



RESOURCE GUIDE

Aimee's Story: Gut Health + Hormone Imbalance

with Aimee Harris Niedosik

GET STARTED

AUTOIMMUNE SISTERS ADMIN TEAM

Get to know us a little better, contact us for support, research links or anything else on your mind. We're here for you.

MTHFR GENETIC MUTATION

This website has everything you need to know about Genetic Mutations. I shared that I have the C677T and because of this, require methylated b12 and folate. Consider doing some research on the benefits of methylation for your symptoms/diagnosis. The test is very expensive, unless you can get your insurance to help out.

FOOD INTOLERANCE TEST

This article is by Dr. Izabella Wentz - a Hashimoto's specific pharmacologist. A great start for anyone having food intolerance issues.

FINDING YOUR ROOT CAUSE + SIBO

More Hashimoto's specific articles on finding the root cause and SIBO symptoms. Although we don't all have Hashimoto's, the science behind the underlying issues is rather fascinating.

INFECTION PREVENTION AND BEATING AUTOIMMUNE DISEASE

"Many experts believe that if you have an autoimmune condition, you almost certainly have an infection, too. Growing scientific evidence indicates that chronic infections from bacteria, viruses, parasites and fungi are a big contributing factor in the development and exacerbation of autoimmune conditions."

WAYS BIRTH CONTROL MAY BE HARMING YOUR HEALTH

An incredible article by Dr. Sarah Gottfried, who talks about many factors of health regarding birth control pills.

AIP - AUTOIMMUNE WELLNESS

“With five autoimmune diseases between them, Mickey and Angie found their path to better health with the Autoimmune Protocol. Now it’s their mission to share that approach with nourishing recipes, practical resources, and community connections.”

DIM - WHAT YOU NEED TO KNOW

“Headaches are one of the most common reasons people don't get the results that they should with DIM. Most people won't experience them, but it's also not uncommon at all for the first few days taking DIM to be marked by headaches, or even some slight fatigue.

For those that do have this experience, it can be a little bit like the start of a detox.”

ONLINE DOCTOR REFERENCES

[Dr. Axe](#) - Gut health and autoimmune expert

[Dr. Ruscio](#) - Gut health and autoimmune expert

[Dr. Izabella Wentz](#) - Hashimoto’s Pharmacologist

[Dr. Sara Gottfried](#) - women’s health and hormones

RESOURCES

LUELE HIGH SPEED BLENDER

Get yourself a high speed blender. There is a HUGE difference between a common Ninja and a Luvele Blender. If you don’t have a blender at all, then get the basic one and upgrade when you can!

BEST NON-TOXIC COOKWARE

This is an article I wrote last month about the best non-toxic cookware I could find for my family. If you are interested in buying the 100% ceramic cookware that we use - visit their website:

XTREMA.COM - use code “ccx10” for 10% off your order. You can pair this with the website promotion for additional savings. The 7” Traditions and the 10” Versa Skillet are the most used in our house. We use them every single day. Just don’t let your kids use them!

NON-TOXIC HOUSEHOLD CLEANERS

Our family switched all of our household cleaners over to **BRANCH BASICS**. If you are interested in purchase, just click the link to get \$10 off your purchase or use code “sisters10” at checkout. The Starter Kit plus Oxygen Boost will last you for months!

ROSES + AZALEAS

Considering improving your personal care and health routine by using brands like **Roses + Azaleas** to replace what you're currently using. Exclusive Autoimmune Sisters discount - 10% off your order over \$50 - active until April 30, 2020. Use code "AutoimmuneSisters".

SUPPLEMENTS

STANDARD SUPPLEMENTS

Vitamin b12, methylated
Vitamin D
Selenium
Turmeric
Omega 3 Fish Oil
Plant-Force Iron, paired with Vitamin C
Magnesium
Berberine

GUT SUPPORT SUPPLEMENTS

Saccharomyces Boulardii
Glutamine
Allimed Garlic
Oil of Oregano
Newton's Homeopathic Pro Detoxifier
Iberogast

HORMONE SUPPLEMENTS

DIM
Calcium-D-Glucarate
Newton's Homeopathic Pro Progesterone 15x

CONTACT INFORMATION

If you have additional questions, please email me directly at: Aimee@AutoimmuneSisters.org.