The Autoimmune Epidemic

Over the past decade, there has been a significant increase in autoimmune symptoms worldwide, affecting people of all age groups. We believe this is due to the global introduction of harmful chemicals into our food, care and cleaning products. The onset of these symptoms in teenagers is especially concerning, indicating a dramatic shift in health trends. It's time for a change. In this guide we will break down all of the steps that you need to take in order to heal yourself.

by Human Garage

Understanding Autoimmune Diseases

1

Root Causes

Autoimmune diseases often arise due to disrupted flow in the digestive system, stress, dehydration, held emotions and exposure to harmful chemicals.

2

Symptom Manifestation

Manifestations include cold hands/feet, racing thoughts, gas, bloating, distention, skin irritation, hair loss, fatigue, brain fog, negative thoughts, swelling, excessive change in weight and hormonal imbalances.

3

Common Conditions

Rheumatoid Arthritis, Lupus, Hashimoto's, Graves Disease, Celiac Disease, Type 1 Diabetes, Multiple Sclerosis (MS), Depression, Psoriasis and more.

How to heal yourself

Clean Your Environment & Become Aware

Reduce exposure to chemicals found in food, cleaning and care products. Learn to test for your body.

Hydrate & Reduce Inflammation

Replenish the body with the essential nutrients it needs to rehydrate and stay hydrated

Fascial Maneuvers to reduce stress

Reduce stress, restore flow and help heal your body by learning how to work on your own fascia

Release and remove toxins through detox

Let go of all the mucus, chemicals and trauma being held in your body

Clean your environment

Watch Video

- Harmful Chemicals
  - Plastics (BPA's)
  - Metals (Strontium, Aluminum, Mercury, Barium)
  - Forever Chemicals (PFAS)
  - Herbicides, Pesticides, GMO's (Glyphosate)
  - Fluoride, Bleach, Chlorine

- Common Sources
  - Food (In almost everything, high dose in coffee, alcohol, sauces, fruits and veges)
  - Tap/ Bottled water (Chlorine, Fluoride, Blood Pressure Medications)
  - The Air (Chem Trails)
  - Cleaning Products (Bleach, Dish Soap, Detergent, Fabric Softener, Air fresheners)
  - Hygiene Products (Toothpaste, Mouth Wash, Deodorant, Body Wash, Shampoo, Tampons, Toilet Paper)
  - Beauty/ Cosmetics (Makeup, Lotion, Nail Polish, Hair Dye, Perfumes)
  - Kitchen (Pots & Pans, Plastic Cutting Boards, Plastic Wrap, Plastic Containers)
  - Medications (Vaccines, Steroids, Antibiotics)
  - & more.....

- Action Steps
  - Audit your environment.
  - Seek clean, natural and healthy products
  - Use resources like **ewg.org**
  - Body awareness and self-awareness training (muscle test, sway test, pendulum)

Harmful Chemicals

Plastics, Metals, Forever Chemicals, Herbicides, Pesticides, GMOs

Common Sources

Found in food, air, cleaning products, personal care items, and more

Action Steps

Audit your environment, seek safe products, and enhance body awareness

Sources of Dehydration

Watch Video

1 Farming Practices

The soil and food we eat today lacks the vital minerals, elements and vitamins that we need to function optimally.

2 Chem Trails

Barium, Strontium, and Aluminum are being sprayed in the sky which deplete the body of minerals and silica

3 The Over Consumption of Demineralized, Unstructured, Tap/ Bottled Water

When we drink too much demineralized water without an adequate amount of minerals present in the body, the water begins to further dehydrate you. That's because the water grabs your minerals and you pee it out.

An example of this is to look at a river.

As water passes by, it grabs the minerals on the rocks and begins to erode the rocks over time.

The same thing happens in your body!

4 High dose of metals and chemicals in your body

Anytime chemicals and metals enter the body, water acts as a cleaning agent and comes through to help clear it out.

That means when you are exposed to chemicals you use a lot of water to help remove them

Rehydration Methods

Watch Video

1

Silica Balance

Restore silica balance with natural sources like Horse Tail and Diatomaceous Earth.

Click here

2

Mineral Restoration

Replenish your body with trace minerals, Irish Sea Moss and Structured Water.

Learn More

3

Inflammation Reduction

Combat inflammation with natural anti-inflammatory products like PowerCurc30.

Learn More

Fascial Maneuvers - Reduce Stress, Restore Flow and Heal the Body

- Fascia is a fluid, adaptive, biological computing system that holds memory, emotions, chemicals and trauma.
- Fascia holds our muscles, bones, tendons, ligaments, organs and nerves inside
- Fascial Maneuvers are a movement philosophy that works on the fascia to reduce stress, enhance flow and helps heal the body

15 Min Stress Reset | PSOAS Release | Belly Button Torque

Organ Reset | Hip Release | Pretzel Squat (P1)

Pretzel Squat (P2) | Knee Torque | Ankle Mobility

Release the toxins

- When healing from autoimmune disease there may be a release of toxins from the body
- We suggest taking an epsom salt or magnesium flakes bath (daily) to help pull the toxins out
- Know that if symptoms worsen at first or things come out that this is part of the healing process
- Give your body the time, space, and compassion that it needs to heal

Additional Tips for Managing Autoimmune Diseases

There are various strategies that may help in managing autoimmune diseases. It's important to consult with a healthcare professional for personalized advice and treatment. Some general tips include:

- Considering alternative therapies like Borax
  - **https://www.earthclinic.com/remedies/borax.html**
  - **https://www.health-science-spirit.com/Healing_the_Body/The-Borax-Conspiracy.html**
  - **https://yummy.doctor/blog/borax-boron-boric-acid-and-your-health/**
- Considering alternative therapies like Urine Therapy
  - **https://anandkunj.com/auto-urine-therapy-history/**
  - **https://anandkunj.com/research-evidences-auto-urine-therapy/**
  - **https://anandkunj.com/how-and-why-urine-therapy-works/**
  - **https://anandkunj.com/faqs-on-urine-therapy/**
  - **https://www.mantakchia.com/complete-guide-urine-therapy/**
- Try a high dose of MassZymes for 28 days to clear out your digestive system from undigested food (You can find them **here** - code: humangarage)
- Take the P30M Probiotics to clear out glyphosate and help rebalance healthy gut microbiome. (You can find them **here** - code: humangarage)

Testimonials



YouTube

My skin journey has been quite the ride! Don't give up on yourself, yo...

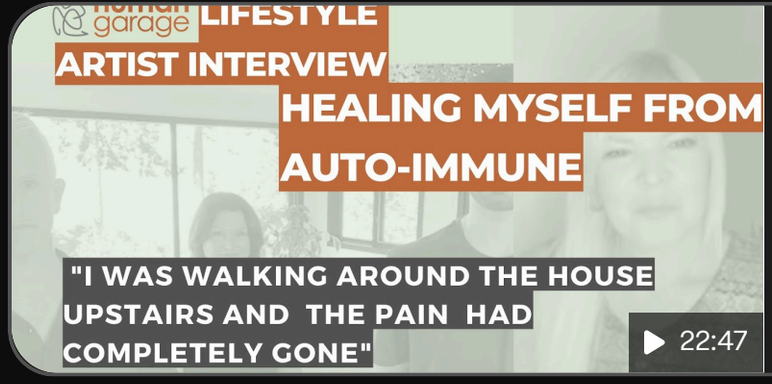
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YouTube

18 month old heals from eczema #autoimmunediseases

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YouTube

Healing Myself From Auto-Immune | Lifestyle Artist Interview with C...

Claire Williams shares her experiences with understanding her spiritual calling, learning Reiki, being a single mother, being diagnosed with Rheumatoid...

Join our Life Reset Programs

For those of you who are really committed to transforming your life, we have built life reset programs to teach you everything you need to know in order to heal yourself.

These programs are accessible to people all over the world.

The program layout goes as follows:

- 1, 3 and 7 Day (Mini Resets)
- 28 Day Life Reset Challenge
- LifeStyle Artist Program

You can join for free **here**.