add coconut milk and stevia and return to a slight boil. Place all remaining ingredients into a blender and blend until creamy.

Option 3

Bring 1/2 cup coconut milk and 1/2 water to a slight boil. Add matcha green tea and stevia and stir until well combined. Then whisk until frothy OR place in blender and blend until frothy.



INGREDIENTS

- 1 cup filtered hot water
- ½ tsp. matcha green tea or 1-2 tea bags
- 1 tsp. coconut oil or MCT oil
- ½ tsp. grass-fed ghee (optional)
- 2 Tbsp. canned, organic, full-fat, coconut milk
- Liquid stevia to taste



Prep Time: 5 mins



Cook Time: 5 mins



Total Time: 10 mins



Grain-Free Flatbread

YIELD:
4-6
FLATBREADS

TOTAL CALORIES	FAT (G)	PROTEIN (G)	SUGAR (G)	CARBS (G)	FIBER (G)	NET CARB (G)
78	6	3	2	9	7	2

DIRECTIONS

1. Add psyllium husk and coconut flour to medium bowl. If there are any lumps in coconut flour, press down with a fork to break them. Mix to combine.
2. Add water, olive oil and baking soda to coconut flour in bowl and stir with spatula and use hands to knead the dough.
3. Add in salt once the dough is formed.
4. Knead the dough for one minute. It will become moist and slightly drier as you go. If it is too sticky, add a little bit more psyllium husk or flaxseed, $\frac{1}{2}$ tsp at a time. Ultimately, it should come together easily as a dough and not stick to hands (it should be moist but not sticky).
5. Set dough aside for 10 minutes and at that time dough should be elastic, soft and hold well together.
6. Time to roll – cut the dough into 4 even pieces and roll each piece into a small bowl.



INGREDIENTS

- 2 tbsp. whole psyllium husk or ground flaxseed
- $\frac{1}{2}$ cup coconut flour
- 1 cup lukewarm water
- 1 tbsp. extra virgin olive oil
- $\frac{1}{4}$ tsp baking soda
- $\frac{1}{4}$ tsp sea salt
- 1 tsp extra virgin olive for cooking
- **Optional:** $\frac{1}{4}$ tsp herbs (oregano, basil, thyme, etc.)



Prep Time: 5 mins



Cook Time: 10 mins



Inactive Time: 10 mins



Total Time: 25 mins

7. Place one dough ball between pieces of two parchment paper and press down with your hand. Then use a rolling pin to roll the dough as thin as you would like. Peel off the top layer of parchment paper and use a cooking pot lid to cut into a circle. Keep the excess dough to reform and roll one more ball (that is how you make an extra flatbread).
8. Warm a pan over medium heat, and add 1 tsp of olive oil. (Make sure it's not a thick layer of oil, otherwise the bread will fry!) Carefully, remove the flatbread from the parchment paper and add to the pan. Cook for 2 minutes on one side and then flip and cook 1 minute on the other side. Repeat steps 7 & 8 until all the dough has been used.
9. Allow the flatbread to cool down and use as a wrap to add favorite topping or in a curry dish as a dipping bread. Enjoy!

Special Notes

This coconut flour flatbread is very versatile and is perfect to use as a tortilla in a Mexican dish or even as a roti in an Indian curry! Add your favorite toppings and roll as a wrap.

When forming the dough, it's very important that the dough is moist, but that it doesn't stick to your hands. If it does stick, add 1/2 tsp psyllium husk or ground flaxseed (psyllium works better overall but some prefer flaxseed) at a time and knead for another 30 seconds to see if it becomes less sticky. Repeat until it doesn't stick to hands, but is moist, soft and elastic.

When rolling your flatbread, you can roll them as thin as you like, keep in mind that they will "puff" when cooking which is totally normal, so rolling them thin won't break them.

You can store them in an airtight container for up to 3 days and reheat in the pan or if you want them a little crispier, pop in the oven for 1-2 minutes at 300F/150C.





Cauliflower Keto Mashed Potatoes

YIELD:
3 SERVINGS
SERVING SIZE:
2/3 CUP

TOTAL CALORIES	FAT (G)	PROTEIN (G)	SUGAR (G)	CARBS (G)	FIBER (G)	NET CARB (G)
115	9	4	3.5	10	4	6

DIRECTIONS

1. Steam cauliflower until soft (boil is not recommended b/c most nutrients are lost).
2. Chop cauliflower and put in food processor or blender with ghee or coconut oil, salt, pepper and garlic (or dill) if desired.
3. Blend to desired consistency. Garnish with parsley!

INGREDIENTS

- 1 head of cauliflower
- Pink salt and black pepper to taste
- 2 tablespoons of grass-fed butter

Optional Ingredients:

- 1-2 cloves garlic
- Chopped fresh dill
- Ground turmeric - orange spice that makes the dish look yellow/orange.
- Chopped fresh Italian herbs (such as flat-leaf parsley, basil, oregano, and thyme).
- You can substitute the grass-fed butter with grass-fed ghee or virgin coconut oil.
- Raw grass-fed cheese sprinkled on top is really nice.

 Prep Time: 15 mins

 Cook Time: 15 mins

 Total Time: 30 mins



Super Sprout Chicken Salad

YIELD:
2 SERVINGS
SERVING SIZE:
2 CUPS

TOTAL CALORIES	FAT (G)	PROTEIN (G)	SUGAR (G)	CARBS (G)	FIBER (G)	NET CARB (G)
595	46	31	5	21	10	11

DIRECTIONS

1. Put the organic spring mix in a big bowl.
2. Add all the veggies, chicken, lemon juice and olive oil and add herbs and salt.
3. Mix it all together for 2-3 minutes to blend it all together.

INGREDIENTS

- 4 handfuls of organic spring mix
- 1-2 carrots, diced or grated
- 6 radishes, diced up or grated
- 1 cucumber, diced up
- Juice of 1 organic lemon
- 4 tbsp. extra virgin olive oil
- 1-inch fresh turmeric, grated
- 2 tbsp. dried oregano

- 1-inch fresh ginger, grated
- 1 tbsp. sea salt
- ½ – 1 cup pitted black olives
- 1 pinch black pepper
- 8-12oz pre-cooked organic chicken breast strips
- 2-4 handfuls of sprouts – broccoli, kale, arugula, etc.

Optional Ingredients:

- 1 avocado – diced up into cubes

 Prep Time: 5 mins
 Total Time: 5 mins



Creamy Lemon Superfood Guacamole

YIELD:
6 SERVINGS
SERVING SIZE:
6 LARGE BOWLS

TOTAL CALORIES	FAT (G)	PROTEIN (G)	SUGAR (G)	CARBS (G)	FIBER (G)	NET CARB (G)
198	18.5	2	1	10	7	3

DIRECTIONS

1. Combine mashed avocado, lemon, apple cider vinegar & coconut milk and mix.
2. Add in herbs and salt.
3. Mix everything together until it appears homogenized.
4. Serve with cucumbers, red cabbage, celery, bell peppers or keto crackers. You could also serve it as a topping on coconut flour wrap fajitas, on salads or on meat.

INGREDIENTS

- 3 ripe avocados peel and mash.
- 1 lemon squeezed
- 2 Tbsp of organic apple cider vinegar
- 1/2 cup of organic coconut milk (full-fat in can)
- 1 tbsp of ground oregano, dill and/or cilantro
- 1 tsp of sea salt
- Serve with cucumbers, red cabbage, celery, chicken sausage, etc.

 Prep Time: 15 mins

 Total Time: 15 mins



Asian Cauliflower Fried Rice

YIELD:
6 SERVINGS
SERVING SIZE:
1/2 CUP

TOTAL CALORIES	FAT (G)	PROTEIN (G)	SUGAR (G)	CARBS (G)	FIBER (G)	NET CARB (G)
54	3	2	2.8	5.8	2	3.8

DIRECTIONS

1. Chop the cauliflower into large chunks and put into a blender or food processor. If you don't have a food processor, continue to chop the cauliflower into tiny pieces. Pulse the cauliflower until it is small and resembles rice.
2. Freeze any leftovers if you are making in bulk.
3. Heat the oil in a pan over medium heat until melted then add the cauliflower rice, salt, and pepper. Sauté until tender- about 5 minutes.
4. Place sautéed rice in a mixing bowl and put in optional ingredients if you like, melt the ghee or coconut oil and mix in the ground turmeric and ginger.

INGREDIENTS

- 1 ½ tbsps. of grass-fed butter/ ghee or coconut oil
- 1 head cauliflower
- Sea salt and pepper to taste
- 2 tbsps. of coconut aminos

Optional Ingredients:

- 2 tsp. of turmeric and ½ tsp of ginger
- 2 additional tbsps. of grass-fed ghee or coconut oil

 Prep Time: 15 mins

 Cook Time: 7 mins

 Total Time: 22 mins



Golden Lime Chicken Kebabs

YIELD:
8 KEBABS
SERVING SIZE:
1 KEBAB





TOTAL CALORIES	FAT (G)	PROTEIN (G)	SUGAR (G)	CARBS (G)	FIBER (G)	NET CARB (G)
242	13	28	1	3	0	3

DIRECTIONS

1. Preheat oven to 400F and grease a rimmed baking sheet with coconut oil cooking spray.
2. Place all ingredients except the chicken in a high-powered blender and blend until well combined. Set the sauce aside.
3. Cut the chicken into small 2" squares and place on the prepared baking sheet. Pour the sauce over the chicken and set aside to marinate for 20 mins.
4. Slide the marinated chicken onto bamboo or wood skewers, creating kebabs (place 4-5 ounces of chicken on each skewer).
5. Place the kebabs on the baking sheet and bake for 20 mins or until golden brown.

INGREDIENTS

- ½ cup freshly squeezed lime juice
- 1/3 cup avocado oil
- 1/3 cup apple cider vinegar
- 2 cloves garlic, minced
- 2 tsps. ground turmeric
- 2 tsps. onion powder
- 1 tsp sea salt or sea salt
- 1 tsp ground black pepper
- 2 ¼ pounds boneless, skinless chicken breast

-
-  Prep Time: 5 mins
 -  Cook Time: 10 mins
 -  Inactive Time: 10 mins
 -  Total Time: 25 mins



Coconut Curry Soup

YIELD:
4-6 SERVINGS
SERVING SIZE:
3/4 CUP

TOTAL CALORIES	FAT (G)	PROTEIN (G)	SUGAR (G)	CARBS (G)	FIBER (G)	NET CARB (G)
297	30	3	1.5	8	1	7

DIRECTIONS

1. Bring the stock to the boil over medium heat in a soup pot.
2. Add the lemon grass and ginger. Lower the heat to medium-low, cover, and gently simmer for 10 minutes to let the spices infuse the broth.
3. Uncover and stir in the coconut milk, turmeric, lime juice, and turkey.
4. Simmer for 5 minutes to heat the chicken stock through; season with salt and pepper.
5. Ladle the soup into a soup tureen or individual serving bowls. Garnish with cilantro.

**Be careful to avoid chewing the lemongrass or ginger. You could also remove these ingredients before stirring in the coconut milk.

INGREDIENTS

- 1 quart chicken stock
- 1 stalk lemon grass, white part only, cracked open with the flat side of a knife
- 1 (3-inch) piece fresh ginger, peeled and thinly sliced
- 4 limes, juiced
- 1 (13-ounce) can unsweetened coconut milk
- Pinch of black pepper
- 2 cups shredded cooked turkey
- 2 tbsps. of ground turmeric
- 1/4 cup chopped fresh cilantro leaves
- 1/2 tsp of sea salt or to taste

Prep Time: 10 mins

Cook Time: 30 mins

Total Time: 40 mins



INGREDIENTS

- 2 fillets fresh or frozen (defrosted) wild caught salmon with skin
- 2 tbsps. extra virgin coconut oil for frying
- Sea salt and black pepper
- 1 tsp. dried dill, ginger and lemon zest
- Sprinkle dill, ginger, salt & pepper.

Coconut Lime Sauce

- 1/2 can organic full fat coconut milk
- 1/4 c. fresh lime juice
- Peel of fresh lime, grated for zest
- Slices of fresh lime, garnish
- Handful organic shredded coconut (extra for garnish)



Prep Time: 10 mins



Cook Time: 6 mins



Inactive Time: 30 mins



Total Time: 46 mins

Coconut Lime Seared Salmon

YIELD:

2 FILLETS

SERVING SIZE:

1 FILLET

TOTAL CALORIES
710

FAT (G)
58

PROTEIN (G)
39

SUGAR (G)
1

CARBS (G)
7

FIBER (G)
1

NET CARB (G)
6



DIRECTIONS

1. Prepare your coconut sauce by combining and stirring all the coconut lime sauce ingredients in a large bowl.
2. Once mixed, pour roughly two-thirds of the sauce and salmon in a leak proof bag and let marinate for at least 30 mins and the flavors will meld together.
3. Coat your pan with coconut oil and fry the salmon for 2-3 minutes per side.
4. Once the salmon is finished, remove it from the pan and drizzle the remaining coconut lime sauce over the salmon. Sprinkle the seasonings on top along with the coconut flakes and serve hot with a wedge of fresh lime.



Grass Fed Burgers with Mushroom Sauce

YIELD:
4 BURGERS
SERVING SIZE:
1 PATTY

TOTAL CALORIES	FAT (G)	PROTEIN (G)	SUGAR (G)	CARBS (G)	FIBER (G)	NET CARB (G)
694	60	28	0	1	0	1

DIRECTIONS

1. In a medium sauce pan, melt the butter/ghee and olive oil on medium heat. Add sliced mushrooms and cook until tender.
2. Add heavy cream, apple cider vinegar, Dijon mustard and stir to combine. Add salt and pepper to taste and stir gently until sauce begins to thicken (3-5 minutes).
3. While sauce is thickening, start with the burgers. Add 1 tsp of butter, coconut oil or olive oil to skillet and cook burgers for 3-5 mins on each side.
4. Pour the mushroom sauce over the burgers once they are finished. Garnish with parsley and enjoy!

INGREDIENTS

- 2 tbsps. Grass-fed butter or ghee
- 1 tsp. extra virgin olive oil
- ½ cup dairy free coconut milk heavy cream
- 1 cup sliced mushrooms
- 1 tsp Dijon mustard
- 1 tsp of apple cider vinegar
- Sea salt and pepper to taste
- Fresh chopped parsley, to garnish
- 4 grass-fed beef burger patties
- 1 tsp butter, coconut oil or olive oil for cooking the burgers

 Prep Time: 5 mins

 Cook Time: 15 mins

 Total Time: 20 mins



Chicken Avocado Chili

YIELD:
4 CUPS
SERVING SIZE:
1 CUP




TOTAL CALORIES	FAT (G)	PROTEIN (G)	SUGAR (G)	CARBS (G)	FIBER (G)	NET CARB (G)
287	20	16	2	13	7	6

DIRECTIONS

1. Sauté onions and scallions in medium sauce pan in coconut oil or butter until onions become slightly soft.
2. Add broth, shredded chicken, salt and spinach. Stir to combine.
3. Bring to a boil over medium high heat, then cover and reduce heat to medium-low and simmer for at least 5 minutes.
4. Serve warm with avocado and cilantro for toping.

INGREDIENTS

- 3 cups cooked shredded chicken or turkey
- 5 cups chicken broth
- 1 cup chopped green scallions
- 1 cup of organic spinach
- 1 cup chopped onions
- 1 pinch sea salt
- 1 avocado, diced

-  Prep Time: 10 mins
-  Cook Time: 20 mins
-  Total Time: 30 mins



Blueberry Coconut Cookies

YIELD:
9 COOKIES
SERVING SIZE:
1 COOKIE

TOTAL CALORIES	FAT (G)	PROTEIN (G)	SUGAR (G)	CARBS (G)	FIBER (G)	NET CARB (G)
272	26	2	0	12	7	5

DIRECTIONS

1. Place all ingredients into blender or a food processor.
2. Process the ingredients for 2-3 minutes until the shredded coconut begins to break down.
3. Drop the batter, about 2-3 teaspoons worth onto a lined cookie sheet.
4. Place in the refrigerator or freezer to harden for 10-20 minutes.
5. Store in an airtight container in the refrigerator or freezer.



INGREDIENTS

- 2 cups shredded coconut flakes
- ½ cup virgin coconut oil
- 1 cup organic blueberries
- 10-20 drops liquid stevia
- ½ tsp. vanilla extract
- 1 pinch sea salt
- ½ cup of filtered water



Prep Time: 10 mins



Inactive Time: 20 mins



Total Time: 30 mins



Turmeric Coconut Cream Cups

YIELD:

12 CREAM CUPS
SERVING SIZE:
1 CUP

TOTAL CALORIES	FAT (G)	PROTEIN (G)	SUGAR (G)	CARBS (G)	FIBER (G)	NET CARB (G)
291	30	1	1	5	3	2



DIRECTIONS

1. Melt butter or ghee on low and mix in the turmeric and black pepper- stir until well combined and set aside.
2. Place shredded coconut, coconut butter, coconut oil, lemon juice and stevia into a food processor and blend until well mixed.
3. Use spoon to scoop out about 2 tablespoons worth of coconut mixture and place into silicone or regular muffin tin.
4. Then spoon about 1 tablespoon of turmeric liquid onto your coconut cups until the coconut is completely covered.
5. Place in freezer for about 20 minutes or until coconut is frozen.
6. Store tightly sealed in refrigerator.

Additional Insight: These are super satiating, 1 or 2 of these will go a long way!



INGREDIENTS

- 1.5 cups unsweetened shredded coconut ½ cup coconut butter
- ½ cup extra virgin coconut oil
- 1 tsp. organic lemon juice
- ½ cup grass-fed butter or ghee
- ½ tsp. turmeric
- 1 tsp of liquid stevia or monk fruit (optional)
Pinch black pepper



Prep Time: 30 mins



Inactive Time: 20 mins



Total Time: 50 mins



Berry Coconut Milk Ice Cream

YIELD:
1 1/3 CUP
SERVING SIZE:
1/3 CUP

TOTAL CALORIES	FAT (G)	PROTEIN (G)	SUGAR (G)	CARBS (G)	FIBER (G)	NET CARB (G)
125	11	1	0	6	1	5

DIRECTIONS

1. Blend coconut milk, sweetener, salt, vanilla, and berries until smooth.
2. Place a sheet of parchment paper on deep baking dish. Pour the coconut milk onto the parchment paper and then freeze for several hours, until hard.
3. Once frozen, pull the coconut milk off the parchment paper and break into chunks.
4. Add coconut mixture to the blender.
5. Process until smooth, scooping down the sides as necessary. Serve immediately or keep in freezer.

INGREDIENTS

- 1 can of full fat coconut milk
- ½ tsp of vanilla extract
- 1 full cup of frozen organic berries
- ¼ tsp of stevia
- Pinch of sea salt

Optional Ingredients:

- 1 scoop of vanilla bone broth protein

- 🕒 Prep Time: 10 mins
- ⏸ Inactive Time: 4 hrs
- 🕒 Total Time: 4 hrs, 10 mins

Additional Notes:

You will need a high-speed blender or food processor. Using the parchment paper is a must! It will stick to glass and plastic and you will never be able to get it off without melting it (trust me!)



Vanilla Collagen Marshmallows

YIELD:
15 PIECES
SERVING SIZE:
5 PIECES

TOTAL CALORIES	FAT (G)	PROTEIN (G)	SUGAR (G)	CARBS (G)	FIBER (G)	NET CARB (G)
9	0	2	0	0	0	0



INGREDIENTS

- 1 cup of water
- 3/4 tsp. liquid stevia
- 3 tbsp. grass-fed beef gelatin
- 1 tsp. organic, vanilla extract
- 1/2 tsp of coconut oil for greasing pan

Prep Time: 40 mins

Inactive Time: 2 hours in refrigerator

 Prep Time: 40 mins

 Inactive Time: 2 hrs

 Total Time: 2 hrs, 40 mins

DIRECTIONS

1. Place the 3-tbsp. gelatin into the bowl of a mixer along with 1/2 cup water. Mix together and let sit for 5 minutes to gel.
2. Get the whisk attachment if using a machine or ready or get out a hand mixer. In a small sauce pan heat up 1/2 cup water over medium high heat. Once the water reaches just about boil temperature, remove from the heat.
3. Turn the mixer on low speed and, while running, slowly pour the 1/2 cup hot water down the side of the bowl into the gelatin mixture. Once you have added all of the water, add in vanilla extract and liquid stevia, and increase the speed to medium.
4. Beat at medium-high for 1-2 minutes then increase speed to high. Continue to whip until the mixture becomes slightly thick, approximately 7-10 minutes.
5. Use any pan- a bread loaf pan works well. Lightly grease your pan with some coconut oil. Once your marshmallow mixture is starting to look like it has some body to it, pour the mixture into the pan. Allow to sit in fridge until set. Once marshmallows have set a few hours cut into desired shapes. Store in an airtight container in fridge.



Turmeric Keto Cookies

YIELD:
5 COOKIES
SERVING SIZE:
1 COOKIE

TOTAL CALORIES	FAT (G)	PROTEIN (G)	SUGAR (G)	CARBS (G)	FIBER (G)	NET CARB (G)
9	0	2	0	0	0	0



INGREDIENTS

- 1 cup of shredded coconut flakes
- 2 tps. of coconut oil
- 3 tbsps. of slightly melted coconut butter
- 1 tsp of liquid stevia or monk fruit
- 1 scoop of turmeric bone broth protein powder (or 1 tbsp of turmeric and 1 scoop of your sugar-free protein powder).



Prep Time: 15 mins



Inactive Time: 45 mins



Total Time: 60 mins



DIRECTIONS

1. Heat the coconut butter until it is slightly melted so it is easier to scoop and mold.
2. Combine 1 cup of coconut flakes, coconut butter and the coconut oil in a food processor or high-speed blender.
3. Blend on high until the coconut combination takes on a full coconut butter like consistency. Should be creamy and smooth.
4. Pour the mixture in a bowl and add in the turmeric and protein and the sweetener. Mix up with a fork until it creates a batter. It is normal for it to be crumbly.
5. Scoop out 2 tbsps. and form them into the shape of a cookie or ball by squeezing them in your hand. Store in the fridge and they will solidify and take on a great texture. Enjoy!!

About Dr. David Jockers DNM, DC, MS

Dr. David Jockers is a doctor of natural medicine, a functional nutritionist and corrective care chiropractor. He runs one of the most popular natural health websites in DrJockers.com which has gotten over 1 million monthly visitors and his work has been seen on popular media such as the Dr Oz show and Hallmark Home and Family.

Dr Jockers is the author of the best-selling book “The Keto Metabolic Breakthrough” by Victory Belt publishing and “The Fasting Transformation.” He is a world-renowned expert in the area of ketosis, fasting and functional nutrition. He is also the host of the popular Dr Jockers Functional Nutrition podcast.



Dr Jockers lives in Canton, Georgia with his wife Angel and his twin boys David & Joshua and his daughter Joyful.

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