



Everything you need to know about following an
**ANTI-INFLAMMATORY
DIET & LIFESTYLE**

with Dr. Kaylee Confer, Nmd, Dc





Thank you for being here!

BEFORE WE DIVE IN, HERE IS A LITTLE BIT ABOUT ME:

Dr. Kaylee Confer, NMD, DC, is a highly respected Holistic Medical Doctor known for her unwavering commitment to the well-being of her patients. With a diverse educational background and a dedication to natural healing, Dr. Confer has earned a reputation as a trailblazer in the field of integrative health.

Dr. Confer's journey towards becoming a holistic medical practitioner began at Michigan State University, where she pursued a Bachelor's degree in Human Biology from the prestigious Lyman Briggs College. Her passion for understanding the human mind and body led her to simultaneously obtain a second Bachelor's degree in Psychology, providing her with a comprehensive foundation in both the physical and psychological aspects of health.

Seeking to broaden her horizons and delve deeper into the ethical dimensions of healthcare, Dr. Confer continued her studies abroad at Regency University in London. Here, she completed coursework for a minor in Human and Bioethics, further enhancing her understanding of the moral and philosophical aspects of medicine.

Dr. Confer's thirst for knowledge did not stop there. She continued her educational journey at the National University of Health Sciences, where she achieved the remarkable feat of graduating as valedictorian. At NUHS, she earned dual doctorate degrees, becoming a Doctor of Naturopathic Medicine and a Doctor of Chiropractic. This dual expertise allowed her to approach health and healing from multiple angles, offering her patients a comprehensive and holistic approach to their well-being.

Dr. Confer's dedication to her craft and her patients led her to establish Revive Integrative Health, a thriving practice located in the picturesque North Chicago suburbs of Illinois. At Revive Integrative Health, she combines her extensive knowledge of naturopathic medicine, chiropractic care, and ethical principles to provide personalized and effective treatment plans to her patients.

Dr. Confer's primary focus is on patients dealing with chronic diseases and autoimmune disorders. Her extensive experience working with a wide range of patients has allowed her to identify patterns and trends that enable the most successful outcomes for her patients. Through her compassionate and patient-centered approach, she empowers individuals to take control of their health and achieve optimal well-being.

Dr. Confer's commitment to holistic medicine, her unwavering dedication to her patients, and her exceptional educational background have established her as a respected leader in the field of integrative healthcare. Her mission is to continue making a meaningful difference in the lives of those she serves by promoting holistic wellness and empowering her patients to thrive.

Dr. Kaylee Confer is not only a dedicated healthcare provider but also a compassionate advocate for her patient's well-being. Her commitment to a holistic and ethical approach to medicine has earned her the trust and gratitude of countless individuals seeking natural and comprehensive healthcare solutions. Through her work at Revive Integrative Health, she continues to make a positive impact on the health and lives of those she serves.

-Dr. Kaylee Confer, Nmd, Dc



We use these blood labs and ranges to screen for inflammation:

- C-reactive protein (CRP): 0-3.
- Homocysteine: <7.
- Ferritin: Pre-menopause: 10-122; post-menopause: 10-263; men: 33-236.
- Lactate dehydrogenase (LDH): 140-180. (If high, run an LDH isoenzymes test to see which tissue is affected.)
- Uric acid: Women: 3.2-5.5; men: 3.7-6.0.
- Sed rate, or erythrocyte sedimentation rate (ESR): Use lab range.
- High-density lipoprotein (HDL): Functional range: 55-100. Levels over 85 may suggest inflammation.
- Interleukin-6 (IL-6): Use lab range.
- Hemoglobin A1C: 5.0-5.5

Supplements help dampen inflammation (but that cannot overcome poor diet and lifestyle):

- Liposomal resveratrol (Black pepper is necessary to increase absorption.)
- Vitamin D
- Boswellia: Boswellia is also an effective painkiller. (Black pepper is necessary to increase absorption.)
- Glutathione: Many people have low glutathione due to poor diets, excess sugars, environmental toxins, chronic health conditions, and aging.
- Liposomal turmeric: (Black pepper is necessary to increase absorption.)

It isn't necessary to take all these supplements. Find what you best respond to and increase the dose until you notice an effect

FOLLOWING AN ANTI-INFLAMMATORY DIET:

If our patients have high inflammatory markers, we start them on an Anti-Inflammatory diet for four to six weeks.

The most important thing to know about following an anti-inflammatory diet is that there is no “one” diet. In fact, if someone is selling you one, you should be suspicious. Different people have different autoimmune and inflammatory triggers, and diets must be tailored to the individual’s immune system.

That said, we start with a variety of different dietary approaches in our patients and then help them fine tune it to their needs.

Although dietary approaches differ, a few things are the same for an Inflammation Reset Diet:

- Whole foods; no packaged or processed foods.
- Avoid common triggers, the two most common being gluten or dairy. Other common triggers we see in our Hashimoto’s and autoimmune patients are eggs, caffeine, soy, rice, corn, potatoes, sugar, and alcohol. However, triggers vary depending on the person.
- No sugars, sweeteners, or artificial sweeteners.
- No processed carbs, such as pasta, bread, or pastries.
- Each plate is primarily vegetables; eat a wide range of produce.
- Grass-fed organic meats and wild caught fish.
- Healthy fats, such as olive oil and avocado oil.
- Minimize fruits, stick with low-glycemic fruits, and no fruit juices.
- Eat fermented foods to support gut microbiome health and diversity (people with histamine intolerance or small intestinal bacterial overgrowth, or SIBO, may not be able to eat fermented foods).

The Anti-Inflammatory Diet requires planning and preparation:

Following a strict anti-inflammatory diet requires planning and preparation. In the beginning, people may experience cravings, lower energy, and symptoms of detox. Don't give up when things get hard!

If you stay consistent, most people soon experience a decline of symptoms and, most importantly, increased energy and well being.

The diet may seem extreme, but I promise you when you start to feel good and lose weight, you will come to love it and naturally lose interest in the foods that once made you sick. I have seen in work wonders in thousands of patients & I know you can experience this too!



Balance your blood sugar

Before we get into specifics of the diet, it's important to establish a primary foundation of the Inflammation Reset Diet—balance your blood sugar. Both chronically high and low blood sugar is inflammatory and can sabotage your efforts at managing Hashimoto's, autoimmunity, and inflammation.

Most of our patients have high blood sugar and insulin resistance, some have chronically low blood sugar and hypoglycemia, and many have symptoms and signs of both.

How do you know which applies to you? Consider these signs and symptoms:

High Blood Sugar

- Fasting glucose over 100
- HbA1c over 5.6
- Elevated triglycerides
- Fatigue and drowsiness after meals
- Intense cravings for sweets after meals
- Constant hunger
- General fatigue
- Waist girth equal to or larger than hip girth
- Craving for sweets not relieved by eating them
- Frequent urination
- Increased appetite and thirst
- Difficulty losing weight
- Migrating aches and pains
- Trouble falling asleep

Low Blood Sugar

- Fasting blood glucose under 80
- Increased energy after meals (you should not feel energized or tired after meals; energy should be stable)
- Craving for sweets between meals
- Irritability if meals are missed
- Depend on coffee and sugar for energy
- Becoming lightheaded if meals are missed
- Eating to relieve fatigue
- Feeling shaky, jittery, or tremulous
- Feeling agitated and nervous
- Become upset easily
- Poor memory, forgetfulness
- Blurred vision
- Low blood pressure
- Low cortisol; adrenal fatigue



Strategies to stabilize blood sugar

Both high and low blood sugar tend to be caused by over consumption of sugars, sweets, and processed carbohydrates. However, people with insulin resistance tend to overeat while people with hypoglycemia tend to under eat. Some people have lab markers for insulin resistance but symptoms of hypoglycemia due to metabolic and sometimes neurological dysregulation.

Strategies for high blood sugar include: Don't overeat, minimize carbohydrate consumption, avoid sugars, exercise daily, eat plenty of fiber and protein, and integrate regular fasting into your routine.

Strategies for low blood sugar include: Eat every 3–4 hours, eat breakfast within a half hour of waking, eat a small snack before bed, minimize carbohydrate consumption, avoid sugars, get plenty of protein and fiber, exercise daily, and avoid fasting, which could worsen your symptoms.

Anti-Inflammatory Diet Version #1: The Anti-Inflammatory Detox Diet



We offer a few different versions of the Inflammation Reset depending on the degree of inflammation the person is experiencing.

This version is the **most common diet we use for our patients**. It eliminates inflammatory foods while focusing on **whole foods**. Drink water with freshly squeezed lemon juice in the mornings and non-caffeinated teas throughout the day.

We test our patients—who come from all over the US and around the world— for food intolerances. When you have a food intolerance, it means the food is causing inflammation in your body every time you eat it. If you have an autoimmune disease such as Hashimoto's, this chronic inflammation will promote ongoing autoimmune attacks.

On the next page are the foods we recommend you eliminate for 30 to 90 days (the goal is to see symptoms and labs improve) based on what most of our Hashimoto's and autoimmune patients react to, starting with the most common.

Keep in mind not every patient reacts to these. Each patient is unique and food intolerances vary from person to person, but this is a good starting place.

Anti-Inflammatory Diet Version #1: The Anti-Inflammatory Detox Diet

Foods to avoid

- Gluten: Gluten is by far the most inflammatory food we see in immune testing.
- Dairy: Dairy comes up about as often as gluten as being inflammatory.
- Soy
- Rice
- Corn
- Aspartame (artificial sweetener used in most diet beverages)
- Pork (beef to a lesser degree)
- Eggs
- All sugars and sweeteners, including natural sweeteners.
- Foods high in iodine if you have Hashimoto's: Studies show many Hashimoto's patients do better on a low-iodine diet. Dietary sources high in iodine you should be aware of include:
 - Iodized salt
 - Seafood
 - Seaweed
 - Supplements, multivitamins, or protein powders that contain iodine
 - Dairy products
 - Foods that contain the additives carrageenan, agar-agar, alginate, or nori
 - Bakery products made with iodated dough

Additionally, if we see markers for high inflammation on labs, I have these patients remove:

- Nightshades: Peppers, eggplants, tomatoes, and potatoes.
- Alcohol

After an "elimination" phase of 30-90 days, you then move into the "reintroduction" phase of introducing each eliminated food every 72 hours to see which ones you have an immune reaction to.

Anti-Inflammatory Diet Version #1: The Anti-Inflammatory Detox Diet

Foods to include

What do you eat on this diet? When many of our patients are first confronted with this diet, they worry about what there is to eat. The truth is, you have plenty of food options when following an anti-inflammatory diet to manage inflammation, autoimmunity, and Hashimoto's.

Include these foods in your diet:

- A diverse array of organic vegetables. Make vegetables the largest portion of your plate.
- Grass-fed organic poultry and wild-caught fish.
- Healthy fats, such as olive oil, avocado oil, and coconut oil.
- Low-glycemic fruits (no fruit juices as they are too sugary).
- Quinoa
- Legumes and peas
- Nuts and seeds
- Unsweetened dairy-free milk (excluding soy or rice milk)
- Herbal teas

If you have low blood sugar, make sure you eat enough and eat frequently enough to avoid blood sugar crashes, which are inflammatory.

Anti-Inflammatory Diet Version #2: The Gluten-free, Dairy-free, Sugar-free Diet

I recommend this diet to patients who seem overall in good health and who aren't struggling with severe symptoms or inflammation. This diet is easy to follow and can become a lifelong way to successfully manage your condition for many.

Gluten and dairy are the top two dietary triggers we see in our patient population.

Sugar and insulin spikes are the top two physiological triggers.

Simply avoiding gluten and dairy and keeping blood sugar stable can have a dramatic impact on symptoms, labs, and function.

If you have high blood sugar and insulin resistance, you may want to use ketogenic diet and/or fasting strategies to normalize your blood sugar. Either way, you will need to lower your carb intake and avoid sugars, sweeteners, and processed carbs.

If you have chronically low blood sugar, you need to eat every few hours to avoid blood sugar crashes.

Otherwise, stick to the primary principles of eating whole foods, avoiding processed and packaged foods, eating ample amounts of vegetables, and avoiding iodine-rich foods if you have Hashimoto's.

Anti-Inflammatory Diet Version #3: The Autoimmune Paleo (AIP) Diet



When Dr. Datis Kharrazian released his seminal book on treating Hashimoto's low thyroid, *Why Do I Still Have Thyroid Symptoms?*, he introduced the elimination-provocation diet for lowering inflammation and identifying immune reactive food triggers.

That diet later became rebranded and popularized by autoimmune bloggers as the "autoimmune paleo (AIP)" diet.

The AIP diet removes all grains, legumes, sweeteners, nightshades, and processed foods. In the end, the diet consists of healthy meats, fats, vegetables, and fruits.

Many people with autoimmunity experience remission on this diet. We found it is overly restrictive for most of our patients.

However, some patients are so inflamed, and their health is so compromised that this diet is required to reboot their systems.

Turn to the next pages to see the lists of foods for the AIP diet.

Anti-Inflammatory Diet Version #3: The Autoimmune Paleo (AIP) Diet

Foods to Include:

- Most organic vegetables: Include as much variety as possible; avoid nightshades (tomatoes, peppers, eggplant, and potatoes).
- Quality meats: Go with organic and grass-fed as much as possible.
- Organ meats and offal: Not everyone will eat these, but if you can, include organ meats in your diet.
- Bone broth: Learn how to make your own broth from beef or chicken bones.
- Fish and shellfish: Seek out wild-caught seafood.
- Quality fats: Olive oil, avocado oil, coconut oil, and low-mercury Omega 3 supplements.
- Low glycemic organic fruits: Choose fruits lower in sugar and eat them with fiber or protein to slow the uptake of sugar.
- Mushrooms: Some may react to immune-stimulating medicinal mushrooms so be aware of that, but culinary mushrooms should be fine for most.
- Fermented foods: Support your gut bacteria with sauerkraut, kimchi, coconut yogurt, kombucha, and coconut milk kefir. If you have histamine intolerance or SIBO these foods may not be appropriate.
- Coconut: Choose coconut products free of sugars or additives.
- Shirataki noodles: Shirataki yam noodles are a good source of fiber; avoid the noodles that contain tofu (soy).
- Vinegars: Avoid grain-based vinegars and instead choose apple cider, balsamic, champagne, coconut, red wine, sherry, ume plum, or white wine vinegars.

Anti-Inflammatory Diet Version #3: The Autoimmune Paleo (AIP) Diet

Foods to Avoid

- Grains
- Beans and legumes: This includes products made from peanuts and soy, which are legumes.
- Nuts
- Seeds
- Seed-based spices: These include anise, annatto, celery seed, coriander, cumin, fennel, fenugreek, mustard, nutmeg, poppy seed, sesame, allspice, star anise, caraway, cardamom, juniper, peppercorns, sumac, whole vanilla bean.
- Dairy: This includes dairy from sheep or goats and raw dairy.
- Eggs
- Nightshades: Nightshade vegetables include eggplant, goji berries, sweet and hot peppers, hot pepper sauces, tomatillos, tomatoes, and white potatoes.
- Nightshade-based spices: These include cayenne, chili powder, paprika, red pepper, and curry.
- Medicinal mushrooms: Some people may react to immune-stimulating medicinal mushrooms.
- Refined and processed oils and vegetable oils
- Sugars and sweeteners, including natural ones such as honey, maple syrup, agave, coconut sugar, etc.
- Artificial sweeteners
- Emulsifiers, thickeners, and other food additives: Watch out for guar gum, carrageenan, xanthan gum, cellulose gum, soy lecithin, and other additives.
- Alcohol

Anti-Inflammatory Diet Version #3: The Autoimmune Paleo (AIP) Diet



Reintroducing eliminated foods:

After following the AIP diet for 30-90 days (you want to see significant improvement of symptoms), it's time to reintroduce foods and monitor reactions.

Symptoms vary from person to person when having an immune response to a food. It could affect your brain function, energy levels, skin, gut, respiratory tract, joints, thyroid function, and so on. Be aware of anything that seems to flare up, no matter how trivial.

If you have symptoms to a food you reintroduced, immediately stop eating it and stay on the AIP diet until you are back to good baseline before reintroducing the next food.

CONCLUSION

Modern industrialized foods are very inflammatory, so opt for organic whole foods as much as possible instead.

Also, make sure you get plenty of omega-3 fatty acids. Humans need a ratio of omega 6 to omega 3 fatty acids of at least 4:1, although 1:1 is even better. Most Americans eat a ratio of 25:1 thanks to the industrial oils in processed foods. This is too much omega 6, which causes inflammation and promotes chronic disease.

Avoid artificial sweeteners, which have been shown to promote obesity and disease. When you give yourself a break from sweeteners and sugars, you will find you stop craving them.

If you would like support on your brain-healing journey, please contact my clinic, Revive Integrative health

NEXT STEPS?

Visit Revive Integrative Health

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Join me on instagram @drkayleeconfer where I give tangible & free tips to revive your health naturally!