



Carrie's Care Plan

I was diagnosed with my first autoimmune disease at 23 years old and my body continued collecting other autoimmune conditions soon after that. I have been diagnosed with Hashimoto's thyroiditis, celiac disease, and rheumatoid arthritis. I struggled with numerous symptoms for years and was given nutrition advice from doctors that made my health worse. Once I educated myself about nutrition and got connected with health care practitioners that listened to me and cared about my symptoms, I began a healing journey that would eventually improve my symptoms and allow me to enjoy my life again.

Every care plan is different, but I'm happy to share how a root cause approach allowed me to reduce my symptoms and become a healthier version of myself.

Carrie Herndon, WellTheory NTP

A Starting Point For Healing

At the beginning of my healing journey, I was living with many symptoms that were becoming too severe to ignore and impacting my day-to-day life. I had no Care Team but I was dedicated to shifting my own health, so I set my first health goal — I wanted to be able to move throughout the day with less pain. After years of movement causing me discomfort, this simple goal was something I struggled to accomplish. Because so many doctors couldn't help improve my condition, I gathered my symptoms and was determined to pinpoint what areas were actually out of balance in my body. Here's what I uncovered.

Symptom Burden Graph



My body was asking for a lot of support. My upper gastrointestinal tract, large intestine, and small intestine needed attention, which explained my digestive discomfort, joint pain, and swelling.

My adrenals and blood sugar were out of balance as well because of the amount of physical and emotional stress these conditions brought on. And because the body is interconnected, adrenal issues and blood sugar issues furthered my digestive discomfort and impacted my weight.

Carrie's Healing Foundations

It was clear that many systems of my body were demanding my attention. To start, I pinpointed 3 areas that would make the biggest impact. These 3 areas were the healing foundations. Every person has different healing foundations, but given my symptoms, I knew I needed to focus on my digestion, blood sugar balance, and adrenals.

I then created a range of nutrition, lifestyle, and supplement changes for myself based on my current symptoms and chronic health issues.

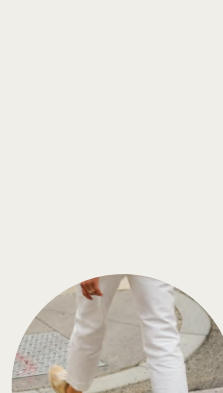
HEALING FOUNDATION 01

Digestion



Nutrition

- **Start with a gluten and dairy free diet** — This approach to eating will reduce inflammation throughout the gastrointestinal tract.
- **Use bitter nutrients** — Consume ginger and apple cider vinegar, to stimulate stomach acid production and aid in optimal digestion.
- **Slowly implement AIP followed by food reintroductions** — The autoimmune protocol will help determine food sensitivities.



Lifestyle

- **Incorporate movement** — Move the physical body for at least 15 minutes of intentional activity a day to relieve stress and aid in digestion (walking, yoga, pilates).
- **Eat slowly and mindfully** — Chew your food very carefully and thoroughly, stimulating the proper breakdown of nutrients from the start of digestion.

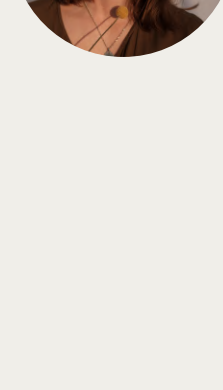


Supplements

- **Digestive bitters** — Take 1 dropper, 3x daily with each meal. Digestive bitters increase enzymes that support the secretion of stomach acid to aid the breakdown of food into nutrients.
- **Fish Oil** — Take 1 capsule per meal for anti-inflammatory support as it is rich in healthy fats and antioxidants that suppress pro-inflammatory proteins.
- **Probiotics** — Take 1-2 capsules daily. Probiotics support a healthy gut microbiome and reduce inflammation associated with imbalanced gut bacteria.

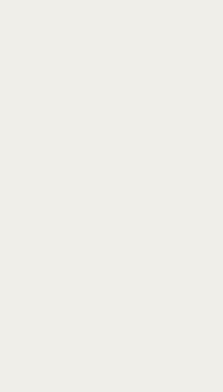
HEALING FOUNDATION 02

Blood Sugar Balance



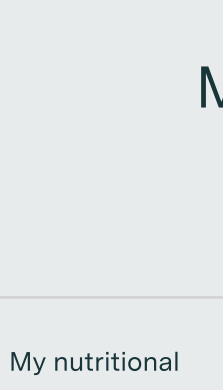
Nutrition

- **Start your day with a balanced breakfast** — Incorporate protein, healthy fats, and veggies. By starting your day with a balanced breakfast, you're less likely to fall into the craving cycle.
- **Remove processed foods while adding healthy fats** — Cut down on nutrient low processed foods and increase consumption of whole foods and healthy fats, like avocado, coconut, and olive oil to ensure satiation and sustained energy throughout the day.
- **Shift from a vegetarian diet to a Paleo diet** — Adding high quality meat and seafood will provide the body with the vitamins and minerals it is currently lacking.



Lifestyle

- **Take a 10 minute walk after you eat** — Walking helps push the glucose into your muscles, which prevents blood sugar spikes.
- **Practice meditation** — Meditating before meals can balance your HPA axis by moving the body from a stressed, high cortisol state into a rest and digest state that is optimal for balanced blood sugar after meals. Consider the Headspace app.
- **Castor oil packs, dry brush, & epsom salt baths** — 3-4x per week, to support natural liver and bile detoxification.

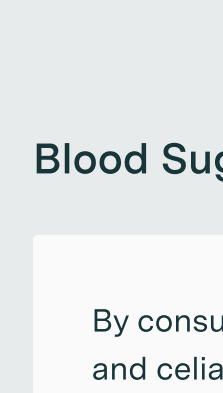


Supplements

- **B Complex** — Take 1 capsule daily. B complex supports balanced energy levels, appetite, and regulated metabolism of glucose, fats, and proteins.
- **Turmeric** — Take 1 capsule daily. Turmeric has anti-inflammatory and antioxidant effects that can aid in blood sugar management, increase insulin sensitivity, and prevent weight gain.
- **Zinc** — Take 1 capsule daily, as needed. Zinc reduces fasting blood glucose levels while decreasing oxidative stress and inflammatory proteins.

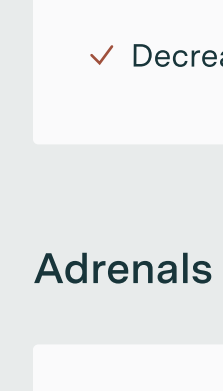
HEALING FOUNDATION 03

Adrenals



Nutrition

- **Nutrient dense additions** — 1 cup of bone broth daily to help seal the gut lining. Fermented foods daily, as the nutrients in fermented foods are more easily absorbed. Seafood 3-4x per week. Leafy greens daily, for their high vitamin content.



Lifestyle

- **Morning routine** — Cultivate a gratitude practice and spend 10 minutes getting natural sunlight to start the day in a relaxed, low stress state. Consider the Hatch alarm clock to support your circadian rhythm.
- **Bedtime routine** — Turn off screens 1 hour before sleep. Drink 1 cup of Nighty Night passionflower tea. Listen to a Headspace meditation and sleep with your phone in a different room to reduce distraction and blue light before bed.
- **Manage stress** — Practice meditation or take walks throughout the day to support your HPA axis during times of high stress.



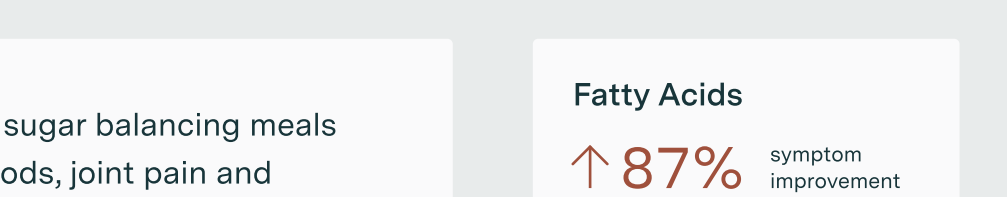
Supplements

- **Magnesium** — Take 1 capsule of magnesium daily to support relaxation and manage stress levels. Magnesium supports muscle and nerve function, increases sleep quality, and aids in the management of stress.
- **B12** — Take 1 capsule of B12 daily to support sustained energy. B12 allows the body to convert food into nutrients usable for energy. B12 also produces brain chemicals that balance mood.

Carrie's Outcomes

My symptoms are *extremely* reduced!

Updated Symptom Burden Graph



My nutritional reassessment shows that I have brought numerous systems of my body back into balance! I still have flares from time to time but I reflect on my lifestyle choices to figure out where and when I may have triggered the flare and what nutrition my body needs to reduce it.

Digestion

No longer experiencing digestive discomfort. Nutrient absorption has increased, allowing for nutrient repletion of essential vitamins and minerals and healthy weight loss.

- ✓ Increased digestion
- ✓ Increased nutrient absorption
- ✓ Decreased weight

Upper GI

↑ 97% symptom improvement

Small Intestine

↑ 69% symptom improvement

Large Intestine

↑ 96% symptom improvement

Blood Sugar Balance

By consuming blood sugar balancing meals and celiac friendly foods, joint pain and swelling decreased, and consistent brain fog resolved.

- ✓ Decreased joint pain
- ✓ Decreased swelling
- ✓ Decreased brain fog

Fatty Acids

↑ 87% symptom improvement

Blood Sugar

↑ 84% symptom improvement

Adrenals

Changes to sleep, movement, and stress management caused a decrease in feelings of stress, increased energy, and improved sleep.

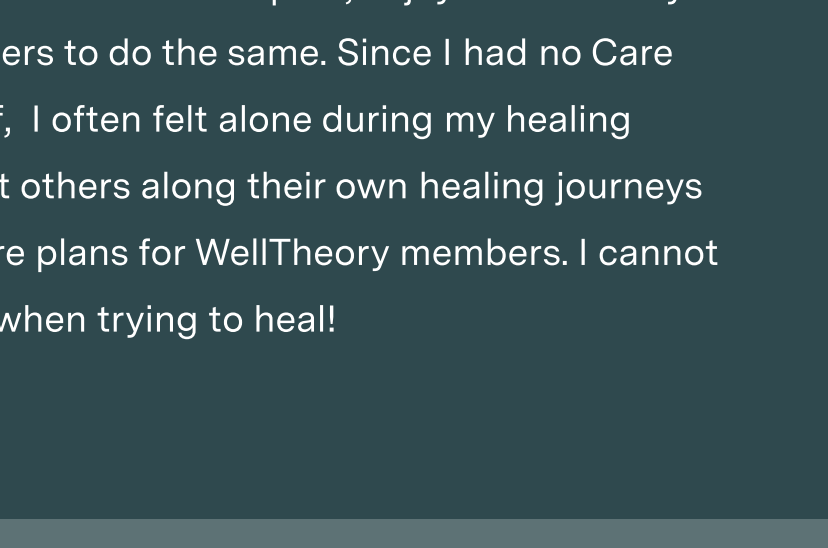
- ✓ Decreased stress
- ✓ Increased energy
- ✓ Increased sleep quality

Adrenals

↑ 69% symptom improvement

Carrie's Transformation

It's been amazing to see how changing my diet has healed so much of me. I still have a lot to learn, but I love learning more about how to help myself and my members through diet and lifestyle changes.



“The day I woke up and got out of bed without pain was the first day that I knew I was on the right path toward healing.”

There is no end point to healing. I will continue to manage my conditions and there will be ups and downs along the way, but with this personalized approach to autoimmune care, I've been able to move with less pain, enjoy time with my family, and support WellTheory members to do the same. Since I had no Care Team and a care plan I created myself, I often felt alone during my healing process. I'm excited I can now support others along their own healing journeys by creating personalized, effective care plans for WellTheory members. I cannot understate how important support is when trying to heal!

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