

# 14-Day *Challenge*

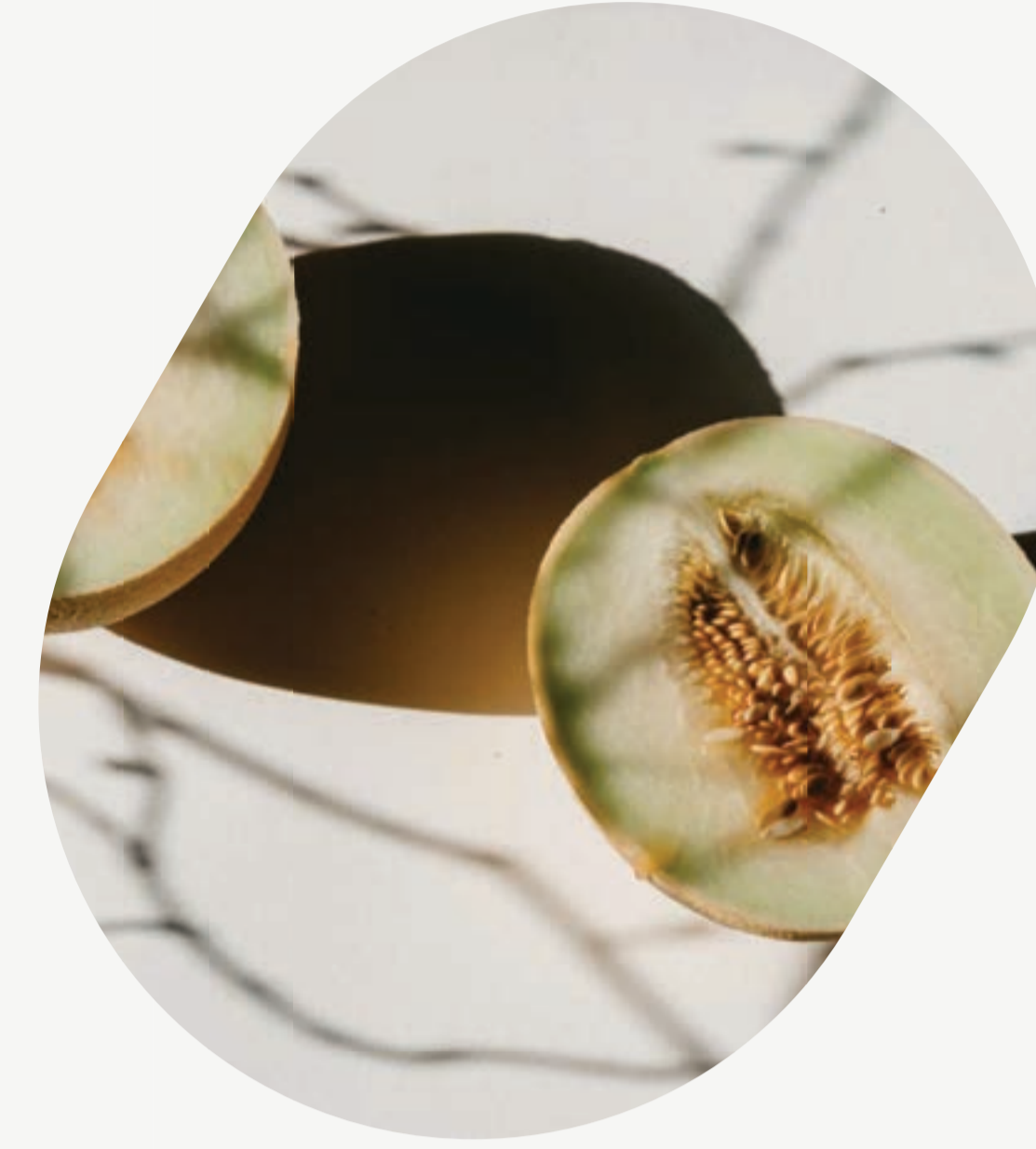
*Healing Your Autoimmunity Naturally*



**WellTheory**

# 14-Day Challenge

## Healing Your Autoimmunity Naturally



01

Journal about your current symptoms and set intentions for the next 2 weeks

02

Drink warm water with lemon juice

03

Purge your toxic makeup & skincare products

04

Avoid refined sugars

05

Eat a probiotic rich food serving (e.g., kimchi, sauerkraut)

06

Take an epsom salt bath

07

Get exposure to sunlight upon waking

08

Journal at the halfway point

09

Take a restorative yoga class on Youtube

10

Try the 4-7-8 breathing technique

11

Take a cold shower for 10 minutes

12

Make your own bone broth

13

Buy organic at the local farmer's market

14

Dry brush

*You made it!*

Document how you're feeling at the end of the challenge, revisiting your first entry

# 14-Day Challenge

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**JAN 1**     **Journal about your current symptoms and set intentions for the next 2 weeks**  
See page 6 for the journal and prompts.

**JAN 2**     **Drink warm water with lemon juice**  
Start your morning by drinking warm water with lemon juice to get your digestion system going.

**JAN 3**     **Purge your toxic makeup & skincare products**  
Here are 5 common toxic ingredients to avoid in makeup and skincare:

- Parabens
- Artificial Fragrance
- Sodium Lauryl Sulfate and Sodium Laureth Sulfate (SLS/SLES)
- Phthalates
- Polyethylene Glycol (PEG)

<b>JAN 4</b>	<b>Avoid refined sugars:</b>	<b>Better Swaps:</b>
	<ul style="list-style-type: none"><li>• High fructose corn syrup</li><li>• Cane sugar</li><li>• Rice syrup</li><li>• Caramel</li><li>• Most ingredients ending in -ose, such as glucose, maltose, or dextrose.</li></ul>	<ul style="list-style-type: none"><li>• Honey</li><li>• Maple Syrup</li><li>• Monkfruit</li></ul>

**JAN 5**     **Eat a probiotic rich food serving (e.g., kimchi, sauerkraut)**  
Eating fermented foods is an excellent way to increase beneficial bacteria in the gut to support the microbiome and lower levels of inflammation triggered by disease.

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**JAN 6**     **Take an epsom salt bath**

Add 1-2 cups of Epsom salt to a warm bath and soak for at least 20 minutes to support detox. I also like to add a few drops of essential oils like lavender to create a relaxing spa-like experience.

**JAN 7**     **Get exposure to sunlight upon waking**

Getting light in the AM helps to reset your circadian rhythm and promote more restful sleep. Spending 10-30 minutes outside will also help you to get your daily dose of vitamin D.

**JAN 8**     **Journal at the halfway point**

See page 7 for the journal and prompts.

**JAN 9**     **Take a restorative yoga class on Youtube**

Gentle movement like yoga helps you to reap the benefits of exercise without spiking your cortisol levels. My personal favorites are [Alo Yoga](#), [Boho Beautiful Yoga](#), and [Jessica Richburg](#).

**JAN 10**    **Try the 4-7-8 breathing technique**

The 4-7-8 breathing technique involves breathing in for 4 seconds, holding the breath for 7 seconds, and exhaling for 8 seconds. It helps to calm the body down and bring it into a parasympathetic state, reducing anxiety and promoting restful sleep.

*Pro Tip:* I love to do a few rounds of 4-7-8 breathing before eating to activate a rest-and-digest state.

**JAN 11**    **Take a cold shower for 10 minutes**

Cold showers are a good way to stimulate the vagus nerve, which plays a big role in anxiety and stress. After your body adjusts to the cold, parasympathetic activity increases. Evidence also suggests that cold showers can boost immunity.

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## JAN 12 Make your own bone broth

- Bone broth contains amino acids and is rich in minerals that support the immune system. The collagen in bone broth helps heal your gut lining and reduces inflammation, which we know is linked to autoimmunity.
- If you don't have time to make your own bone broth, look for [Bonafide Provisions](#), [Bare Bones](#), or [Kettle & Fire](#) for clean, organic, high-quality bone broth.

## JAN 13 Buy organic at the local farmer's market

According to the EWG's Dirty Dozen list, here are the top 5 foods with the most pesticides that you should buy organic:

- Strawberries
- Spinach
- Kale
- Nectarines
- Apples

## JAN 14 Dry brush

Dry brushing stimulates the lymphatic system, increases blood circulation, reduces swelling, and provides relief for chronic inflammation. It helps to break down any trapped toxins from within the body and supports the body in eliminating them via the lymphatic system.

## *Bonus Tips*

You should feel so proud of yourself for committing to your health and wellness—show yourself some gratitude for making it all the way to the end.

After this 14-day challenge, you're hopefully feeling clear-headed, lighter, and brighter. To continue feeling the effects of this challenge, it's important to keep nourishing yourself both inside and out. Here are 3 pro-tips from the WellTheory Care Team to continue your momentum:

1. Swap coffee for matcha. Matcha is packed with antioxidants, reduces inflammation, and promotes detoxification. We love the [Pique](#) brand for 100% organic and toxin-free matcha— get 5% off with code **WELLTHEORY**
2. Follow our free [WellTheory Autoimmune-Friendly Comfort Food Meal Plan](#). Incorporating anti-inflammatory and nutrient-dense recipes into your diet is essential for healing.
3. Work with our Care Team for more personalized guidance and support. [Join now for \\$25 off your first month](#) with code **2023CHALLENGE** automatically applied at checkout.

# 14-Day Challenge



## JAN 1 JOURNAL

*How are you feeling right now?*

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*What are you grateful for today?*

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*What are your top 3 symptoms and the level of intensity on a scale from 1-10?*

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*What changes do you hope to see in your health by the end of the challenge?*

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# 14-Day Challenge

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JAN 8  
JOURNAL

*How are you feeling right now?*

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*What are you grateful for today?*

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*Look back and compare your symptoms from Day 1. What progress have you made?*

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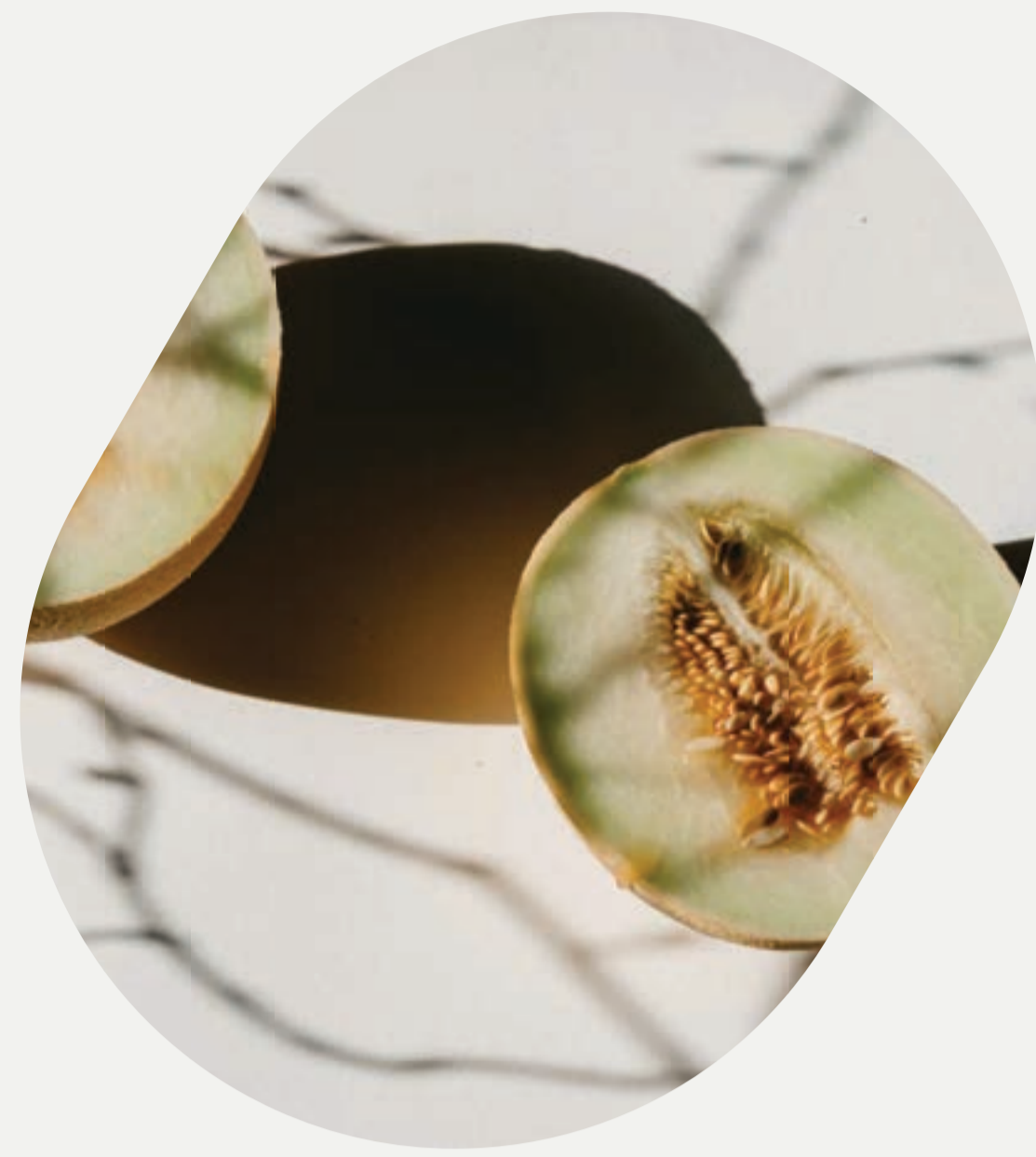
*What changes are you noticing so far? What changes are you still hoping to see?*

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# 14-Day Challenge



JAN 14  
JOURNAL

*How are you feeling right now?*

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*What are you grateful for today?*

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*Look back and compare your symptoms from Day 1. What progress have you made?*

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*What do you want to take with you after completing this challenge?*

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