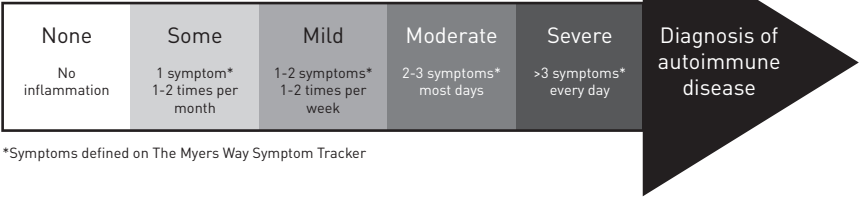


The Autoimmune Solution

Prevent and Reverse the
Full Spectrum of Inflammatory
Symptoms and Diseases

Amy Myers, M.D.



THE MYERS WAY SYMPTOM TRACKER

Rate the following symptoms over the past seven days on a scale of 0 to 4 based on severity. 0 = None, 1 = Some, 2 = Mild, 3 = Moderate, 4 = Severe

HEAD

- ___ headaches
- ___ migraines
- ___ faintness
- ___ trouble sleeping
- Total ___

MIND

- ___ brain fog
- ___ poor memory
- ___ impaired coordination
- ___ difficulty deciding
- ___ slurred/stuttered speech
- ___ learning/attention deficit
- Total ___

EYES

- ___ swollen, red eyelids
- ___ dark circles
- ___ puffy eyes
- ___ poor vision
- ___ watery, itchy eyes
- Total ___

NOSE

- ___ nasal congestion
- ___ excessive mucus
- ___ stuffy/runny nose
- ___ sinus problems
- ___ frequent sneezing
- Total ___

EARS

___ itchy ears
___ earaches, infections
___ drainage from ear
___ ringing ears, hearing loss
Total ___

MOUTH, THROAT

___ chronic cough
___ frequent throat clearing
___ sore throat
___ swollen lips
___ canker sores
Total ___

HEART

___ irregular heartbeat
___ rapid heartbeat
___ chest pain
Total ___

LUNGS

___ chest congestion
___ asthma, bronchitis
___ shortness of breath
___ difficulty breathing
Total ___

SKIN

___ acne
___ hives, eczema, dry skin
___ hair loss
___ hot flashes
___ excessive sweating
Total ___

WEIGHT

___ inability to lose weight
___ food cravings
___ excess weight
___ insufficient weight
___ compulsive eating
___ water retention, swelling
Total ___

DIGESTION

___ nausea, vomiting
___ diarrhea
___ constipation
___ bloating
___ belching, passing gas
___ heartburn, indigestion
___ intestinal/stomach pain
or cramps
Total ___

EMOTIONS

___ anxiety
___ depression
___ mood swings
___ nervousness
___ irritability
Total ___

ENERGY, ACTIVITY

___ fatigue
___ lethargy
___ hyperactivity
___ restlessness
Total ___

JOINTS, MUSCLES

___ joint pain/aches

___ arthritis

___ muscle stiffness

___ muscle pain/aches

___ weakness, tiredness

Total ___

OTHER

___ frequent illness/

infections

___ frequent/urgent urination

___ genital itch, discharge

___ anal itch

Total ___

Preliminary total _____

Now answer the following questions and add the points to the preliminary total to get your overall total:

- ❶ Do you have an autoimmune disease? If yes, add 80 points. _____
- ❷ Do you have more than one autoimmune disease? If yes, add 100 points. _____
- ❸ Do you have elevated inflammatory markers, such as ESR (erythrocyte sedimentation rate), CRP (C-reactive protein), or homocysteine? If yes, add 10 points. _____
- ❹ Do you have any diagnosis ending with “itis,” such as arthritis, colitis, pancreatitis, sinusitis, or diverticulitis? If yes, add 10 points. _____
- ❺ Do you have a first-degree relative (a parent or sibling) with an autoimmune disease? If yes, add 10 points for the first relative and add 2 points for each additional first-degree relative. _____
- ❻ Do you have a second-degree relative (a grandparent, aunt, or uncle) with an autoimmune disease? If yes, add 5 points. _____
- ❼ Are you female?^a If yes, add 5 points. _____

Overall total _____

YOUR PLACE ON THE AUTOIMMUNE SPECTRUM



Take your overall total from The Myers Way Symptom Tracker.

If your overall total is less than 5, congratulations! Your inflammation is very low, and at this point you are unlikely to develop an autoimmune condition. For lifelong protection, follow The Myers Way to keep your inflammation at this healthy level.

If your overall total is from 5 to 9, you are at the low end of the autoimmune spectrum—but you *are* on the spectrum. You have a few risk factors for autoimmunity, raising the possibility that you might develop an autoimmune condition. To reduce your risk and lower your inflammation, follow The Myers Way.

If your overall total is from 10 to 30, you are in the middle of the autoimmune spectrum, with significant symptoms that reveal considerable inflammation and mild to moderate risk of developing autoimmunity. You can reverse your condition, heal your symptoms, and avoid the risk of an autoimmune condition by following The Myers Way.

If your overall total is over 30, you are at moderate risk either because you have one or more close family members with the condition or because you already have progressed quite far along the autoimmune spectrum. You may already have been diagnosed with an autoimmune condition, or you may have a condition that has not yet been diagnosed. If you do not currently have an autoimmune disorder, your family history and/or high levels of inflammation put you at risk for one. To reverse course and restore optimal health, follow The Myers Way.

INFLAMMATORY CONDITIONS ALONG THE AUTOIMMUNE SPECTRUM

Following are the estimated figures on the incidence of inflammatory conditions in the United States:

Acne—85 percent of all Americans at some point
in their lives

Obesity—90 million

Excess weight—88 million

Cardiovascular disease—
80 million

Allergies—50 million

Arthritis—50 million

Asthma—25 million

Eczema—7.5 million

Irritable bowel syndrome—
1.4 million

SIDE EFFECTS FROM COMMONLY PRESCRIBED MEDICATIONS FOR AUTOIMMUNE CONDITIONS

There are three main classes of autoimmune medications:

First line of treatment: **Steroids**, which suppress your immune system, and **nonsteroidal anti-inflammatory drugs (NSAIDs)**, which suppress inflammation.

Second line of treatment: **Disease-modifying antirheumatic drugs (DMARDs)**, which interfere with DNA and cell replication.

Third line of treatment: **Biologics**, which interfere with how your immune cells communicate with one another.

STEROIDS

Prednisone^b, used to treat arthritis, skin problems, eye problems, and immune disorders:

- nausea
- vomiting
- loss of appetite
- heartburn
- sleep problems
- sweating
- acne
- muscle pain or cramps
- irregular heartbeat
- weight gain
- fever
- depression, mood swings, agitation
- increased blood sugar
- possible allergic reaction

NONSTEROIDAL ANTI-INFLAMMATORY DRUGS (NSAIDs^b)

Advil, Aleve, Motrin (ibuprofen), used to treat all types of pain and inflammation, including joint and muscle pain, and headaches:

- stomach pain
- constipation
- diarrhea
- gas
- heartburn
- nausea
- vomiting
- dizziness

DISEASE-MODIFYING ANTIRHEUMATIC DRUGS (DMARDs)

CellCept (mycophenolic acid), used to treat autoimmune conditions:

- infection
- symptoms of infection, such as fever and headaches
- risk of serious infection
- decreased red and white blood cell counts
- easy bruising or bleeding
- fatigue
- dizziness or fainting
- diarrhea
- abdominal pain
- swelling of ankles and feet
- high blood pressure
- lymphoma
- skin cancer

Enbrel (etanercept), used to treat rheumatoid arthritis and other autoimmune conditions:

- tuberculosis and other infections
- hepatitis B
- nervous system problems, including multiple sclerosis, seizures, inflammation of the nerves or eyes
- blood problems
- heart failure
- psoriasis
- lupus-like syndrome

Imuran (azathioprine), used to treat rheumatoid arthritis:

- risk of skin cancer, lymphoma, other cancers
- anemia
- swollen glands
- swollen or painful abdomen
- night sweats
- itching
- fever
- sore throat
- easy bruising or bleeding
- fatigue

Trexall (methotrexate), used to treat rheumatoid arthritis and psoriasis:

- infection
- fever or chills
- fatigue
- flu-like symptoms
- easy bleeding or bruising
- possible damage to liver, lungs, and kidneys
- severe abdominal pain
- nausea, loss of appetite
- painful, widespread mouth sores
- cough with yellow sputum
- shortness of breath
- difficulty urinating, increased frequency of urination, burning during urination
- blood in the urine
- hair loss
- diarrhea
- birth defects
- severe sore throat
- sinus pain with yellow mucus
- shingles
- irreversible liver or lung damage

Plaquenil (hydroxychloroquine), used to treat lupus and rheumatoid arthritis:

- nausea
- cramps
- loss of appetite
- diarrhea
- dizziness
- headaches
- anxiety, depression

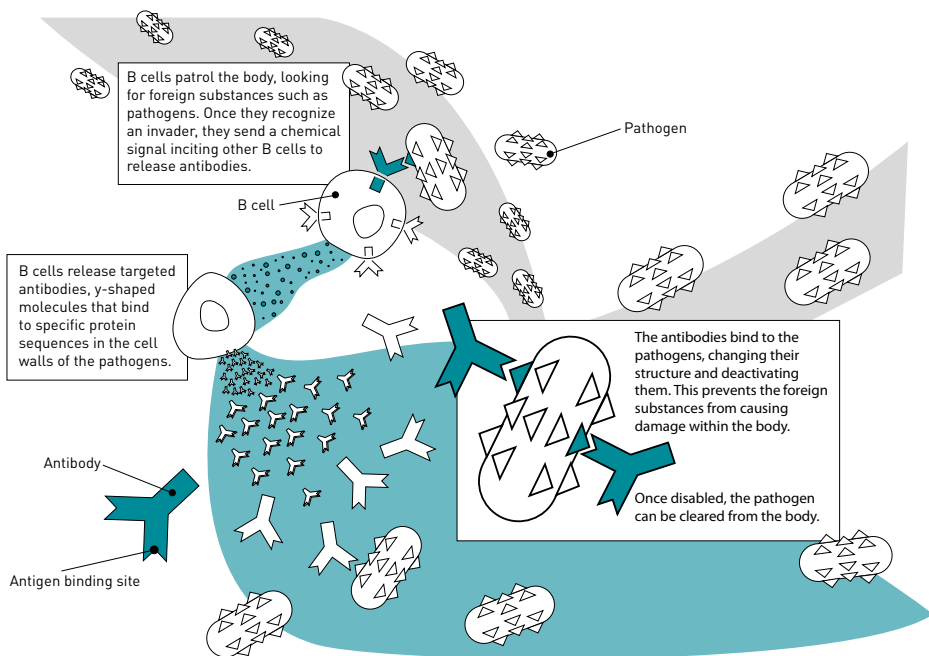
BIOLOGICS

Humira (adalimumab), prescribed for rheumatoid arthritis and Crohn's disease:

- tuberculosis
- hepatitis B
- infections caused by bacteria, fungi, or viruses that spread throughout the body
- cancer
- heart failure
- immune reactions, such as pain, joint pain, shortness of breath
- allergic reactions, such as trouble breathing; hives; swollen face, eyes, lips, or mouth
- nervous system problems, such as numbness, tingling, vision problems, weakness in the extremities, dizziness
- blood problems, such as persistent fever, tendency to bruise or bleed
- liver problems, such as fatigue, poor appetite, vomiting, abdominal pain
- psoriasis
- sinus infections
- upper respiratory (chest) infections
- nausea
- headaches

Kineret (anakinra), used to treat rheumatoid arthritis:

- lowered ability to fight infection, including neutropenia (which is the loss of infection-fighting white blood cells known as neutrophils)
- increased risk of lymphoma
- severe rash
- swollen face
- difficulty breathing
- injection site reaction, including swelling, bruising, itching, stinging
- upper respiratory and sinus infections
- joint pain
- headaches
- nausea
- diarrhea
- abdominal pain
- flu-like symptoms
- worsening of rheumatoid arthritis



SIGNS OF GOOD GUT HEALTH

You feel good after eating.

You have one to three bowel movements per day—solid and well formed.

You do not experience gas, bloating, cramps, or pain after eating.

You do not notice undigested food in your stool.

You have no need for digestive medications.

You do not experience GERD or acid reflux symptoms.

SIGNS OF POOR GUT HEALTH

Acne

ADD/ADHD

Anxiety

Arthritis

Asthma

Autoimmune disease

Belching

Bloating

Blood sugar imbalances

Cancer

Chronic coughing

Chronic fatigue syndrome

Congestion

Constipation (fewer than one bowel movement per day)

Depression

Diarrhea, loose stools

Difficulty concentrating

Dizziness

Fatigue

Fibromyalgia

Frequent illness

Headaches

Heartburn

Hormone imbalance

Infertility

Insomnia

Intestinal spasms

Irregular periods

Joint pain

Low white blood cell count

Mood swings

Nausea or vomiting

Passing gas

Seasonal allergies

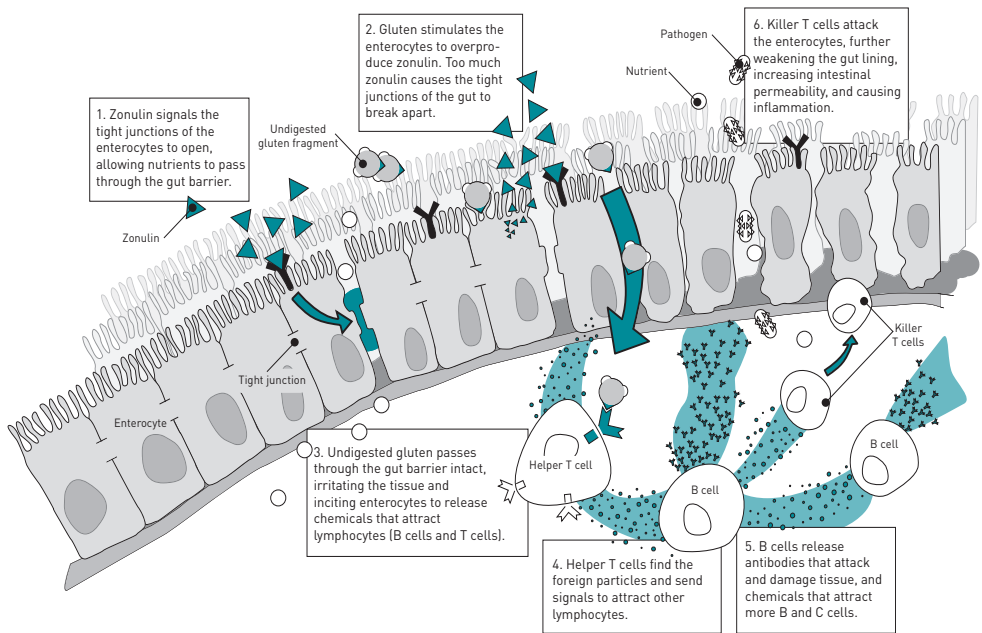
Skin rashes, eczema, hives, rosacea

Stomach pain

Stuffy nose

Thyroid imbalance

Weight gain, inability to lose weight



WHERE'S THE GLUTEN?

Simple Food Sources

Any form of wheat, barley, or rye:

- breads
- cakes
- cereals
- cookies
- crackers
- muffins
- pancakes
- pasta
- pies
- pretzels
- waffles
- ancient wheat grains, such as spelt, Kamut, and triticale
- oats (by cross-contamination)

Some Not-So-Obvious Food Sources

Not all of these always contain gluten, but they do often enough that you're better off avoiding them.

- alcohol
- candy
- cold cuts and luncheon meats
- corn chips
- dry roasted nuts
- gravy cubes
- instant or restaurant mashed potatoes
- meat, chicken, and vegetable stock cubes
- processed crab
- sauces and condiments, such as ketchup, barbecue sauce, and many others
- scrambled eggs in a restaurant (many places mix in a little pancake batter)
- vegan meat substitutes
- vitamins

Additives and Preservatives

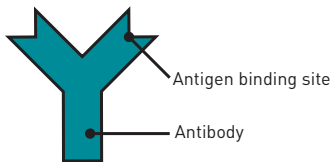
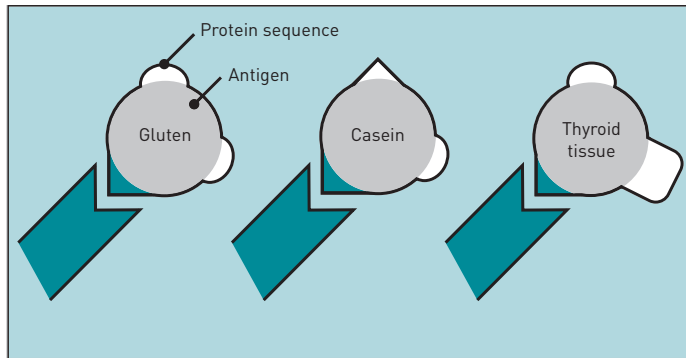
- artificial coloring
- baking powder
- caramel coloring/flavoring
- citric acid (can be fermented from wheat, corn, molasses, or beets)
- coloring
- dextrans
- diglycerides
- emulsifiers
- enzymes
- fat replacers
- flavorings
- food starch
- glucose syrup
- glycerides
- maltodextrin
- modified food starch
- natural flavors
- stabilizers
- starch
- wheat starch

Some Sources Outside Your Food

- body and beauty products
- medications, supplements, and herbal formulas
- Play-Doh and paints
- postage stamps and envelopes

(See my website, AmyMyersMD.com, for a more comprehensive list.)

Molecular Mimicry



Antibodies bind to the specific protein sequences of antigens. While gluten, casein, and your own tissues may all be different, they share some of the same protein sequences. A cross-reaction occurs when your immune system cannot distinguish between these molecules.

PLASTICS TO AVOID

We all know to stay away from BPAs, which disrupt the endocrine system and leach estrogen into the body, creating imbalances that have been linked to everything from infertility to obesity to behavioral changes in children. But there are many plastic products labeled “BPA-free” that have been shown to include chemicals that produce similar effects. Here is a guide to some of these common plastics and where they lurk in everyday products and materials. To easily identify each plastic, look for the number stamped on the packaging.

Number on Packaging / Name	Common Sources	Notes
1 Polyethylene terephthalate (PET or PETE)	Bottles of soda, water, cooking oil, mouthwash, ketchup, and salad dressing; jars of peanut butter	Used for its lightweight, versatile form, this is the main plastic used for soda and water bottles. It sometimes contains antimony, which may mimic estrogen. PET is fine for a single use, but it begins to break down when exposed to heat and harsh detergents.
2 High-density polyethylene (HDPE)	Baby bottles; bags of chips, cookies, and cereal; toys; cutting boards; ice cube trays; milk jugs; water, juice, detergent, and shampoo bottles; yogurt tubs	HDPE is marketed as a sturdy and heat-resistant material, but some environmental groups express concern over the potential hazard from the leaching of phthalates used in children’s toys and bottles.
3 Polyvinyl chloride (V or PVC)	Deli containers, plastic wrap, shower curtains, and teething rings	PVC may release phthalates/ carcinogens into food and drinks, especially when the containers start wearing out, are put through the dishwasher, or are heated (including in a microwave).
4 Low-density Polyethylene (LDPE)	Milk cartons, plastic produce bags, hot and cold beverage cups, frozen-food containers	
5 Polypropylene (PP)	Baby bottles, sippy cups, straws, prescription pill bottles, Tupperware, deli containers, bottle caps, yogurt cups, and some takeout containers	PP is marketed as heat-resistant, but that only means it won’t melt under heat, not that it is healthy and/or won’t leach chemicals.

<p>6</p> <p>Polystyrene (PS)</p>	<p>Takeout containers, egg cartons, meat and fish packaging, utensils, packaging peanuts</p>	<p>Commonly known as Styrofoam, PS contains styrene, which may mimic estrogen and, with long-term exposure to small quantities, cause fatigue, sleep difficulties, and lymphatic abnormalities, and have carcinogenic affects. It is especially dangerous when heated. PS is banned in some cities, including Portland, Oregon, and San Francisco.</p>
<p>7</p> <p>Other, usually refers to Polycarbonate (PC)</p> <p>OR</p>	<p>Bowls, plates, cups, reusable water bottles, food packaging, blenders, syringes</p>	<p>PC is derived from BPA. Numerous studies have concluded that trace amounts of BPA can cause endocrine disruption, developmental conditions, and cancer.</p>
<p>Polylactic acid (PLA)</p>	<p>Takeout containers, fruit and vegetable packaging, yogurt containers, utensils</p>	<p>This is marketed as biodegradable and compostable but is typically made from genetically modified corn and has been shown to leach estrogen.</p>

BACTERIAL INFECTIONS AND AUTOIMMUNITY

Here's a list of the most common associations between bacterial infections and autoimmune conditions:

Type of Microbe	Associated Disorder
<i>Campylobacter</i>	Guillain–Barré syndrome
<i>Chlamydia pneumoniae</i> *	Multiple sclerosis
<i>Citrobacter, Klebsiella, Proteus, Porphyromonas</i>	Rheumatoid arthritis
<i>E. coli, Proteus</i>	Autoimmunity in general
<i>Klebsiella</i>	Ankylosing spondylitis
<i>Streptococcus pyogenes</i>	Rheumatic fever
<i>Yersinia</i>	Graves' disease, Hashimoto's thyroiditis
* This is <i>not</i> the same bacterium that causes the sexually transmitted disease, though obviously it is from the same family.	

THE MYERS WAY ADRENAL FATIGUE TEST

Check all the boxes that apply to you.

- ☐ I am frequently tired.
- ☐ I feel tired even after eight to ten hours of sleep.
- ☐ I am chronically stressed.
- ☐ It is difficult for me to handle stress.
- ☐ I am a night-shift worker.
- ☐ I work long hours.
- ☐ I have little relaxation time during my days.
- ☐ I get headaches frequently.
- ☐ I don't exercise consistently.
- ☐ I am or have been an endurance athlete (or participate in CrossFit).
- ☐ I have erratic sleep patterns.
- ☐ I wake up in the middle of the night.
- ☐ I crave salt.
- ☐ I crave sugar.
- ☐ I have high sugar intake.
- ☐ I have difficulty concentrating.
- ☐ I carry weight in my midsection (an apple-shape body).
- ☐ I have low blood sugar issues (hypoglycemia).
- ☐ I have irregular periods.
- ☐ I have a low libido.
- ☐ I have PMS or perimenopausal/menopausal symptoms.
- ☐ I get sick frequently.
- ☐ I have low blood pressure.
- ☐ I have muscle fatigue or weakness.
- ☐ I rely on caffeine for energy (coffee, energy shots, etc.).

THE MYERS WAY ADRENAL FATIGUE TEST, *continued*

Scoring

Fewer than 2 boxes checked: Great! Continue to manage your stress to support your adrenals and minimize the strain on your immune system.

From 2 to 5 boxes checked: Good. Follow The Myers Way to support your adrenals. You don't need any additional supplementation, but do follow the de-stressing strategies offered in this chapter.

From 6 to 10 boxes checked: Follow The Myers Way to support your adrenals and take the adaptogenic herbs recommended for adrenal fatigue in the supplements chart on page 200. Also follow the de-stressing strategies offered in this chapter.

More than 10 boxes checked: Follow The Myers Way to support your adrenals, and take the adaptogenic herbs recommended for adrenal fatigue in the supplements chart on page 200. Also follow the de-stressing strategies offered in this chapter, and consult a functional medicine practitioner if your symptoms don't resolve within two or three months. Adrenal fatigue can be a complex and challenging problem to treat, so make sure to get the support you need.

STRESS-RELIEVING STRATEGIES

Acupuncture

Art: either making it or looking at it

Breathe: It's physiologically impossible to be anxious when you are breathing deeply!

Conversations: Talk to the people you love. Even a brief conversation can bring those cortisol levels down!

Counseling: psychodynamic therapy, cognitive behavioral therapy, art or music therapy

Dance: Put on a favorite song and dance your stress away.

Exercise: but don't overdo it!

Eye movement desensitization and reprocessing (EMDR): a form a therapy that can help you let go of traumatic events or upsetting feelings

Hot tub, whirlpool, or Jacuzzi

Martial arts

Massage

Meditation or prayer

Music: Studies show that just half an hour's worth of listening can cause your cortisol levels to drop.

Nature: a long walk, a hike, or just time spent sitting in a natural setting

Passion: Make some time for whatever you're passionate about.

Pets

Play

Saunas

Sex

Shake it off: Literally shake your arm, leg, or head, and envision shaking off the worry or stress, especially after having an upsetting conversation or hearing a difficult piece of news.

Spiritual practice: time in a church, synagogue, mosque, zendo, or other spiritual center

Tai chi

Tapping: a practice that is an integral part of emotional freedom technique (EFT), a way of letting go of stressful thoughts or emotions

Tea: Take even five minutes to sit quietly with a fragrant cup of caffeine-free herbal tea, focusing on the smell, the warmth, and the taste.

Yoga

FOODS TO ENJOY

Quality Proteins

- Organic, grass-fed beef
- Organic, grass-fed lamb
- Organic, grass-fed pork
- Organic, pasture-raised poultry (chicken, duck, turkey)
- Water-packed fish (sardines)
- Wild-caught fresh fish (cod, halibut, Pacific salmon, pollack, sole, trout)
- Wild game

Organic Vegetables

- Artichokes
- Asparagus
- Bamboo shoots
- Beets
- Bok choy
- Broccoflower
- Broccoli
- Broccolini
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery (seaweed, kelp)
- Chives
- Cucumbers
- Kale
- Leeks
- Lettuce
- Mushrooms
- Okra
- Olives (canned in water)
- Onions
- Parsnips
- Sea veggies
- Spinach (all leafy greens)
- Squash (acorn, butternut, spaghetti, kabocha)
- Sweet potatoes
- Turnips
- Yellow squash
- Zucchini

Healthy Fats

- Avocado
- Avocado oil
- Coconut oil
- Grapeseed oil
- Olive oil
- Safflower oil

Organic Fruits

- Apples
- Applesauce (unsweetened)
- Apricots
- Avocados
- Bananas
- Blackberries
- Blueberries
- Cherries
- Coconut
- Cranberries
- Figs
- Grapefruits
- Grapes
- Kiwis
- Kumquats
- Lemons
- Limes
- Mangos
- Melons
- Nectarines
- Oranges
- Peaches
- Pears
- Raspberries
- Strawberries
- Tangerines

Flavorful Seasonings

Special note: Please avoid seasonings labeled just “spices.” They could contain anything, including gluten.

- Apple cider vinegar
- Basil
- Bay leaf
- Black pepper
- Cacao (100%)
- Cardamom
- Carob
- Cilantro
- Cinnamon
- Clove
- Cumin
- Dandelion
- Dill
- Fennel seed
- Garlic
- Ginger
- Mustard
- Nutmeg
- Oregano
- Parsley
- Rosemary
- Sea salt
- Tarragon
- Thyme
- Turmeric

Refreshing Beverages

- Homemade fruit and vegetable juices
- Teas (caffeine-free herbal tea; organic green tea in moderate amounts, if needed)
- Water (filtered water, mineral water, seltzer)

TOXIC FOODS TO TOSS

- Alcohol
- Fast foods, junk foods, processed foods
- Food additives: any foods that contain artificial colors, flavors, or preservatives
- Genetically modified foods (GMOs), including canola oil and beet sugar
- Processed meats: canned meats (such as SPAM; canned fish is okay), cold cuts, hot dogs; sausage is okay, but make sure it's gluten-free
- Processed and refined oils: mayonnaise, salad dressings, shortening, spreads
- Refined oils, hydrogenated fats, trans fats, including margarine
- Stimulants and caffeine: chocolate, coffee, decongestants, yerba maté
- Sweeteners: sugar, sugar alcohols, natural sweeteners (such as honey, agave, maple syrup, molasses, and coconut palm sugar), sweetened juices, high-fructose corn syrup; stevia in moderation is okay
- Trans fats and hydrogenated oils, which are frequently found in packaged and processed foods

CONDIMENTS AND SPICES TO TOSS

- | | |
|---|---------------------|
| • Barbecue sauce | • Red pepper flakes |
| • Cayenne pepper (black pepper is okay) | • Relish |
| • Chocolate (100 percent cacao is approved) | • Soy sauce |
| • Ketchup | • Tamari |
| • Paprika | • Teriyaki sauce |

INFLAMMATORY FOODS TO TOSS

- Corn and anything made from corn (corn flour, cornmeal, grits) or containing high-fructose corn syrup
- Dairy: butter, casein, cheese, cottage cheese, cream, frozen yogurt, ghee, goat cheese, ice cream, milk, nondairy creamer, whey protein, yogurt
- Eggs
- Gluten: anything that contains barley, rye, or wheat
- Gluten-free grains and pseudo-grains: amaranth, millet, oats, quinoa, rice
- Legumes: beans, garbanzos, lentils, peas (dried and fresh), snow peas
- Nightshades: eggplant, peppers, potatoes, tomatoes; sweet potatoes are okay
- Nuts, including nut butters
- Peanuts
- Seeds, including seed butters
- Soy
- Sweetened fruit juices

So toss out sweets cold turkey on Day 1 of The Myers Way, and if you can, get all the following foods completely out of your house:

- Agave nectar
- Artificial sweeteners (includes aspartame, saccharin, sucralose)
- Beet sugar
- Brown rice syrup
- Brown sugar
- Cane sugar
- Coconut palm sugar
- Corn syrup
- Dehydrated cane juice
- Dextrose
- Glucose
- High-fructose corn syrup
- Honey
- Lactose
- Maltose
- Maple syrup
- Molasses
- Refined (white) sugar
- Sucrose
- Sugar alcohols (includes maltitol, mannitol, sorbitol, xylitol)

YEAST OVERGROWTH

- _____ I have an autoimmune disease, such as Hashimoto's thyroiditis, rheumatoid arthritis, ulcerative colitis, lupus, psoriasis, scleroderma, or multiple sclerosis.
- _____ I have skin or nail fungal infections, such as athlete's foot, ringworm, or toenail fungus.
- _____ I suffer from chronic fatigue or fibromyalgia, or I am tired all the time.
- _____ I have digestive issues, such as bloating, constipation, or diarrhea.
- _____ I have difficulty concentrating, poor memory, lack of focus, ADD, ADHD, or brain fog.
- _____ I have skin issues, such as eczema, psoriasis, hives, rosacea, or an unexplained rash.
- _____ I am easily irritated and/or have frequent mood swings, anxiety, or depression.
- _____ I get vaginal yeast infections, have rectal itching, or have vaginal itching.
- _____ I suffer from seasonal allergies or itchy ears.
- _____ I have sugar and refined carbohydrate cravings.

If you checked three or more items above, you have tested positive for yeast overgrowth. I recommend you follow the Yeast Overgrowth / SIBO Dietary Protocol that follows.

SMALL INTESTINE BACTERIAL OVERGROWTH (SIBO)

- ☐ I have been diagnosed with irritable bowel syndrome or inflammatory bowel disease.
- ☐ I get bloated after meals or feel bloated a lot of the time.
- ☐ I have gas, abdominal pain, or cramping.
- ☐ I have odorous, loose stools.
- ☐ I have food intolerances, such as gluten, dairy, soy, or corn.
- ☐ I have histamine intolerance.
- ☐ My joints ache.
- ☐ I feel tired all the time.
- ☐ I have skin issues, such as eczema, psoriasis, hives, rosacea, or an unexplained rash.
- ☐ I have asthma or other respiratory problems.
- ☐ I feel depressed and hopeless.
- ☐ I have been diagnosed with a B12 deficiency.

If you checked three or more items above, you have tested positive for SIBO. I recommend you follow the Yeast Overgrowth / SIBO Dietary Protocol below.

PARASITES

- ☐ I have constipation, diarrhea, or gas.
- ☐ I have traveled internationally.
- ☐ I remember getting “traveler’s diarrhea” while outside the country.
- ☐ I have had what I believe was food poisoning and my digestion has not been the same since.
- ☐ I have trouble falling asleep and I wake up multiple times during the night.
- ☐ I have skin issues, such as eczema, psoriasis, hives, rosacea, or an unexplained rash.
- ☐ I grind my teeth in my sleep.
- ☐ I have pain or aching in my muscles or joints.
- ☐ I feel exhausted, depressed, or apathetic almost all the time.
- ☐ I never feel satisfied after I eat.
- ☐ I have iron-deficiency anemia.
- ☐ I have been diagnosed with irritable bowel syndrome, ulcerative colitis, or Crohn’s disease.

If you checked three or more items, you would benefit from taking the supplements recommended for parasites in the following chart.

THE MYERS WAY AUTOIMMUNE PROGRAM SUPPLEMENTS

For Everyone

Supplement	Supplement Used in My Clinic	Recommended Company	How to Take	Alternatives
Probiotic*	Complete Probiotic Capsules or Powder OR Prescript-Assist Broad Spectrum Probiotic	Klaire/ProThera (Ther-Biotic Complete) OR Prescript-Assist	1 capsule twice daily or ¼ teaspoon daily OR 1 capsule twice daily	50+ billion IU, 10+ strains of probiotic (avoid probiotics that are grown on any avoided foods such as soy, dairy, wheat) daily OR 1240 mg soil-based probiotic blend daily
Omega 3 Fish Oil	Complete Omega 3 Capsules	Metagenics (OmegaGenics EPA-DHA 500)	1–4 capsules twice daily	1000–4000 mg omega 3 (EPA and DHA) daily
L-Glutamine OR Gut Repair Powder	L-Glutamine OR GI Repair Powder	Designs for Health OR Xymogen (GlutAloeMine)	4 capsules daily OR 1 scoop daily	3000 mg L-glutamine daily OR Blend of L-glutamine, deglycyrrhizinated licorice, and aloe vera
Acetyl-Glutathione OR N-Acetyl-Cysteine + Vitamin C + Liver Support Supplement	Glutathione OR N-Acetyl-Cysteine + Complete Vitamin C + Liver Support	CitriSafe OR Designs for Health Xymogen Klaire/ProThera (HepatoThera Forte)	1–2 capsules in the morning and the afternoon OR 1 capsule twice daily on empty stomach 2 capsules twice daily 1 capsule twice daily on empty stomach	600–1200 mg acetyl-glutathione daily OR 1800 mg N-acetyl-cysteine daily 2000 mg vitamin C daily Liver support blend including: alpha-lipoic acid and milk thistle
Vitamin D3	Vitamin D 1000 IU Drops	Pure Encapsulations	2 drops under the tongue per day	2000 IU vitamin D daily

Depending on your checklist results or where you perceive your issues lie after reading through the book, you may choose to take some of the supplements that follow.

Supplement	Supplement Used in My Clinic	Recommended Company	How to Take	Alternatives
Inflammation/Immune Support				
Curcumin Phytosome	Meriva-SR Curcumin	Thorne Research	2 capsules twice daily	1000 mg curcumin daily
Resveratrol	CitriSafe Resveratrol	CitriSafe	Dissolve 1 under tongue twice daily	50 mg resveratrol daily
Acetyl-Glutathione OR N-Acetyl-Cysteine + Vitamin C + Liver Support Supplement	Glutathione OR N-Acetyl-Cysteine + Complete Vitamin C + Liver Support	CitriSafe OR Designs for Health Xymogen Klaire/ProThera (HepatoThera Forte)	1–2 capsules in the morning and the afternoon OR 1 capsule twice daily on empty stomach 2 capsules twice daily 1 capsule twice daily on empty stomach	600–1200 mg acetyl-glutathione daily OR 1800 mg N-acetyl-cysteine daily 2000 mg vitamin C daily Liver support blend including: alpha-lipoic acid and milk thistle
Gut Health				
Probiotic*	Complete Probiotic Capsules or Powder OR Prescript-Assist Broad Spectrum Probiotic	Klaire/ProThera (Ther-Biotic Complete) OR Prescript Assist	1 capsule twice daily or ¼ teaspoon daily OR 1 capsule twice daily	50+ billion IU, 10+ strains of probiotic (avoid probiotics that are grown on any avoided foods such as soy, dairy, wheat) daily OR 1240 mg soil-based probiotic blend daily
L-Glutamine OR Gut Repair Powder	L-Glutamine OR GI Repair Powder	Designs for Health OR Xymogen (GlutAloeMine)	4 capsules daily OR 1 scoop daily	3000 mg L-glutamine daily OR Blend of L-glutamine, deglycyrrhizinated licorice, and aloe vera
Collagen	Great Lakes Collagen Hydrolysate	Great Lakes Gelatin	1–2 tablespoons twice daily	Grass-fed beef collagen
Digestive Enzymes	Complete Enzyme capsules**/chewables	Klaire/ProThera (Vital-Zymes Complete/Chewable)	2 capsules/chewables with each meal	800 mg of a broad spectrum enzyme blend including: amylase, protease, and lipase with every meal
Betaine Hydrochloride with pepsin	Betaine HCL & Pepsin	Thorne	1–2 capsules with meals—discontinue if you feel minimal heartburn, indigestion, or warmth in your stomach or chest	500–1300 mg betaine hydrochloride with pepsin with each meal

Supplement	Supplement Used in My Clinic	Recommended Company	How to Take	Alternatives
Detoxification Support				
Acetyl-Glutathione OR N-Acetyl-Cysteine + Vitamin C + Liver Support Supplement	Glutathione OR N-Acetyl-Cysteine + Complete Vitamin C + Liver Support	CitriSafe OR Designs for Health Xymogen Klaire/ProThera (HepatoThera Forte)	1–2 capsules in the morning and the afternoon OR 1 capsule twice daily on empty stomach 2 capsules twice daily 1 capsule twice daily on empty stomach	600–1200 mg acetyl-glutathione daily OR 1800 mg N-acetyl-cysteine daily 2000 mg vitamin C daily Liver support blend including: alpha-lipoic acid and milk thistle
Infections (EBV, Herpes, etc.)				
L-Lysine	Lysine	Designs for Health (L-Lysine)	1 capsule a day to prevent outbreak—if you are having an outbreak, you can take 1 capsule three times a day	750–2250 mg L-lysine daily
Lauricidin	Lauricidin	Lauricidin (Monolaurin Supplement)	Start with ¼ teaspoon two to three times a day with food, and slowly work up to 1 teaspoon two to three times a day with food	
Humic Acid	Humic Acid	Allergy Research Group	Start with 1 capsule twice daily and work up to 2 capsules twice daily	750–1500 mg humic acid daily
Yeast Overgrowth				
Caprylic Acid	Caprylic Acid	Pure Encapsulations	2 capsules twice daily on an empty stomach	1600 mg caprylic acid daily
Candisol	Candisol	Bairn Biologics	2 capsules twice daily on an empty stomach	
SIBO				
Herbal supplement*	MicrobClear	Designs for Health (GI Microb-X)	1 capsule twice daily	Herbal formula including at least four of the following: Tribulus Extract, Wormwood Extract, Berberine Sulfate, Grapefruit Extract, Barberry Extract, Bearberry Extract, Black Walnut Extract

Supplement	Supplement Used in My Clinic	Recommended Company	How to Take	Alternatives
Parasite				
Herbal Supplement*	Microb-Clear	Designs for Health (GI Microb-X)	1 capsule twice daily	Herbal formula including at least four of the following: Tribulus Extract, Wormwood Extract, Berberine Sulfate, Grapefruit Extract, Barberry Extract, Bearberry Extract, Black Walnut Extract
Adrenal Support				
Adaptogenic herbal blend	AdrenoMend	Douglas Laboratories	2 capsules daily with food for 1 to 2 weeks, then increase to 4 capsules each day with food for 2 to 4 months	Herbal formula including at least five of the following: Schisandra chinensis, Bacopa monnieri, Rhodiola rosea, Eleutherococcus senticosus, Magnolia officinalis, Rehmannia glutinosa, Panax ginseng, Coleus forskohlii
<p>*Take probiotics at least 2 hours away from herbal supplement for parasite/SIBO.</p> <p>**The Complete Enzyme capsules contain an ingredient derived from egg white. Individuals with known egg-white allergy should consult their physician before using this product.</p>				

THE THIRTY-DAY MEAL PLAN

Remember that this meal plan is based on the idea that you will be cooking for two people, so each meal accounts for two servings to be enjoyed. Feel free to adjust to fit your family's needs. If you are cooking for one, simply cut in half the number of servings you are instructed to make. That still leaves you plenty of leftovers. I've listed the recipe titles in boldface on the days you need to cook them and without boldface when you are enjoying leftovers. If you would like a detailed plan walking you through exactly how many servings to make, when to prep recipes, and when to enjoy leftovers, you can find a chart on pages 267–77. This will allow for your thirty days to run as smoothly and deliciously as possible.

Prep Day

The day before you begin the meal plan, make the following recipes to enjoy throughout the first week. This day is crucial: Prepping before you begin will really help you start off the program smoothly. If you have a typical workweek, I recommend prepping on a Saturday and beginning the program on a Sunday when you still have some extra time for cooking. After you prep, enjoy some Lemon Garlic Oven-Roasted Chicken (page 247) to get a sneak peak before you begin!

Lemon Garlic Oven-Roasted Chicken (page 247)

Gut Healing Broth (page 226)

Sweet Apple Breakfast Sausage (pages 256–57)

Day 1

Breakfast

Sweet Apple Breakfast Sausage (pages 256–57)

Hearty Sweet Potato Hash (page 217)

Spring Green Veggie Juice (page 259)

Chai Tea Latte (page 259) or decaf green tea, if desired

Lunch

Organic Citrus Kale Salad with Cranberries (page 231)

Organic Farm Five-Veggie Soup (page 229)

Dinner

Creamy Basil Pesto Sauce over Spaghetti Squash (page 254)

Enjoy ½ cup organic mixed berries, such as raspberries, strawberries, blueberries, or blackberries

Day 2

Breakfast

Sweet Apple Breakfast Sausage

Hearty Sweet Potato Hash

Reheat and sip on Gut Healing Broth

Chai Tea Latte (page 259) or decaf green tea, if desired

Lunch

Creamy Basil Pesto Sauce over Spaghetti Squash

Dinner

Roasted Wild-Caught Salmon with Tangy Mango Salsa
(page 238)

Sautéed Organic Mixed Greens with Garlic (page 218)

Simple Organic Roasted Asparagus (page 224)

Day 3

Breakfast

Roasted Wild-Caught Salmon with Tangy Mango Salsa

Spring Green Veggie Juice (page 259)

Reheat and sip on Gut Healing Broth

Lunch

Tropical Nicaraguan Salad (page 232)

Organic Farm Five-Veggie Soup

Dinner

**Organic Baby Kale and Spinach Salad with Rosemary and Basil
Grass-Fed Burgers** (page 231)

Creamy Acorn Squash (page 218)

Enjoy ½ cup organic mixed berries, such as raspberries, strawberries, blueberries, or blackberries

Day 4

Breakfast

Savory Breakfast Sausage (page 256)

Coconut Cream Berry Parfait (page 265)

Reheat and sip on Gut Healing Broth

Lunch

Organic Baby Kale and Spinach Salad with Rosemary and Basil Grass-Fed Burgers

Creamy Acorn Squash

Dinner

Spicy Fish Tacos (page 246)

Brussels Sprouts with Dark Organic Cherries (page 224)

Day 5

Breakfast

Wild-Caught Seafood, Kale, and Zucchini Scramble (page 243)

Reheat and sip on Gut Healing Broth

Lunch

Arugula, Blood Orange, and Fennel Salad (page 233)

Dinner

Chicken Coconut Curry (page 248)

Cauliflower “Pilaf” (page 220)

Enjoy ½ cup organic mixed berries, such as raspberries, strawberries, blueberries, or blackberries

Day 6

Breakfast

Savory Breakfast Sausage

Hearty Sweet Potato Hash (page 217)

Lunch

Chicken Coconut Curry

Cauliflower “Pilaf”

Dinner

Wild-Caught Halibut with Caramelized Sweet Onions (page 239)

Organic Broccolini with Garlic and Lemon (page 225)

Sautéed Organic Mixed Greens with Garlic (page 218)

Day 7

Breakfast

Sweet Apple Breakfast Sausage (pages 256–57)

Hearty Sweet Potato Hash

Spring Green Veggie Juice (page 259)

Chai Tea Latte (page 259) or decaf green tea, if desired

Lunch

Clean Cobb Salad (page 230)

Simple Organic Roasted Asparagus (page 224)

Dinner

Creamy Basil Pesto Sauce over Spaghetti Squash (page 254)

Gut Healing Broth (page 226)

Enjoy ½ cup organic mixed berries, such as raspberries, strawberries, blueberries, or blackberries

Day 8

Breakfast

Sweet Apple Breakfast Sausage

Coconut Cream Berry Parfait (page 265)

Reheat and sip on Gut Healing Broth

Chai Tea Latte (page 259) or decaf green tea, if desired

Lunch

Creamy Basil Pesto Sauce over Spaghetti Squash

Dinner

Thai Green Curry with Shrimp (pages 240-41)

Organic Broccolini with Garlic and Lemon (page 225)

Day 9

Breakfast

Savory Breakfast Sausage (page 256)

Hearty Sweet Potato Hash (page 217)

Reheat and sip on Gut Healing Broth

Chai Tea Latte (page 259) or decaf green tea, if desired

Lunch

Thai Green Curry with Shrimp

Dinner

Chinese Spice Slow-Cooked Pork (page 258)

Cauliflower “Pilaf” (page 220)

Enjoy ½ cup organic mixed berries, such as raspberries, strawberries, blueberries, or blackberries

Day 10

Breakfast

Savory Breakfast Sausage

Coconut Cream Berry Parfait (page 265)

Reheat and sip on Gut Healing Broth

Lunch

Chinese Spice Slow-Cooked Pork

Cauliflower “Pilaf”

Dinner

Spicy Turkey Cabbage Wraps (page 251)

Zucchini “Noodle” Salad (page 232)

Day 11

Breakfast

Sweet Apple Breakfast Sausage (pages 256–57)

Hearty Sweet Potato Hash

Reheat and sip on Gut Healing Broth

Lunch

Spicy Turkey Cabbage Wraps

Zucchini “Noodle” Salad (page 232) or **Create Your Own Organic Mixed Salad** (pages 261–62)

Dinner

Sweet Citrus Salmon Salad (page 239)

Brussels Sprouts with Dark Organic Cherries (page 224)

Day 12

Breakfast

Wild-Caught Seafood, Kale, and Zucchini Scramble (page 243)

Lunch

Organic Citrus Kale Salad with Cranberries (page 231)

Dinner

Garlic Oven-Roasted Cabbage (page 222)

Day 13

Breakfast

Sweet Apple Breakfast Sausage

Coconut Cream Berry Parfait (page 265)

Lunch

Tropical Nicaraguan Salad (page 232)

Dinner

Organic Baby Kale and Spinach Salad with Rosemary and
Basil Grass-Fed Burgers (page 231)

Crispy Sweet Potato Fries (page 222)

Day 14

Breakfast

Free-Range Organic Chicken and Veggie Scramble (page 250)

Chai Tea Latte (page 259) or decaf green tea, if desired

Lunch

Creamy Pesto “Pasta” with Shrimp (page 242)

Simple Organic Roasted Asparagus (page 224)

Dinner

Slow-Cooked Moroccan Lamb Curry (page 253)

Roasted Kabocha Squash with Cinnamon (page 219)

Enjoy ½ cup organic mixed berries, such as raspberries,
strawberries, blueberries, or blackberries

Day 15

Breakfast

Free-Range Organic Chicken and Veggie Scramble
Roasted Kabocha Squash with Cinnamon

Lunch

Spicy Fish Tacos (page 246)
Cucumber Seaweed Salad (page 234)

Dinner

Creamy Pesto “Pasta” with Shrimp
Simple Organic Roasted Asparagus (page 224)

Day 16

Breakfast

Slow-Cooked Moroccan Lamb Curry

Lunch

Spicy Fish Tacos
Cucumber Seaweed Salad (page 234) or
Create Your Own Organic Mixed Salad (pages 261–62)

Dinner

Lemon Garlic Oven-Roasted Chicken (page 247)
Grandma’s Hearty Chicken “Noodle” Soup (page 228)
Gut Healing Broth (page 226)

Day 17

Breakfast

Grandma’s Hearty Chicken “Noodle” Soup
Chai Tea Latte (page 259) or decaf green tea, if desired

Lunch

Cilantro Salmon Stuffed Avocado (page 241)
Arugula, Blood Orange, and Fennel Salad (page 233)

Dinner

Creamy Basil Pesto Sauce over Spaghetti Squash (page 254)
Crispy Kale Chips (page 225)
Enjoy ½ cup organic mixed berries, such as raspberries,
strawberries, blueberries, or blackberries

Day 18

Breakfast

- Savory Breakfast Sausage** (page 256)
- Coconut Cream Berry Parfait** (page 265)
- Reheat and sip on Gut Healing Broth

Lunch

- Clean Cobb Salad** (page 230)

Dinner

- Spicy Chicken and Sausage Gumbo** (page 252)
- Organic Broccolini with Garlic and Lemon** (page 225)

Day 19

Breakfast

- Savory Breakfast Sausage**
- Coconut Cream Berry Parfait** (page 265)
- Reheat and sip on Gut Healing Broth

Lunch

- Spicy Chicken and Sausage Gumbo**
- Organic Broccolini with Garlic and Lemon** (page 225)

Dinner

- Wild-Caught Halibut with Caramelized Sweet Onions** (page 239)
- Creamy Butternut Squash Soup with Cinnamon** (page 227)

Day 20

Breakfast

- Sweet Apple Breakfast Sausage** (pages 256–57)
- Creamy Butternut Squash Soup with Cinnamon**
- Reheat and sip on Gut Healing Broth
- Chai Tea Latte** (page 259) or decaf green tea, if desired

Lunch

- Wild-Caught Halibut with Caramelized Sweet Onions**
- Organic Citrus Kale Salad with Cranberries** (page 231)

Dinner

Tropical Nicaraguan Salad (page 232)

Brussels Sprouts with Dark Organic Cherries (page 224)

Cinnamon Apple Crisp (page 265)

Day 21

Breakfast

Sweet Apple Breakfast Sausage

Hearty Sweet Potato Hash (page 217)

Spring Green Veggie Juice (page 259)

Reheat and sip on Gut Healing Broth

Lunch

Lemon Garlic Oven-Roasted Chicken (page 247)

Clean Cobb Salad (page 230)

Organic Farm Five-Veggie Soup (page 229)

Gut Healing Broth (page 226)

Dinner

Saturday Night Sushi (page 244)

Crispy Coconut Shrimp (pages 244–45)

Roasted Veggies (page 224)

Day 22

Breakfast

Cinnamon Apple Crisp

Spring Green Veggie Juice (page 259)

Reheat and sip on Gut Healing Broth

Lunch

Artichokes with Ume Plum Vinaigrette (page 223)

Arugula, Blood Orange, and Fennel Salad (page 233)

Dinner

Chicken Coconut Curry (page 248)

Artichokes with Ume Plum Vinaigrette

Day 23

Breakfast

Savory Breakfast Sausage (page 256)

Coconut Summer Squash (page 223)

Reheat and sip on Gut Healing Broth

Chai Tea Latte (page 259) or decaf green tea, if desired

Lunch

Chicken Coconut Curry

Organic Citrus Kale Salad with Cranberries (page 231) or

Create Your Own Organic Mixed Salad (pages 261–62)

Dinner

Loaded Sweet Potatoes (pages 250–51)

Organic Farm Five-Veggie Soup

Day 24

Breakfast

Savory Breakfast Sausage

Coconut Cream Berry Parfait (page 265)

Reheat and sip on Gut Healing Broth

Lunch

Loaded Sweet Potatoes

Zucchini “Noodle” Salad (page 232) or

Create Your Own Organic Mixed Salad (pages 261–62)

Dinner

Cilantro Salmon Stuffed Avocado (page 241)

Simple Organic Roasted Asparagus (page 224)

Day 25

Breakfast

Sweet Apple Breakfast Sausage (pages 256–57)

Hearty Sweet Potato Hash (page 217)

Reheat and sip on Gut Healing Broth

Lunch

Tropical Nicaraguan Salad (page 232)

Dinner

Chinese Spice Slow-Cooked Pork (page 258)

Cauliflower “Pilaf” (page 220)

Day 26

Breakfast

Sweet Apple Breakfast Sausage

Hearty Sweet Potato Hash

Spring Green Veggie Juice (page 259)

Lunch

Chinese Spice Slow-Cooked Pork

Cauliflower “Pilaf”

Dinner

Spicy Fish Tacos (page 246)

Cucumber Seaweed Salad (page 234)

Enjoy ½ cup organic mixed berries, such as raspberries, strawberries, blueberries, or blackberries

Day 27

Breakfast

Savory Breakfast Sausage (page 256)

Coconut Cream Berry Parfait (page 265)

Chai Tea Latte (page 261) or decaf green tea, if desired

Lunch

Spicy Fish Tacos

Cucumber Seaweed Salad (page 234) or

Create Your Own Organic Mixed Salad (pages 261–62)

Dinner

Seared Grass-Fed Steak and Sweet Potatoes (pages 254–55)

Sautéed Organic Mixed Greens with Garlic (page 218)

Banana Cream Mini Cake Bites (page 266)

Day 28

Breakfast

Seared Grass-Fed Steak and Sweet Potatoes

Spring Green Veggie Juice (page 259)

Lunch

- Lemon Garlic Oven-Roasted Chicken** (page 247)
- Easy Chicken Lettuce Wraps** (page 255)
- Organic Broccolini with Garlic and Lemon** (page 225)
- Gut Healing Broth** (page 226)

Dinner

- Saturday Night Sushi** (page 244)
- Oven-Roasted Cod in Coconut Oil with Spinach** (pages 242–43)
- Cucumber Seaweed Salad** (page 234)

Day 29

Breakfast

- Wild-Caught Seafood, Kale, and Zucchini Scramble** (page 243)
- Spring Green Veggie Juice** (page 259)
- Reheat and sip on Gut Healing Broth

Lunch

- Easy Chicken Lettuce Wraps

Dinner

- Organic Baby Kale and Spinach Salad with Rosemary and Basil**
- Grass-Fed Burgers** (page 231)

Day 30

Breakfast

- Savory Breakfast Sausage
- Hearty Sweet Potato Hash** (page 217)
- Reheat and sip on Gut Healing Broth
- Chai Tea Latte** (page 259) or decaf green tea, if desired

Lunch

- Arugula, Blood Orange, and Fennel Salad** (page 233)

Dinner

- Creamy Basil Pesto Sauce over Spaghetti Squash** (page 254)
- Brussels Sprouts with Dark Organic Cherries** (page 224)

THE SEVEN-DAY SEAFOOD MEAL PLAN

This Seven-Day Seafood Meal Plan is a modified version of The Myers Way for those of you who are not currently eating poultry, beef, lamb, or pork. Remember, as discussed on page 115, this protocol is less inflammatory than your vegetarian or vegan diet, but it's still not as nutrient-dense as the regular meal plan of The Myers Way. If you would like to use this seafood plan as a transition, or if it is as far as you want to go, that is your decision. Just like the regular meal plan this seafood meal plan is based on the idea that you will be cooking for two people, so each meal accounts for two servings to be enjoyed. Feel free to adjust to fit your family's needs. If you are cooking for one, simply cut in half the number of servings you are instructed to make. That still leaves you plenty of leftovers. If you would like a detailed plan walking you through exactly how many servings to make, when to prep recipes, and when to enjoy leftovers, you can find a chart on pages 278–80. This will allow for your thirty days to run as smoothly and deliciously as possible.

Prep Day

The day before you begin the meal plan, make the following recipes to enjoy throughout the first week. This day is crucial: Prepping before you begin will really help you start off the program smoothly. If you have a typical workweek, I recommend prepping on a Saturday and beginning the program on a Sunday when you still have some extra time for cooking. After you prep, enjoy some Creamy Butternut Squash Soup with Cinnamon (page 227) to get a sneak peak before you begin!

Creamy Butternut Squash Soup with Cinnamon (page 227)

Chicken Coconut Curry (page 248) without chicken

Day 1

Breakfast

Coconut Cream Berry Parfait (page 265)

Spring Green Veggie Juice (page 259)

Chai Tea Latte (page 259) or decaf green tea, if desired

Lunch

Organic Citrus Kale Salad with Cranberries (page 231)

Chicken Coconut Curry without chicken

Dinner

Lemon and Mushroom Baked Trout (page 245)

Organic Broccolini with Garlic and Lemon (page 225)

Day 2

Breakfast

Wild-Caught Seafood, Kale, and Zucchini Scramble (page 243)

Creamy Butternut Squash Soup with Cinnamon

Lunch

Lemon and Mushroom Baked Trout

Organic Citrus Kale Salad with Cranberries (page 231)

Dinner

Wild-Caught Halibut with Caramelized Sweet Onions (page 239)

Sautéed Organic Mixed Greens with Garlic (page 218)

Spiced Butternut Squash with Turmeric (page 219)

Enjoy ½ cup organic mixed berries, such as raspberries, strawberries, blueberries, or blackberries

Day 3

Breakfast

Chicken Coconut Curry without chicken

Lunch

Wild-Caught Halibut with Caramelized Sweet Onions

Creamy Butternut Squash Soup with Cinnamon

Sautéed Organic Mixed Greens with Garlic

Dinner

Creamy Pesto “Pasta” with Shrimp (page 242)

Enjoy ½ cup organic mixed berries, such as raspberries, strawberries, blueberries, or blackberries

Day 4

Breakfast

Coconut Cream Berry Parfait (page 265)

Spring Green Veggie Juice (page 259)

Lunch

Creamy Pesto “Pasta” with Shrimp

Dinner

Roasted Wild-Caught Salmon with Tangy Mango Salsa
(page 238)

**Twice-Baked Perfect Sweet Potatoes with Cinnamon and
Nutmeg** (page 221)

Simple Organic Roasted Asparagus (page 224)

Day 5

Breakfast

Coconut Cream Berry Parfait (page 265)

Spring Green Veggie Juice (page 259)

Lunch

Roasted Wild-Caught Salmon with Tangy Mango Salsa
Tropical Nicaraguan Salad (page 232)

Dinner

Oven-Roasted Cod in Coconut Oil with Spinach (pages 242–43)

Cauliflower “Pilaf” (page 220)

Day 6

Breakfast

Wild-Caught Seafood, Kale, and Zucchini Scramble (page 243)

Lunch

Oven-Roasted Cod in Coconut Oil with Spinach
Cauliflower “Pilaf”

Dinner

Crispy Coconut Shrimp (pages 244–45)

Arugula, Blood Orange, and Fennel Salad (page 233)

Cinnamon Apple Crisp (page 265)

Day 7

Breakfast

Coconut Cream Berry Parfait (page 265)

Spring Green Veggie Juice (page 259)

Chai Tea Latte (page 259) or decaf green tea, if desired

Lunch

Spicy Fish Tacos (page 246)

Artichokes with Ume Plum Vinaigrette (page 223)

Dinner

Saturday Night Sushi (page 244)

Cucumber Seaweed Salad (page 234)

The Myers Way Recipes

VEGETABLES

Hearty Sweet Potato Hash

SERVES 4

What a wonderful way to start your day! This warm and hearty dish is everything you're looking for in a comfort food. Since you will be enjoying this hash for breakfast, I recommend prepping your ingredients beforehand if you want to save time in the morning.

- 2 to 4 teaspoons coconut oil
- 2 medium sweet potatoes, finely diced
- 1 yellow onion, diced
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- Pinch of sea salt
- Pinch of ground black pepper

Set a large pan over medium heat. Add the coconut oil, sweet potatoes, and onions. Cover and simmer the mixture for 7 to 10 minutes, stirring frequently. Add the cinnamon, nutmeg, salt, and pepper. Cook the mixture uncovered for an additional 2 to 3 minutes, stirring frequently, or until the sweet potatoes are soft and slightly browned.

Creamy Acorn Squash

SERVES 4

This squash melts in your mouth, thanks to the creamy coconut and sweet spices.

1 acorn squash

2 teaspoons coconut oil or coconut manna, plus more coconut oil for greasing the baking dish

Pinch of ground cinnamon

Pinch of ground nutmeg

Preheat the oven to 375°F.

Cut the squash in half from top to bottom. Remove the seeds with a spoon and discard them.

Grease a medium-size baking dish with coconut oil. Place the squash halves facedown in the baking dish, then bake them for 30 minutes. Then turn each squash half faceup with tongs. Spoon 1 teaspoon of the coconut oil or manna over each half, and sprinkle them with the cinnamon and nutmeg. Cook for another 10 minutes before serving.

Sautéed Organic Mixed Greens with Garlic

SERVES 2 TO 4

You'll never complain about eating your greens after trying these fantastic greens, drizzled with sweet coconut oil.

1 bunch greens, or about 4 to 5 cups according to your taste, of kale, rainbow chard, collards, or mustard greens

2 teaspoons coconut oil, or more if needed

1 garlic clove, minced

Pinch of sea salt

Rinse the greens and pat them dry. Separate the stems from the leaves, and chop the stems into 2-inch segments. Chop the leaves into 1-inch strips.

Heat the coconut oil and garlic in a medium pan and add the chopped stems. Sauté the mixture for about 5 minutes, then add the leaves and a pinch of salt. Add 1 more teaspoon of oil if greens are sticking, and sauté for another 2 to 3 minutes. Enjoy warm.

Roasted Kabocha Squash with Cinnamon

SERVES 4 TO 6

When I finally tried this squash, I wished I had been making it for years. It has such a rich flavor that goes well with anything. It looks like a little green pumpkin and likely can be found close to the spaghetti squash at your grocer.

- 2 tablespoons coconut oil, melted, plus more for greasing the baking sheet
- 1 kabocha squash
- Pinch of sea salt
- Pinch of ground black pepper
- ⅛ teaspoon ground cinnamon
- Pinch of ground nutmeg

Preheat the oven to 350°F.

Grease a baking sheet with coconut oil. Carefully slice the squash in half from top to bottom. Remove the seeds with a spoon and discard them. Slice each half into 1-inch-thick wedges and place them in a large bowl. Drizzle the slices with the melted coconut oil and sprinkle them with the salt, pepper, cinnamon, and nutmeg. Spread the slices on the baking sheet and roast them for about 20 minutes, then turn them over and roast them for another 20 minutes. The peel is edible, but you can remove it before serving if you prefer.

Spiced Butternut Squash with Turmeric

SERVES 2

- 1 butternut squash, peeled, seeded, and chopped into ½- to ¾-inch cubes
- 1 to 2 tablespoons coconut oil, melted, plus more for greasing the baking sheet
- ¼ teaspoon ground turmeric

Preheat the oven to 375°F.

In a large bowl, toss the squash cubes with the oil and turmeric. Then arrange them on a greased baking sheet and bake for 30 minutes—the longer longer you bake it, the crispier it gets!

Slow-Roasted Carrots and Beets with Turmeric

SERVES 2 TO 4

You can just see the amazing nutrition in the bright colors of these carrots and beets.

- 4 carrots, peeled
- 2 golden beets, peeled
- 2 to 3 teaspoons coconut oil, melted
- Pinch of sea salt
- Turmeric to taste

Preheat the oven to 350°F.

Chop the carrots into thin disks or into 2-inch segments and then quarter them lengthwise. Chop the beets into bite-size pieces, about 1 inch long and ½ inch wide.

In a medium bowl, toss the veggies in the melted coconut oil, salt, and seasonings of your choice. Spread the veggies on a baking sheet, then roast them for about 20 minutes, depending on the desired texture.

Cauliflower “Pilaf”

SERVES 4

This recipe is one of my favorites. It’s incredibly easy and feels like I’m eating rice again. I love to make a lot of this to enjoy for the whole week in different dishes, especially curries!

- 1 head cauliflower, chopped coarsely
- 1 yellow onion, diced
- 2 tablespoons coconut oil
- ¼ teaspoon sea salt

Rinse the cauliflower heads and break them apart into florets. Working in batches, place the florets into a food processor with an S-shaped blade and process the cauliflower until it begins to resemble rice. Another option is to use a ricer instead of a food processor.

In a skillet set over medium heat, sauté the onion in the coconut oil. When the onions become translucent, add the processed cauliflower to the skillet. Stir to combine and sauté the mixture until it is soft. Season the “pilaf” with salt and any other preferred seasonings to taste.

Simply Delicious Baked Sweet Potatoes

SERVES 2 (1 POTATO PER PERSON)

Every time I eat a sweet potato I'm amazed at how delicious it is all by itself. This is also a great recipe to make in bulk and enjoy throughout the week to save time. They are even great cold, on the go!

Coconut oil for greasing the baking sheet
2 medium sweet potatoes

Preheat the oven to 400°F.

Grease a baking sheet with coconut oil. Wash and cut the sweet potatoes in half lengthwise and place them facedown on the sheet. Bake them for 45 to 60 minutes, or until they are soft.

Twice-Baked Perfect Sweet Potatoes with Cinnamon and Nutmeg

SERVES 2 (1 POTATO PER PERSON)

Okay, I know I said sweet potatoes are wonderful all by themselves, but this recipe is to die for! You will feel like you are eating dessert. Enjoy this special treat!

Simply Delicious Baked Sweet Potatoes (recipe above)
2 tablespoons coconut oil
1/8 teaspoon ground cinnamon
Pinch of ground nutmeg
Pinch of sea salt
Pinch of ground black pepper
1/4 cup full-fat coconut milk (optional)
2 teaspoons sliced scallions (optional)

Preheat the oven to 375°F.

Scoop out the flesh of each baked potato half from its skin with a spoon, and place the flesh in a medium bowl. Reserve the skins on a baking sheet.

Add the coconut oil, cinnamon, nutmeg, salt, pepper, and the optional coconut milk to the bowl with the potato flesh. Mash to combine the mixture with a potato masher or a fork. Spoon the filling back into the reserved skins, and bake them for 10 to 15 minutes. Top each with the optional scallions before serving.

Garlic Oven-Roasted Cabbage

SERVES 4

Coconut oil for greasing the baking sheet
1 head green cabbage
2 garlic cloves
2 tablespoons extra-virgin olive oil
Pinch of sea salt
Pinch of ground black pepper
1 large avocado, sliced
1 Rosemary and Basil Grass-Fed Burger (page 257)

Preheat the oven to 400°F.

Grease the baking sheet with coconut oil.

Place the cabbage on a cutting board with the root on the bottom. Cut the cabbage into about 1-inch-thick slices. Smash the garlic cloves with the side of a chef's blade to soften them, and rub all the sides of the cabbage slices with the garlic. Drizzle olive oil on the top and bottom of each cabbage slice, and sprinkle them with salt and pepper.

Place the cabbage slices on the baking sheet and roast them for about 25 minutes, then flip them and roast for another 25 minutes.

Serve topped with avocado slices and a Rosemary and Basil Grass-Fed Burger.

Crispy Sweet Potato Fries

SERVES 2

You'll feel anything but deprived enjoying these crispy fries.

2 medium sweet potatoes
Coconut oil

Wash and peel the sweet potatoes. Chop them into thin "fries" about 2 inches long and ¼ to ½ inch thick.

Heat enough coconut oil in a large pan to cover the fries. When the oil is hot, add half the potatoes to the pan with a slotted wok spoon. Fry them for about 7 minutes, removing them from the oil before they turn brown (the fries will crisp up after they are taken out of the oil). Fry the remaining potatoes in the same manner.

Artichokes with Ume Plum Vinaigrette

SERVES 2 TO 4

- 2 artichokes
- ½ lemon
- 1 garlic clove, peeled and smashed
- Ume Plum Vinaigrette (pages 236)

Fill a large pot with enough water to cover the artichokes, and bring the water to a boil.

In the meantime, on a cutting board chop the stems off the artichokes so they can sit flat (flower side up) on the bottom surface of the pot. Trim the pointed tips off each leaf with a kitchen scissors and discard them. Cut the top inch off each artichoke too and discard those. Rub all cut areas of both artichokes with the juicy lemon half.

Add the lemon half, garlic, and each artichoke carefully to the boiling water with a slotted wok spoon. Place a lid, small enough to fit inside the pot, on top of the artichokes to keep them submerged in the boiling water. Simmer them for about 30 to 35 minutes, or until they are tender. Remove the artichokes with the slotted spoon and let them drain and cool in a strainer upside down so all the water can drip out.

To eat, pull each petal off the artichoke one at a time, dip the leaf in the prepared Ume Plum Vinaigrette, and place it in your mouth, skimming the base of the petal through your teeth to strip off the tender flesh. When you get to the heart of the artichoke, scrape off the fuzzy top layer and discard it before enjoying the artichoke heart.

Leftover artichokes can be steamed to reheat them.

Coconut Summer Squash

SERVES 2

- 1 zucchini
- 1 yellow squash
- 2 teaspoons coconut oil

Wash the squash and cut off the ends. Grate the zucchini and the yellow squash with a grater.

Heat the coconut oil in a medium pan, then add the grated squash and sauté the mixture for 1 to 2 minutes.

Roasted Veggies

SERVES 2

4 cups chopped veggies of your choice (asparagus, beets, broccoli, cauliflower, carrots, celery, zucchini, sweet potatoes, etc.)

1 to 2 tablespoons coconut oil, melted

¼ teaspoon sea salt

Optional seasonings: turmeric, cinnamon, nutmeg, cumin, black pepper

Preheat the oven to 350°F.

In a bowl, combine the chopped veggies, coconut oil, salt, and optional seasonings, stirring until the veggies are evenly coated. Spread the veggies on a baking sheet and roast them for 15 to 25 minutes. The cooking time will depend on the choice of vegetable and the desired texture. Keep an eye on them to determine the best cooking time.

Simple Organic Roasted Asparagus

SERVES 2

24 organic asparagus stalks, end discarded

1 tablespoon coconut oil or olive oil

Pinch sea salt

1 lemon wedge

Preheat oven to 375°F. Wash asparagus and place in oven safe baking dish. Drizzle with oil and sprinkle with salt. Roast for 20 to 25 minutes.

Squeeze juice from lemon wedge over asparagus before serving.

Brussels Sprouts with Dark Organic Cherries

SERVES 2

3 cups organic Brussels sprouts, stems chopped off

½ cup fresh organic cherries, pitted

2 to 3 tablespoons olive oil or coconut oil, melted plus extra for greasing

¼ teaspoon salt

Preheat oven to 375°F. Grease baking sheet with coconut oil. Cut Brussels sprouts in half. Mix with cherries, oil, and salt. Roast 15 to 20 minutes depending on desired crispiness.

Organic Broccolini with Garlic and Lemon

SERVES 2

Any of these great organic green side recipes can be doubled to enjoy the next day.

- 8 stalks organic broccolini, ends trimmed
- 1 tablespoon coconut oil or olive oil, more as needed
- ½ sweet onion, diced
- 3 cloves garlic, minced
- ½ lemon

Heat medium sized pan with oil. Add onion and cook for 2 minutes. Add garlic and broccolini. Let cook for 5 to 7 minutes, stirring frequently. When broccolini is tender, squeeze with lemon and serve.

Variation: Use 1 head of broccoli instead of broccolini.

Crispy Kale Chips

SERVES 2

- 1 head curly kale
- 2 tablespoons coconut oil
- ¼ teaspoon sea salt
- ¼ teaspoon turmeric

Preheat oven to 400°F. Wash kale and pat dry. Place kale in large bowl. Tear the leaves into 2 to 3 inch pieces and separate leaves from stems. Discard stems. Drizzle with oil and massage oil into leaves to coat thoroughly. Add salt and turmeric, and mix well. Bake for about 10 minutes, until kale is crispy, in batches or on multiple baking sheets. During baking, keep an eye out to prevent burning the thin chips.

SOUPS AND BROTHS

Gut Healing Broth

MAKES APPROXIMATELY 16 4-OUNCE SERVINGS (8 CUPS)

The gelatin in Gut Healing Broth protects and heals the mucosal lining of the digestive tract and helps aid in the digestion of nutrients. This broth is great in soups or to just sip from your favorite mug.

- 1 organic, pasture-raised chicken carcass (left over from Lemon Garlic Oven-Roasted Chicken on page 247) or 1 pound bones (marrow bones, chicken bones, knuckle bones)
- 2 tablespoons apple cider vinegar
- 1 teaspoon sea salt
- 2 garlic cloves, peeled and smashed with the flat side of a knife
- 8 cups water
- Chopped carrots, celery, onions (optional)

Put the chicken carcass or bones in a slow cooker with the vinegar, salt, garlic, water and vegetables. Depending on the bones you use and the size of your slow cooker, you can add more water to cover the bones. Cook the mixture on low for at least 24 hours before cooling. (You can use the broth at any time after 8 hours of cooking, but I recommend cooking it for at least 24 hours.)

When the broth is ready, use a slotted spoon to remove the bones. Then pour it through a fine-mesh strainer to separate the fat. It may still be greasy, but after it's stored in the fridge, the fat will rise to the top and you can skim it off.

Heat individual portions for drinking or using in recipes. Use for 4 to 5 days then freeze.

Creamy Butternut Squash Soup with Cinnamon

SERVES 4 TO 6

You'll love this sweet and creamy soup the first time you taste it and maybe even more the second time! Note, you can peel and chop up butternut squash and sweet potatoes at any time and freeze the flesh to keep on hand for this recipe or to use later.

- 2 garlic cloves (keep whole)
- 2 to 3 tablespoons extra-virgin olive oil
- 1 butternut squash, peeled, seeded, and cut into chunks (or you can use frozen chunks)
- 2 medium sweet potatoes, peeled and cut into chunks (or you can use frozen chunks)
- 1 large sweet onion, diced
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 4 cups Gut Healing Broth (previous recipe, page 226) or gluten-free, low sodium packaged broth (Pacific Natural Foods has some good organic broths)
- 1 13.5-ounce can full-fat coconut milk
- Sea salt to taste
- Ground black pepper to taste

In a large soup pot, sauté the garlic in the olive oil until it is aromatic. Add the squash, sweet potatoes, onion, cinnamon, and nutmeg, and sauté for 3 to 5 minutes, stirring the mixture frequently. Add the broth and bring the soup to a boil, then turn the heat down and simmer, partially covered, for about 20 minutes until the potatoes and squash are tender.

Remove the pot from the heat. Blend the mixture with an immersion blender or in a standard high-speed blender, working in batches, until it's completely smooth.

Return the soup to a burner set on low heat and stir in the coconut milk. Continue to heat the soup on a low flame, stirring well. Season with salt and pepper.

Variation: Top individual servings of the soup with pomegranate seeds for some crunch.

Grandma's Hearty Chicken "Noodle" Soup

SERVES 4

The zucchini "noodles" transform this soup into a classic chicken noodle soup. This is the perfect dish to bring back some warm childhood memories.

- 1 tablespoon coconut oil (more if needed)
- 1 garlic clove, minced
- 1 yellow onion, chopped
- ¼ teaspoon ground turmeric
- ½ sweet potato, chopped
- 4 carrots, chopped
- 4 stalks celery, chopped
- 1 bay leaf
- 20 ounces (2.5 cups) Gut Healing Broth (page 226) or gluten-free, low-sodium packaged broth
- 2 cups chopped or shredded cooked organic, pasture-raised chicken
- 2 teaspoons chopped fresh basil
- 2 teaspoons chopped fresh cilantro or parsley (or both)
- ¼ teaspoon sea salt
- ⅛ teaspoon ground black pepper
- 2 zucchini, spiral-cut into "noodles" using a spiral slicer or julienne peeler

In a large soup pot set over medium heat, warm the coconut oil. Add the garlic and sauté until it is slightly browned. Add the onions and turmeric, and continue to sauté for about 3 minutes. Add the potato, carrots, celery, and bay leaf. If the vegetables seem dry, add another 2 to 3 teaspoons of coconut oil. Cook the mixture for about another 10 minutes. Add the broth, chicken, basil, parsley and/or cilantro, salt, and pepper. Bring the soup to a boil, then simmer it covered for an additional 40 minutes.

Turn the heat off and remove the bay leaf. Stir in the zucchini "noodles," cover the pot, and let the soup sit for 5 to 10 minutes before serving hot.

Organic Farm Five-Veggie Soup

SERVES 4

- 1 cup chopped yellow squash
- 1 cup chopped zucchini
- 1 cup chopped broccoli
- 1 cup chopped cauliflower
- 1 cup chopped yellow onions
- 1 garlic clove, minced
- 2 teaspoons extra-virgin olive oil
- 1 cup Gut Healing Broth (page 226) or gluten-free, low-sodium packaged broth
- ¼ teaspoon fresh dill
- Sea salt to taste
- Ground black pepper to taste

Steam the squash, zucchini, broccoli, and cauliflower. Set them aside.

In a pan, caramelize the onions and garlic in the olive oil. Set them aside.

In a high-speed blender, working in batches, puree some of the broth with the steamed veggies, onions and garlic, dill, salt, and pepper. When the mixture is smooth, pour it into a large soup pot. Add any remaining broth and simmer the soup until it's hot.

SALADS

Clean Cobb Salad

SERVES 2

- 2 cups chopped romaine lettuce
- 1 cup chopped baby kale
- ½ cucumber, chopped
- 1 organic, pasture-raised chicken breast, cooked and chopped
- ½ apple, chopped
- ½ large avocado, sliced
- 1 tablespoon olive oil
- Juice from ½ lemon
- 2 teaspoons full-fat coconut milk (optional)
- 1 clove garlic, minced
- Pinch of sea salt
- Pinch of ground black pepper

In a medium bowl, toss together the lettuce, kale, cucumber, chicken, apple, and avocado. Set the mixture aside.

Put the oil, lemon juice, coconut milk, garlic, salt, and pepper in a food processor or a high-speed blender and mix until the dressing is smooth. Drizzle the salad with the dressing and serve. If you are preparing the salad for leftovers, wait to chop the apple and avocado to maintain freshness, and keep the dressing on the side.

Variation: Use Organic Herb Roasted Chicken Tenders (page 249) for salad in place of chicken breast.

Organic Citrus Kale Salad with Cranberries

SERVES 2

The citrus in this recipe helps to soften the crispy kale leaves, and the fruit brings a pop of sweetness. You'll be asking for seconds!

1 bunch kale (about 4 to 5 cups)

Juice of ½ orange

Extra-virgin olive oil

1½ cups shredded, cooked chicken (can use leftover Lemon Garlic Oven-Roasted Chicken, page 247)

½ cup unsweetened dried cranberries or fresh pitted cherries (optional)

1 small cucumber, chopped (optional)

Wash and pat dry the kale leaves, then chop them. In a medium bowl, toss the chopped kale with the orange juice and olive oil to coat the leaves. Add the chicken, as well as the optional cranberries or cherries and cucumber. Let the salad sit for at least 30 minutes before serving, to meld the flavors.

Variation: Leave out chicken if already enjoying animal protein in a meal.

Organic Baby Kale and Spinach Salad with Rosemary and Basil Grass-Fed Burgers

SERVES 2

4 to 5 cups organic baby kale and spinach mix

1 to 2 tablespoons coconut oil

1 small sweet onion, sliced thinly in strips

2 to 4 Rosemary and Basil Grass-Fed Burgers/Meatballs (page 257)

½ cup Super Guacamole (page 236)

Wash the greens and pat the leaves dry. Slice the leaves into 1-inch strips and divide them between two serving bowls.

Heat the coconut oil in a medium pan. Sauté the onion until it caramelizes (let the onions stick to the pan to allow for caramelization, then stir them before they burn).

Top each serving of greens with 1 to 2 burgers, a spoonful of guacamole, and the caramelized onions.

Tropical Nicaraguan Salad

SERVES 2

4 to 6 cups organic mixed field greens

¼ to ½ small mango, peeled and grated

½ cup strawberries, thinly sliced

½ cucumber, thinly sliced

1 avocado, diced

¼ teaspoon sea salt

2 tablespoons olive oil

2 teaspoons balsamic vinegar (use apple cider vinegar on the Yeast Overgrowth / SIBO Dietary Protocol)

In a large salad bowl combine greens, mango, berries, cucumber, and avocado. In a small bowl mix together salt, oil, and vinegar. Drizzle desired amount of dressing over salad and serve.

Variation: Serve with Organic Herb Roasted Chicken Tenders (page 249), left over chicken, or salmon if you are enjoying as a meal.

Zucchini “Noodle” Salad

SERVES 2

1 zucchini, spiral-cut into “noodles” using a spiral slicer or grated

2 medium avocados, chopped

½ cup pitted and chopped olives

¼ cup sliced scallions

2 tablespoons fresh lemon juice

2 tablespoons extra-virgin olive oil

⅛ teaspoon sea salt

Pinch of ground black pepper

Combine the zucchini “noodles,” avocados, olives, and scallions in a medium bowl. In a small bowl, whisk the lemon juice, olive oil, salt, and pepper, then drizzle the dressing over the veggies. Toss the salad to coat everything evenly.

Variation: Serve with leftover salmon.

Arugula, Blood Orange, and Fennel Salad

SERVES 2

This salad is delicious the next day, and the dressing can be doubled to enjoy later on Create Your Own Organic Mixed Salad (pages 261–62).

- 4 cups arugula
- 1 blood orange, peeled and sectioned, white pith removed
- ½ small fennel bulb, thinly sliced
- 1 red beet, peeled, sliced, and baked according to the Roasted Veggies recipe (page 224)
- ¼ red onion, thinly sliced
- 2 tablespoons chopped fresh cilantro

For the Dressing

- Juice of ½ blood orange
- 2 teaspoons fresh lemon juice
- 2 teaspoons fresh lime juice
- 1 tablespoon extra-virgin olive oil
- Pinch of sea salt, or to taste
- Pinch of ground black pepper

Put the arugula in a large bowl. Slice each blood orange wedge in half. Scatter the oranges on top of the arugula. Add the fennel bulb slices, along with the beet and onion slices. Top the salad with the cilantro.

Whisk together in a bowl all the dressing ingredients and drizzle the dressing over the salad, tossing to coat everything evenly.

Variation: Serve with Organic Herb Roasted Chicken Tenders (page 249), leftover chicken, or grilled shrimp if you are enjoying it as a meal.

Cucumber Seaweed Salad

SERVES 2

1 cup wakame or arame

1 small cucumber, seeded and cut into quarters lengthwise, then into ½-inch slices

For the Dressing

1 tablespoon coconut aminos (avoid on Yeast Overgrowth / SIBO Dietary Protocol)

1 tablespoon apple cider vinegar

1½ teaspoons extra-virgin olive oil

1 teaspoon fresh lemon juice

½ teaspoon freshly minced ginger root

Sea salt to taste

If you are using wakame, cut it with scissors into 1-inch pieces. Soak the pieces 5 to 10 minutes, then remove any hard pieces.

If you are using arame, soak it in cold water for 5 to 10 minutes, then drain it. Using a scissors, cut it into 1-inch pieces.

In a large bowl, toss together the seaweed and the cucumber. Set the mixture aside.

To make the dressing, place all the dressing ingredients into a high-speed blender and pulse them a few times until the dressing is smooth. Or just gently beat the mixture with a whisk or fork in a bowl. Drizzle a desired amount over the seaweed and cucumbers, and serve.

CONDIMENTS

Creamy Basil Pesto Sauce

MAKES $\frac{3}{4}$ TO 1 CUP

This sauce is easy to make in bulk and adds some zest to any dish.

- 2 cups tightly packed fresh basil
- $\frac{1}{4}$ cup plus 1 tablespoon extra-virgin olive oil
- 2 garlic cloves
- Pinch of sea salt
- Pinch of ground black pepper
- $\frac{1}{4}$ cup water

Blend all the ingredients together in a high-speed blender until the mixture is smooth. Store the sauce in the refrigerator for up to a week.

Olive Tapenade

MAKES ABOUT 1 CUP

- 1 cup pitted olives
- 2 garlic cloves, minced
- 2 tablespoons capers
- 2 tablespoons chopped fresh parsley
- Leaves from 3 sprigs fresh thyme, finely chopped
- 1 tablespoon fresh lemon juice
- 1 tablespoon apple cider vinegar
- 2 tablespoons extra-virgin olive oil
- Pinch of sea salt
- Pinch of ground black pepper

Place all the ingredients into a food processor or high-speed blender. Pulse or blend the mixture until it is well combined, adding extra oil or water to reach a desired consistency.

Ume Plum Vinaigrette

MAKES ABOUT $\frac{1}{4}$ CUP

- 1 tablespoon ume plum vinegar
- 3 tablespoons extra-virgin olive oil
- 2 teaspoons minced fresh parsley or basil
- Pinch of garlic powder

Place all the ingredients into a high-speed blender or a bowl and blend or whisk them until the vinaigrette is well combined. Double or triple the recipe and store the extra in the fridge for up to a week.

Super Guacamole

MAKES APPROXIMATELY 3 CUPS

This guacamole is packed with five different veggies to ramp up the nutrition and fiber. It's one of The Myers Way favorites.

- Flesh of 2 avocados
- $\frac{1}{2}$ yellow onion, diced
- $\frac{1}{2}$ cucumber, julienned
- $\frac{1}{2}$ yellow squash, grated
- $\frac{1}{2}$ zucchini, grated
- 2 carrots, peeled and julienned
- 1 garlic clove, grated or minced
- 2 tablespoons chopped fresh cilantro
- Juice of $\frac{1}{2}$ lemon or lime
- Sea salt to taste
- Lemon or lime wedge, as a garnish

In a medium bowl, mash the flesh of the avocados. Stir in the onions, cucumber, squash, zucchini, carrots, garlic, cilantro, lemon or lime juice, and salt. Garnish the guacamole with a lemon or lime wedge.

Tangy Mango Salsa

MAKES APPROXIMATELY 3 CUPS

Delicious! In Texas, we can't go without our salsa, and this dish is a wonderful combination of flavors.

- 1 mango, chopped
- 1 avocado, chopped
- ½ red onion, chopped
- 3 tablespoons chopped fresh cilantro
- Juice of 1 small lemon
- 2 to 3 teaspoons lemon zest
- 1 tablespoon extra-virgin olive oil
- Pinch of sea salt, or to taste
- Pinch of ground black pepper, or to taste

In a large bowl, stir together all the ingredients until they are well combined. Season with salt and pepper to taste.

Whipped Avocado and Lemon Dressing

MAKES APPROXIMATELY ½ CUP

- Flesh of 1 medium avocado
- Juice of 1 medium lemon
- 1 tablespoon extra-virgin olive oil
- Water (adjust amount for desired consistency)

Place all the ingredients into a high-speed blender or a bowl and blend or whisk them until the dressing is smooth.

SEAFOOD

Roasted Wild-Caught Salmon with Tangy Mango Salsa

SERVES 4

For the salmon sauce, look for a prepared brown mustard made with apple cider vinegar. Eden Food makes a great organic mustard of this type.

2 8-ounce wild-caught Alaskan salmon fillets
1 tablespoon extra-virgin olive oil
Sea salt to taste
Ground black pepper to taste
6 tablespoons Tangy Mango Salsa (page 237)

For the Salmon Sauce

2 tablespoons extra-virgin olive oil
1½ tablespoons chopped fresh parsley
1½ tablespoons chopped fresh dill
3 tablespoons prepared brown mustard
1 garlic clove, minced
1 to 2 tablespoons fresh lemon juice

Preheat the oven to 400°F.

Coat both sides of each salmon fillet with olive oil and a sprinkling of salt and pepper. Place the fillets on a large rimmed baking sheet in a cold oven on the bottom rack. Roast the salmon for about 25 minutes, or until it is heated through and flaky.

In a small bowl, combine all the ingredients for the salmon sauce, then drizzle it over the fillets before serving. Top each with the Tangy Mango Salsa.

Wild-Caught Halibut with Caramelized Sweet Onions

SERVES 4

4 8-ounce wild-caught halibut fillets (or substitute another fish of your preference)

Sea salt to taste

Ground black pepper to taste

2 tablespoons extra-virgin olive oil, plus additional oil for greasing the baking dish

4 yellow or sweet onions, thinly sliced into rings

2 tablespoons fresh lemon juice

Preheat the oven to 400°F.

Season each halibut fillet with salt and pepper. Place the fillets into an oiled baking dish and bake them for 10 to 15 minutes, or until the fish is flaky. Halfway through the cooking, add more olive oil to the dish if necessary.

Heat 2 tablespoons of olive oil in a medium pan. Sauté the onions in the oil until they caramelize, then spoon the mixture on top of the cooked fish and drizzle with lemon juice before serving.

Sweet Citrus Salmon Salad

SERVES 2

Buy and prep enough ingredients to make this recipe for the next couple days. You can wait to chop certain ingredients, such as the cucumber, avocados, and basil, to maintain their freshness.

8 to 10 ounces fresh wild-caught or canned salmon, cooked

1 cucumber, chopped into small pieces

2 avocados, chopped into small pieces

Juice of 1 medium orange

2 tablespoons chopped fresh basil

Sea salt to taste

Flake the salmon into a medium bowl. (If you are using canned salmon, drain any excess water before flaking it.) Stir in the cucumber, avocados, orange juice, basil, and salt. Enjoy!

Thai Green Curry with Shrimp

SERVES 4 TO 6

I'm especially excited for you to try this dish. This curry tastes like you ordered it from your favorite Thai restaurant. It will be well worth the extra effort the recipe requires. You can easily make the green curry paste in bulk and store it in the freezer to cut your prep time in half the next time you make this dish.

- 2 large heads cauliflower
- 1 tablespoon coconut oil
- 2 teaspoons anchovy paste
- 1 13.5-ounce can coconut milk, minus 2 tablespoons reserved for the curry paste
- 1½ pound large wild-caught shrimp, peeled and deveined
- 2 cups sliced mushrooms (eliminate on Yeast Overgrowth / SIBO Dietary Protocol)
- 5 scallions, sliced
- 2 tablespoons fresh lime juice
- 1 cup chopped fresh basil
- 4 stalks fresh lemongrass, cut into 1-inch segments, ends discarded
- 1 teaspoon sea salt
- Fresh basil leaves and lime zest, as a garnish (optional)

For the Green Curry Paste

- 1 shallot, sliced
- 4 garlic cloves
- ¾-inch piece ginger root, peeled
- ½ cup packed fresh cilantro leaves
- ½ cup packed fresh basil leaves
- ½ teaspoon ground cumin
- ½ teaspoon ground black pepper
- 3 tablespoons gluten-free fish sauce (eliminate on Yeast Overgrowth / SIBO Dietary Protocol)
- 2 tablespoons fresh lime juice
- 2 tablespoons coconut milk

First, make the green curry paste. Blend all the curry paste ingredients in a food processor or a high-speed blender until the mixture is smooth. Set it aside.

Rinse the cauliflower heads and break them apart into florets. Working in batches, place the florets into a food processor with an S-shaped blade and process the cauliflower until it begins to resemble rice. Another option is to use a ricer instead of a food processor.

Heat the coconut oil in a large pan. Add the curry paste and the anchovy paste. Stir the pastes for about 30 seconds, then add the coconut milk and simmer the mixture to thicken it for a few minutes. Stir in the cauliflower and cook it for 3 minutes. Add the shrimp and mushrooms, and cook for 2 to 3 additional minutes, or until the shrimp are almost cooked through. Add the scallions, lime juice, basil, lemongrass, and salt. Continue to cook the mixture until the shrimp are ready and the mushrooms are soft.

Serve garnished with the fresh basil and lime zest.

Note, the lemongrass segments are not intended for consumption, so eat around them or discard them before serving.

Variation: Serve over julienned cucumbers and diced avocado.

Cilantro Salmon Stuffed Avocado

SERVES 2

This is a Myers family favorite. My dad texted me right after he tried this recipe to share how much he loved it!

5 ounces wild-caught salmon, cooked and cut into small chunks (you can also use packaged boneless salmon)

½ cup chopped lettuce, any variety

2 tablespoons chopped fresh cilantro

3 tablespoons fresh lemon juice

2 tablespoons extra-virgin olive oil

½ teaspoon ground cumin

Sea salt and ground black pepper to taste

2 avocados, sliced in half and pitted, making sure to keep the flesh in the peel

In a medium bowl, gently combine by hand the salmon, lettuce, cilantro, lemon juice, olive oil, cumin, salt, and pepper. Spoon the mixture into each avocado half and serve.

Creamy Pesto “Pasta” with Shrimp

SERVES APPROXIMATELY 4

Another one of my favorites. These zucchini “noodles” are quicker to make than boiling regular pasta, and you’ll love the noodle texture!

- 4 large zucchini, ends chopped off, spiral-cut into “noodles” using a spiral slicer or julienne peeler
- 2 teaspoons coconut oil
- 2 garlic cloves, minced
- ⅛ teaspoon sea salt, plus more to sweat the zucchini
- Pinch of ground black pepper
- 1 pound jumbo wild-caught shrimp, peeled and deveined
- 4 tablespoons Creamy Basil Pesto Sauce (page 235)
- 5 to 6 tablespoons full-fat coconut milk
- ½ cup chopped fresh basil

Place the zucchini in a large bowl and generously salt them to let the “noodles” sweat for about 20 minutes.

Meanwhile, heat the coconut oil in a large pan. Add the garlic, ⅛ teaspoon salt, and pepper, and sauté the garlic until it begins to brown. Then add the shrimp and cook them for about 3 minutes, stirring frequently.

Squeeze the zucchini “noodles” between clean towels to absorb the excess moisture. When the shrimp begins to turn pink, add the zucchini to the pan, along with the Creamy Basil Pesto Sauce and the coconut milk. Stir to evenly coat everything with the sauce, and heat the mixture for about another 30 seconds to 1 minute. Sprinkle each serving with the chopped basil.

Oven-Roasted Cod in Coconut Oil with Spinach

SERVES 4

- 9 ounces fresh spinach leaves
- 1½ cups matchstick carrots, freshly chopped or purchased precut
- 2 red onions, sliced into rings
- 4 8-ounce wild-caught cod fillets, fresh or frozen
- 12 thin avocado slices
- 2 teaspoons coconut oil
- Juice of 2 lemons

Pinch of fresh or dried dill
Pinch of sea salt
8 to 12 thin lemon slices

Preheat the oven to 350°F.

Layer the spinach in two 8 × 8 oven-safe oiled baking dishes. Spread each layer of spinach with a layer of carrots and red onions. Place the fillets on top of the bed of veggies, pressing them down. Dribble 2 tablespoons of water into each dish if you are using fresh fish. Place 3 avocado slices over each fillet, dab each with ½ teaspoon coconut oil, and sprinkle each with lemon juice, dill, and salt. Top each fillet with 2 to 3 lemon slices. Cover the dishes with foil, and cook them for 15 to 20 minutes, or until the cod is flaky (longer if you are using frozen fish).

Wild-Caught Seafood, Kale, and Zucchini Scramble

SERVES 2

This is the perfect breakfast recipe to use leftover animal protein and to get your veggies in right when the sun comes up. To prepare this recipe easily in the morning, substitute salmon for any fish you have on hand.

8 ounces wild-caught Alaskan cooked salmon or leftovers of any fish of your choice
1 large zucchini, cut into thin half moons
4 cups kale, washed and chopped
1 tablespoon coconut oil
Pinch of sea salt
Pinch of ground black pepper
1 large avocado, halved

Heat large pan over medium heat with coconut oil. Add cooked salmon, zucchini, and kale and sauté for about 5 minutes until salmon is crispy and veggies are tender. Add salt and pepper. Mix well and serve hot with a side of avocado.

Saturday Night Sushi

SERVES 2

It can take some practice to make the perfect sushi roll, but no matter what it looks like, it will still taste great! You will need a lot fewer ingredients than you think in order to make your sushi roll tight and compact. There are great videos online to help you learn how to make your Saturday Night Sushi!

- 6 sheets nori
- Flesh of 1 large avocado, mashed
- 6 ounces smoked salmon
- 1 mango, thinly sliced
- 1 cucumber, thinly sliced
- 3 steamed asparagus spears, sliced in half lengthwise (optional)
- 3 scallions, sliced in half lengthwise (optional)

Place 1 nori sheet on a sushi mat or cutting board. With a flat spoon, spread the avocado very thinly over the entire surface of the nori sheet. Place a 1-ounce strip of smoked salmon along the bottom edge of the avocado-covered nori sheet. Above the salmon place a couple thin slices of mango across the nori sheet. Then place slices of cucumber above the mango. If you are using them, then place above the cucumber a half-spear of the asparagus and a length of the scallions.

Starting from the bottom, fold the nori over all the ingredients, then roll tightly until you have a compact sushi roll. With a very sharp knife, cut the roll into about 8 pieces. Set them aside and repeat the steps with the remaining ingredients to create more rolls.

Serve the sushi on its own or with a bowl of coconut aminos or Ume Plum Vinaigrette (page 236) for dipping.

Crispy Coconut Shrimp

SERVES 4

Yum! The unsweetened coconut flakes give this shrimp a sweet, nutty crunch!

- 24 jumbo wild-caught shrimp, peeled and deveined
- ¼ cup coconut flour
- 2 to 4 tablespoons coconut oil

- 3 garlic cloves, minced
- 1/3 cup unsweetened coconut flakes

In a large bowl, toss the shrimp in the coconut flour to coat each piece well. Set them aside.

Heat the coconut oil in a large pan set over medium heat. Sauté the garlic in the oil until it is slightly browned, then add the shrimp. Cook, flipping each piece, until the shrimp is pink on both sides, then sprinkle them with coconut flakes. Stir to coat well and serve.

Lemon and Mushroom Baked Trout

SERVES 4

- 4 8-ounce wild-caught trout fillets
- 1/2 teaspoon sea salt
- Pinch of ground black pepper
- 4 tablespoons coconut oil, plus more for greasing the baking dish
- 2 shallots, sliced
- 2 garlic cloves, minced
- 1-inch piece ginger root, minced
- 1 1/2 cups sliced mushrooms (eliminate on Yeast Overgrowth / SIBO Dietary Protocol)
- Juice of large lemon
- 4 scallions, sliced
- 4 teaspoons chopped fresh parsley or cilantro

Place the trout fillets in an oiled glass baking dish. Sprinkle each fillet with salt and pepper, then set them aside.

Preheat the oven to 325°F.

Heat the coconut oil in a pan set over medium heat. Sauté the shallot in the oil for about 30 seconds, then add the garlic and ginger. Cook for another 30 seconds, then add the mushrooms, lemon juice, scallions, and parsley or cilantro. Simmer the mixture until the mushrooms are soft.

Spread the mushroom mixture over each fillet. Bake the trout uncovered for about 20 minutes, or until the fillets are flaky.

Spicy Fish Tacos

SERVES 4

We love fish tacos in Austin, Texas! If you like, you can substitute the red onion, avocado, and cilantro with the Tangy Mango Salsa (page 237).

- 3 wild-caught whitefish fillets
- Pinch of sea salt
- Pinch of ground black pepper
- Juice of 2 limes
- 1 to 2 tablespoons extra-virgin olive oil
- 1 garlic clove, minced
- ¼ teaspoon ground turmeric
- 8 lettuce or cabbage leaves
- ½ head red cabbage, cored and thinly sliced
- ½ red onion, minced
- 2 avocados, sliced
- ¼ cup chopped fresh cilantro
- 1 large lime, cut into wedges, as a garnish

Preheat the oven to 325°F or prepare a grill to cook the fish.

Place the whitefish fillets in a glass baking dish. Sprinkle each with salt and pepper, and drizzle them with the lime juice and olive oil, coating both sides. Top each fillet with garlic and turmeric. Bake or grill the fish for about 20 minutes, or until the fillets are flaky.

To serve, place the lettuce or cabbage leaves on four serving plates and top them with flaked fish, as well as the sliced cabbage, onion, avocado, and cilantro (or Tangy Mango Salsa, if you prefer). Drizzle each plate with extra lime juice and garnish with a lime wedge.

POULTRY, BEEF, PORK, and LAMB

Lemon Garlic Oven-Roasted Chicken

SERVES 6 TO 8

This dish is so simple and definitely a staple on The Myers Way. It's a great recipe to enjoy chicken throughout the week and to make Gut Healing Broth with the leftovers.

- 1 whole organic, pasture-raised chicken (approximately 5 to 6 pounds), giblets removed
- 1 to 2 garlic cloves, minced
- 1 tablespoon extra-virgin olive oil
- 1/8 teaspoon sea salt
- 1/8 teaspoon ground black pepper
- 1 lemon, sliced
- 2 tablespoons broth (optional)
- 1 tablespoon apple cider vinegar (optional)

Preheat the oven to 375°F.

Place your chicken on a clean surface and cut slits in the skin, then press into each slit some of the garlic. Drizzle the chicken with olive oil, sprinkle it with salt and pepper, and rub the seasonings in. Insert the lemon slices inside the chicken cavity.

Set the chicken into a baking dish. If desired, pour the broth and vinegar in the bottom of the dish. Roast it for about 1 hour and 30 minutes, or until the chicken is cooked through and has reached 165°F.

Let the chicken cool before removing the meat from the bones. Save the bones to make Gut Healing Broth (page 226).

Chicken Coconut Curry

SERVES 4

This recipe is a favorite among patients, family, and friends. It is a wonderful mix of nutritional vegetables, savory spices, and creamy coconut. For those of you who like to cook in bulk, this is a great recipe to make a lot of and enjoy later.

- 1 tablespoon extra-virgin olive oil
- 2 garlic cloves, chopped
- 1 medium onion, diced
- ½ tablespoon ground turmeric
- ½ tablespoon ground cumin
- 1 tablespoon ground coriander
- ½ teaspoon onion powder
- 1 sweet potato, peeled and chopped into ½-inch cubes
- 2 celery stalks, chopped
- ½ cup chopped scallions
- 1 cup water
- 1 teaspoon sea salt
- 1 organic, pasture-raised chicken breast, cooked and cut into bite-size pieces
- 1 13.5-ounce can full-fat coconut milk
- 1 avocado, sliced

Heat a large skillet over medium heat. Coat the pan with the olive oil. When the pan is hot, sauté the garlic until it is slightly browned. Add the onion, and more oil if needed, then cover the pan and let the mixture simmer until the onions are translucent. Stir in the turmeric, cumin, coriander, and onion powder, coating the onions, then add the sweet potato, celery, scallions, water, and salt. Simmer the vegetables until the sweet potatoes are soft. Add the cooked chicken and coconut milk, and continue to simmer to mix the flavors.

Serve topped with slices of avocado.

Sweet Organic Chicken and Spiced Apples

SERVES 2

A great option as you rethink breakfast, but you can still enjoy the sweetness of cinnamon apples in the morning.

- 2 teaspoons coconut oil
- 2 cups cooked organic, pasture-raised chicken, cut into bite-size pieces
(you can use leftover Lemon Garlic Oven-Roasted Chicken, page 247)
- 1 large apple, chopped
- ¼ teaspoon ground cinnamon
- Pinch of ground nutmeg
- Pinch of sea salt

Heat the coconut oil in a pan set over medium heat. Add the chicken, apple, cinnamon, nutmeg, and salt. Cook covered for about 5 to 7 minutes until food is warm and apples are soft. Add water if needed to prevent burning.

Organic Herb Roasted Chicken Tenders

SERVES 2 TO 4

These tenders are great for salads the next day. Pop them in the oven while you are making dinner and pack them up for your lunch.

- 1 pound boneless, skinless organic chicken tenders
- 1 tablespoon olive oil
- Pinch sea salt
- Pinch ground black pepper
- 1 to 2 cloves garlic, minced
- 1 tablespoon apple cider vinegar

Preheat oven to 350°F. Put chicken tenders in oven safe baking dish and drizzle with olive oil. Sprinkle with salt, pepper, and garlic. Turn to coat all sides of chicken with oil and seasonings. Add apple cider vinegar to bottom of dish and bake in oven for 20 to 25 minutes until chicken reaches 165°F.

Free-Range Organic Chicken and Veggie Scramble

SERVES 4

- 1 pound free-range organic cooked chicken, shredded
- 1 tablespoon coconut oil
- 1 small sweet onion, diced
- 1 zucchini, cut into thin half moons
- 1 yellow squash, cut into thin half moons
- Pinch of sea salt
- Pinch of ground black pepper
- 1 large avocado, halved

Heat large pan over medium heat with coconut oil. Add onions and let cook for 3 minutes. Add zucchini, squash, and chicken and sauté for about 5 minutes until veggies are tender. Add salt and pepper. Mix well and serve hot with a side of avocado.

Loaded Sweet Potatoes

SERVES 4

- 2 medium sweet potatoes
- 1 pound organic, grass-fed ground beef
- ½ sweet onion, chopped
- Sea salt to taste
- 2 garlic cloves, minced
- ½ medium avocado, chopped
- Fresh chopped chives or cilantro leaves

Preheat the oven to 400°F.

Wash the sweet potatoes well with a vegetable brush, then pat them dry. Pierce each potato several times with a fork. Place them on a baking sheet and bake them for 45 minutes. Remove the potatoes from the oven and lower the oven heat to 375°F.

While the potatoes cool, brown the ground beef in a skillet. Add the onion, sautéing it until it's translucent, and add salt to taste. Sprinkle the minced garlic over the meat and onion mixture and continue cooking a few more minutes.

When the sweet potatoes are cool enough to touch, cut them in half lengthwise. Set each sweet potato half faceup in an oiled 10 × 13-inch baking dish.

Scoop the meat mixture on top of each sweet potato half. Bake them for 20 minutes.

To serve, top each sweet potato with chopped avocado and sprinkle with chives or cilantro.

Spicy Turkey Cabbage Wraps

SERVES 2 TO 4

These wraps have a really great flavor. The filling would also be great on a salad or by itself!

- 8 intact leaves from a head of green cabbage (or substitute any leafy greens of your choice)
- 1 tablespoon coconut oil
- 1 to 2 garlic cloves, minced
- 1 teaspoon grated or minced fresh ginger root
- 1 yellow onion, diced
- 10 stalks asparagus, cut into bite-size segments
- ½ pound ground organic, pasture-raised turkey
- ⅛ teaspoon ground turmeric
- Juice of 1 large orange wedge (about 2 tablespoons)
- Juice of ½ lime
- 1 tablespoon chopped fresh basil
- 1 tablespoon chopped scallions

Try to keep each cabbage leaf intact as you separate them from the head (it is okay if there are some cracks). Wash them and set them aside.

Fill a large pot halfway with water. Begin heating the water over low heat while you prepare the turkey filling.

In a large skillet, heat the coconut oil, then sauté the garlic, ginger, and onion for a few minutes. Add the asparagus and continue to cook for about 3 more minutes, then add the turkey, turmeric, orange juice, and lime juice. When the turkey is almost cooked through, add the basil and scallions. Cook the mixture until the turkey is done, then remove the skillet from the heat.

When the pot of water begins to boil, add a few cabbage leaves using tongs. After about 30 seconds, remove the leaves and arrange them on a serving plate. Fill each cabbage leaf with turkey mixture, roll tightly to enclose filling, and enjoy!

Spicy Chicken and Sausage Gumbo

SERVES 4 TO 6

This is a spin on a classic. It can be made so many different ways. Get creative and feel free to change it up.

- 1½ pounds organic, pasture-raised chicken or duck, cut into 1- to 2-inch pieces
- 2½ tablespoons Creole Spice Blend (page 260)
- ¾ cup coconut flour
- 5 tablespoons coconut oil
- 1 sweet onion, diced
- 5 celery stalks, diced
- 5 carrots, peeled and diced
- 6 cups Gut Healing Broth (page 226)
- ½ pound organic sausage, sliced into ¼-inch slices
- 1 tablespoon garlic, minced

Sprinkle and rub the chicken with 1½ tablespoons of the Creole Spice Blend.

In a large bowl, stir together the remaining 1 tablespoon of Creole Spice Blend and the coconut flour. Remove about 1 tablespoon of the flour mixture and set it aside for use later. Add the chicken pieces to the remaining flour mixture and shake or stir to coat each chicken piece evenly.

Heat 3 tablespoons of the coconut oil in a large pan. When the oil is hot, carefully place the chicken in the oil and brown the pieces on all sides. As you work, scrape the bottom of the pan to prevent the flour from burning. Add more oil as needed. You may need to cook the chicken in two batches to cook all of it effectively. When it's ready, transfer the cooked chicken to a plate.

Drain the oil from the pan and clean the pan with a paper towel. Heat 2 more tablespoons of the coconut oil in the same pan, then add the onion, celery, and carrots. Sauté the vegetables for 3 to 5 minutes. Add the tablespoon of reserved seasoned flour and cook the vegetables for another 2 to 3 minutes, then add the broth. Bring the mixture to a boil. Add the cooked chicken, sausage, and garlic, and continue to simmer for another 20 minutes, or until the chicken is cooked through.

Slow-Cooked Moroccan Lamb Curry

SERVES 4 TO 6

This dish cooks for 4 to 8 hours in the slow cooker, so prepare in the morning to enjoy for dinner.

- 1½ to 2 pounds organic, grass-fed lamb, cut into 1-inch pieces,
or stew meat
- 1 teaspoon sea salt
- 2 to 3 tablespoons coconut oil
- 2 sweet onions, chopped
- 2 garlic cloves, minced
- ½-inch piece ginger root, minced
- 2 teaspoons ground cumin
- 2 teaspoons ground turmeric
- 1 teaspoon ground cinnamon
- 1 bay leaf
- 8 ounces (1 cup) Gut Healing Broth (page 226)
- 1 13.5-ounce can coconut milk
- 6 cups chopped fresh greens (kale, spinach, etc.)
- 2 tablespoons chopped fresh mint, as a garnish

Sprinkle the lamb with salt and place the pieces in a slow cooker.

Heat the coconut oil in a medium pan. Add the onions and garlic, and sauté the mixture for a few minutes. Add the ginger, cumin, turmeric, cinnamon, and bay leaf, and sauté for another 5 minutes, or until some caramelizing appears on the bottom of the pan. Add the broth and coconut milk, and scrape the bottom of the pan with a wooden utensil to deglaze it. Bring the mixture to a boil, then pour it over the lamb in the slow cooker. Cook the lamb on a low setting for about 8 hours or on a high setting for about 4 hours. Stir in the greens about 30 minutes before the lamb is done and cook them until they are soft. Serve the curry garnished with fresh mint.

Creamy Basil Pesto Sauce over Spaghetti Squash

SERVES 4

Spaghetti squash is so easy to make, and you won't even miss your plain old spaghetti! This recipe is great with grass-fed ground beef or organic chicken.

- 1 spaghetti squash, cut in half lengthwise, seeds discarded
- 1 tablespoon coconut oil, plus extra for greasing baking sheet
- 1 pound grass-fed ground beef or 1 pound organic chicken breasts (can use leftover Lemon Garlic Oven-Roasted Chicken, page 247)
- 1 zucchini, grated
- 4 cups fresh spinach
- Creamy Basil Pesto Sauce (page 235)

Preheat the oven to 375°F.

Grease a baking sheet and place each squash half facedown on the sheet.

Bake them for about 35 minutes, or until they are soft. Remove the sheet from the oven and turn the squash faceup with tongs or hot pads. Let cool for 10 minutes.

While squash is cooking brown the beef in a medium sized sauce pan or sauté chicken breasts with additional coconut oil until cooked through.

When squash is done, heat the coconut oil in a large pan set over medium heat. Scoop out the flesh of the spaghetti squash with a spoon and add to pan along with the zucchini, the spinach, and the Creamy Basil Pesto Sauce. Stir to combine, heating the mixture for a couple minutes until it is hot. Mix in cooked beef or chicken, then serve.

Variation: Use Olive Tapenade (page 235) instead of Creamy Basil Pesto Sauce.

Seared Grass-Fed Steak and Sweet Potatoes

SERVES 4

This is a spin on the classic meat and potatoes.

- 2 8- to 10-ounce organic, grass-fed steaks
- 2 teaspoons sea salt
- ½ teaspoon ground black pepper
- 2 teaspoons extra-virgin olive oil
- Simply Delicious Baked Sweet Potatoes, double recipe to make 4 full potatoes (1 potato per serving) (page 221)

Let the steaks sit at room temperature for about 30 minutes before cooking them.

Set a medium pan over high heat. Sprinkle the steaks with salt and pepper, and drizzle them with olive oil. Carefully place the steaks into the hot pan and sear them on one side. Wait until the steaks are not sticking to the pan before flipping them to the opposite side, about 3 to 4 minutes. Sear their other sides until they are cooked through to a desired doneness. Remove them from the pan and let them rest a few minutes before serving them with the baked sweet potatoes. Enjoy!

Easy Chicken Lettuce Wraps

SERVES 4 TO 6

There are so many ways to make a good wrap. I recommend taking a container of these sliced ingredients to work and prepping your portion in less than 5 minutes at lunchtime.

10 to 12 leaves green or red leaf lettuce, rinsed
2 avocados, thinly sliced, or use leftover Zucchini “Noodle” Salad (page 232)
Lemon Garlic Oven-Roasted Chicken (page 247), boned and shredded
½ cup sliced black olives
3 cups baby spinach leaves
½ red onion, sliced
¾ cup matchstick carrots, freshly chopped or purchased precut
½ cup broccoli sprouts
Handful of fresh cilantro or basil leaves
Squeeze of fresh lemon juice

Lay out the lettuce leaves on a work surface and divide the avocado slices (or the Zucchini “Noodle” Salad) evenly between them. Next, evenly distribute the shredded chicken, olives, spinach, onion, carrots, and broccoli sprouts between each leaf. Top with cilantro or basil, and squeeze a bit of lemon juice on each. Roll tightly to enclose filling and enjoy!

Savory Breakfast Sausage

SERVES 4 (MAKES 8 SAUSAGE PATTIES)

This recipe is a wonderful staple for the program and so easy to make ahead of time so breakfast can be quick!

- 1 pound free-range organic ground turkey or chicken
- 1 teaspoon garlic, minced
- 2 tablespoons red onion, finely chopped
- ¼ teaspoon salt
- ⅛ teaspoon ground mustard
- ⅛ teaspoon cumin
- ¼ teaspoon ground black or white pepper
- 2 tablespoons coconut oil
- ¼ cup bone broth or water (optional)

Put meat, garlic, onions, and spices in large mixing bowl. Using your hands, mash ingredients together to incorporate spices well into meat. Form meat into 8 sausage patties.

Heat coconut oil in large pan. Add sausage patties to hot oil and cook for about 5 minutes, flipping to brown all sides. Add broth or water and cook covered for another 3 to 5 minutes until cooked through.

Enjoy fresh or store in fridge or freezer to enjoy later.

Variation: Top with fresh avocado.

Sweet Apple Breakfast Sausage

SERVES 4 (MAKES 8 SAUSAGE PATTIES)

Yum! What a sweet start to your day. Remember, if you want to save time in the morning, these are easy to make beforehand.

- 1 pound free-range organic ground turkey or chicken
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon salt
- ½ green apple, finely chopped (optional)
- 2 tablespoons coconut oil
- ¼ cup bone broth or water (optional)

Put meat, spices, and apple in large mixing bowl. Using your hands, mash ingredients together to incorporate spices well into meat. Form meat into 8 sausage patties.

Heat coconut oil in large pan. Add sausage patties to hot oil and cook for about 5 minutes, flipping to brown all sides. Add broth or water and cook covered for another 3 to 5 minutes until cooked through.

Enjoy fresh or store in fridge or freezer to enjoy later.

Variation: Top with fresh avocado.

Rosemary and Basil Grass-Fed Burgers/Meatballs

SERVES 4

- 1 pound organic, grass-fed ground beef (or use organic, pasture-raised turkey, chicken, lamb, etc.)
- 1 teaspoon minced garlic
- 2 tablespoons finely chopped yellow onion
- 1½ teaspoons dried rosemary
- 1½ teaspoons dried basil
- ¼ teaspoon sea salt
- ¼ teaspoon ground black pepper
- 2 tablespoons coconut oil
- ¼ cup Gut Healing Broth (page 226) or water (optional)

In a large bowl, combine the meat, garlic, onion, rosemary, basil, salt, and pepper. Using your hands, mash the ingredients together to incorporate the spices well into the meat. Form the mixture into 8 patties or 24 meatballs.

Heat the coconut oil in a large pan. Add the patties or meatballs to the hot oil and cook them for about 5 minutes, flipping them to brown all sides. Add the broth or water and simmer them, covered, for another 3 to 5 minutes, or until the patties or meatballs are cooked through.

Enjoy them warm, or store them in the fridge or freezer to enjoy later.

Chinese Spice Slow-Cooked Pork

SERVES 4 TO 6

This dish has really bold flavors that make you want to keep coming back for more. If you are making this dish for dinner, start cooking in your slow cooker earlier in the day.

- 1½ to 2 pounds boneless organic, grass-fed pork shoulder
- Sea salt to taste
- Ground black pepper to taste
- 2 yellow onions, sliced
- ½ cup coconut aminos (eliminate on Yeast Overgrowth / SIBO Dietary Protocol)
- 3 garlic cloves, minced
- 2 teaspoons grated fresh ginger root
- 4 to 5 teaspoons Chinese Spice (page 260)
- 4 stalks collard greens, chopped

Season the pork with salt and pepper and place it in a slow cooker on top of the onion slices.

In a small bowl, combine the coconut aminos, garlic, ginger, and Chinese Spice. Pour the mixture over the pork in the slow cooker, then cook the pork for 4 hours on a high setting or 6 hours on a low setting, or until the meat is tender. In the last half hour, add the collard greens to cook until they are soft.

BEVERAGES

Spring Green Veggie Juice

SERVES 2

- 2 cucumbers
- 1 green apple
- 1 lemon or lime
- ½- to 1-inch piece ginger root
- 2 leaves kale
- Fresh herbs: basil, mint, parsley, cilantro, fennel (optional)
- ¼ cup aloe juice (optional)

Juice the cucumbers, apple, lemon or lime, ginger, kale, and optional herbs in a juicer or blend them together in a high-speed blender with some water. If you are using a blender, strain the pulp out with cheesecloth. Stir in the aloe juice before drinking.

Chai Tea Latte

SERVES 1

- 1 tea bag chai tea (Numi Organic Rooibos Chai is one of many options)
- Full-fat coconut milk to taste
- Dash of ground cinnamon

In a mug of your choice, steep the tea bag in boiling water, but leave enough room for the coconut milk. After about 5 minutes, remove the tea bag and add the coconut milk to taste. Top with cinnamon.

SPICES

Creole Spice Blend

MAKES APPROXIMATELY 3½ TABLESPOONS

- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- 2 teaspoons dried oregano
- 2 teaspoons dried basil
- ¼ teaspoon dried thyme
- ¼ teaspoon ground black pepper
- ¼ teaspoon ground white pepper
- 2 teaspoons sea salt

Mix the herbs and spices together in a small bowl and store in a small glass mason jar.

Chinese Spice

MAKES APPROXIMATELY 4½ TEASPOONS

- 1 teaspoon ground star anise
- 1 teaspoon ground cinnamon
- ½ teaspoon ground clove
- 1¼ teaspoons ground fennel seeds
- ½ teaspoon sea salt
- ¼ teaspoon ground black pepper

Mix the spices together in a small bowl and store in a small glass mason jar.

CREATE YOUR OWN RECIPES

Create Your Own Organic Mixed Salad

Salads can be so much more than iceberg lettuce and ranch dressing. Get creative with vibrant colors and enjoy how delicious a salad can be!

Choose Your Greens

- Kale (baby, dinosaur, curly)
- Spinach
- Bok choy
- Mustard greens
- Arugula
- Cabbage
- Romaine lettuce

Choose Your Vegetables

- Cucumber
- Carrots
- Broccoli
- Cauliflower
- Asparagus
- Zucchini
- Yellow squash
- Roasted or grated fresh beets
- Onion
- Scallions
- Avocado (though this one is technically a fruit)
- Celery

Choose Your Protein

- Sliced organic, pasture-raised chicken
- Ground organic, pasture-raised turkey
- Organic, grass-fed ground beef
- Pulled organic, grass-fed pork
- Grilled wild-caught salmon
- Wild-caught sardines

Choose Your Sweetness (Minimal and Optional)

- Apples
- Pears
- Oranges
- Dried unsweetened cranberries
- Dried unsweetened cherries
- Unsweetened coconut flakes

Top with Herbs/Spices

- Cilantro
- Mint
- Parsley
- Basil
- Freshly grated ginger root

Choose Your Dressing

- Ume Plum Vinaigrette (page 236)
- Whipped Avocado and Lemon Dressing (page 237)
- Create Your Own Salad Dressing (below)

Create Your Own Salad Dressing

A note about salad dressings: Use the ratio of three parts oil to one part vinegar.

Choose Your Oil

- Extra-virgin olive oil
- Grapeseed oil
- Avocado oil

Choose Your Vinegar

- Apple cider vinegar
- Ume plum vinegar (eliminate on Yeast Overgrowth / SIBO Dietary Protocol)
- Balsamic vinegar (eliminate on Yeast Overgrowth / SIBO Dietary Protocol)

Choose Your Juice (Optional)

- Lemon juice
- Lime juice
- Orange juice

Choose Your Seasoning

Sea salt
Ground black pepper
Minced garlic
Minced onion or shallot
Fresh herbs (basil, cilantro, mint, parsley)
Spices (cinnamon, turmeric)

Create Your Own Meal

I know you are busy and sometimes following a recipe doesn't fit into your schedule. Use this guide to create your own meal with lots of nutrition and some of your favorite ingredients!

Choose Your Protein

Organic, grass-fed beef, lamb, or pork
Organic, pasture-raised poultry (chicken, turkey, duck)
Wild-caught seafood (fish, shellfish)
Wild game

Choose Your Vegetables

Leafy greens (kale, spinach, collards, etc.)
Green veggies (asparagus, broccoli, etc.)
Colorful veggies (red cabbage, carrots, beets, etc.)
See comprehensive approved vegetable list for more ideas
(pages 180–81)

Choose Your Starch

Sweet potatoes
Butternut squash
Acorn squash
Kabocha squash
Spaghetti squash

Choose Your Fat

Coconut oil
Olive oil
Avocado
Olives

SNACK IDEAS

Smoked salmon served with avocado

A cup of leftover soup

Crispy Kale Chips (page 225)

Spring Green Veggie Juice (page 259)

Veggies and Super Guacamole (page 236)

Chicken and Super Guacamole (page 236)

Leftover Roasted Wild-Caught Salmon with Tangy Mango Salsa (page 238)

Roasted Veggies (page 224)

Crispy Sweet Potato Fries (page 222)

DESSERTS

Coconut Cream Mousse

SERVES 2

1 13.5-ounce can coconut milk, chilled in the fridge overnight

Pinch of ground cinnamon, or more to taste

Pinch of sea salt

Stevia to taste (optional)

Skim off the top layer that has thickened into coconut cream from the chilled can of milk and place into a medium bowl, leaving behind the watery layer in the bottom of the can. Using a hand whisk or an electric mixer, beat the coconut cream into a desired texture.

With a spoon, fold into the whipped coconut cream the cinnamon, salt, and stevia. Divide the mousse between two serving bowls. Enjoy!

Variation: To make Coconut Cream Chocolate Mousse fold 1 tablespoon unsweetened cacao powder, or more to taste, to coconut cream with cinnamon, salt, and optional stevia.

Coconut Cream Berry Parfait

SERVES 2

You'll love starting your day with this refreshing and satisfying parfait. To save time in the morning make the Coconut Cream Mousse beforehand and store in the fridge.

Coconut Cream Mousse (page 264)

½ cup organic mixed berries (raspberries, blueberries, blackberries, strawberries)

1 tablespoon unsweetened coconut flakes

Top Coconut Cream Mousse with berries and coconut flakes.

Cinnamon Apple Crisp

SERVES 4 TO 6

2 tablespoons coconut oil, melted or very soft, plus more for greasing the baking dish

4 to 5 apples, peeled and sliced into thin wedges

Juice of 1 lemon

¾ teaspoon ground cinnamon, divided

¼ teaspoon sea salt, divided

½ cup coconut flour

¼ cup unsweetened coconut flakes

4 dried dates, pitted and chopped

Preheat the oven to 350°F.

Grease an 8 × 8-inch baking dish with coconut oil. In a medium bowl, stir together the apples, lemon juice, ¼ teaspoon of the cinnamon, and ⅛ teaspoon of the salt. Spread the apple mixture in the baking dish.

In a food processor or a high-speed blender, combine the coconut flour, coconut flakes, remaining ½ teaspoon of cinnamon, remaining ⅛ teaspoon of salt, dates, and the 2 tablespoons of coconut oil. Sprinkle the mixture over the apple mixture in the baking dish. Cover the dish with foil and bake for about 45 minutes, or until the apples are soft, then uncover the dish and bake it for another 10 minutes, or until the topping is crispy.

Variation: Top each serving of the Cinnamon Apple Crisp with Coconut Cream Mousse (page 264).

Banana Cream Mini Cake Bites

MAKES ABOUT 12 MINI CAKES

Sometimes you need something sweet and want to sink into a soft, chewy treat. These cake bites are sweetened with banana, coconut, and cinnamon. Enjoy one or two with a hot Chai Tea Latte (page 259).

- 1 ripe banana, mashed
- 2 teaspoons coconut oil, plus extra to grease the baking sheet
- $\frac{3}{4}$ cup canned coconut milk
- 2 teaspoons water
- 1 tablespoon coconut butter or manna
- $\frac{1}{3}$ cup coconut flour
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- Pinch of sea salt

Preheat the oven to 350°F.

Mix all the ingredients in a large bowl. Spoon 1-inch drops of the dough onto a greased baking sheet and bake them for about 12 minutes.

KITCHEN EQUIPMENT

Recommended

- meat thermometer
- high-speed blender
- food processor
- spiral slicer or julienne peeler

Optional

- juicer (citrus and vegetable juicers)
- steamer basket
- sushi mat

THE MYERS WAY AUTOIMMUNE SOLUTION THIRTY-DAY MEAL PLAN FOR TWO

Remember that this meal plan is based on the idea that you will be cooking for two people, so each meal accounts for two servings to be enjoyed. Feel free to adjust to fit your family's needs. If you are cooking for one, simply cut in half the number of servings you are instructed to make. That still leaves you plenty of leftovers. I recommend doing your Prep Day on a Saturday, and having Sunday be your Day 1, since there is somewhat more cooking involved on Day 1 than on the other days of the week. That way, you get plenty of leftovers on Day 1 to cut down on cooking time during your workweek.

THE MYERS WAY RECIPE	Enjoy Left-overs	Number of Servings to Make	Number of Servings to Save in the Fridge
PREP DAY			
Lemon Garlic Oven-Roasted Chicken		6 to 8	4 to 6
Gut Healing Broth		16	16
Sweet Apple Breakfast Sausage		4	4
DAY 1			
Breakfast			
Sweet Apple Breakfast Sausage	✓		
Hearty Sweet Potato Hash		4	2
Spring Green Veggie Juice		2	
Lunch			
Organic Citrus Kale Salad with Cranberries		2	
Organic Farm Five-Veggie Soup		4	2
Dinner			
Creamy Basil Pesto Sauce over Spaghetti Squash		4	2
½ cup organic mixed berries		2	
DAY 2			
Breakfast			
Sweet Apple Breakfast Sausage	✓		
Hearty Sweet Potato Hash	✓		
Gut Healing Broth	✓		
Chai Tea Latte or decaf green tea		2	

THE MYERS WAY RECIPE	Enjoy Left-overs	Number of Servings to Make	Number of Servings to Save in the Fridge
Lunch			
Creamy Basil Pesto Sauce over Spaghetti Squash	✓		
Dinner			
Roasted Wild-Caught Salmon with Tangy Mango Salsa		4	2
Sautéed Organic Mixed Greens with Garlic		2	
Simple Organic Roasted Asparagus		2	
DAY 3			
Breakfast			
Roasted Wild-Caught Salmon with Tangy Mango Salsa	✓		
Spring Green Veggie Juice		2	
Gut Healing Broth	✓		
Lunch			
Tropical Nicaraguan Salad		2	
Organic Farm Five-Veggie Soup	✓		
Dinner			
Organic Baby Kale and Spinach Salad with Rosemary and Basil Grass-Fed Burgers		4	2
Creamy Acorn Squash		4	2
½ cup organic mixed berries		2	
DAY 4			
Breakfast			
Savory Breakfast Sausage		4	2
Coconut Cream Berry Parfait		2	
Gut Healing Broth	✓		
Lunch			
Organic Baby Kale and Spinach Salad with Rosemary and Basil Grass-Fed Burgers	✓		
Creamy Acorn Squash	✓		
Dinner			
Spicy Fish Tacos		4	2
Brussels Sprouts with Dark Organic Cherries		2	
DAY 5			
Breakfast			
Wild-Caught Seafood, Kale, and Zucchini Scramble		2	
Gut Healing Broth	✓		

THE MYERS WAY RECIPE		Enjoy Left-overs	Number of Servings to Make	Number of Servings to Save in the Fridge
Lunch				
Arugula, Blood Orange, and Fennel Salad			2	
Dinner				
Chicken Coconut Curry			4	2
Cauliflower "Pilaf"			4	2
½ cup organic mixed berries			2	
Food Preparation				
Freeze any remaining Gut Healing Broth				
DAY 6				
Breakfast				
Savory Breakfast Sausage	✓			
Hearty Sweet Potato Hash			4	2
Lunch				
Chicken Coconut Curry	✓			
Cauliflower "Pilaf"	✓			
Dinner				
Wild-Caught Halibut with Caramelized Sweet Onions			2	
Organic Broccolini with Garlic and Lemon			2	
Sautéed Organic Mixed Greens with Garlic			2	
DAY 7				
Breakfast				
Sweet Apple Breakfast Sausage			4	2
Hearty Sweet Potato Hash	✓			
Spring Green Veggie Juice			2	
Chai Tea Latte or decaf green tea			2	
Lunch				
Clean Cobb Salad			2	
Simple Organic Roasted Asparagus			2	
Dinner				
Creamy Basil Pesto Sauce over Spaghetti Squash			4	2
Gut Healing Broth			16	16
½ cup organic mixed berries			2	
Food Preparation				
Put Gut Healing Broth in the slow cooker to make overnight.				

THE MYERS WAY RECIPE	Enjoy Left-overs	Number of Servings to Make	Number of Servings to Save in the Fridge
DAY 8			
Breakfast			
Sweet Apple Breakfast Sausage	✓		
Coconut Cream Berry Parfait		2	
Gut Healing Broth	✓		
Chai Tea Latte or decaf green tea		2	
Lunch			
Creamy Basil Pesto Sauce over Spaghetti Squash	✓		
Dinner			
Thai Green Curry with Shrimp		4	2
Organic Broccolini with Garlic and Lemon		2	
DAY 9			
Breakfast			
Savory Breakfast Sausage		4	2
Hearty Sweet Potato Hash		4	2
Gut Healing Broth	✓		
Chai Tea Latte or decaf green tea		2	
Lunch			
Thai Green Curry with Shrimp	✓		
Dinner			
Chinese Spice Slow-Cooked Pork		4	2
Cauliflower "Pilaf"		4	2
Food Preparation			
Put Chinese Spice Slow-Cooked Pork in slow cooker in the morning for dinner.			
DAY 10			
Breakfast			
Savory Breakfast Sausage	✓		
Coconut Cream Berry Parfait		2	
Gut Healing Broth	✓		
Lunch			
Chinese Spice Slow-Cooked Pork	✓		
Cauliflower "Pilaf"	✓		
Dinner			
Spicy Turkey Cabbage Wraps		4	2
Zucchini "Noodle" Salad		2	

THE MYERS WAY RECIPE		Enjoy Left-overs	Number of Servings to Make	Number of Servings to Save in the Fridge
DAY 11				
Breakfast				
Sweet Apple Breakfast Sausage			4	2
Hearty Sweet Potato Hash	✓			
Gut Healing Broth	✓			
Lunch				
Spicy Turkey Cabbage Wraps	✓			
Zucchini "Noodle" Salad or Create Your Own Organic Mixed Salad			2	
Dinner				
Sweet Citrus Salmon Salad			2	
Brussels Sprouts with Dark Organic Cherries			2	
Food Preparation				
Freeze any remaining Gut Healing Broth				
DAY 12				
Breakfast				
Wild-Caught Seafood, Kale, and Zucchini Scramble			2	
Lunch				
Organic Citrus Kale Salad with Cranberries			2	
Dinner				
Garlic Oven-Roasted Cabbage			4	2
DAY 13				
Breakfast				
Sweet Apple Breakfast Sausage	✓			
Coconut Cream Berry Parfait			2	
Lunch				
Tropical Nicaraguan Salad			2	
Dinner				
Organic Baby Kale and Spinach Salad with Rosemary and Basil Grass-Fed Burgers			2	
Crispy Sweet Potato Fries			2	
DAY 14				
Breakfast				
Free-Range Organic Chicken and Veggie Scramble			2	
Chai Tea Latte or decaf green tea			2	

THE MYERS WAY RECIPE	Enjoy Left-overs	Number of Servings to Make	Number of Servings to Save in the Fridge
Lunch			
Creamy Pesto "Pasta" with Shrimp		4	2
Simple Organic Roasted Asparagus		2	
Dinner			
Slow-Cooked Moroccan Lamb Curry		4	2
Roasted Kabocha Squash with Cinnamon		4	2
½ cup organic mixed berries		2	
Food Preparation			
Put Slow-Cooked Moroccan Lamb Curry in slow cooker in the morning for dinner.			
DAY 15			
Breakfast			
Free-Range Organic Chicken and Veggie Scramble	✓		
Roasted Kabocha Squash with Cinnamon	✓		
Lunch			
Spicy Fish Tacos		4	2
Cucumber Seaweed Salad		2	
Dinner			
Creamy Pesto "Pasta" with Shrimp	✓		
Simple Organic Roasted Asparagus		2	
DAY 16			
Breakfast			
Slow-Cooked Moroccan Lamb Curry	✓		
Lunch			
Spicy Fish Tacos	✓		
Cucumber Seaweed Salad or Create Your Own Organic Mixed Salad		2	
Dinner			
Lemon Garlic Oven-Roasted Chicken		6 to 8	
Grandma's Hearty Chicken "Noodle" Soup		4	2
Gut Healing Broth		16	16
Food Preparation			
Use Lemon Garlic Oven-Roasted Chicken for Grandma's Hearty Chicken "Noodle" Soup.			

THE MYERS WAY RECIPE	Enjoy Left-overs	Number of Servings to Make	Number of Servings to Save in the Fridge
DAY 17			
Breakfast			
Grandma's Hearty Chicken "Noodle" Soup	✓		
Chai Tea Latte or decaf green tea		2	
Lunch			
Cilantro Salmon Stuffed Avocado		2	
Arugula, Blood Orange, and Fennel Salad		2	
Dinner			
Creamy Basil Pesto Sauce over Spaghetti Squash		4	2
Crispy Kale Chips		2	
½ cup organic mixed berries		2	
DAY 18			
Breakfast			
Savory Breakfast Sausage		4	2
Coconut Cream Berry Parfait		2	
Gut Healing Broth	✓		
Lunch			
Clean Cobb Salad		2	
Dinner			
Spicy Chicken and Sausage Gumbo		4	2
Organic Broccolini with Garlic and Lemon		2	
DAY 19			
Breakfast			
Savory Breakfast Sausage	✓		
Coconut Cream Berry Parfait		2	
Gut Healing Broth	✓		
Lunch			
Spicy Chicken and Sausage Gumbo	✓		
Organic Broccolini with Garlic and Lemon		2	
Dinner			
Wild-Caught Halibut with Caramelized Sweet Onions		4	2
Creamy Butternut Squash Soup with Cinnamon		4	2

THE MYERS WAY RECIPE	Enjoy Left-overs	Number of Servings to Make	Number of Servings to Save in the Fridge
DAY 20			
Breakfast			
Sweet Apple Breakfast Sausage		4	2
Creamy Butternut Squash Soup with Cinnamon	✓		
Gut Healing Broth	✓		
Chai Tea Latte or decaf green tea		2	
Lunch			
Wild-Caught Halibut with Caramelized Sweet Onions	✓		
Organic Citrus Kale Salad with Cranberries		2	
Dinner			
Tropical Nicaraguan Salad		2	
Brussels Sprouts with Dark Organic Cherries		2	
Cinnamon Apple Crisp		4	2
DAY 21			
Breakfast			
Sweet Apple Breakfast Sausage	✓		
Hearty Sweet Potato Hash		4	2
Spring Green Veggie Juice		2	
Gut Healing Broth	✓		
Lunch			
Lemon Garlic Oven-Roasted Chicken		6 to 8	4 to 6
Clean Cobb Salad		2	
Organic Farm Five-Veggie Soup		4	2
Gut Healing Broth		16	16
Dinner			
Saturday Night Sushi		2	
Crispy Coconut Shrimp		4	2
Roasted Veggies		4	2
Food Preparation			
Use last weeks remaining Gut Healing Broth for Organic Farm Five-Veggie Soup.			
DAY 22			
Breakfast			
Cinnamon Apple Crisp	✓		
Spring Green Veggie Juice		2	
Gut Healing Broth	✓		

THE MYERS WAY RECIPE	Enjoy Left-overs	Number of Servings to Make	Number of Servings to Save in the Fridge
Lunch			
Artichokes with Ume Plum Vinaigrette		4	2
Arugula, Blood Orange, and Fennel Salad		2	
Dinner			
Chicken Coconut Curry		4	2
Artichokes with Ume Plum Vinaigrette	✓		
DAY 23			
Breakfast			
Savory Breakfast Sausage		4	2
Coconut Summer Squash		2	
Gut Healing Broth	✓		
Chai Tea Latte or decaf green tea		2	
Lunch			
Chicken Coconut Curry	✓		
Organic Citrus Kale Salad with Cranberries or Create Your Own Organic Mixed Salad		2	
Dinner			
Loaded Sweet Potatoes		4	2
Organic Farm Five-Veggie Soup	✓		
DAY 24			
Breakfast			
Savory Breakfast Sausage	✓		
Coconut Cream Berry Parfait		2	
Gut Healing Broth	✓		
Lunch			
Loaded Sweet Potatoes	✓		
Zucchini "Noodle" Salad or Create Your Own Organic Mixed Salad		2	
Dinner			
Cilantro Salmon Stuffed Avocado		2	
Simple Organic Roasted Asparagus		2	
DAY 25			
Breakfast			
Sweet Apple Breakfast Sausage		4	2
Hearty Sweet Potato Hash		4	2
Gut Healing Broth	✓		

THE MYERS WAY RECIPE		Enjoy Left-overs	Number of Servings to Make	Number of Servings to Save in the Fridge
Lunch				
Tropical Nicaraguan Salad			2	
Dinner				
Chinese Spice Slow-Cooked Pork			4	2
Cauliflower "Pilaf"			4	2
Food Preparation				
Put Chinese Spice Slow-Cooked Pork in slow cooker in the morning for dinner.				
DAY 26				
Breakfast				
Sweet Apple Breakfast Sausage	✓			
Hearty Sweet Potato Hash	✓			
Spring Green Veggie Juice			2	
Lunch				
Chinese Spice Slow-Cooked Pork	✓			
Cauliflower "Pilaf"	✓			
Dinner				
Spicy Fish Tacos			4	2
Cucumber Seaweed Salad			2	
½ cup organic mixed berries			2	
DAY 27				
Breakfast				
Savory Breakfast Sausage			4	2
Coconut Cream Berry Parfait			2	
Chai Tea Latte or decaf green tea			2	
Lunch				
Spicy Fish Tacos	✓			
Cucumber Seaweed Salad or Create Your Own Organic Mixed Salad			2	
Dinner				
Seared Grass-Fed Steak and Sweet Potatoes			4	2
Sautéed Organic Mixed Greens with Garlic			2	
Banana Cream Mini Cake Bites			12	8
Food Preparation				
Enjoy Banana Cream Mini Cake Bites over the next couple days.				

THE MYERS WAY RECIPE	Enjoy Left-overs	Number of Servings to Make	Number of Servings to Save in the Fridge
DAY 28			
Breakfast			
Seared Grass-Fed Steak and Sweet Potatoes	✓		
Spring Green Veggie Juice		2	
Lunch			
Lemon Garlic Oven-Roasted Chicken		6 to 8	4 to 6
Easy Chicken Lettuce Wraps		4	2
Organic Broccolini with Garlic and Lemon		2	
Gut Healing Broth		16	16
Dinner			
Saturday Night Sushi		2	
Oven-Roasted Cod in Coconut Oil with Spinach		4	2
Cucumber Seaweed Salad		2	
DAY 29			
Breakfast			
Wild-Caught Seafood, Kale, and Zucchini Scramble		2	
Spring Green Veggie Juice		2	
Gut Healing Broth	✓		
Lunch			
Easy Chicken Lettuce Wraps	✓		
Dinner			
Organic Baby Kale and Spinach Salad with Rosemary and Basil Grass-Fed Burgers		2	
DAY 30			
Breakfast			
Savory Breakfast Sausage	✓		
Hearty Sweet Potato Hash		4	2
Gut Healing Broth	✓		
Chai Tea Latte or decaf green tea		2	
Lunch			
Arugula, Blood Orange, and Fennel Salad		2	
Dinner			
Creamy Basil Pesto Sauce over Spaghetti Squash		4	2
Brussels Sprouts with Dark Organic Cherries		2	

THE MYERS WAY AUTOIMMUNE SOLUTION SEVEN-DAY SEAFOOD MEAL PLAN FOR TWO

This meal plan was created for those of you who are not currently eating meat and is loosely designed for two people; thus two servings per meal are accounted for here. If you are doing the program by yourself make half the number of servings instructed in this chart. Enjoy flexibility to make it your own! I recommend prepping on a Saturday and beginning the first day on a Sunday.

THE MYERS WAY RECIPE	Enjoy Left-overs	Number of Servings to Make	Number of Servings to Save in the Fridge
PREP DAY			
Creamy Butternut Squash Soup with Cinnamon		4 to 6	4
Chicken Coconut Curry without chicken		4	4
DAY 1			
Breakfast			
Coconut Cream Berry Parfait		2	
Spring Green Veggie Juice		2	
Chai Tea Latte or decaf green tea		2	
Lunch			
Organic Citrus Kale Salad with Cranberries		2	
Chicken Coconut Curry without chicken	✓		2
Dinner			
Lemon and Mushroom Baked Trout		4	2
Organic Broccolini with Garlic and Lemon		2	
DAY 2			
Breakfast			
Wild-Caught Seafood, Kale, and Zucchini Scramble		2	
Creamy Butternut Squash Soup with Cinnamon	✓		2
Lunch			
Lemon and Mushroom Baked Trout	✓		
Organic Citrus Kale Salad with Cranberries		2	

THE MYERS WAY RECIPE	Enjoy Left-overs	Number of Servings to Make	Number of Servings to Save in the Fridge
Dinner			
Wild-Caught Halibut with Caramelized Sweet Onions		4	2
Sautéed Organic Mixed Greens with Garlic		4	2
Spiced Butternut Squash with Turmeric		2	
DAY 3			
Breakfast			
Chicken Coconut Curry without chicken	✓		
Lunch			
Wild-Caught Halibut with Caramelized Sweet Onions	✓		
Creamy Butternut Squash Soup with Cinnamon	✓		
Sautéed Organic Mixed Greens with Garlic	✓		
Dinner			
Creamy Pesto "Pasta" with Shrimp		4	2
½ cup organic mixed berries		2	
DAY 4			
Breakfast			
Coconut Cream Berry Parfait		2	
Spring Green Veggie Juice		2	
Lunch			
Creamy Pesto "Pasta" with Shrimp	✓		
Dinner			
Roasted Wild-Caught Salmon with Tangy Mango Salsa		4	2
Twice-Baked Perfect Sweet Potatoes with Cinnamon and Nutmeg		2	
Simple Organic Roasted Asparagus		2	
DAY 5			
Breakfast			
Coconut Cream Berry Parfait		2	
Spring Green Veggie Juice		2	
Lunch			
Roasted Wild-Caught Salmon with Tangy Mango Salsa	✓		
Tropical Nicaraguan Salad		2	

THE MYERS WAY RECIPE	Enjoy Left-overs	Number of Servings to Make	Number of Servings to Save in the Fridge
Dinner			
Oven-Roasted Cod in Coconut Oil with Spinach		4	2
Cauliflower "Pilaf"		4	2
DAY 6			
Breakfast			
Wild-Caught Seafood, Kale, and Zucchini Scramble		2	
Lunch			
Oven-Roasted Cod in Coconut Oil with Spinach	✓		
Cauliflower "Pilaf"	✓		
Dinner			
Crispy Coconut Shrimp		4	2
Arugula, Blood Orange, and Fennel Salad		2	
Cinnamon Apple Crisp		4	2
DAY 7			
Breakfast			
Coconut Cream Berry Parfait		2	
Spring Green Veggie Juice		2	
Chai Tea Latte or decaf green tea		2	
Lunch			
Spicy Fish Tacos		4	2
Artichokes with Ume Plum Vinaigrette		2	
Dinner			
Saturday Night Sushi		2	
Cucumber Seaweed Salad		2	

APPENDIX A

Genetically Modified Organisms (GMOs)

Genetically modified organisms (GMOs) are potentially one of the greatest health concerns of our time—and yet many people are not even aware of their existence. In chapter 5, I explain what GMOs are and how they affect your gut and immune system. I encourage you to inform yourself about this major new threat to our food supply and to take action as a consumer and a citizen to protect yourself against it. Here's just a short introduction, with some resources for learning more.

Although GMOs now dominate many foods available in the United States, their long-term effects have barely been studied. One of the first significant long-term studies was recently completed in France. Over the course of two years, rats were given a diet of which 30 percent was GMO corn. I realize that two years doesn't sound that long, but for a rat, that's just about an entire lifetime, since the average rat rarely makes it past age three. In this study, some 70 percent of the GMO-eating female rats died prematurely of cancer, as compared to only 20 percent of the non-GMO control group.

First of all, that's a scary statistic. I wish there were more studies to compare it to, but so far, we don't have them. Which brings up the question, why not?

You're not going to like the answer. I certainly don't. Basically, whenever a company seeks FDA approval for a new product, it's required to do the research to prove that product's safety. That company-funded research is what the FDA uses to determine safety, especially if no other research has been done. And who is likely to fund research on an untested product, other than the manufacturer? After a product hits the market, who wants to go up against such corporate giants as Monsanto? As a result, many genetically modified foods have only been studied for three months or less.

Europe is much stricter in their regulations than we are, which brings up another question: Why aren't we as concerned as they are?

Again, you won't like the answer, and neither do I, but I can give it to you in one word: money! Our government is far more influenced by the wealth and power of corporations than most European governments, and as a result, corporations like Monsanto have a lot more leeway to bring GMOs to market. Consequently, we here in the United States don't even realize how many genetically modified foods we are consuming. So far, there are no federal regulations saying that GMOs have to be labeled, despite numerous polls showing that some 90 percent of the public would prefer that.

It's not like no one has tried. In 2012, the first bill to require labeling of genetically modified foods was voted on in California and defeated by a narrow margin—about 52 percent to 48 percent. Significantly, the opponents of that bill outspent the supporters by a factor of about five to one: \$46 million to defeat the bill versus only \$9.2 million to support it. A very tiny piece of that \$9.2 million came from me and my clinic, Austin UltraHealth, and I also did a podcast at the time, urging my listeners to send in their contributions. So you can see that I put my money where my mouth is!

The top opponents of the GMO labeling bill reads like a Who's Who in the U.S. food industry: Monsanto, DuPont, PepsiCo, the Grocery Manufacturers Association, Kraft Foods, and Coca-Cola. These companies rely on GMOs at this point, and they don't want people to stop buying their GMO-laden products.

Even though we don't have all the research we need, we have a lot of evidence to suggest that genetically modified foods are associated with allergies, autism, ADD/ADHD, leaky gut, and digestive illnesses. You also saw in chapter 5 how GMOs are likely to be denser in the very elements that provoke inflammation and overburden your immune system.

Now, you might be wondering just where GMOs show up in our food supply. It would be faster to tell you where they *don't* show up:

- In any food labeled “non-GMO.”
- In any food labeled “100 percent organic”—but it has to be 100 percent. A food labeled “organic” can be 30 percent GMO and still get the “organic” label. (Tell that to the rats in the French study!)

- In beef that is labeled “100 percent grass-fed” or “grass-fed, grass-finished.” A lot of cattle are grass-fed but then “finished” with grain feeding. And in those grains are GMOs.
- In foods that your local farmers’ market supplier tells you are 100 percent okay. Make sure to ask them the right questions, though, because often, even if they are raising free-range animals, they are giving them corn-, soy-, or alfalfa-based feed. And guess what. Virtually all the corn, soy, and alfalfa grown in the United States are genetically modified. So when you consume nonorganic meats and poultry, you’re consuming GMOs.
- In any food you grow yourself—as long as you buy non-GMO seeds.

Now that you know where GMOs are *not*, I’ll share with you a brief and definitely not complete list of some of the top places where they *are*. I say “not complete” because the use of GMOs keeps expanding, and so does our knowledge about where they are being used. So by the time this book comes out, we might want to put some more items on the list. Check out the always valuable resources from the Environmental Working Group to find out the latest, including their shopper’s guide: www.ewg.org/research/shoppers-guide-to-avoiding-ge-food. And while you’re at it, make a donation. They do amazing work that helps to protect us all.

You won’t be eating rice, tomatoes, or wheat during your first thirty days on The Myers Way, but you might be adding in some tomatoes later on. Play it safe: Buy organic!

Here are your takeaways to protect you from eating GMOs:

- Read the labels.
- Avoid packaged foods.
- Be aware that even establishments like Whole Foods and other “organic” grocery stores are often full of genetically modified products—although Whole Foods did make a commitment to label all GMO products by 2018, and they have a section on their website intended to help you figure out how to avoid GMOs.

GMO FOODS IN THE USA

- **Corn**, including all products made with high-fructose corn syrup. (Now you know why Coca-Cola and PepsiCo spent so much to oppose California’s labeling bill, since high-fructose corn syrup is the main sweetener used in sodas.) Many animal feeds include corn, so eating nonorganic meats probably means you’re consuming GMO corn.
- **Soy**, including soy lecithin, which is used in a lot of packaged food, including “organic” dark chocolate bars! You won’t be eating chocolate bars during your first thirty days on The Myers Way, but many of you will be adding them in later on. They are one of my personal favorite treats, but I have to either go for “100 percent organic” or else read that fine print on the label very carefully to avoid soy lecithin. Again, many animal feeds include soy, so eating nonorganic meats probably means you’re consuming GMO soy.
- **Alfalfa**. Of course you won’t be eating it, but the animals *you* eat may well have been fed GMO alfalfa.
- **Cotton and cottonseed oil**. You don’t eat cotton, obviously, and as far as I know there’s no reason not to *wear* GMO cotton. However, cottonseed oil is used in a lot of packaged products, so either avoid all packaged foods (not a bad rule!) or read the label carefully.
- **Canola or rapeseed oils**. These are oils made from genetically modified seeds; there is by definition no non-GMO version of them.
- **Sugar**. Some 55 percent of U.S. sugar is made from sugar beets—and about 95 percent of them have been genetically modified. Of course you are already avoiding sugar on The Myers Way.
- **Papaya**. More than 75 percent of the papaya grown in Hawaii has been genetically modified.
- **Zucchini and yellow summer squash**. Some varieties are genetically engineered, so buy organic, just to be safe.
- Other potential genetically modified foods, either approved by the FDA or being considered for approval:

Flax	Radicchio	Salmon	Wheat
Plums	Rice	Tomatoes	

TO LEARN MORE . . .

I encourage you to visit the website (www.responsibletechnology.org) of the Institute for Responsible Technology (IRT), the true pioneers in alerting us all to the dangers of GMOs. If you can, make a donation to support their valuable work. When I interviewed the IRT's founder, Jeffrey Smith, he told me that the most effective way to get rid of GMOs is to vote with our dollars (www.autoimmunesummit.com). If we stop buying GMO-laden products and focus on natural foods and those specifically labeled as "not containing any GMOs," the companies that make GMOs will be motivated to start providing us with non-GMO alternatives.

Also, check out the Environmental Working Group's shopper's guide, updated regularly, and update your overall knowledge by periodically visiting the site (www.ewg.org).

Finally, if you have the opportunity to vote for a GMO labeling bill or to donate to an effort to label, regulate, or restrict GMOs, take action. Your family's health is too important to be left to giant corporations like Monsanto. Your bottom line is your family; their bottom line is, well, the bottom line!

APPENDIX B

Heavy Metals

If you have followed The Myers Way for three months and haven't seen the improvement you would like, you might consider whether heavy metals are part of the problem, particularly if you have one or more of the following risk factors. You

- have amalgam fillings, either currently or in the past;
- live near a coal-burning plant (check out this link to find out whether one is near you: www.epa.gov/mats/where.html);
- have spent time in China, which is a heavy coal-burning country;
- eat tuna more than once a month;
- have recurrent yeast overgrowth (sometimes the yeast is there to protect you from the mercury);
- have one or more genetic mutations in the *MTHFR* gene (pages 145–46); or
- regularly drink or shower in unfiltered water.

If you want to find out more about whether heavy metals are a concern for you, take these next two steps:

GET A FUNCTIONAL MEDICINE PHYSICIAN TO TEST YOU

There are two tests I rely on. One is a red blood cell (RBC) test, which looks at your exposure to heavy metals over the previous three months (since that is the life of a red blood cell). The results of your RBC test will let me know how much heavy metal you have been consuming through the food you eat, via your fillings, or through the air you breathe.

If I want to know more about your long-term exposure to heavy metals and their possible accumulation in your body, I do a “challenge” test. First I take a urine sample to give me a baseline (how much heavy metal is in your urine, reflecting again current exposure). Then I have

you swallow a solution of 2,3-dimercapto-1-propanesulfonic acid (DMPS), which will help your body “chelate,” or filter out, the heavy metals from where they have been stored, primarily in your bones. Over the next six hours, I collect urine so that the lab can measure how much heavy metal is released or has been stored in your system.

IF NECESSARY, GET CHELATED

Based on what the challenge test reveals about the level of heavy metals stored in your bones, I might decide to chelate you—to have you undergo a process that draws out the heavy metals. If your level of heavy metals is significant but low, I might use natural chelators like cilantro. If it’s higher, I’ll use dimercaptosuccinic acid (DMSA), the FDA-approved substance for chelation for lead toxicity, although it’s used to chelate other heavy metals as well.

I have my patients take DMSA three times a day for three days, then take eleven days off. The process can take anywhere from three to twelve months. I do a follow-up test three months later. Throughout the entire process, I make sure to support the detox pathways with lots of glutathione and minerals. Your own functional medicine physician will likely follow a similar process, though some people use slightly different protocols.

A WORD OF WARNING

Be very careful if a doctor is suggesting chelation or even a chelation test as your first step in healing. You must heal your gut, open your detox pathways, and provide them with plenty of support *before* you do either of these procedures; otherwise, you could be doing much more damage than good. Chelation is a process that pulls toxins from your bones into your system so that you can then excrete them through your urine. If your gut is leaky and your detox pathways are not working properly, you are in serious danger of reabsorbing all those toxins into your system—only instead of absorbing them little by little, you will get them in much larger quantities. *Run*, do not walk, from any physician who wants to chelate you before making absolutely sure that your gut has been healed.

APPENDIX C

Toxic Mold

I ask about mold exposure both on my intake form and during my patient's first appointment. If I hear anything that makes me think there's an obvious source of mold, I tell my patient that it might be a contributing factor to their autoimmune condition and I try to find out more.

If the patient has addressed the four pillars of The Myers Way and has still not improved sufficiently or if the person has recurrent yeast overgrowth, then I dig much deeper into toxic mold. So let's look a bit more closely right now.

WHERE ARE THE TOXINS COMING FROM?

Certain types of mold give off gases known as volatile organic compounds (VOCs). Not all molds produce these toxins, but the ones that do are obviously a huge concern. The most common culprits are

- *Aspergillus*
- *Fusarium*
- *Paecilomyces*
- *Penicillium*
- *Stachybotrys*
- *Trichoderma*

We believe that only 25 percent of the population has the genes that make them vulnerable to the deleterious effects of these molds, but for anyone who is vulnerable, the symptoms can be intense. I have seen people suffer from a number of mold-related symptoms, including the following:

- ADD/ADHD
- allergies, asthma, chronic sinus infections
- anxiety
- autoimmunity
- chronic fatigue syndrome
- depression
- fibromyalgia
- headaches
- insomnia

- neurologic issues
- recurrent yeast overgrowth
- skin rashes of all types, including eczema

However, because three-quarters of the population are not vulnerable to mycotoxins, it's not unusual for only one person in a household to show symptoms, making the cause extremely difficult to diagnose, especially for practitioners who aren't well educated about this problem.

Risk factors that cause me to suspect mold include the following:

- older homes
- homes with known leaks
- homes with basements
- homes built into hillsides
- homes with flat roofs
- humid climates

Notoriously moldy environments include the following:

- larger apartment complexes
- large office buildings
- hotels
- schools

Another factor to consider is if you live or work in a place that has a shared HVAC (heating, ventilation, and air-conditioning) system, which can carry mycotoxins from a leaky, moldy area into spaces where there is no leak—making the problem even harder to detect.

HOW TO TEST FOR TOXIC MOLD

The typical mold test is unlikely to help you, frankly, because it focuses on air quality and the level of mold spores, not on volatile organic compounds. So you have two choices:

- Cut off a piece of your air filter and send it in to RealTime Laboratories (see “Resources”); or
- check “Resources” for a company that can do what is called an ERMI (environmental relative moldiness index) test, which specifically seeks the type of mold that releases mycotoxins. However, once you run a test like this, you have to disclose it to anyone who might want to buy the house, which means that if you don't easily find the mold, you might end up ripping out walls or going

to other drastic lengths to ensure that you have indeed found and removed the mold.

All of which is to say I'm not a big fan of testing homes. I'd rather test you. But that can get tricky. The standard test is a urine test, but that only detects levels of three main mycotoxins. If you're reacting to less common mycotoxins, that won't necessarily show up. Also, the level that shows up on the test doesn't necessarily correlate with a person's symptoms: You can be very sick with low levels on the test or not so sick but test with high levels. Plus, the test is expensive. However, it's the best we have, so I do rely on it quite a bit.

If you can afford it, what I prefer to suggest is that you find somewhere else to stay for a couple of weeks—a hotel, a friend's house, a rental vacation home, an airy bed-and-breakfast—anywhere you can manage that you are reasonably certain is mold-free. Take with you as little as possible—your favorite pillow or your child's beloved stuffed animal might be mold-infested—and see if you feel better after ten days or so out of your home. After all, your body knows better than any test. If you feel better away from home, and if you feel worse when you return home, you very well might be reacting to mycotoxins.

We also have to figure out whether you seem to be reacting to mycotoxins in your home or somewhere else. If you work only at home or if your child is homeschooled, then we have only your house to worry about; but if a workplace or school is involved, then we have another problem to solve.

In that case, I'll often test someone else who is living in the home. If that person tests positive for mycotoxins—even if they aren't experiencing any symptoms—we can assume the mold is in the home. If they test negative, we can assume the mold is coming from the workplace or school.

I know this is a challenging problem. No one wants to hear that their house might be infested with mold and that it might cost a significant amount of money to clean it up. But there are some solutions:

- If you can identify a leak, then hire a certified mold remediator to remove the mold. Be careful, though, because the chemicals used to clean up mold can also cause problems to a fragile immune system.

- Take the glutathione I suggest in chapter 9, along with the rest of your supplements on The Myers Way.
- Go to a functional medicine physician for more targeted help, including prescription medications that can help you clear up your own fungi and infections as well as resist the mold attacks. The most common prescription for this condition is cholestyramine, which binds the toxins so that they can be safely eliminated from your system.

Solving a toxic mold problem can be challenging, but it is so worth it. See page 141 in chapter 6 as well as chapter 12 for some truly inspiring success stories that demonstrate just what extraordinary healing is possible once this problem is solved.

APPENDIX D

Biological Dentistry

In chapter 6 you learned that what’s in your mouth can be a significant source of inflammation. Root canals, extracted wisdom teeth, braces, retainers, fillings, crowns, posts—your mouth is full of potential bio-hazards, and yet conventional dentists are barely aware of the problem.

Luckily, just as we have functional medical physicians to counteract the shortcomings of conventional medicine, we have biological dentists to counter the failings of conventional dentistry. A biological dentist is concerned with more than just your teeth. He or she wants to make sure that only safe, biocompatible materials are used in your mouth and only safe procedures are performed there.

Your first takeaway is to remember that everything in your mouth affects your entire immune system. After all, you are one system—there is no “Chinese wall” separating your mouth from the rest of your anatomy. So if you have a piece of dental equipment that remains permanently in your mouth—crown, filling, wire, whatever—your immune system might be continuously exposed to it. If something in that equipment is challenging to your immune system, you are being challenged 24/7.

The solution? A biological dentist might take a sample of your blood and have a lab run tests (www.ccrlab.com) on it to discover which dental materials you might react to. If your dentist doesn’t follow that protocol, products made by VOCO, a German company, are almost always biocompatible, so see if you can have dental materials made only by them.

THE MERCURY PROBLEM

Your next takeaway concerns the mercury that has traditionally been used in silver fillings. When I speak with biological dentists, we are

all simply baffled as to why this second-most toxic substance on earth is routinely used as an element to remain permanently in people's mouths. Research shows that the mercury emitted by amalgam fillings does have an impact on our health and does indeed challenge our immune systems. Obviously, we all have a wide range of ability to tolerate toxins, just as some people can smoke heavily and never get lung cancer. But if you have an autoimmune condition or are on the spectrum, your immune system is already challenged, so you should not stress it any more. Find a biological dentist who can safely remove your silver fillings along with the mercury they contain.

Still not 100 percent convinced? Take a look at the video prepared by the International Academy of Oral Medicine and Toxicology (IAOMT), a respected organization of dentists, physicians, and researchers focused on oral and dental health. In the video, you'll see a "smoking tooth": plumes of mercury vapors rising off a tooth with a mercury-laden filling (www.youtube.com/watch?v=9ylnQ-T7oiA). If you have a conventional silver filling, that's what's happening right now in your mouth. Conventional dentists may tell you that mercury-laden fillings are safe. Don't believe them.

By the way, in the 1970s, conventional dentists also started using tin and copper in those silver fillings. Tin is toxic too, but the real danger was the copper, which raised the level of mercury exposure by a factor of fifty.

In some cases, if you've had a crown put in, your conventional dentist may have used the preexisting filling as a base. The crown on top exacerbates the effect of mercury, not least because it can create a galvanic current—literally, an electric current that competes with the natural electric currents running through your body. I've had patients report strange buzzing in their mouths from the three or four different types of metals they were carrying. I referred them to a biological dentist to have the mercury removed and heard back within a day or so that they could already feel the difference.

When you do go to replace your silver fillings, make sure you see a biological dentist. Conventional dentists simply won't know enough about how to do the procedure safely, without exposing you or themselves to the vapors.

ROOT CANALS

Your next concern should be root canals. A root canal is a procedure whereby a tooth's nerve is killed but the tooth itself remains in your mouth. Leaving a dead portion of the anatomy inside the body is done nowhere else in medicine, and in my opinion, it shouldn't be done in dentistry either. Toxic bacteria breed freely inside the dead tooth, and without the blood supply that a living tooth would receive, there are no immune factors or killer chemicals to stop them. Nor can they be effectively reached with antibiotics.

The solution is either to give the dead tooth an ozone treatment or to have it extracted. Extraction is a challenging solution in some cases, although it's obviously easier with back teeth. But remember, root canals are a breeding ground for toxic bacteria and a likely source of significant inflammation. Particularly if you have an autoimmune condition or are high on the spectrum, you don't need an additional risk factor or an added burden on your immune system. Let a biological dentist help you solve this problem.

And if a conventional dentist offers you a root canal, run, don't walk, to a biological dentist and see if there is any other option.

CAVITATIONS

A cavitation is an area of dead bone inside a bone, most commonly in the jaw. If you've had a trauma, such as the extraction of a wisdom tooth, bacteria flow into the open area. Then gum tissue grows over the hollow, and bone grows over that. Meanwhile, highly toxic bacteria remain inside the hollow area, presenting your immune system with a daily challenge.

A biological dentist can clean the area by making a small surgical incision, irrigating the area, and using ozone to attack the bacteria. Then he or she can get the area to heal properly as your immune system breathes a huge heartfelt sigh of relief.

Cavitations can be difficult to detect on an x-ray or even a CAT scan. That's why you need an experienced biological dentist, who knows what to look for.

BRACES AND RETAINERS

This equipment frequently contains stainless steel, which sounds safe. Think again. Stainless steel contains nickel, a carcinogen. Most braces are made from “NiTi wire,” which is nickel and titanium—amazing at helping to straighten teeth quickly but not so good for your health. A biological dentist can work with you to reduce the exposure to nickel and go with a safer material.

FINDING A BIOLOGICAL DENTIST

To my great joy, this branch of dentistry seems to be growing by leaps and bounds, just as functional medicine is growing. So you have a few options for finding someone:

- Search online for “biological dentist” or “holistic dentist” and see who comes up.
- Go to www.iaomt.org, the website of the IAOMT, and search for their members in your area.
- Ask your functional medicine physician for a referral.

If you’re checking out a new dentist, here are three questions you can ask to help you decide whether they might be a good choice:

- 1 Do you use a rubber dam?** A rubber dam should be used to protect the patient when mercury fillings are being removed. If your dentist answers yes, he or she is far more likely to know how to remove fillings safely.
- 2 What do you do to protect yourself and your staff?** If a dentist is taking mercury out of your mouth, that dentist and their staff are being exposed to it too. A dentist who doesn’t protect him- or herself or the office’s staff might not be truly aware of the health hazards involved—and therefore won’t be fully aware of how to protect you.
- 3 Do you have an amalgam separator?** When mercury is removed normally, it goes right into the local wastewater supply, a thought that just makes me shudder. An amalgam separator will separate out the mercury so it can be disposed of safely.

TO LEARN MORE . . .

Check out this terrific book with a spot-on title: *Uninformed Consent: The Hidden Dangers in Dental Care* (Newburyport, Mass.: Hampton Roads Publishing, 1999), by Hal A. Huggins and Thomas E. Levy. Other good resources are *It's All in Your Head: The Link Between Mercury Amalgams and Illness* (Garden City Park, N.Y.: Avery Publishing, 1993), by Hal A. Huggins, or my interview with biological dentist Stuart Nunnally, DDS (www.autoimmunesummit.com).

APPENDIX E

Detoxifying Your Home

With so many toxins out there, you can easily start to feel overwhelmed by the task of protecting yourself and your immune system from their ill effects. However, as I always say, knowledge is power! Now that you know about the toxins, you *can* take steps to keep them out of your personal environment. I encourage everybody to do this, especially if you have an autoimmune condition or are on the spectrum. Your immune system doesn't need any more challenges to deal with!

You've already seen my top detox suggestions in chapter 6. Here are some additional ways to detox your home, listed in order of importance:

CONVENTIONAL MATTRESSES

Where you sleep and what you sleep on are two of the most important decisions you can make—I can't stress this enough! We spend nearly half our lives asleep, and most of our detox and body repair occurs while we sleep. Conventional mattresses contain harsh chemicals and fire retardants, which can emit gases for years.

Better Choices

- One hundred percent natural latex mattresses and organic wool mattress toppers

COMMERCIAL BEDDING

Most commercial bedding manufacturers use fire retardants, pesticides, bleaches, and dyes.

Better Choices

- Organic, untreated sheets, blankets, and pillows

CLEANING PRODUCTS

The American Society for the Prevention of Cruelty to Animals (ASPCA) listed household cleaners as one of the top ten pet poisons in 2009. Levels of brominated flame retardants in cats are up to twenty-three times higher than those found in human beings, and dogs have on average 2.4 times more perfluorinated chemicals in their bodies than people. These are chemicals that are already found in products you buy, such as fire-resistant fabrics and stain-proof rugs, so just imagine how susceptible your dog or cat is to the chemicals you spray and pour in your home.

Better Choices

- Luckily, there are several, which you can find in the “Resources” section.

DRY CLEANING

Dry cleaners are some of the most chemical-laden establishments around.

Better Choices

- Look for a clean and green eco dry cleaner.
- If you must use a traditional dry cleaner, remove your garments from the plastic bag and air them outside for several hours before hanging them in your closet.

VINYL SHOWER CURTAINS

These release more than a hundred VOCs, which can hang around in the air for more than a month. They also contain phthalates, which are hormone and endocrine disrupters.

Better Choices

- Organic cotton and linen shower curtains

CONVENTIONAL CARPETS

Conventional carpeting is made from synthetic, petroleum-based fibers, which can emit up to 120 hazardous chemicals that have been shown to contribute to asthma, allergies, neurological problems, and cancer. The toxins are found primarily in the rubber padding and adhesive glues, which might emit chemical-laden gases for years.

Better Choices

- Cotton or wool rugs
- Recycled carpet tiles, which do not require adhesive glues
- Stained concrete
- Renewable wood, such as bamboo or cork

VOLATILE ORGANIC COMPOUND (VOC) PAINTS

These are just what they sound like: paints that include toxic compounds. If you use them, you are literally surrounding yourself with potentially hazardous fumes.

Better Choices

- No-VOC paints. But make sure that's really what they are. Many companies advertise their products as "no-VOC," but that's the base white paint only. Once color is added, the paint is no longer no-VOC.

UPHOLSTERED FURNITURE

Upholstered furniture can be filled with polyurethane foams, which are petroleum-based and overflowing with chemicals and fire retardants. Any particleboard that is part of the furniture emits formaldehyde.

Better Choices

- Furniture made with solid wood, natural latex foam, wool cushions, and organic fabrics

CURTAINS AND WINDOW TREATMENTS

Most curtains contain fire retardants, pesticides, bleaches, and dyes.

Better Choices

- Organic, untreated cotton or linen curtains and valences
- Bamboo shades

TO LEARN MORE . . .

Watch my video interview with the executive director of the Environmental Working Group (EWG), Heather White (www.autoimmunesummit.com).

APPENDIX F

Improving Your Sleep

Sleep disturbance and fatigue are two of the most common complaints I hear in my practice. Getting the right amount of deep, refreshing sleep is one of the best ways you can support your immune system, so here are my top ten tips for improving your sleep:

❶ Go to www.dansplan.com and download “Dan’s Plan,” a free online plan to optimize health and sleep created by sleep expert Dan Pardi. If you’d like to learn more about Dan’s approach to sleep, you can check out the interview I did with him on my podcast: www.dramymyers.com/tag/sleep/.

❷ Buy amber lightbulbs and install them in lamps throughout your house. Use them once the sun begins to go down.

One of the main causes of sleep disturbances is exposure to the wrong spectrum of light once the sun has gone down. Your body has evolved to sleep when the sky is dark and be awake when the sky is light. This natural sleep-wake cycle can be disrupted by our twenty-four-hour electric world, in which your body is continuously exposed to bright “sun-like” light, including that given off by incandescent and fluorescent lightbulbs. Your body recognizes these electric devices as “sunlight” and cues you to stay awake. Using amber light after sundown will help sync up your body with the rhythms of the earth and cue your system for sleep rather than wakefulness.

❸ Download the free f.lux app at www.justgetflux.com if you work on your computer or read on your iPad at night. The flickering blue light of electronic devices also cues you to wakefulness—but the f.lux app will saturate your screen with an amber hue once the sun has gone down. You can set the app to give you the nighttime shade of amber that you prefer; reset it to accommodate watching a movie or TV show; and disable it short- or long-term if you’d

actually like your device to help you stay awake. Ideally, though, you will use the device to follow a healthy sleep-wake cycle of becoming drowsy after sunset and going to bed relatively early.

- ④ Determine your ideal number of hours of sleep. Try this one on the weekends! Go to sleep at night and see how long it takes you to wake up. Repeat this experiment a few times to determine your ideal number of sleeping hours. We are all different, and each of our sleep needs can change, also, depending on how much stress we are under or what demands we have placed on our bodies. Sleep is when your body heals, so if you are using The Myers Way to reverse your autoimmune condition, you might need more sleep than usual. You might also generally need more sleep than you assume. Find out your body's ideal sleep time so you can make sure to always get that amount of sleep.
- ⑤ Set the intention of going to bed at the same time each night as determined by your ideal number of hours of sleep. In other words, if you need to get up at seven A.M. to be on time for work, and if you've discovered that your ideal amount of sleep is nine hours, set the intention of going to bed at ten P.M. each night. Ideally, you will go to bed at this time on weekends also, because you get better sleep when you maintain a consistent rhythm.
- ⑥ Get blackout curtains for your bedroom. Even tiny amounts of light are perceived through your eyelids and can disrupt the depth and quality of your sleep. Your body was designed to respond to the earth's natural rhythms of sunset and sunrise, so if light from streetlamps or neighboring buildings is filtering into your bedroom, your body will perceive that it's supposed to be awake and your sleep will be affected.
- ⑦ Before bed, take a hot bath with Epsom salts. The hot water and downtime are relaxing, and the Epsom salts contain magnesium to relax your muscles.
- ⑧ Get outside and expose yourself to natural light at least three times a day for a minimum of thirty minutes. If your body has access to natural light to cue the "wake" cycle, it will be more ready to respond to darkness as the "sleep" cycle.

- 9 Skip the nightcap! Alcohol affects your sleep cycle. Of course you won't be drinking alcohol for the first thirty days of The Myers Way and maybe for several months thereafter. If you decide to add an occasional alcoholic beverage back into your diet, make sure you have it at least a couple of hours before bedtime so that when you sleep, you sleep deeply and can recover from the stress alcohol places on your immune system.
- 10 If you want a temporary sleep aid, go natural. Consider 5-HTP (5-hydroxytryptophan), a natural precursor to serotonin, the neurotransmitter that helps regulate sleep cycles as well as creates a natural "antidepressant" effect of optimism and calm. Another option is melatonin, a brain chemical that specifically cues your body for sleep. Magnesium is a mineral that helps to relax your muscles and is therefore helpful for the relaxation that precedes deep and restful sleep. Recommendations for high-quality versions of these supplements are in the "Resources" section.

TO LEARN MORE . . .

Watch my video interview with sleep expert Dan Pardi (www.autoimmunesummit.com).

APPENDIX G

The Myers Way Symptom Tracker

Rate the following symptoms over the past seven days on a scale of 0 to 4 based on severity. 0 = None, 1 = Some, 2 = Mild, 3 = Moderate, 4 = Severe

HEAD

___ headaches
___ migraines
___ faintness
___ trouble sleeping
Total ___

MIND

___ brain fog
___ poor memory
___ impaired coordination
___ difficulty deciding
___ slurred/stuttered
speech
___ learning/attention
deficit
Total ___

EYES

___ swollen, red eyelids
___ dark circles
___ puffy eyes
___ poor vision
___ watery, itchy eyes
Total ___

NOSE

___ nasal congestion
___ excessive mucus
___ stuffy/runny nose
___ sinus problems
___ frequent sneezing
Total ___

EARS

___ itchy ears
___ earaches, infections
___ drainage from ear
___ ringing ears, hearing loss
Total ___

MOUTH, THROAT

___ chronic cough
___ frequent throat clearing
___ sore throat
___ swollen lips
___ canker sores
Total ___

HEART

___ irregular heartbeat
___ rapid heartbeat
___ chest pain
Total ___

LUNGS

___ chest congestion
___ asthma, bronchitis
___ shortness of breath
___ difficulty breathing

Total ___

SKIN

___ acne
___ hives, eczema, dry skin
___ hair loss
___ hot flashes
___ excessive sweating

Total ___

WEIGHT

___ inability to lose weight
___ food cravings
___ excess weight
___ insufficient weight
___ compulsive eating
___ water retention, swelling

Total ___

DIGESTION

___ nausea, vomiting
___ diarrhea
___ constipation
___ bloating
___ belching, passing gas
___ heartburn, indigestion
___ intestinal/stomach pain
or cramps

Total ___

EMOTIONS

___ anxiety
___ depression
___ mood swings
___ nervousness
___ irritability

Total ___

ENERGY, ACTIVITY

___ fatigue
___ lethargy
___ hyperactivity
___ restlessness

Total ___

JOINTS, MUSCLES

___ joint pain/aches
___ arthritis
___ muscle stiffness
___ muscle pain/aches
___ weakness, tiredness

Total ___

OTHER

___ frequent illness/
infections
___ frequent/urgent urination
___ genital itch, discharge
___ anal itch

Total ___

Preliminary total _____

Resources

BIOLOGICAL DENTISTRY

- “Biological Dentistry with Stuart Nunnally, DDS” (podcast): www.dramymyers.com/2013/07/08/tmw-episode-12-biological-dentistry-with-stuart-nunnally-dds/
- International Academy of Biological Dentistry and Medicine: <http://iabdm.org/>
- International Academy of Oral Medicine and Toxicology (IAOMT): <http://iaomt.org/>
- *It’s All in Your Head: The Link Between Mercury Amalgams and Illness*, book by Hal A. Huggins (New York: Penguin, 1993)
- My Magic Mud: www.mymagicmud.com/my-magic-mud-natural-teeth-whitening-remedy/
- “Smoking Teeth = Poison Gas” (video by the International Academy of Oral Medicine and Toxicology): www.youtube.com/watch?v=9ylnQ-T7oiA
- *Uninformed Consent: The Hidden Dangers in Dental Care*, book by Hal A. Huggins and Thomas E. Levy (Newburyport, Mass.: Hampton Roads Publishing, 1999)

BODY CARE

- Babo Botanicals: www.babobotanicals.com/
- “Chemical-Free Gluten-Free Skin Care with Bob Root” (podcast): www.dramymyers.com/2013/07/01/tmw-episode-11-chemical-free-gluten-free-skin-care-with-bob-root/
- Environmental Working Group: www.ewg.org/
- “Green Beauty with W3LL PEOPLE” (podcast): www.dramymyers.com/2013/08/12/tmw-episode-17-green-beauty-with-w3ll-people/
- Keys body care products: http://store.amymyersmd.com/page/1/?s=KEYS&post_type=product

- Thorne shampoo: http://store.amymyersmd.com/?s=thorne&post_type=product
- W3LL PEOPLE makeup and beauty products: <http://w3llpeople.com>

COMMUNITY

- Amy Myers, MD: www.amymyersmd.com
- Facebook: www.facebook.com/AmyMyersMD
- Meetup: www.meetup.com/

DETOXIFYING YOUR HOME AND BODY

- “Detoxification with Dr. Myers” (podcast): www.dramymyers.com/2013/12/30/the-myers-way-episode-29-detoxification-with-dr-myers/

Air Filters

- IQAir GC MultiGas air purifier: <http://store.amymyersmd.com/shop/air-purifier/>
- IQAir HealthPro Plus air filter: <http://store.amymyersmd.com/shop/iqair-health-pro-plus-air-filter/>

Bath Accessories

- Organic cotton shower curtains: www.westelm.com/search/results.html?words=organic+cotton+shower+curtain
- Showerhead water filters: www.aquasana.com/shower-head-water-filters

Bedding

- Eco-Wise organic bedding: www.ecowise.com/category_s/1860.htm
- West Elm organic bedding: www.westelm.com/shop/bedding/organic-bedding-style/?cm_type=gnav

Cleaning Products

- CleanWell hand-sanitizing wipes: <http://store.amymyersmd.com/shop/cleanwell-hand-sanitizing-wipes/>
- Dr. Bronner’s pure castile soap: <http://store.amymyersmd.com/shop/dr-bronnens-pure-castile-soap/>

- Ecover automatic dishwasher tablets: <http://store.amymyersmd.com/shop/ecover-dishwashing-tablets/>
- Ecover bathroom cleaner: <http://store.amymyersmd.com/shop/ecover-bathroom-cleaner/>
- Ecover laundry liquid: <http://store.amymyersmd.com/shop/ecover-laundry-liquid/>
- Ecover toilet bowl cleaner: <http://store.amymyersmd.com/shop/ecover-toilet-bowl-cleaner/>
- Miele HEPA vacuum cleaner: <http://store.amymyersmd.com/shop/miele-hepa-vacuum-cleaner/>

Flooring

- Eco-Wise flooring: www.ecowise.com/flooring_and_countertops_s/1857.htm
- Green Building Supply: www.greenbuildingsupply.com/All-Products/Flooring
- West Elm wool rugs: www.westelm.com/shop/rugs-windows/rugs-by-material/wool-rugs/?cm_type=lnav

Furniture

- West Elm furniture: www.westelm.com/shop/furniture/?cm_type=gnav

Mattresses

- Urban Mattress: www.urbanmattress.com/

Paint

- Eco-Wise zero VOC paint: www.ecowise.com/category_s/1817.htm
- Home Depot low and zero VOC paint: www.ecooptions.homedepot.com/clean-air/low-zero-voc-paint/

Saunas

- Sunlighten saunas: <http://store.amymyersmd.com/shop/sunlighten-saunas/>

Water Filters

- Aquasana water filters: www.aquasana.com/?discountcode=drmyers&utm_medium=referral&utm_source=drmyers&utm_campaign=_

Window Treatments

- West Elm curtains: www.westelm.com/shop/rugs-windows/window-panels-curtains-shades/

FOOD AND DINING

Grocery Stores

- Natural Grocers: www.naturalgrocers.com/
- Sprouts Farmers Market: www.sprouts.com/
- Trader Joe's: www.traderjoes.com/
- Whole Foods Market: www.wholefoodsmarket.com/

Organic Meat and Fish

- US Wellness Meats: www.grasslandbeef.com/StoreFront.bok?affId=168453
- Vital Choice: www.vitalchoice.com/shop/pc/home.asp?idaffiliate=3198

Shopping Guides

- Environmental Working Group's Dirty Dozen Plus and Clean Fifteen: www.ewg.org/foodnews/
- Environmental Working Group's Fish List: <http://static.ewg.org/files/fishguide.pdf>
- Environmental Working Group's Shopper's Guide to Avoiding GE Food: www.ewg.org/research/shoppers-guide-to-avoiding-ge-food
- Mercury levels in fish: www.nrdc.org/health/effects/mercury/guide.asp

Special Diet Apps

- Locate Special Diet: <http://locatespecialdiet.com/>
- Urbanspoon: www.urbanspoon.com/

GENETICALLY MODIFIED ORGANISMS

- Environmental Working Group's Shopper's Guide to Avoiding GE Food: www.ewg.org/research/shoppers-guide-to-avoiding-ge-food
- Food Democracy Now!: www.fooddemocracynow.org

- Genetic Roulette, film by Jeffrey M. Smith and the Institute for Responsible Technology: www.geneticrouletemovie.com
- The Institute for Responsible Technology: www.responsibletechnology.org
- *Seeds of Deception: Exposing Industry and Government Lies About the Safety of the Genetically Engineered Foods You're Eating*, book by Jeffrey M. Smith (Portland, Me.: Yes! Books, 2003)

KITCHEN PRODUCTS

Beverage Storage

- Aquasana glass bottles: <http://store.amymyersmd.com/shop/aquasana-glass-bottles-6-pack/>
- Kleen Kanteen (20 ounce size): <http://store.amymyersmd.com/shop/kleen-kanteen-20oz/>
- Kleen Kanteen (27 ounce size): <http://store.amymyersmd.com/shop/kleen-kanteen-27oz/>

Food Storage

- Ball Mason jars: <http://store.amymyersmd.com/shop/ball-mason-jars/>
- BPA-free Ziploc bag information: www.ziploc.com/Sustainability/Pages/Safety-and-Plastics.aspx
- Pyrex glass storage containers: <http://store.amymyersmd.com/shop/pyrex-glass-storage-10-piece-set/>
- up & up BPA-free freezer bags: www.target.com/p/up-up-trade-double-zipper-quart-size-freezer-bags-50-ct/-/A-14730774#prodSlot=medium_1_3

Cooking Equipment

- All-Clad stainless steel saucepan: <http://store.amymyersmd.com/shop/all-clad-stainless-steel-sauce-pan/>
- Crock-Pot slow cooker: <http://store.amymyersmd.com/shop/crock-pot-5-qt-slow-cooker/>
- KitchenAid Artisan stand mixer: <http://store.amymyersmd.com/shop/kitchenaid-artisan-5-qt-stand-mixer/>
- Lodge enameled cast-iron Dutch oven: <http://store.amymyersmd.com/shop/lodge-enameled-cast-iron-dutch-oven/>

- Lodge enameled cast-iron skillet: <http://store.amymyersmd.com/shop/lodge-enameled-cast-iron-skillet/>
- Lodge preseasoned cast-iron skillet: <http://store.amymyersmd.com/shop/lodge-preseasoned-cast-iron-skillet/>
- Oceanstar bamboo kitchen utensils: <http://store.amymyersmd.com/shop/oceanstar-bamboo-kitchen-utensils-7-piece-set/>

Juicers and Blenders

- Breville juicer: <http://store.amymyersmd.com/shop/breville-juicer/>
- Vitamix 5200 blender: <http://store.amymyersmd.com/shop/vitamix-5200-blender/>

LABORATORIES

- 23andMe: www.23andme.com
- Clifford Consulting and Research: www.ccrlab.com
- Commonwealth Laboratories: www.hydrogenbreathtesting.com
- Cyrex Laboratories: www.cyrexlabs.com
- DiagnosTechs: www.diagnostechs.com/
- Doctor's Data: www.doctorsdata.com
- Dunwoody Labs: www.dunwoodylabs.com
- Fertility and Cryogenics Lab: www.fclab.us
- Genova Diagnostics: www.gdx.net
- IGeneX: www.igenex.com/Website/
- Immuno Laboratories: www.immunolabs.com/patients/
- Immunosciences Lab: www.immunoscienceslab.com
- iSpot Lyme: <http://ispotlyme.com/>
- Laboratory Corporation of America: www.labcorp.com/wps/portal/
- Pharmasan Labs: www.pharmasanlabs.com
- Quest Diagnostics: www.questdiagnostics.com/home.html
- RealTime Laboratories: www.realtimelab.com

RELAXATION AND STRESS REDUCTION

- Acupuncture information and resources: www.nccaom.org/

- HeartMath emWave2 personal stress reliever: <http://store.amymyersmd.com/shop/heartmath-emwave-2-personal-stress-reliever/>
- HeartMath Inner Balance sensor for iOS: <http://store.amymyersmd.com/shop/heartmath-inner-balance-sensor-for-ios/>
- HeartMath Inner Balance sensor for iPhone5 and iPad Air: <http://store.amymyersmd.com/shop/heartmath-inner-balance-sensor-for-iphone5-and-ipad-air/>
- Lavender oil: <http://store.amymyersmd.com/shop/now-foods-organic-lavender-oil/>
- Relaxation and meditation CDs: www.healthjourneys.com

RESEARCH AND TREATMENT

- American Academy of Environmental Medicine: www.aeonline.org/
- American Board of Integrative and Holistic Medicine: www.holisticboard.org/
- American Botanical Council: www.abcc.herbalgram.org
- American College for Advancement in Medicine: www.acamnet.org/
- American College of Nutrition: www.americancollegeofnutrition.org
- Cancer Treatment Centers of America: www.cancercenter.com
- Center for Integrative Medicine, University of Maryland School of Medicine: www.compmc.umm.edu
- Clinton Foundation: www.clintonfoundation.org
- The Institute for Functional Medicine: www.functionalmedicine.org/
- The Institute for Molecular Medicine: www.immed.org
- The Institutes for the Achievement of Human Potential: www.iahp.org
- Linus Pauling Institute, Oregon State University: <http://lpi.oregonstate.edu>
- National Center for Complementary and Alternative Medicine: www.nccam.nih.gov
- National Institutes of Health: www.nih.gov
- Personalized Lifestyle Medicine Institute: <http://plminstitute.org/>
- Personalized Medicine Coalition: www.personalizedmedicinecoalition.org
- Preventive Medicine Research Institute: www.pMRI.org

Resources

- Slow Food USA: www.slowfoodusa.org
- United Natural Products Alliance: www.unpa.com

Autoimmune Disease Research and Support

- American Autoimmune Related Diseases Association: www.aarda.org/
- Autism Research Institute: www.autism.com
- Autoimmune Summit: www.autoimmunesummit.com
- Crohn's & Colitis Foundation of America: www.ccfa.org/
- Graves' Disease & Thyroid Foundation: www.gdatf.org/
- Lupus Foundation of America: www.lupus.org/
- Multiple Sclerosis Association of America: www.mymsaa.org/
- National Psoriasis Foundation: www.psoriasis.org/
- Scleroderma Foundation: www.scleroderma.org/

Gluten Intolerance and Celiac Disease Research and Support

- Celiac Disease Foundation: <http://celiac.org/>
- Celiac Support Association: www.csaceliacs.info/
- Center for Celiac Research and Treatment, Massachusetts General Hospital for Children: www.celiaccenter.org
- Gluten Intolerance Group: www.gluten.net/
- National Foundation for Celiac Awareness: www.celiaccentral.org/support-groups/

Stress Research and Support

- The Center for Mind-Body Medicine: www.cmbm.org
- The Hendricks Institute: www.hendricks.com/

SLEEP AIDS

- Bucky Luggage 40 Blinks ultralight sleep mask: <http://store.amymyersmd.com/shop/bucky-luggage-40-blinks-ultralight-sleep-mask/>
- Bulbrite amber lightbulbs: <http://store.amymyersmd.com/shop/bulbrite-amber-light-bulbs/>
- Dan's Plan: www.dansplan.com
- Feit amber lightbulbs: <http://store.amymyersmd.com/shop/feit-amber-light-bulbs/>

- Free f.lux app: www.justgetflux.com
- Simply Right Epsom salts: <http://store.amymyersmd.com/shop/simply-right-epsom-salts/>
- “Sleep Expert Dan Pardi” (podcast): www.dramymyers.com/2013/06/24/tmw-episode-10-sleep-expert-dan-pardi/

SUPPLEMENTS

- Allergy Research Group: www.allergyresearchgroup.com
- Bairn Biologics: www.bairnbiologics.com
- Biotics Research: www.bioticsresearch.com
- CitriSafe: www.citrisafecertified.com
- Designs for Health: www.designsforhealth.com
- Douglas Laboratories: www.douglaslabs.com
- Great Lakes Gelatin: www.greatlakesgelatin.com
- Lauricidin: www.lauricidin.com
- Metabolic Maintenance: www.metabolicmaintenance.com
- Metagenics: www.metagenics.com
- NeuroScience: www.neurorelief.com
- Prescript-Assist: www.prescript-assist.com
- ProThera/Klaire Labs: www.protherainc.com
- Pure Encapsulations: www.pureencapsulations.com
- Thorne Research: www.thorne.com
- Xymogen: www.xymogen.com

TOXIC MOLDS/MYCOTOXINS

- Environmental Relative Moldiness Index and ERMI testing services: www.emlab.com/s/services/ERMI_testing.html
- The Myers Way Podcast: www.amymyersmd.com/2013/05/19/TMW-episode-5-mycotoxins
- Real Time Laboratories: www.realtimelab.com/
- Surviving Mold: www.survivingmold.com/