

Healing by Design

Lupus

10 STEP PROTOCOL TO PARTNERING WITH GOD'S DESIGN

1. Don't be confined to a diagnosis with very little meaning. If you do learn your condition is auto-immune, learn what that means and find natural alternatives to the toxic pharmaceutical drugs.
2. The first step in Lupus is cleaning up the diet. An auto-immune condition means a leaky gut where foreign materials are leaking into the bloodstream. A medical doctor may tell you diet with auto-immune conditions doesn't matter. Any natural practitioner will tell you it is EVERYTHING!
3. Consider Body Ecology Diet, GAPS Diet or something similar, even Paleo. You must eliminate all common allergens such as dairy, gluten/wheat, all other grains, corn, soy and all sugars. **This will stop the majority of the auto-immune response and help you get off the drugs!**
4. Cleanse and learn to live a fasted lifestyle. The best thing anyone can do to heal more quickly is through fasting and praying. We can't make life about food in an auto-immune situation, it must turn the focus back to God, healing and restoration. Try one meal daily, a juice fast, a bone broth fast or anything to drastically reduce the amount of food which accelerates healing.
5. Heal the leaky gut. Try the ***Spirit of Health Leaky Gut protocol*** for healing your damaged gut lining. This is CRUCIAL!
6. Supplements to help with the pain and inflammation, to get off the steroids and pain meds. This would include ***Turmerol by North American Herb and Spice, Dodecin by By Pro or CBD Oil in liquid or capsule form.***
7. Bone broth can be one of your fastest steps towards healing. Keep it light, so stick to chicken broth over heavier options like beef and pork. Try the ***bone broth proteins by Ancient Nutrition.***
8. Bentonite Clay is powerful for healing that gut lining. ***Liquid or powder clay by Earth's Living Clay*** can speed gut healing. Drink it and even use for an enema.
9. Book an ***iridology appointment with Spirit of Health.*** You can see leaky gut in the eye quite clearly. Through fasting, prayer and nutrition, you can also see the eye CHANGE!
10. Other gut healers include ***L-Glutamine powder by NOW Foods, Zinc capsules by Garden of Life, Perfect Aminos by Body Health, and Digestion Tea by Spirit of Health (Slippery Elm, Marshmallow Root, Fennel, Ginger and Licorice Root).***
11. Try other healing therapies like walking, pilates, bike riding, hot/cold water therapy or massage.