



# Dr. Goldner's Hyper-nourishment Protocol

Dietary triggers play an inciting role in the autoimmune process. Although some of the trigger foods in autoimmune patients are individualized, a whole food, plant-based diet helps improve symptoms and this can be maximized with a hyper-nourishment protocol.



## Eliminate animal products

Animal foods contain saturated fat, cholesterol, and omega-6 fatty acids, all of which can create inflammation in the body.



## Eliminate added oil

Omega-6 fatty acids are also found in high levels in vegetable oils and should be avoided to minimize inflammation. Consider that oil — even the finest olive oil — is 100% fat, and 14% of it is saturated fat. Any oil immediately suffocates the fragile endothelial cells of the arteries and vessels and keeps them from moving freely.



## Eliminate processed foods

Processed foods lack nourishment and are often full of added salt, sugar, refined grain, and oil, all of which increase inflammation.



## Include raw whole plant foods

Eat an abundance of raw vegetables and fruit. This is the best way to get the vitamins, minerals, fiber, and phytonutrients on which we thrive. The most nutrient-dense vegetables are dark, leafy greens like spinach and cruciferous vegetables like broccoli.



## Consume omega-3-rich foods

Omega-3s contain potent anti-inflammatory properties. They become part of the cell phospholipid membrane, which improves cellular function by making the cells more flexible and able to send and receive messages necessary for basic cellular functions and healing. Excellent sources of omega-3s are flaxseed and chia seed.



## Water, water, water!

Water is essential for most chemical reactions in the body to take place. Through decades of working with autoimmune patients, Dr. Goldner has found that people need a minimum of ½ ounce of water per pound of body weight a day, up to 128 ounces of water per day.

Dr. Goldner's patients have had success combining intake of nutrient-dense raw vegetables, omega-3s, and water into daily smoothies in order to achieve hyper-nourishment. You can view some of Dr. Goldner's [smoothie recipes](#) to learn more.