

DR **dahlman** ONLINE

Conquering All Autoimmune Inflammatory Conditions:
Rheumatoid Arthritis, Multiple Sclerosis, Lupus, Graves Disease,
Hashimoto's, Myasthenia Gravis, Sjogren's and more.



Thank you for your interest in my protocol for the treatment of any and all autoimmune inflammatory conditions. I appreciate you taking the time to find my website to receive this information.

A lot of hard work has gone into this project and it has taken many years of study and success with my patients for me to even claim that I may be able to help you. I hope you find this information valuable. Please understand that the majority of my practice at the Hyde Park Holistic Center in Cincinnati involves gastrointestinal complaints and autoimmune inflammatory patients. I know how you are feeling; I have spoken on the phone, emailed or seen in my office, tens of thousands of you since 1997.

Please read this report and then you can decide if you would like to have me direct you through the entire process of restoring your health and conquering your health concerns with scheduled phone consultations. Feel free to call me at 513-871-3300 or email me at info@DrDahlman.com anytime with questions about how to get started or for answers to quick questions. I make myself available as much as possible. Also note that if you read this document on your computer, there are clickable links to www.DrDahlman.com where much more information is available. Good luck!

The main purpose of this article is to teach you how your autoimmune inflammatory condition began, what it is, why traditional medicine will not end it for you and what I suggest we do about it. In order to get there, we will discuss:

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The Traditional Definition for Autoimmune Inflammatory Conditions

It is common perspective that an autoimmune inflammatory condition is the result of the immune system's inability to differentiate between foreign invaders and the body's own tissue.

Traditional thinking then supposes that the reason it can't tell the difference between the two is because the immune system has lost its way, become defective and needs to be turned down a notch with dangerous medications to protect the body's tissue from damage.

Nothing could be further from the truth.

With a startling increase in autoimmune inflammatory conditions over the last few decades, the National Institutes of Health (NIH) estimates up to 23.5 million Americans suffer from autoimmune disease and that the number is continuing to increase.

Some experts say that 50 million Americans suffer from autoimmune inflammatory disease because the NIH numbers only include 24 diseases. Other researchers have identified 80-100 different autoimmune diseases and suspect at least 40 additional diseases of having an autoimmune basis.

Certainly one can't reasonably suggest that the human being has simply come to a point in their evolution where these conditions are inevitable for some of us. In fact, genes may have a limited responsibility on whether or not you get an autoimmune inflammatory condition.

There has to be another reason.

Consider the breast cancer gene. Not all women with it get breast cancer. Why? What is the difference between a woman with the gene who does not get breast cancer and one with the gene who does? Same can be said for autoimmune inflammatory conditions in that there certainly can be a genetic "sensitivity" that predisposes one to an autoimmune inflammatory condition. But not all with that gene get an autoimmune inflammatory condition.

So, something must turn the genes on. Let's search for what that is...and let's turn them off.

Why Your Immune System is Working Perfectly

Recently, researchers and functional medicine physicians looking for the true cause have questioned if the immune system is actually working the way it is designed. Could it be the immune system is perfectly healthy and simply begins to work against tissue that it doesn't recognize? Against modified versions of the normal host tissue? This concept suggests altered tissue is the problem, not an immune system that needs to be drugged into submission.

What has altered the tissue...making it unrecognizable by the immune system...is now the question that needs to be answered.

And, there is a very likely reason as to how tissue becomes altered. Understanding it is the beginning to conquering any autoimmune inflammatory condition. Let's stop the reasons that your tissue has become altered, help it return to normal and watch your autoimmune inflammatory condition go away.

There can be other factors that, in conjunction with altered tissue, contribute to autoimmune inflammatory conditions. More on that in a minute.

A Simple Lesson in Human Biochemistry – The Role of Glucose

Glycation. Ever heard of it? OK, it will be the biggest word I use in this explanation, I promise. Stated most simply, it is the attachment of a sugar molecule (glucose) to a protein molecule. That, in and of itself...alters the protein. Glucose should not be attached to proteins. When that happens, they are called glycated proteins or advanced glycation end products (AGE's). The immune system must react to this altered tissue and will...as designed.

The most common example of this that a person understands is a test for diabetes called A1C. The A1C test is used to diagnose Type 1 and Type 2 Diabetes and then becomes a gauge to monitor how well you're managing your diabetes. The A1C test goes by many other names, including glycated hemoglobin, glycosylated hemoglobin, hemoglobin A1C and HbA1c.

The A1C test result reflects your average blood sugar level for the past two to three months. Specifically, the A1C test measures what percentage of your hemoglobin, a protein in red blood cells that carries oxygen, is coated with sugar (glycated). The higher your A1C level, the poorer your blood sugar (glucose) control and the higher your risk of diabetes complications.

What are the main diabetes complications? They are diabetic neuropathy (nerves), retinopathy (eyes) and nephropathy (kidneys) as well as others. Nerves, eyes and kidneys are protein! Too much sugar (glucose) in your bloodstream...coats the protein molecules of your nerves, eyes and kidneys...and the tissue is altered and the immune system...properly...responds. Exactly as designed.

Now, let's translate this concept to autoimmune inflammatory conditions.

What are Most Common Autoimmune Inflammatory Conditions?

There are well known autoimmune inflammatory conditions, there are lesser-known autoimmune inflammatory conditions and there are those that are lately being listed as an autoimmune inflammatory condition that might surprise you.

The well known list might include: rheumatoid arthritis, juvenile rheumatoid arthritis, lupus, multiple sclerosis, celiac, scleroderma, psoriasis, psoriatic arthritis, inflammatory bowel disease, Addison's, Grave's, Hashimoto's and Sjogren's Syndrome.

Lesser known might include: alopecia, ALS (Lou Gehrig's Disease), ankylosing spondylitis, dermatitis, uveitis, Bechet's Disease, CREST Syndrome, Cushing's, eczema, Goodpasture's, Guillain-Barre, interstitial cystitis, Meniere's Syndrome, myasthenia gravis, polymyositis, Raynaud's, Reiter's Syndrome, transverse myelitis and vitiligo. And there are more.

Health concerns commonly never connected to an autoimmune inflammatory condition now added to the list: heart disease, Type 2 Diabetes, osteoporosis and dementia and Alzheimer's.

None of the above lists are meant to be conclusive and finite, but illustrate the breadth of these conditions.

Let's look at each individually and which specific protein structures in the body affected by glycation that characterizes each autoimmune inflammatory condition. This is not a complete list of the affected parts of the body, but simply shows all are protein structures.

Common:

Rheumatoid Arthritis	lining of the joint capsule
Systemic Lupus Erythematosus	skin and various organs
Multiple Sclerosis	myelin surrounding nerves
Celiac	villi of small intestine
Scleroderma	skin and connective tissue
Psoriasis	skin
Psoriatic Arthritis	skin and joint lining
Addison's	adrenals
Grave's Disease	thyroid
Hashimoto's	thyroid

Less Common:

Sjogren's Syndrome	eyes and saliva glands
Alopecia	hair
ALS	nerves
Ankylosing spondylitis	lining of joint capsule
Dermatitis	skin
Uveitis	eyes
Bechet's Disease	blood vessels
CREST Syndrome	skin
Cushing's	adrenals
Eczema	skin
Goodpasture's	lungs or kidneys
Guillain-Barre	nerves
Interstitial Cystitis	bladder
Meniere's Syndrome	ears
Myasthenia Gravis	muscles
Polymyositis	muscles
Raynaud's	arteries
Reiter's Syndrome (reactive arthritis)	lining of joints, eyelids and urinary tract
Transverse Myelitis	muscles and spinal cord
Vitiligo	skin

New Additions:

Heart Disease	cardiovascular system
Type 2 Diabetes	pancreas
Osteoporosis	bones
Dementia and Alzheimer's (Type 3 Diabetes)	central nervous system

So, if glycation is part of this process...the attachment or coating of proteins by glucose...and my immune system is healthy and working perfectly, what is causing this to happen to me?

What Causes Glucose to Attach to My Protein Cells?

Excellent question and the understanding of it reveals the foundation of an effective treatment to positively affect the alteration of normal tissue. Let's return it to normal and once that happens, it could be assumed that an autoimmune inflammatory condition will change for the better and could go away.

If glycation is the attachment (coating) of glucose molecules to protein molecules creating altered tissue... and we obviously can't change the proteins of our tissue they are attaching to...what can we do with regard to glucose to change this process?

Let's define glucose first. Seems simple enough...it's sugar. Right? Not exactly. Glucose is certainly in sugar, but it's also in lettuce. Let's not focus on lettuce as I simply used that as one example of a food that also contains glucose. But lettuce does have the same glucose that's in table sugar or a Snickers bar.

Here is a better definition of where glucose is found: Glucose is found in all foods that are not animal products, fats, oils, nuts or butter. Everything else has glucose in it.

Another way to define it is to say that all plant foods have varying amounts of glucose in them. But, I thought plants were healthy? They are, but you can eat too many foods that contain glucose and cause yourself problems. It's the total amount in a given time period: per day, per week, per month, per year, per lifetime, regardless of the source, that can be too much for any individual.

A term we also need to come to grips with is carbohydrates or carbs. ALL carbs contain some amount of glucose. All the carbs you know of are plants, aren't they? And carbs are not just grains, rice and potatoes. ALL plant material contains carbs and that means they contain glucose and that means they contain sugar. There are simple carbs, complex carbs and starchy carbs. They all contain glucose.

If glucose is where we must focus, does it make sense that normal amounts of glucose in the body would probably not contribute to this problem? Problem with that statement is what are normal amounts of glucose? Do you have a genetic predisposition to glucose attaching to proteins? Are you more sensitive than someone else?

Our common frame of reference about glucose in the blood stream concerns diabetes. We all know someone who has had diabetes or we certainly know that it is a blood sugar problem. We all must watch our blood sugar and "normal" has been defined with regard to it.

But "normal" has not been defined with regard to autoimmune inflammatory conditions. No one knows. It's just a logical leap to make that if you have an autoimmune inflammatory condition, the severe restriction of ALL glucose containing foods...not their complete elimination...but a planned temporary restriction will make a dramatic impact on the glycation process and formation of advanced glycation end products going on in your body. You should be able to reverse your health condition.

Yes, we are talking about the restriction of carbs from your diet. But, it probably will not be that simple as there are other influences that can contribute to your autoimmune inflammatory condition.

But know this...the amount of glucose you ingest does have an influence and it is the place to start...it's the foundation of any successful treatment plan. What else can be involved?

Other Factors Contribute to Autoimmune Inflammatory Conditions

Though the role of glycation should be front and center in a plan to conquer any autoimmune inflammatory condition, there can be other factors that can influence tissue in other ways than glucose or glycation.

Usually concurrent with any autoimmune inflammatory condition, I find poor bowel function in almost every case. The gut has a huge role in how the immune system works and if it is out of balance or lost its efficiency, the immune system both in the gut and in other parts of the body are affected.

- All autoimmune inflammatory patients have food allergies. I've never seen one case that didn't. No one can create a food allergy without having poor bowel function. Details about this concept are coming later in this article.
- Toxins and the body's ability to detoxify/eliminate them can place a burden on the immune system as those toxins are placed into tissue. Details about how to detoxify them coming later in this article.
- Infections also play a role as to how your immune system works. If you have bacteria, virus, parasite, spirochete or yeast that is in the body, two theories may be at work. This is the least studied or known aspect of autoimmune inflammatory conditions, but may have to be considered. Antibodies are produced each time the immune system gets involved and molecular "mimicry" may occur where the immune system mistakes tissue that may be similar to the organism. Another theory is the organism can enter tissue and cause damage... creating "altered" tissue.

Summary

Here is my step-by-step plan for anyone with an autoimmune inflammatory condition in a slightly different order than I just explained:

1. Learn the reasons you have lost the health of your gastrointestinal system and our plan for success in returning it to balance.
2. Identify your food allergies and temporarily eliminate those foods from your diet.
3. The Dietary Rules – Some foods are pro-inflammatory, so we temporarily stop them and also lower carbs in your diet. Remember glucose and glycation.
4. Not well yet? Are you toxic? Can your body excrete toxins efficiently?
5. Not well yet? Investigate the role of infections/organisms.

Let's discuss the plan to accomplish all of the above five concerns, the first three will all be done at the same time. Within these five steps, you will see a complete change in your health.

The Reasons You Have Lost Your Gastrointestinal Health

There are many reasons that you have lost your gastrointestinal health. We all have had contact with these possible causes at some time. How many of us have had antibiotics? All of us, right? It's such an important subject that we will take a very close look at them later in this discussion. How many of us have had other drugs prescribed by our physicians. All drugs have potential side effects. According to the Physician's Desk Reference, the number one caution of most drugs is their effect on the gastrointestinal system. We all use over-the-counter medications, don't we? Antacids, painkillers, cough syrup, anti-histamines, etc. These also have potential effects on our gastrointestinal tract. And most importantly, our diet. We will talk about specifics later in this discussion, but I'm sure you understand that your diet affects all function in the body.

The key reasons you have gastrointestinal problems are:

- Use of Antibiotics
- Lack of Digestive Enzymes
- Prescription and Self Medications: Especially Non-Steroidal Anti-Inflammatory Drugs
- Poor Food Choices
- Abnormal bacteria, parasites or yeast (fungus) in your gastrointestinal system.

Let's look at each of these more closely.

Reason: Use of Antibiotics

You've already heard me mention that the problem that needs to be addressed is an imbalance in bacteria and chemistry. Once the bacterial levels are lost, then the chemistry will change and symptoms show up. I have suggested the primary reason bacterial levels are lost is the use of antibiotics. Designed to kill infections caused by bacteria, not only do they do a great job on infections like sore throats, ear infections, bronchitis or urinary tract infections, they unfortunately also destroy a portion of the optimal levels of good and bad bacteria living in our gastrointestinal system. And it doesn't matter if you have taken 2 or 200 courses, whether you took them all before you were 5 years old or throughout your lifetime. Each time, you destroyed a portion of the bacterial balance so important for gastrointestinal health.

This potentially also allows bad bacteria to overgrow their normal levels or makes it easier for you to pick up abnormal bacteria from the environment. The good news is that we can re-establish proper bacterial balance and restore chemistry in every person with autoimmune inflammatory conditions.

TIP: You prevent the reappearance of this condition through the judicious use of antibiotics, but if you find antibiotics necessary, take the product (probiotics) that I recommend designed to re-establish the good bacteria that's being destroyed while you take the antibiotic and for 2 months after. This prevents you from again entering that vicious cycle that results in gastrointestinal problems.

Reason: Lack of Digestive Enzymes

If you have gas, bloating, indigestion, heartburn, reflux, GERD, pain or cramps, 90% of the time it's caused by foods that you are unable to tolerate (more on that later) coupled with a lack of digestive enzymes, such as hydrochloric acid (stomach acid) and pancreatic enzymes such as amylase, protease and lipase. But wait, many of you think you have too much stomach acid, that's why you're taking Tums, Rolaids, Pepcid AC, Tagamet, Prilosec or Nexium. In reality, there are very few people that actually produce sufficient amounts of acid in the stomach. Sure Doc, but why do I feel so much acid, it burns and hurts, and it comes up into my throat? Hang in there, this is a long explanation.

If you ask a physician or nurse: What are the symptoms of a person who is producing too much stomach acid? They will easily list the symptoms I have mentioned above. But if you ask: What are the symptoms of a person producing too little stomach acid? You get silence. It's because they have never thought about it in this way. The symptoms are the same. How do you know which category you fall into? Have you diagnosed yourself? Do the 3 or 4 commercials you see every night during the network evening news have you convinced that you need antacids for your symptoms? Yeah, but Doc, when I take antacids, I feel better.

Well, some of you do. Some of you get temporary relief and then it stops working. But one thing you all have in common, it never cures your problem. Many of you have taken antacids for years or even decades. You have a bottle in your kitchen, bathroom, office and automobile. It is not a cure; it merely suppresses your symptoms. But wait, there's worse news.

Antacids buffer (meaning lowers) the amount of acid you are producing, ultimately impairing digestion. As if that were not bad enough, lowered acidity in the stomach inhibits minerals such as calcium, magnesium and potassium from being broken down properly, a process that begins in the stomach, and impairs their ability to be absorbed. And if that's not bad enough yet, acid is a potent weapon that fights any bacteria in the food you eat. Buffer it away and your chances of catching food poisoning or having an abnormal bacteria take hold in your gastrointestinal tract are greatly increased. And the manufacturer has the nerve to add the poorest quality calcium known to man (calcium carbonate) to your antacid, as if they are doing you a favor!

The bottom line is that too many people are taking an antacid because they think they are producing too much acid (which they aren't) and they think the problem is solved (which it isn't). In reality, the process of digestion is inhibited and minerals aren't prepared properly for absorption in the small intestine. Therefore, you don't get all the available nutrition from your food. Welcome to another cause of mal-absorption.

I should also explain that there is a sphincter muscle at the bottom of your esophagus that's supposed to close and prevent any splash of the acid that is in your stomach into your esophagus. If this muscle isn't working properly, it doesn't matter how much acid your stomach is producing, if it splashes through the sphincter muscle onto the base of the esophagus, you will feel a burning. One of the main reasons that any muscle or specifically sphincter muscles in the body don't work properly is a calcium deficiency. Didn't I just mention the taking of antacids impairs the ability of minerals such as calcium to be absorbed? Get the picture?

[Click here to read more about effects of antacids at Dr. Dahlman Online](#)

Reason: Prescription and Self-Medication: Especially NSAIDS

We live in a society that thinks it can solve its problems with pills. We are constantly exposed to advertisements in newspapers and TV for over-the-counter medication. Advertising works, therefore, we all self-medicate.

What could possibly be wrong with an aspirin? If we have a headache, we reach for it. If it's a bad headache or if we have aches and pains somewhere else, we might choose Tylenol, Advil, Motrin or something similar. A cough? Cough Syrup. If we have sinus congestion, with drainage down the back of the throat or out the nose, we take a decongestant and anti-histamine. Stops you right up.

How about something to help you sleep or help you wake up? Medicine for diarrhea or constipation? These aren't cures. Just temporary relief. And we already mentioned all of those antacids. Did you ever stop and think that there is a reason that you have a headache, a cough, and sinus drainage? Is your body trying to accomplish something? Might these symptoms be a normal reaction? A cough helps clear your lungs. Sinus drainage rids you of unwanted mucous that harbor germs. Should we really interfere with what the body is trying to do?

Do you have a headache because of a lack of Tylenol in your bloodstream? Of course not, but isn't that why you take the Tylenol? Pain relievers don't solve what is causing your pain; they only mask it, actually blocking receptors in your body that sense pain. Some cure.

Just as the number one side effect of prescription medications is gastrointestinal problems, over-the-counter medications also have consequences. In a published report in the New England Journal of Medicine, a study conducted at Boston University School of Medicine discussed significant and potentially fatal side effects of non-steroidal anti-inflammatory drugs (NSAIDS) such as aspirin, Advil, Motrin, Aleve, Naprosyn, Naproxen, Voltaren and Indocin. The lead researcher called this a silent epidemic because warning signs don't precede gastrointestinal complications. What have I been telling you? You may or may not have the symptoms that I have been describing. You may not even be aware of this process.

[Click here to read more about effects of NSAIDS at Dr. Dahlman Online.](#)

The complications the lead researcher is referring to are gastric damage, ulcers and bleeding. They also have been linked to arthritis. That means there is a change in chemistry and inflammation. He added that these complications could be potentially fatal. Sounds extreme, doesn't it? Not when you realize that between 7,600 and 16,500 deaths occur every year from ulcer-related complications associated with NSAIDS use and over 76,000 are hospitalized each year from NSAIDS use. But for our purposes, it is important to realize that the use of over-the-counter medications generally and NSAIDS in particular, contribute to the problem that we are trying to solve. Use them if you can't function without them, but eliminate them if possible.

[Click here to read more about deaths from adverse drug reactions at Dr. Dahlman Online](#)

Reason: Poor Food Choices

How many of you have a perfect diet? Put your hand down! No one does. Do you pay attention at all to what you eat? How much fast food is in your diet? How much fried food? How much milk, cheese and ice cream? How much of it is processed, already prepared and packaged? I could go on, but some of you have had poor nutritional habits for a long time and some of you have made changes only recently. How many of you hardly eat at all? Either way, your choices have consequences.

The point of all of this is to give you an idea of what contributes to creating an environment that may cause your symptoms. Most people have had antibiotics, self-medicated and eaten poorly. Combine this with a lack of digestive enzymes and it's no wonder that your bowels are out of balance, you can't get proper nutrition from your food and symptoms develop.

Reason: Abnormal Bacteria, Parasites or Yeast

The following information discusses a concern that may or may not occur in autoimmune inflammatory patients. Though we find abnormal levels of bacteria, yeast or parasites more commonly in IBS patients, I believe a discussion of this issue is important to be included in this report in case I call for a stool test as I direct your progress through my protocol.

This discussion is different than a more complex discussion of bacteria, parasites, yeast, viruses and spirochetes found later in this report. This information is specific to restoration of your gastrointestinal health and not a discussion of the possibility these organisms are more directly responsible for your autoimmune inflammatory condition. The difference will become clearer later in this report.

We are unable to know for sure if there are abnormal levels of bacteria, parasites or yeast in your gastrointestinal system without the benefit of sending stool samples to a lab. Some of you might say that your doctor already has had you submit a stool sample and you have no problems. Make sure you know what was tested. The typical stool test ordered by traditional doctors only tests for the presence of blood, parasites and their eggs (ova). This is entirely useless for our purposes because rarely do we ever see parasites, but we often see positive findings for bacteria, yeast or both.

Don't let a bunch of misleading information found on the Internet cause you to think that you must undergo a cleanse for parasites. There has been for decades in books, literature mailed to unsuspecting consumers and on the Internet, information using scare tactics that everybody has parasites. I send out hundreds of stool samples each year to test for parasites and I probably only see 3-4 back each year positive for parasites.

A cleanse will not be the answer you are looking for when it comes to resolving your gastrointestinal complaints. Also, don't believe the information that claims that there is fecal material hanging on the inside of the bowels that only a cleanse can remove. These Internet sites, books and mailers are only trying to sell you products. The bowels are a self-cleaning organ. It's called a bowel movement. I assure you, the cause of your condition revolves around restoration of bacteria and chemistry.

Bacteria or yeast can be a potential contributing cause of your gastrointestinal problems. If found together, their consequences can be even worse. Remember that in the section about antibiotics, I mentioned that when the beneficial bacterial levels fall below normal levels, the bad bacteria tend to overgrow and that's when problems begin. You may also have been exposed to bacteria from having lived on a farm and your exposure to animals and manure. People on farms may have more frequently swum in lakes or streams. Anyone who has traveled in third world countries may also have been exposed. It is also possible to come into contact with bacteria by eating common fruits and vegetables.

Yeast is normal in your gastrointestinal system, but at very low levels. Women are familiar with vaginal yeast infections, but men and women both can suffer from systemic yeast infections. This situation can lead to multiple symptoms commonly associated with a condition called candida. It is important to have this condition diagnosed through stool or blood before embarking on a plan to kill the yeast and following the rigorous diet that is also necessary for its elimination.

The Plan for Success – How We Restore Your Gastrointestinal Health

Understanding the information just presented to you is as important as what to do about it. The following information will be partially familiar to some of you, but probably not in the way that it is presented and completely unfamiliar to many of you. I have many different types of people come into my office each day and many of them have been on a search for information for a very long time.

The search usually begins at their doctor's office and after a short time or many years becomes very frustrating. Frustration leads to a search at the local bookstore to read anything that they can get their hands on. Suggestions are made: exercise, massage, vitamins, herbs, homeopathy, visualization, biofeedback, reflexology, yoga, meditation or magnets. Varying degrees of success are reached. Further exploration leads the sufferer to the local health food stores. There they receive well-intentioned advice from employees who work in the store because they are "into health" and have done more reading than the average customer. Following a plan like this usually leads to a cupboard full of various vitamins, minerals and herbs as well as a lighter pocketbook. Partial success may be found, but never a cure. The taking of supplements by themselves without a plan is just like the taking of a prescription. Not as toxic, without side effects, it is an attempt at symptom suppression, not a cure.

Interestingly enough, the patient may have already tried some of the suggestions that you are about to hear. The problem for this patient is that they have not tried all of my suggestions at the same time and in the order presented. My protocol addresses nine separate variables that may have GI tract complications.

Once the patient has reached my office, he or she is worn out, frustrated, has spent too much money and is wary of the next step. They are often skeptical of what I may propose to them. They are there because they feel they have no other options. Frustration leads to desperation. Luckily they have come to the right place.

Remember that you do not have a disease, you have a lifestyle issue that has resulted in a set of symptoms that are nothing more than your body trying to tell you something. I learned the approach that you are about to read from other physicians that have been in practice a lot longer than I have. I did not discover it. I have simply taken the education I have received and translated it into a treatment plan for you and others to follow on your own, with your doctor or by allowing me to guide you through it.

So, finally, our Plan For Success will revolve around these areas:

- **Re-establish Normal Bacterial Balance** — Remember what antibiotics and other lifestyle influences did to your population of healthy bacteria? You will take high quality probiotics (the good bacteria) to re-establish that population.
- **Feed Tissue, Restore Chemistry and Decrease Inflammation** — You will take a nutritional beverage to feed the tissue that lines your gastrointestinal system to change the chemistry, eliminate inflammation and improve absorption.
- **Improve Digestion** — You will take digestive enzymes to eliminate gas and bloating, indigestion, heart burn, pain, cramps and reflux. Let's break your foods down in a timely manner.
- **Identify Your Food Allergies**
- **The 100% Don't You Dare Break 'em Autoimmune Inflammatory Dietary Rules**
 - Dairy Detective: The "no dairy" rule is the most important dietary change. I will teach you why you have to eliminate it and how to look for hidden dairy.
 - No Gluten: Nothing made from wheat, oats, barley or rye.
 - Let's Lower Carbs and Stop Glycation!: Glucose, glucose, glucose.
 - No Legumes (beans): We've all laughed about this since we were five.
 - Liquids and Fruit: When To Drink or Eat Them: Simple, but important.
 - Stop Taking Your Vitamins, Minerals or Herbs — What? Read on. Let's discuss each of these.
 - Total Elimination of Fructose Containing Foods?

Re-Establish Normal Bacterial Balance

Large therapeutic doses of normal bowel bacteria (probiotics) are a must to begin restoration of health in your gastrointestinal system. You probably know that there is acidophilus in yogurt, but in nowhere near the amount that you need to restore the health of your system. Nor do "fermented" foods. Yes, they do contain probiotics, but not in therapeutic amounts.

There are also probiotics in the health food stores. Recent laboratory analysis suggests that some, if not all of them are not as potent as they claim, or because of the many different strains of bacteria available, will not re-implant each organism in the cell wall of your gastrointestinal system. At times you are wasting your effort with health food store products.

The probiotics that I use have been effective since the late 1990's in my clinic. Through many lab tests, I have confirmed its ability to re-establish proper levels in the gastrointestinal tract. It is refrigerated and it must be taken on an empty stomach. Details on dosage are discussed later in this article.

See the section on purchasing from my secure online store to see what to order.

Feed Tissue to Restore Chemistry and Reduce Inflammation

Once the bacterial levels change, then the chemistry of the tissue in the gastrointestinal system also changes creating inflammation. This means that the tissue is just plain unhealthy and in autoimmune inflammatory patients, the inflammation is more advanced.

Through our knowledge of biochemistry and the physiology of the gastrointestinal system, we know what nutrients will return this tissue back to normal. We will feed this system the nutrients that it usually gets from the food as it passes through. A unique thing about the tissue there is that the outside layer, closest to the food, sloughs off every 3-7 days. The feeding and absorption of the necessary nutrients back into each layer of the wall of your tissue, allows each new layer to be healthier than the one that it replaces. In time, we have created a brand new gastrointestinal system. It now can make better decisions about what to absorb and what to eliminate. All in all it's just plain healthier.

The mainstay product of this therapy is called UltraInflamX 360 Plus. It contains the 3 main amino acids that the gastrointestinal system uses for health and fuel as well as all natural anti-inflammatory herbs and other compounds. Details on dosage are discussed later in this article.

See the section on purchasing from my secure online store to see what to order.

Improve Digestion

In time, on this program, you can throw away those Tums, Roloids, Imodium and Pepto Bismol. All of those symptoms are due to a lack of digestive enzyme secretion in one or a couple of organs in your body, food intolerance or the diluting of the digestive juices that you secrete.

The 2 most important supplements in this regard are hydrochloric acid and pancreatic enzymes. (Not a concern if your pancreatic enzymes are high as there is a difference between taking pancreatic enzymes that go into your gastrointestinal system and high blood enzyme levels.) Gas and bloating are usually an inability to break your foods down in a timely manner.

Hydrochloric acid is produced in your stomach and is the first enzyme that your food comes into contact with besides a small amount of enzyme that is secreted in your saliva. Pancreatic enzymes are secreted into the food as it is released from the stomach into the upper part of the small intestine. We will add both of these enzymes to each meal to make sure you have full strength digestive ability.

The slight possibility exists that if you have severe inflammation or irritation in your gastrointestinal system, enzymes may make you uncomfortable. It is very rare and there is no way to tell if this will happen based on your opinion of how much inflammation you may have. If you experience any additional pain, nausea or discomfort that is new or increased compared to what you had been experiencing, stop the digestive enzymes and continue with all the other supplements. Give the protocol a month and try them again as healing will have occurred and you may be able to tolerate them.

If you have had your gall bladder removed, you have special needs. You have an inability to digest fats as efficiently as you used to and you must take an enzyme...forever! I describe this product and dosages of all the digestive enzymes later in this report.

See the section on purchasing from my secure online store to see what to order.

Identify Your Food Allergies

Easily, this is the most important test that can be run on an autoimmune inflammatory patient as every one of you have foods that need to be identified and avoided before you can ever get well. If you have food allergies, each time you eat, you are exposing your immune system to foods that it will react to by creating chemistry that triggers gastrointestinal symptoms and promotes the inflammatory process. We will use a very specific blood test of 88 different foods (we can also test for a list of vegetarian foods or spices as add-ons to this test) using an ELISA protocol testing for IgG reactions.

I know that's a lot of mumbo jumbo to most of you, but it basically says we are testing for delayed reactions to foods using a specific lab protocol. These delayed reactions are quite different than the immediate reactions that many people are used to. You can eat something for lunch on Tuesday and not react to it till Friday after dinner...that's a delayed reaction and explains why you can't keep a diet diary and make heads or tails out of it.

[Click here to read more about recommended food allergy test at Dr. Dahlman Online](#)

During your first consult with me, I will arrange for you to receive a test collection kit and also explain where to go to have your blood drawn.

Food allergies are created when the tissue in your bowels inflame and also expands. With a bad sunburn, your skin swells and the pores enlarge. Inside your bowels and particularly the small intestine, this happens at a microscopic level. Traditional medical tests can see this under a microscope. In holistic medicine it is called "Leaky Gut Syndrome". No, nothing is leaking out of you, but if you read on, I'll explain how undigested foods and bacterial enzymes may be leaking into your bloodstream through these "holes" and promote inflammation.

Microscopically, these undigested foods will move through these "holes" into the waiting capillary bed of your circulatory system (that means bloodstream). No, we're not talking about a piece of chicken or a piece of cheese; we're talking microscopically. The circulatory system is in charge of transporting the nutritional components of your diet throughout your body, not undigested food particles. In the bloodstream, the body is not looking for undigested foods; it's looking for separate molecules of the basic components of each food. It looks for vitamins, minerals, fatty acids from fats, amino acids from proteins, sugars from carbohydrates and other compounds as separate molecules, not as larger molecules that have not been separated from each other.

Once these larger molecules enter the bloodstream, the innate intelligence of the body comes into play. It is able to recognize separate molecules, but not the larger, undigested ones. Under these circumstances, a call is placed to the immune system to come over, inspect and take appropriate action. The most important part of this story and the part that most effects you is this next statement: The segment of the immune system that is called into action first creates an antibody to the structure that it finds and then generates the release of histamine.

Now we all know what an anti-histamine is. Most of us have used one. There we go with that self-medication again. An anti-histamine relieves the symptoms of allergies, sinus drainage, stuffiness and red eyes. That means that histamine must cause those symptoms. Guess what else histamine causes in the body? It contributes to all autoimmune inflammatory conditions and headaches, pain, skin rashes, itchy skin, hives, anaphylactic shock (that's when people eat peanuts or shellfish, can't breathe and could possibly die), asthma and possibly more. Not all of these symptoms occur in everyone, but depending on your biochemical individuality, some or all may appear.

And now you know how a food allergy is created and some of the symptoms associated with them.

Let's summarize what I just said:

- Lifestyle influences have created an imbalanced gastrointestinal system.
- Inflammation has occurred and caused holes.
- This allows undigested foods to pass through a "Leaky Gut".
- Unable to recognize these compounds, the body alerts the immune system.
- The segment of the immune system that responds releases histamine as it works.
- Histamine in the body causes inflammation and those conditions associated with inflammation.

The 100%, "Don't You Dare Break 'em" Autoimmune Inflammatory Dietary Rules

Dairy Detective

Got milk? Remember those ads with all the celebrities and their milk mustaches? Great marketing, isn't it? Guess what cow's milk is for? Baby cows! Period! If you are "chronically unwell", it's even more important to eliminate dairy products.

I am well aware that this is the hardest suggestion that I make. It is also the lifestyle change that has the most potential reward for you. It's that important. Take this section very seriously.

Dairy product use is ingrained into our heads by advertising and marketing that started in grade school for most of us with the 4 food groups thumb tacked to the bulletin board. We were all told that milk helps build strong bones. It is totally untrue and there is no scientific evidence that supports the idea that a milk drinker will have more bone mass than someone who doesn't drink milk. Additionally, there is no scientific evidence that supports the idea that you will suffer from osteoporosis if you don't drink milk. If you know someone who has this evidence, please send it to me.

In fact, Harvard University conducted a study that began in 1976 and followed 78,000 women who ate or drank the equivalent of 2 glasses of milk per day for 12 years. The study found that these women had a 40% increased risk of fracture. So much for the benefits of milk. Let's look at a few other issues. No other mammal on the earth looks for the breast milk of another mammal after they are weaned from the breast. They all drink water. Ever seen a bear or giraffe with osteoporosis? We are the only mammals that eat milk products.

I have always suggested that you only eat foods “as nature intended them to be”. Milk that is heated to a very high temperature (homogenization and pasteurization) is not as nature intended it to be. It is lacking in anything “live”; all of the enzymes and some nutrition have been destroyed or chemically changed through the heating process. It’s a dead food.

How about lactose intolerance? Do you know anyone who claims to be lactose intolerant? It’s my opinion that everyone is to some degree. Remember that a lack of symptoms does not define health. By consuming milk, some people experience indigestion, gas or bloating. Some experience diarrhea or constipation. Because you don’t complain of symptoms commonly related to lactose intolerance, doesn’t mean that at a chemical and molecular level you aren’t still having problems that interfere with your health. You are just unaware of its symptoms. And dairy products can be pro-inflammatory.

And here’s why this is a problem.

When we are born, we have a high secretion of the enzyme necessary for the proper breakdown of milk sugar (lactose). Here we are again with those pesky enzymes! The reason for the high secretion as an infant is to help break down the milk sugar in mother’s milk. Many medical textbooks, in their discussion of all of the enzymes produced in the human body, will mention that the production of lactase (the enzyme responsible for breaking down milk sugar) declines substantially about the age of two. Why? It’s called the breast-feeding window. All mammals are usually finished breastfeeding by this age. It’s already pre-programmed in our physiology that we will have a difficult time with milk sugar. Some cultures and ethnic groups have enjoyed a genetic change that has minimized the consequences, but not eliminated them. If we all had cows in the barn and brought the milk directly to the table, it would be a far better product (not homogenized or pasteurized) and not cause as many health problems.

Lactose (milk sugar) is only one part of the milk molecule. Protein is also found in milk and presents an entirely different problem. It is commonly thought that lactose intolerance is the major culprit. It actually is not. Did you know that milk protein is also difficult for our body to digest? Not because of a lack of enzymes, but because the protein molecules in milk are held together so tightly with the other molecules contained in the dairy product that it is difficult for even sufficient enzymes to break it apart. If the milk molecule reaches an area in our gastrointestinal system, usually in the small intestine, where we have lost the bacterial balance and proper chemistry (also called leaky gut syndrome or mal-absorption syndrome), the protein molecule will cross over into the bloodstream, cause the immune system to react and generate the release of histamine. And if you remember our earlier discussion, you now have created another food allergy. In fact, milk is the number one food allergy that we find during food allergy testing. Because of protein, not milk sugar (lactose).

Other foods can do this as well.

So, one easy way of reducing many of your symptoms is by eliminating HISTAMINE release caused by eating milk products that you may be allergic to. Give them up! Entirely! It’s well worth it.

Give what up? Where is milk found? Can I still have ice cream, how about yogurt? I get all kinds of questions as patients try to negotiate to keep their favorite milk products in their diet. We are talking about the following products:

- All milk products. 1%, 2%, whole milk, skim, low fat or no fat, cream, Lactaid milk or Acidophilus milk. Also please do not use goat's milk or goat's cheese as it's too close in structure to cow's milk.
- All cheese. Swiss, cheddar, Parmesan, etc.
- Ice cream.
- Sour cream, cream cheese and cottage cheese.
- Creamy salad dressings. French, Thousand Island, Roquefort, Blue Cheese, etc.
- Yogurt.

You must inspect all packaged, canned, bottled and prepared food in your refrigerator, freezer and cupboards and read labels. If it has an ingredient list, you must read it. Not the front of the label, but the ingredient list. Look for the words milk with any word attached to it (milk solids, milk proteins, milk by-products), cheese, lactose, whey and casein (sometime found as sodium caseinate). Eliminate them.

Do you like butter? Good, enjoy it. But, it's a dairy product you say. That's right, but it's almost pure fat. There are 3 components to a milk product: sugar (lactose), protein and fat. Fat causes none of the problems that the milk sugars and proteins do. Enjoy it.

O.K., that's the lowdown on milk. Did you notice that I devoted about 2 pages to the explanation? It's a 100% rule. If you only eliminate dairy by about 85%, you might see no benefit at all. And, it's just for now. You may very well be able to add dairy back in at a later time. You'll be the judge of that. That's how seriously you should take this information. I sometimes joke with my patients who feel it would be very hard to give dairy up (and it is), that if they only took one suggestion from this information and gave up all dairy products, 80% of them would see a positive benefit to their health. Usually the restoration of true health is somewhat more complex than that, but more than likely, they would see a difference.

One last comment on this subject, eggs are not dairy products. People sometimes ask if they are dairy products because they are found in the dairy section of your grocery store. They come from chickens, not cows (in case you didn't already know that).

[Click here to read more about how to avoid dairy products at Dr. Dahlman Online.](#)

[Click here to read more about dairy free alternative products at Dr. Dahlman Online.](#)

No Gluten

Gluten containing foods usually play a large role in symptoms associated with gastrointestinal complaints and autoimmune inflammatory conditions. Gluten can be very pro-inflammatory in some people. You must eliminate all foods made from wheat, oats, barley and rye. Wheat is obviously made into flour and then used to make breads, cookies, cakes, cracker, bagels, pasta etc. and also added to many processed foods. Try spelt bread and though it contains a small amount of gluten, it is usually okay for a no gluten diet, but not a celiac diet.

Oats are oatmeal, granola, breakfast and energy bars and are also added to other foods. Gluten free oats are suspect. Avoid till you get a handle on what is going on with you. Barley is usually found in soups and it is also the source of regular vinegar, white vinegar or distilled white vinegar. Use only apple cider vinegar, balsamic vinegar, rice vinegar or red wine vinegar. Rye is found in rye bread and usually in the presence of wheat. Can't have it for two reasons.

As diligent as I have suggested you be with your search for dairy in the food you eat, you must also look for gluten containing foods in all ingredient lists as well.

[Click here to read more about how to avoid gluten at Dr. Dahlman Online.](#)

[Click here to read more about gluten free alternative products at Dr. Dahlman Online.](#)

Let's Lower Carbs and Stop Glycation!

Glycation was explained earlier in this report on page four. But how do we accomplish a reduction in glycation (glucose) in order to have a positive effect on your autoimmune inflammatory condition? If the coating/attachment by sugar to proteins in your cells is part of acquiring an autoimmune inflammatory condition, how do we eat to stop the attachment of sugars to proteins and reverse your autoimmune inflammatory condition?

Earlier I discussed the temporary elimination of the foods to which you are found to be allergic. Additionally, two well know food groups that are pro-inflammatory for everyone with an autoimmune inflammatory condition, dairy and gluten, also need a temporary elimination.

Then there's the carbs. Reducing them is a must to lower the amount of glucose that you ingest and that then lowers the amount of glucose in your blood stream that could coat/attach to your proteins (glycation).

Any version of a low carb diet will do. It can be Dr. Atkin's, The Zone Diet, The South Beach Diet, Suzanne Sommers, Mediterranean Diet, Paleo Diet or Grain Brain Diet. Doesn't matter.

A low carb diet is not about eliminating any foods, it's about reducing the total amount of carbs in your daily diet. That affects the amount per day, week, month, year and lifetime. Let's define carbs again.

Any food that is not an animal product, fat, oil, nut or butter contains carbohydrates and breaks down into glucose (sugar). That's right sugar, the same as the sugar in a Snickers bar.

Whether it's bread, potatoes, rice, fruit, broccoli or lettuce... yes, there's fiber, vitamins, minerals... but, they all contain some glucose. Some foods contain more carbs and some less. That means some foods contain more sugar and some less.

So, what does a low carb diet look like? Breakfast is bacon and eggs, almond or peanut butter on rice cakes or leftovers from last night's dinner. Lunches and dinners are a salad with an olive oil dressing, steamed or sautéed vegetables in lots of butter or olive oil and meat, chicken, fish or other animal protein. Notice I didn't mention fruit, bread, desserts, rice, potatoes or pasta. My plan doesn't say you can't eat them, it's saying that over the course of a day, week, month or year...lowering your carbs to a level that helps stop the glycation is what you are looking to do. If you are not seeing the results you wish, perhaps you're still not low carb enough.

Can you live on that? As strict as that sounds, discipline like this allows you to enjoy some days with more carb intake if you wish, but don't give yourself too much wiggle room or else you defeat the purpose of a low carb diet. And let's not be fat phobic. Fat is not a problem unless eaten with too many carbohydrates. In fact, it's important to purposely increase the amount of fat you are eating. By a lot! Diets containing between 50-70% fat every day have the best record in my office of successfully resolving an autoimmune inflammatory condition. Enjoy!

Don't use artificial sweeteners like aspartame, aka NutraSweet or those little blue packs called Equal, no Sucralose, aka Splenda, no saccharin and no Acesulfame K...where the K stands for potassium. All of these artificial sweeteners and especially aspartame have the unintended consequence of increasing your desire for carbohydrates. And that's not to mention the neurotoxicity of these products, which means they're poison to your brain.

No Gas Causing Foods: The Legume Family

We've all joked about this since we were 5 years old. Beans cause gas, right? Technically, beans are legumes. Therefore we have to eliminate all legumes: Beans, including navy, kidney, black, red, refried and Mexican foods are out. Middle Eastern dishes that commonly use garbanzo beans (chick peas) and Indian foods that use lentils are also out. Soy products such as tofu, soy protein powders (found in protein and breakfast bars) and soymilk are hard to digest and need to be eliminated. Soybean oil and soy lecithin will be found when reading ingredient lists and they are exclusions. They are fine to eat.

Green beans, peas and lima beans as a side dish are fine and should not cause a problem. Split peas made into a soup should be avoided. Peanuts (peanut butter) are also legumes, they are not nuts and are very hard to digest, eliminate them. All other nuts that you think are nuts...they are tree nuts and can be eaten if you wish, but be careful as they can be hard on the digestive system as when you chew them, you are creating a bunch of pieces with sharp edges. Might cause some pain. Best to stick with nut butters.

When to Drink Liquids and Eat Fruit

With as much emphasis that I put on the intake of enough water, I place in its own section this information: it is a bad idea to drink much of any type of liquid during your meals or for an hour afterward. Remember that we are trying to make pure water our main drink each day, particularly while we are working on getting well.

The reason is that if you follow the path of food, the first stop is in your stomach. If there is protein in your food, and sometimes if not, you begin the secretion of hydrochloric acid. We already have discussed that particular digestive enzyme in an earlier section. This enzyme begins the breakdown of certain foods. If you add liquid to the mix, you dilute the strength of the hydrochloric acid. It is about as effective as trying to clean your kitchen floor with a thimbleful of ammonia and a swimming pool's worth of water. Remember, that I have mentioned earlier that gas, bloating and other discomfort is the result of not breaking your foods down in a timely manner.

Another reason not to drink during the meal or for an hour afterward has to do with heartburn. The body is looking for soft, chewed food in the base of the stomach. If you add too much liquid, maybe 1-2 glasses of liquid, you create a soup. The stomach secretes hydrochloric acid into the food and no matter how much acid you secrete, you are creating an acidic soup that has the ability to splash up on your esophagus, seep into it and burn an unprotected esophagus causing heartburn. It doesn't matter if you secrete too much or too little hydrochloric acid, you still create an acidic soup. This explains why so many people take antacids thinking that they are producing too much acid. Most of them are not. It also explains why so much discomfort is felt when lying in bed. In that position it's even easier for the acid to splash up onto your esophagus.

Please also follow an old food combining rule that says that fruit should be eaten first (before a meal) or all by itself (as a snack). The reason is that when fruit is mixed in with other foods or eaten after a meal, it will spoil while waiting for the other food to be digested in the stomach. Fruit is very easily digested and would usually be released from the stomach quickly for rapid absorption in the small intestine. The same applies to the drinking of fruit juices. But, since you're going to follow this rule, that probably won't be a problem.

Bottom line: No fruits or liquids during a meal or for one hour after. You can drink as much as you wish immediately before a meal and use some water to swallow supplements after the meal...2-3 ounces at the most.

Stop Taking Your Vitamins, Minerals or Herbs

What? I thought those were good for me! They may very well be, but for a short period of time, please stop taking all of your supplements. The reason for this is to temporarily remove any potential confounding variables from our equation. If your supplements contribute to the problem, which they may well do if they are inexpensive or are made from poor quality raw material, eliminating them for a short period of time (2-4 weeks) will provide valuable clues.

Total Elimination of Fructose Containing Foods?

There may be two possible types of patients reading the following information about fructose. Those who reduce their intake of it because of the previous information about glucose/glycation and advanced glycation end products and those who simply cannot tolerate ANY amount of fructose in their diet because of the gastrointestinal symptoms it creates. Remember our discussion about the reduction of any food that contains carbs. Fruit is a plant product...it contains glucose.

But, more and more, we are finding that subsets of patients are having trouble with foods that contain fructose. I realize I have already asked you to give up dairy and gluten containing foods, but if after trying my protocol for a month or two you find you still have many uncomfortable gastrointestinal symptoms and have only progressed so far, eliminate fructose from your diet. Or, if you can say that sugar or fruit or a specific fruit, at times, bothers you, that would be a clue that ALL fructose containing foods may bother you. Maybe for you, it's tomatoes or tomato sauce. The only way to find out is to stop eating them.

Fructose is contained in fruit, anything sweet (table sugar, honey, molasses, maple syrup, agave etc.), corn, high fructose corn syrup, beets, carrots, peas, onions, tomatoes, eggplant, sweet potatoes, turnips and winter squash (acorn, buttercup, calabaza, delicata, pumpkin, Hubbard, spaghetti, sweet dumpling and Turk's Turban). You should know if this is effective within 2-3 weeks, sometimes less.

Stop complaining! You still have beef, chicken, fish, eggs, any vegetable not on the above list (there's about 30 of those), lettuce and spinach for salads and nut butters. That's plenty. Anybody can live on that diet. Easy for me to say, right?

Tip: Take a list of the fructose containing foods with you to the grocery store, stand in the produce aisle and you will see those other 30 vegetables. Look at this as an opportunity to try and enjoy some new foods.

[Click here to read more about how to avoid fructose at Dr. Dahlman Online.](#)

What about your medications?

Should you go off them? This is a common question in my office because every patient wants to eliminate any prescription medications as soon as possible because of the side effects associated with them and because many times they aren't doing a very good job of providing symptom relief. We need to be very cautious here. I especially need to be very cautious. You've all read health information and somewhere will be the disclaimer that "this information is intended solely as information and education. It does not attempt to diagnose or treat any disease. Please consult your medical professional before undertaking..." and so on.

The reality is somewhat true. Especially when you are considering going off of any medication. If you make the decision to go off a prescription medication on your own, that could be a mistake and I don't recommend it. Please discuss it with your doctor or at the very least with your pharmacist. And we all know that many times the pharmacist knows more than your doctor does. Whew! Now I think I've covered myself.

But, I can tell you what many of my patients have done. First, let's say it's a great idea to go off of any unnecessary medications. Too many side effects and they may not be as effective as you were hoping. But what if you begin to see positive changes because of my protocol? Would you be willing to wean yourself slowly from them? My guess is yes.

With autoimmune inflammatory conditions, pain medication is prescribed routinely. When the pain goes away, you would simply stop using them. Weaning must be done in a very slow, methodical and conservative way. It makes no difference whether you get off them in six weeks or six months. So, if you and your doctor decide to try to get you off the medications, here's what I would like to see happen first. By the way, good luck getting them to agree to something that they don't understand and have no hope will happen!

After you have been using my advice and protocol for autoimmune inflammatory conditions, you are looking for a time period where you have experienced positive change. You will need to see progress for a couple months before you even consider making an attempt to wean yourself from your medication. If you're lucky with this treatment plan, within a few days to a few weeks, you will notice changes. This may be less pain, bowel movement changes where you are experiencing more solid, consistent stool formation (if that was a problem), less bowel movements each day and also less urgency. Perhaps in your case, joint pain, skin problems or sensation in your nerves or muscles begin to return. If you are unlucky, it may take a while longer to let the products do their job and to identify all the foods that are contributing to symptoms.

Either way, once you are comfortable that you are experiencing progress, you will need to consider how to wean yourself off the drugs. How do you do that? Let's talk about what I have seen my patients do with the help of their doctor. Start with one drug at a time. If you are on two medications, pick one.

Decrease the dosage of one of them till you are taking 50% of the original dose and begin to decrease the second medication the same way till you have decreased it to 50% of the original dose. Feel all right? No increase in symptoms. Proceed to decrease each one, one at a time till you are no longer on any anti-inflammatory medications.

What's the worst thing that can happen to you? At some point you notice that your symptoms are on the upswing again and you either stop decreasing or you increase your dosage to the previous level. Stay at that level for a month or more giving the all natural products and dietary eliminations more time to continue to make changes. You may have decreased too quickly for your circumstances. Once you feel comfortable, you can try the process again.

What to Order from My Secure Online Store

Here are the products that we have already discussed that you will use to resolve your autoimmune inflammatory condition. Though we will talk through regular phone consultations every four weeks, each month you will purchase a month's supply of products from my secure online store.

Patient Autoimmune Inflammatory Product Schedule

Monthly Order: (2) UltraInflamX Plus 360, (2) Ultra Flora Spectrum, (1) SpectraZyme Pan 9x (90 Tabs), (1) SpectraZyme Metagest (90 Tabs), (1) Intesol (60 capsules)

How long do I use the products?: Depends on your progress and dedication to this treatment plan. It is important that you are symptom free for one to two months before you try to wean off any of your medications. How long you spend weaning off your medications depends on how many you are on and how much you are taking. Once you have successfully weaned off your medications, use these products for one to two months more. You're done!

Please return to my website at www.drdahlman.com and click on "Online Store". Only customers from the United States can use this store (others see below). There you will be able to purchase all of the products that I have mentioned and also read more detail about each product. You also have an opportunity to set up a recurring order to be shipped to you every 30 days.

Canadian customers will need to call me so I can order the products for you from my Canadian distributor. International customers have options with an international distributor found here:

[Click here about how to order for Canadian and international customers](#)

US customers order by following these helpful instructions:

1. Return to www.DrDahlman.com and click on “Online Store”. On the next menu, choose “US Customers”.
2. Please register by clicking on the blue box “Register Here” at the top of the page.
3. Create a username and a password according to the instructions. They are case sensitive and limited to 12 characters. Provide add’t information and click “Register” at the bottom of the page.
4. The system logs you out then asks you to log in using your new username and password.
5. You will then see a welcome page. Click on “Online Store” on the upper left of the page. Please select the “UltraInflamX Plus 360 Supplements Package” on the next page and it will place all the products you need into your shopping cart.
6. All else should be self explanatory, but if you ever get confused while filling your shopping cart, hit the “Back” button and try again. If all else fails, just call my office and we will walk you through the process.

The recommended doses that should be followed are those that I have recommended in the next section of this article. Do not follow the dosages on the labels of each product, follow my instructions on the “How to Take Your Supplements” page of this report. They are different.

So, there you have it. I’ve tried my best to give you all the information that you need to resolve autoimmune inflammatory conditions. I hope I’ve communicated to you properly the way that I think things through with each patient.

As I work with people there is a certain amount of interaction that can only occur if we actually speak to each other. At times the patient will tell me something that they believe to be of little importance, yet it is quite meaningful to me because of my many years of experience. At times my intuition about what is going on is as important as the actual facts that I know. So is yours.

Phone Consultations will assure a greater chance of completely conquering your condition and symptoms, as this is a very complex issue. Please visit my website to find the costs of the products and consultations.

[Click here to find the costs of the products and phone consultations](#)

How to Take Your Supplements

- 1) Take Ultra Flora Spectrum on an empty stomach and keep them refrigerated.
 - 1 capsule twice a day.
 - These products re-establish probiotic balance in your G.I. tract.
- 2) Take UltraInflamX Plus 360 on an empty stomach. First thing in morning or between meals. Consider your stomach is empty when you haven't eaten in 1 hour.
 - 1 Scoop twice a day in a glass of water. 4, 6, 8 ounces of water. Doesn't matter. Do not use juice as that may cause some problems.
 - This product heals the gastrointestinal tract, restores chemistry and provides all natural anti-inflammatory herbs and other compounds to reduce the inflammatory process. The flavors considered best are: Pineapple/Banana or Tropical Mango.
- 3) Take your digestive enzymes before or after each meal as indicated:
 - SpectraZyme Pan 9x: 1 immediately before each meal is best. If you forget, you may take within 30 minutes after beginning the meal. These are pancreatic enzymes.
 - SpectraZyme Metagest: 1 immediately after each meal is best. If you forget, you may take within 30 minutes after the end of the meal. This is hydrochloric acid from beets.
 - Lipo-Gen: Only use if you have lost your gall bladder or have trouble digesting fats. Take 1 immediately before each meal is best. If you forget, you may take within 30 minutes after beginning the meal.
- 4) Take this soothing combination of peppermint, lavender and chamomile oils as it is anti-inflammatory, anti-gas and anti-spasmodic:
 - Intesol: take 1 gel cap twice a day immediately before any meal is best. If you forget, you may take within 30 minutes after beginning the meal. If you taste the peppermint and find that annoying or feel discomfort from it, freeze them and take frozen. This will cause them to break open farther down in your GI tract.
 - Take ALL of the above products except Lipo-Gen, as the foundation of this protocol. Use Lipo-Gen only if you have lost your gall bladder or have trouble digesting fats. You will have to add the Lipo-Gen to your "UltraInflamX Plus 360 Supplement" package.
- 5) If you are having allergic reactions based on the explanation of HISTAMINE in this article:
 - Perimine: 2 Tablets, 2 times per day. Each bottle lasts 15 days.

What To Expect From This Program

Once again, everyone is different. No, I'm not trying to dance around the question, but I have seen many different reactions to this plan. One thing is for sure: You will see a positive impact on your health and quality of life!

It simply takes time, but in a few weeks or a few months, you will see positive impacts on the symptoms you have been complaining about. As we "uncoat" the sugars from the proteins, you should expect positive changes. Let's stop glycation! Give it time...your body is healing itself.

If you are on medications and we have successfully improved your symptoms, we look for a month or two of being relatively symptom free before you might start to wean off of those medications. You can do this with your doctor's advice. Once you are off your medications, continue with the supplements for another two months for good measure and to make sure the improvement holds.

Here's why all of this happens. Look at the changes you are making to your life. You are changing your diet, eating more of what is good for you and less of what isn't. That alone has the potential to make a person healthier.

When you add in the therapeutic products that I have described to you, you suddenly have a complete program that has even greater potential to allow your body to heal itself. All we are doing is removing the interference that has caused your body to rebel and scream at you to please do something different. You have now changed your lifestyle.

The short-term therapeutic products that I have mentioned are only just that, short term. They are not necessary forever. The changes that you have made to your eating habits hopefully are temporary. Then again, you may have learned new health habits with your diet that you will keep.

After you have restored the proper balance in your gastrointestinal system, don't go back to all your old ways. Restoration of health is all about lifestyle change. Learn this new lifestyle and never go back. Your lack of health was caused by your lifestyle, that's not your fault, it's just a lifestyle and we learn as we go. Don't repeat it.

I also don't want to give the impression that this is all that I do for my patients. I have described for you the foundation of the program that I design for my autoimmune inflammatory patients. As I get to know the patient, or if there are other health issues, I may add additional protocols or use other products. In any event, adopting what you have learned here will make wonderful changes and your health will change...for the better!

SUMMARY

In this report you have learned why you have your condition and have had described a proven, successful protocol used not only in my office, but there are similar protocols used in many offices throughout the country. If you would like to become a patient of mine, you can begin by:

- Call me at my office at 513-871-3300 or email me at info@DrDahlman.com.
- Ask me any questions you would like answered to help you decide if you would like to become my patient allowing me to direct your treatment through my Phone Consultation program.
- If you would like to be my patient, I will set your first appointment. The pricing for the consultations and all the products are located at my website, <http://www.drdahlman.com> where you can click on “[Cost of Program](#)” at the top of the page and then “[Phone Consultation Program](#)”.
- Please follow the “Autoimmune Inflammatory Dietary Rules” described in this report as best you can till you get a chance to talk to me during your first consultation. I will discuss those rules in more detail when you speak with me.

Read on to learn about two other concepts that may be necessary for you to completely resolve your autoimmune inflammatory condition.

Not Well Yet? A Couple More Possibilities

If the previous treatment plan has not conquered your autoimmune inflammatory condition to your satisfaction, there are a couple of other possibilities to consider. Or, if you have yet to begin the treatment plan I describe, you may want to also attack one or both of the following two areas depending about how you feel of the probability they apply to you.

Those two areas are the accumulation of toxins in your system or an undiagnosed infection.

Toxins and Your Ability to Detoxify

Liver detoxification is a necessary part of a healthy lifestyle and is an ongoing process in all humans as a normal function of the liver. The term liver detoxification may refer to the detoxification of the liver itself or the liver's role in detoxifying the body. Both occur when following a detoxification program.

Liver detoxification may need to be accelerated at times in order to remove toxins that block the body expressing itself healthfully. Detoxification of the liver can be done and is recommended by alternative/holistic physicians as a strategy to help you conquer certain chronic health conditions and improve your overall health.

Liver detoxification can also be recommended for the health conscious who simply want to perform "maintenance" on their body as part of a wellness strategy. But, you are reading this to attempt to rid yourself of an autoimmune inflammatory condition. This may apply to you.

Though the liver is a powerful organ and usually well equipped to properly detoxify your body, it can be overwhelmed. We are exposed to environmental pollutants every day and also our body produces endogenous substances that if allowed to remain in the body may be linked to a number of undesirable health effects.

A short list of these environmental pollutants of plastics, solvents, heavy metals, medications and other sources might be: the chemicals in the air we breathe, chlorine and other chemicals in the water we drink, pesticides in the foods we eat, man made and approved substances added to our food supply (artificial colors, preservatives, flavors, sweeteners), chemicals in skincare and cosmetics we use (make-up, skin cream, shampoos, toothpastes), medications, chemicals used around the house (bug spray and cleaning supplies) and how about smelling the gasoline as we pump it into our cars. We absorb all of them.

The endogenous substances that our body produces might be simple waste products of our metabolism or the production of our hormones (estrogens, progesterone, testosterone and others), as they also need to be excreted out of the body. If not done properly, they may remain in the body and block your body's ability to be truly healthy.

And, the best-case scenario of proper detoxification requires that one eat a very healthy diet.

Decades long exposure to those mentioned above and to others not mentioned...coupled with a sub par diet...may create complications.

Detoxification: A Short Course

There are many types of detoxification pathways in our body all with a specific job to do. Usually there are a number of steps taken to turn what is regarded as a toxin in your body into a substance that can be excreted from your body.

Some toxins are water-soluble and can be excreted easily through stool, sweat or urine.

Others are fat-soluble and require a much more complex pathway requiring multiple steps. These steps transform a fat-soluble molecule into a water-soluble molecule. This process is called metabolic detoxification.

Phase I begins the breakdown process that changes toxic substances into more harmful by-products. That's correct...more harmful. This process also creates free radicals which can increase the risk of cellular damage. If you don't eat correctly, the next step may be difficult to accomplish. This then requires the body to deposit this more harmful molecule into your tissue somewhere. Toxicity builds up.

Phase II takes the more harmful by-products and transforms them into water soluble and less harmful products...as long as you have the proper nutrients available to complete this process.

Phase III transports the neutralized substances to the kidneys and gastrointestinal system for excretion.

All of the above steps are accomplished using nutrients that we obtain from our diet...if we eat enough of those nutrients.

The Plan for Detoxification

There is no one approach that fits everybody and there are a few judgment calls that you will need to make to determine exactly how to detoxify yourself. If you allow me to guide you through the treatment plan described in this report, I will make those decisions for you.

Deciding which of the following products you should use depends on your knowledge about your condition and about your lifestyle. If you cannot make the decision based on the description of each of the products, at the end of this section I have a basic, one size fits all approach to use to get started.

AdvaClear

Everyone begins with this product when detoxifying. AdvaClear provides the necessary support for the Phase I and Phase II detoxification mentioned previously. It also provides antioxidant protection.

Dosage can be two to six capsules each day. See the section about how to determine your dosage below.

GlutaClear

Everyone also uses this product when beginning your program. GlutaClear provides additional support for detoxification pathways of Phase I and Phase II as well as against oxidative stress.

Dosage can be two to four tablets per day. See the section about how to determine your dosage below.

AdvaClear and GlutaClear are the foundation of your program to more efficiently support metabolic detoxification.

The following suggestions are judgment calls. These products may be used in conjunction with AdvaClear and GlutaClear.

MetalloClear

This product provides support for heavy metal metabolism. If you believe that heavy metals may be a problem for you, if you have evidence from lab testing that you do have heavy metals present or if you worked in an industry where you were exposed to heavy metals, add this product.

Heavy metal testing is available by calling Dr. Dahlman at his office.

Dosage can be three to six tablets per day. See the section about how to determine your dosage below.

Meta I3C

This product is used if you believe your hormones (mostly women) are playing a role in your autoimmune inflammatory condition. If you have had a history of hormone imbalances, had a full or partial hysterectomy or have evidence from lab work that you have hormone imbalances.

Hormone testing as well as testing to determine build up of hormones that should have been excreted are available from Dr. Dahlman's office.

Dosage can be one to two tablets per day. See the section about how to determine your dosage below.

ChloroClear

This is a great product for ongoing detoxification. Containing chlorophyll, ChloroClear supports Phase I and II detoxification and may bind to dietary toxins...the ones you consume each day...to interfere with their absorption and aid in their elimination. It also may be used with the above products.

Dosage can be two softgels per day. See the section about how to determine your dosage below.

How to Determine Your Dosage

Detoxification, though important when facing a chronic health concern, is a concept that has no “set in stone” dosages. They can be different for each individual. It is up to you to determine that dosage.

Suffice it to say that beginning conservatively is the best course of action. Note that in the dosages mentioned above there is a range. The lower range is a good place to start and the upper range is what you wish to achieve once your body gets used to the improved detoxification status. How long it takes to get there is not relevant as detoxification is a long process and cannot be achieved in the short term. Take your time.

If you detox too quickly, you may...but not always...experience a “cleansing” reaction. Typically called a Herxheimer Reaction, it may happen when toxins are being excreted or when death of organisms occur.

A Herxheimer Reaction usually feels like oncoming cold and flu-like symptoms. Fatigue, muscle aches, runny nose, cough may happen, but they do not necessarily happen in all patients improving their metabolic detoxification status.

Begin your detox program with the lower range doses. Wait a few weeks at that dose to see how you feel. If you experience a Herxheimer Reaction, stop taking the products till the symptoms go away. Then begin again, perhaps at a lower dose which usually means skipping a day between doses.

If you do not experience the Herxheimer Reaction, increase the dose of one or more of the products you are taking and again, hold that dose for a couple weeks. Watch for the Herxheimer Reaction.

Get the picture? Simply begin a dose with on or more of the products. Wait and watch. If you experience any uncomfortable symptoms at any time while using the products and increasing the dosages, stop and then start again...at perhaps a slower pace.

There's no absolute in this process. You do it YOUR way.

Detoxification should be continued until you have achieved your goals.

Undiagnosed Infections

We're not talking about an ear or urinary tract infection. We are talking about organisms living inside your gastrointestinal system or elsewhere in you body that may be contributing to an abnormal immune system response that is contributing to your autoimmune inflammatory condition.

These organisms may be a bacteria, yeast, parasite, virus or spirochete. They include but are not limited to: Epstein-Barr Virus (EBV), Chlamydia pneumonia, Proteus Mirabilis, Coxsackie B, retroviruses, hepatitis C, Yersinia enterocolitica and parvovirus.

Testing is difficult, but can be accomplished depending on the skill of your doctor.

Use this as a last resort, but for some of the more difficult cases that do not respond to the basic program detailed in this report or to a detoxification protocol, the search for an organism is the next option.

Frequently Asked Questions

This section of this report is designed to add additional information in an attempt to give you all the tools you need to conquer your health concern. These questions have been heard over and over in my office. Let's separate the type of questions into three categories: Advice for everyone and advice for those having some trouble achieving the results they are looking for with this treatment. I have also provided some advice to use after you have successfully completed my program.

Advice for Everyone

Isn't my stress causing my autoimmune inflammatory condition and shouldn't I wait for a time when my stress level has lowered before I start your program?

No. Neither stress nor anxiety causes autoimmune inflammatory conditions. I get asked this question all the time as if the patient is looking for a reason that they can't be cured. They do know one thing: Each time they get anxious or experience stress, their symptoms rise up and smack them. Therefore they draw a conclusion that anxiety/stress causes their issues. It doesn't, it only exacerbates an already unhealthy gastrointestinal system and can affect their autoimmune inflammatory symptoms. Think of it this way, I don't screen my patients at my front door to determine how much stress is in their lives or how anxious of a person they are. This protocol still reduces or eliminates everyone's symptoms regardless of their stress or anxiety level.

What the patient will notice as they go through my program is that life will still present all of the challenges they are used to and they will still react the same way, anxiously, but their gut will not express itself with the same uncomfortable symptoms as before and their autoimmune inflammatory symptoms in time are lessened.

What if I get an infection and need to take an antibiotic?

Take one! I'm not against the use of antibiotics, I'm against the unnecessary use of antibiotics. First, see if you can muscle your way through the infection to see if your body catches up to it and you don't need the antibiotic after all. If you get to the point that you need the antibiotic, then by all means we will take one. You prevent yourself from damaging your probiotic balance and entering that vicious cycle that results in gastrointestinal problems by taking the probiotics I recommend in this report while you take the antibiotic. Take probiotics during the course of antibiotics and for 2 months after.

What if in the past, I have tried some of the advice in this report and found it not to be effective. Can I just use some of the advice?

Don't pick and choose the products or dietary advice that you believe might help you the most. You have already been designing your own plan and I know you're well educated in this area, but I also know that you haven't yet put together a comprehensive program for the elimination of IBS. If you had, you wouldn't be reading this. It doesn't matter you have tried some of this advice. Let's start over.

It is the comprehensiveness of this program that makes it effective. Everything must be done together and in the proper order. The foundation of the program applies to everyone and consists of the recommended products detailed in this report, which may be of a higher quality than what you have used in the past and dietary advice that could be a bit more detailed. It needs to be taken seriously and follow it 100% in order to see if this advice applies to you. Don't cheat, use that same discipline you use in other parts of you life. You won't regret it.

Are artificial sweeteners safe to use?

In order to get well you should eat only foods as nature intended them to be. Artificial sweeteners don't fall into the natural category.

The worst culprit of all is aspartame, also called NutraSweet and Equal. The FDA maintains a database of common complaints of this product and stomachaches are #5 and diarrhea is #7. Stop using them immediately, even if you don't have these two symptoms. Whenever a patient comes into the office with unexplained symptoms that traditional medicine cannot identify or treat successfully, I ask the patient if they consume any type of artificial sweeteners. If the answer is yes, eliminating them from their diet reaps amazing rewards. Especially for digestive problems.

Also, Splenda, Sucralose and Acesulfame K are also artificial sweeteners in spite of the manufacturer's attempts to sweet talk the public into thinking they are derived from natural substances like sugar. Splenda and Sucralose both are derived from sugar but their dirty little secret is the addition of a chlorine molecule to the partial sugar molecule. The same chlorine used in the water in your pool. No thank you! Acesulfame K is also a non-tested product with yet unknown side effects. Beware, avoid like poison because they all have long-term health risks. Follow a simple rule: If man has created, altered or processed the product, your body will not understand it and will react negatively to it.

[Click here to read more about the dangers of artificial sweeteners at Dr. Dahlman Online.](#)

[Click here to read more about artificial sweeteners effect on cholesterol at Dr. Dahlman Online.](#)

How about Stevia?

Maybe. Some “stevia” products are just stevia and others contain very little stevia. There are a few things to know about the safety of stevia as it is far more complicated than one may think. As with many mass-produced products from well-known large manufacturers of food, shortcuts and twisting the English language play a large role.

Many “health conscious” people believe that any product that contains stevia must be healthier for them to use than good old-fashioned sugar. I agree that too much sugar is detrimental to a person’s health, but should you substitute it with something that you truly don’t understand?

Most stevia products are a combination of a low calorie natural sweetener like erythritol, sorbitol, dextrose or rice maltodextrin. Then they add rebaudiana A (that’s NOT stevia) and natural flavors. Rebaudiana A is a low calorie extract of the stevia leaf, it’s not the full leaf with the most sweetness. One product on the market sweetens with agave inulin.

Stevia is not safe for a couple reasons:

1. All of the “natural” sweeteners mentioned above may cause gastrointestinal complaints for some people. Not everyone, but does it for you?
2. The sweeteners mentioned above come from genetically modified corn (GMO).
3. Inulin may also cause gastrointestinal complaints.
4. There may be about one percent of actual stevia in these products. The rest is the GMO sweeteners.
5. Rebaudiana A comes from China and is also GMO.
6. The “artificial flavors” mentioned in some of the products are not natural. There is a loophole in FDA labeling.

The only safe stevia product is one that only contains stevia and possibly a small amount of water and alcohol. Read your ingredient labels.

What about my genes? Aren’t I predisposed to my gastrointestinal condition?

Only if you flip your genes on... What? Yes, genes can be flipped on and off. Not everyone with bad genes see those genes express themselves. A person must do something or have something done to them that flips a gene on to express itself as a health condition.

Think of the fact that not all women with the BRCA1 or BRCA2 breast cancer gene get breast cancer. We all lead different lifestyles, expose ourselves to different things and also eat different diets. The easiest answer is the women who don’t get breast cancer have, for some luck of the draw, led a much different life...perhaps healthier...than the women who do get cancer. Even though they have the same gene.

The same applies to gastrointestinal conditions. Just because your father, grandfather, brother or some other member of your family had the same gastrointestinal condition you have...or more than one member of your family did...doesn't mean that you are destined to be stuck with your symptoms and condition. You aren't. You can flip that switch back off...if it's genes at all.

Consider that I don't screen my patients for genetic defects, though I could with today's technology...I take all patients that come to me, and almost all of them will see a complete reversal of their symptoms...never to come back.

What is an empty stomach and how can I tell?

I talk a lot about "empty" stomach in this free report in regard to not drinking with meals or for one hour after or taking some supplements on an empty stomach.

Simple: Your stomach is empty when you have not eaten in one hour.

You can drink liquids one hour after eating, not during. You must take your probiotics before a meal...when your stomach is empty.

Many may wonder how they get all the water they need each day with this rule? You have many hours a day to hydrate yourself with water. This rule restricts water intake for about three hours per day (three meals a day). No complaining.

Exception: Soups...even with vegetables or meat/chicken in it...is considered a liquid for this rule. Eat it first and no need to wait to start your sandwich.

Be an ingredient label detective, not a nutritional panel detective.

It's very important to know exactly what is in your food...if they have an ingredient label. Fresh chicken breasts or a bag of carrots don't have an ingredient label. The rules I teach about in this report require you to read all labels looking for the foods that I am suggesting you eliminate from your diet. Read the ingredient list.

Not the nutritional panel that lists calories, fat, cholesterol, sodium, carbs, sugars and protein. Do not waste your time by looking there for clues as to if this is a good product to eat based on my rules. Read the ingredient list.

Also, pay no attention whatsoever to statements on the product label like: "This product was produced on equipment in a facility that also processes wheat, gluten, dairy, nuts, peanuts, eggs or shellfish." This type of statement has no relevance at all to what we are trying to do with your diet.

Be an ingredient detective, read the ingredient list.

Advice for Anyone Not Yet Symptom Free

Why do all foods cause me trouble...even water? I hardly eat anything.

The hallmark of gastrointestinal conditions is the overwhelming frustration trying to figure out what to eat and what not to eat. The patient...usually very smart, having learned quite a bit about their condition on the internet and using much common sense...rarely can discover all the foods that are bothering them. Many times they are avoiding foods they needn't avoid.

This results in many people whittling down their food choices to a handful...or less. Safe foods they think. But, how can they be sure? They're still quite frustrated with their condition, aren't they? Still have symptoms. What have they really accomplished?

When a patient complains about water, they haven't put together all the pieces of the puzzle.

The main reason is that people have feelings about food. Two examples.

I have found that almost all patients have an arbitrary time frame of between 20 minutes to two hours...that if a food does or does not cause a problem for them in that time frame, they declare that food to be problematic or safe. The problem foods are then avoided. This begins the whittling down process. A couple problems with this approach.

Problematic foods that you have yet to identify may keep your gastrointestinal system in a condition of constant uproar. This may give the impression that all foods...or most foods are the problem when they are not.

Also, no one ever really eats just one food at a time to make this determination. Some do, but it's rare. Perhaps they eat the same thing most of the time (safe foods) and then they add one food to that meal and they have some trouble...that could be a proper test, but maybe not.

Let's think about how this process begins. The person starts to have gastrointestinal problems. At some point they begin to wonder about foods that might be the villain. And they apply the 20 minute/two hour rule every time they eat.

That brings me to the second example. People have feelings about what foods are good/bad for you, contain all that nasty fat (improper perspective – fat is NOT harder to digest) or are protein, which is considered by some to be harder to digest. No on all counts! If someone has a pork chop and carrots for dinner and feel horrible shortly after, the majority of people will blame the pork chop because it is fatty and meat is harder to digest. They could be wrong, especially if they have no idea that fructose can cause symptoms. I described fructose intolerance and the foods that contain fructose earlier in this report.

So, the person eliminates the pork chop and continues with carrots...and other fructose containing foods...and never realizes it's the fructose that is causing trouble. So, they eat again and they have trouble because there is fructose in the meal. And their "safe" food choices keep getting smaller.

Test single solitary food if you want. It's the only correct test. One must eat only one food and see what effect it has on them. I am not really advocating that, just pointing out the most logical process to determine if this one food is a villain.

Controlling variables – eliminate or introduce

The success of my treatment plan has much to do with the controlling of variables. As an example, dairy is a variable and we eliminate it since it is so well known to be a dietary villain. Other foods can be tested, but must be tested alone.

Re-introduction of foods can only be a true test if you do it with a single solitary food. Never introduce new foods together at the same time.

You can eliminate multiple foods at one time in order to try to become comfortable...you want to feel better soon, right? But, you won't truly know what foods were the culprit until you re-introduce them...one at a time.

I'm constipated. Any other advice for me to become more comfortable?

The treatment plan detailed in this report is usually sufficient enough to eliminate constipation in most patients. But for some, while the program takes effect, it may be important to consider a few things and try them to accelerate the treatment plan.

Water

Such a silly stupid suggestion, but it might actually be that simple as many people don't hydrate enough. For some, it may solve the entire problem. Here's why.

If you don't drink enough water (yes that means 6-8 glasses per day) you may be in a constant state of dehydration. There are some very important organ systems dependent on water for maintaining your life. How about the brain? How about your heart? There are others also. If you don't take in enough water and need water in other parts of the body, the brain is very smart. It will take the water from wherever it can get it. From the bowel is the easiest place. This then creates a hard stool that will either occur infrequently or will be hard to pass.

Getting enough water everyday may be very helpful as you rebalance the bacteria and chemistry of the gastrointestinal system. Additional causes of dehydration are also any drinks that contain caffeine (coffee, tea, soft drinks), which are diuretics and forces water out of the body. How many of you are also taking a diuretic along with your blood pressure medication? You all need additional water.

If your excuse for not drinking enough water is because you work in an environment where you can't run to the bathroom whenever you want to (I've heard them all, haven't I?) the solution for you is to drink small amounts frequently. If you drink large amounts at a time the body only needs so much and you will have to excrete what you don't need at that time. If you drink small amounts many times, the body will use it for your normal processes and not have excess to excrete. And you won't have to run to the bathroom. Drink your water!

Sufficient Caloric Intake

Do you eat enough? Seriously. Many people don't. Some with constipation don't eat as much as they need because eating makes them uncomfortable. Others just don't eat enough for other reasons.

If you don't eat enough for your metabolic needs based on your weight, height and activity level, you might be constipated.

I have had many patients...especially females...sorry ladies, that might eat one half or one third of their caloric needs for the day. So, if that's you...it makes sense that you might only have a bowel movement once every 2 days or if you only eat one third of the necessary calories...you might have a bowel movement every three days.

Google your caloric needs by going to a website and enter your weight, height and activity level and then find a website or app to use to enter your daily diet. You might be surprised how far off you are as to your caloric needs. Eat!

Magnesium Citrate

Laxatives are common, but can be rough on your insides. Magnesium citrate works well for some as it pushes water back into your large bowel without being rough. It's the same reason milk of magnesia over the counter products are used.

Remember the above comments about being dehydrated and the body will smartly take water from the large bowel to hand off to more vital organs? Magnesium citrate reverses this process. Coupled with proper hydration, this may work well for some.

At my secure online store, I have a product called Mag Citrate. Two tablets at bedtime is the starting dose. Oh yea, drink your water as well.

Fiber Products

Fiber products are also viewed as a sensible answer. Get your fiber, everyone hears. Well, let's get it from your food and NOT from some processed, pharmaceutical company, mass-produced product.

The well-known fiber products like Metamucil, Citrucel and Benefiber are very rough on your insides and escort nutrition out of your body before it's absorbed. Bad idea.

Eat whole natural plant material for your fiber...and more of them!

What if I am already using a laxative right now and want to begin your program?

Not a problem for now. I want you to remain comfortable. But, the goal should be to get off of them. Some folks use colonics for relief. Same goal, get off of them as soon as you see the progress you are looking for with my treatment plan.

Wean slowly, no cold turkey. My treatment program makes this possible for almost everyone with constipation who uses some form of laxatives or assistance.

Can I eat nuts or popcorn as a snack?

A bad idea until we get a better handle on exactly what is causing all your discomfort and start seeing progress...and maybe not even then.

Nuts and popcorn can be very rough on your insides. I have seen them cause nausea, stomachaches, pain, gas, bloating and diarrhea.

Let's stay away from them for the time being till we get a better understanding of what is good and bad for you while your gastrointestinal system heals by using the supplements I recommend.

Dr. Dahlman, I was doing so well on your program and was totally symptom free, but something has changed and I am back to some of the old symptoms I used to have. I'm doing everything like you said to do. Any advice?

This struggle is sometimes part of the process. These things happen and there is always an answer. We learn from this. And it's usually your diet.

But wait, didn't this person tell me they are doing everything just like I have told them to do?

Maybe, but maybe not, as sometimes things are not as clear as one may think. So, let me ask two questions about your diet to see if you are really eating according to my rules. Both questions are similar, but different and may reveal something that you are not considering.

First, are you eating any new foods that don't break any of my rules and second, are you eating more of any foods that you have been eating all along that don't break my rules?

New foods are many times tried because you are looking for more variety to eat because I have taken so many foods and food groups away from you. Normal response, but in your answer you may find foods that are causing your symptoms. You aren't blaming those foods because as far as you are concerned and according to your knowledge of my rules, they should be safe to eat. But maybe they are not.

The solution is identifying the new foods and stopping them to see if that eliminates your discomfort.

If you are eating more of foods you have been eating all along, there may be a clue here. Sometimes foods that don't seem to cause trouble may do so when you eat more of them.

As an example, if you are eating more fruit (very common response to a limited diet) and begin experiencing symptoms you can't explain...is it the fruit or is the clue you are getting is that at a higher level of ingestion, it's the fructose in the fruit that's causing your trouble.

This means that all foods that contain fructose are a problem for you and you can only determine this if you completely 100% eliminate all fructose from your diet. A fructose intolerance is a growing problem for people with gastrointestinal conditions. Ten years ago we didn't see it as much.

This does not mean that the one fruit you just ate and then experienced symptoms from is the problem. This does not mean that fruit in general is your problem. It means any food that contains fructose is the villain.

Please review the no fructose rule detailed earlier in this report.

What are normal foods?

This is not a question asked by patients but a concept I must explain as there are certain foods that might be a bad idea to eat. Lately, there are so many unusual new foods available...and they don't seem to break my dietary rules. You may be eating something that you have not put a critical eye on at all and it or they may be part of the reason you still have symptoms.

Normal foods for our purposes, has no logical definition. It's simply my definition.

Normal foods are foods that most Americans eat. What? Many Americans eat a lot of junk food and foods that I wouldn't eat...you might say. True, that's not what I'm talking about. I'm talking about foods that are typical good old American cuisine. I'll explain more in a moment.

Normal foods are also foods that I have much experience with in my patient population over the last two decades. They are not foods that I have no experience with and I may not have the best advice for you if you are eating them.

Some examples, as I can say with surety that most of my patients:

- Don't use hemp products.
- Don't put hot sauce on everything Yes, I had that patient once.
- Don't put chia seeds or other less well-known seeds on their food.
- Don't use protein powders
- Don't use "green" powdered drinks.

Many years ago, I would have considered coconut products to not be "normal", but recently they are quite mainstream.

So, the basic idea here is that I don't have a large amount of experience with patients using "non-normal" foods and how they react with "normal" foods and the supplements I recommend. Not yet.

Stick with normal foods according to my definition. Don't allow your emotions to dictate whether or not you use something. Don't ever say you "need" a food or certain supplement. No, you don't.

That means you may have to temporarily give a few things up, but the success of my treatment plan is the manipulation of variables. Get some things out of the equation and reduce any variables that may confound our decisions. WE can re-introduce them later.

See my comments about controlling variables and solitary foods a few pages above.

If fructose is my problem, how would I know?

A fructose intolerance usually presents as pain or nausea, gas and bloating, loose bowels or inconsistent bowel behavior. Any person can have one, two, three or four of these symptoms and have a fructose intolerance. You do not have to have all four.

Inconsistent bowel behavior is when a person has one or two good days and the three bad days. Or they have one good day, two bad days and then three or four good days. No pattern at all. Very inconsistent.

If this seems to be your pattern or you have any or all of these symptoms after being on the program for a while, try eliminating fructose. You will know if this is meaningful advice for you within a week or so.

If you see improvement in the first two weeks, continue with this elimination for at least a couple months.

If I have to give up fructose, does that mean forever?

No, for most patients, I'm not sentencing you to a lifetime of no fructose. For some reason, eliminating fructose for a couple months seems to rest the bowel from having to digest it and then when you re-introduce it into your diet, you can tolerate it better.

Do it slowly and what you will find is that there is a line out there somewhere. If you cross over that line, in other words eat too much on any given day...you may then see some symptoms return. Learn where your line is and stay below it.

Once you learn this line, it doesn't mean you can't go over it on any given day or holiday...at least you will know what caused your symptoms.

A few patients may find that fructose intolerance is a problem forever. Very few.

Could my medications be causing some of my symptoms?

Yes! Little known is that the insert that comes with your medications contains data about side effects that the medication has caused in a small percentage of people. Most common side effects of medications used for gastrointestinal complaints of all kinds are pain, nausea, diarrhea, constipation and other discomfort that you may be experiencing. Are you one of them? Read your insert...bet it will be for the first time, won't it?

I already know what foods I'm allergic to by the way I feel. I'm avoiding them. Do I still need a food allergy test?

Probably...and because you actually don't know what foods you are allergic to. You think you do because the term "allergy" is little understood and used incorrectly. Many people think that an adverse reaction in their body that they link to a certain food is an allergy, though it may be an intolerance.

The difference between an allergy and an intolerance is that intolerance happens within the digestive system and an allergy happens within the bloodstream.

An intolerance, happening within the digestive system is a simple inability to digest...or tolerate...the particular food. An intolerance mainly causes symptoms associated with the digestive system such as gas, bloating, indigestion, reflux, heartburn, diarrhea, alternating diarrhea/constipation, pain, spasms or vomiting.

The main food intolerances are to dairy, gluten and fructose containing foods.

A food allergy happens within the bloodstream when foods...not fully digested...cross over from the inside of the digestive system through unhealthy tissue and into the bloodstream. Once there, the body will not recognize the not fully digested molecules and the immune system gets involved.

First, the immune system creates an antibody to that specific food. Each time the antibody comes into contact with those molecules of food, chemistry is generated that has far-reaching effects on the human body. You cannot feel the creation of this chemistry, though you can feel and experience the long-term effects of it. This chemistry may have consequences to the bowel, but the mostly widely accepted understanding of this chemistry is that it creates inflammation in the body.

If you suffer from an inflammatory condition...of any kind...or have reached a point in your treatment plan as described in the "Step-by-Step Thought Process" section of this report, it is important to identify your food allergies and to heal your digestive system to prevent the foods from crossing over into your bloodstream.

You can be allergic to ANY food, regardless of whether or not you think it's a healthy food or whether or not it's organic. It's all about ANY food that crosses over to the bloodstream through an unhealthy digestive system. Food allergies go away in a few months and intolerances may never go away.

Are spices allowed?

We have to be careful here. Some are and some are not. When confused about what to eat and what not to eat, eating bland is always the best choice...but not the most delicious.

Salt and pepper should be no problem as long as you don't use a lot of them. Be careful with pepper as it can irritate the stomach and small intestine. Cut way back on it if you have any pain or nausea issues. If you love pepper, you're probably in trouble.

Green spices like oregano, dill, thyme, etc. should be no trouble at all.

"Hot" spices are where we really have to be careful. Cumin, paprika, turmeric, cayenne, chili powder, curry etc. can be very irritating and cause pain or nausea issues.

Usually garlic is not a problem, but if you love it and use it a lot, might be best to avoid as a test.

I'm eating a lot of eggs because my diet is so restricted. Is that all right?

I don't know, so let's test that. If you enjoy eggs and eat many of them...even if it's three or four times a week for breakfast...they may be a problem.

Eggs are in their own category when it comes to being a potential dietary villain. I'm sure you have noticed statements on food labels that say, "This product was produced on equipment in a facility that also processes wheat, gluten, dairy, nuts, peanuts, eggs or shellfish."

So, we already know that eggs are suspect for some people...and they may be for you. Once again, test this variable...get it out of the equation (you) and let's see if your symptoms change after eliminating them.

But I love these foods, can't we eliminate other foods first?

In all the years I have taken care of my patients, if a person expresses an emotion about a food...I already know that food has to be eliminated from the equation to see what happens next.

Comments like, "I love cheese" or "That's my favorite food" or "I can't live without that food" or "but I eat popcorn every night as a snack"...always mean that they are eating it too much and should avoid it to see what happens. It's usually centered about dairy products, but bread and pasta come in a close second. People can have feelings about any food and if you can admit this to yourself, you may see great results. Be honest!

How about lettuce?

Lettuce, how can that be bad...bunny rabbits eat it. But, it can be. I have seen any type of lettuce drop people to their knees in pain, cause gas and bloating, stomachaches and sometimes diarrhea. Be careful with lettuce and raw spinach, but don't eliminate from your diet unless you know for a fact that they cause you problems.

Have you switched to natural non-caloric sweeteners to avoid fructose or sugar?

Most health conscious patients avoid artificial sweeteners...that's good...and because of my program, some are avoiding fructose or sugar in general because of a low carb diet. They will turn to all natural non-caloric sweeteners known as polyols like xylitol, erythritol, sorbitol, mannitol, maltitol and isomalt.

Polyols are sugar alcohols commonly added to foods because of their lower caloric content compared to real sugar.

Two others growing in use are dextrose and agave inulin. They are sugars, not sugar alcohols.

These sugars and sugar alcohol molecules can be poorly absorbed by some people in the small intestine of the digestive tract. Arriving at the large intestine, they act as a food source to the bacteria that live there normally. These bacteria then digest/ferment these molecules and can cause symptoms of irritable bowel syndrome (IBS) such as abdominal gas and/or bloating and distension, abdominal pain, nausea, diarrhea and/or constipation and other gastrointestinal complaints.

This occurs in a VERY small percentage of patients. Try them if you wish, but be careful and pay attention to any reaction.

If you are avoiding fructose because of my treatment plan, remember that the advice is to do so for about 2 months...maybe a bit more. Your digestive system will rest and then be able to tolerate fructose more efficiently. Then go back to fructose to see how your system handles it.

If you are avoiding all sugar because of a low carb diet and are using the above sugars and sugar alcohols, consider not doing so if they cause trouble...use good old fashioned sugar, but less of it.

Advice when you have achieved your goals and are symptom free.

Can I add back all the foods that I have been avoiding?

Yes, some, maybe all and maybe none. Confused? This is the most common question asked when a patient has reached the point where they have achieved their goals and are now symptom free. Every patient wants food back, but not everyone will be lucky enough to get all the foods they have been avoiding back into their diet.

Some patients don't care because they are now so much more comfortable after years of discomfort and medications.

But most want some of these foods back. So, what's the plan to add them back? Be conservative. One at a time and in small amounts.

Since most people are interested in getting dairy products back into their diet, let's try a small amount of cheese on a salad one day. Sit back and wait for a few days to see if you sense any negative changes. No? Then go ahead and eat it again or some other dairy product. Sit back and see what happens.

There's no science to this or specific way for everyone to do this. Be cautious and conservative in your approach and the way I just described applies to the reintroduction of any food or food group.

After a patient has completed the treatment plan and then six months or 2 years later they call me and say, "Dr. Dahlman, I can't believe it. Some (all) of my symptoms are back and I'm doing everything just like you told me. Do I have to start the whole program over?"

Luckily for me, and my patients, this phone call takes place only a few times each year. And every time it's a dietary problem that is causing the symptoms. Here's why.

When a patient first starts to re-introduce foods after a successful completion of the program, they do so conservatively, trying one food at a time, waiting in between for symptoms to show up just like I just explained. And for these patients, nothing negative happens. A few days later they add some cheese to a hamburger and then a few days later they try some of their child's or husband's ice cream. Each time they do, they nervously wait to see if symptoms appear. And they don't.

And the re-introductions continue.

Or, you begin to eat wrong again, ignoring all the advice I have given you. Your diet may still play a huge role in why you have symptoms. Don't ignore it completely.

And realize the treatment plan you have just used has eliminated your symptoms and restored health and balance to your body or specifically your gastrointestinal system. We can do that. This program does not suggest that we can "cure" you of a dairy intolerance or "cure" you to tolerate gluten or fructose better.

So, if you see a return of symptoms, use the just discussed advice above AND realize that your condition is not back, it has not returned....you just have a problem with dairy...or gluten...or fructose...or some other food.

The health condition you have just fought so hard to eliminate is just that. Gone!

And you should be congratulated for the effort you have put into achieving that.

Congratulations.

Special advice about gluten – stop eating it even if my treatment plans don't suggest you do.

Gluten is a topic everywhere anymore. And it should be as I have seen it cause many more health troubles than what we have discussed in this report. So, it may be worth it to you to stop eating it to see what happens.

In this report I have detailed a step-by-step approach to trying to solve your health condition. So, you may have never gotten to the "no gluten" rule as your main concerns and symptoms have been conquered before you needed to try. Mission accomplished.

But, I have seen many patients who simply decided to eliminate gluten because it has been in the news so much lately. I highly recommend that you do as well. I haven't eaten it since 1975.

I have heard comments from women about how their hair, skin and nails all reacted favorably to no gluten. Many people report clearer thinking. The most common comment is that the person just feels better.

You try it and let's see what happens. Let me know!

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