

That's kombucha! A great trick
to make people think you're
drinking and to leave you
alone - no more peer
pressure! →



THE
AUTOIMMUNE COLLECTIVE

GETTING STARTED

BY MICHELE SPRING

Welcome!!

No matter what specific reason you've joined The Autoimmune Collective, I'm willing to bet that the main underlying reason is that you want your life back. A life that was robbed from you by symptoms of a disease you never asked for nor wanted.

However, I also recognize that going on a restrictive diet or changing your lifestyle isn't exactly getting your life back. In some ways, it's taking it away even more to have that chance at getting it back.

That's why in the AIC we not only talk about food and lifestyle for NOW, but also give you the tools to end the grip that your disease has on you so you can heal and feel better *for the rest of your life.*

5

The Autoimmune Collective approach to transformation in your overall health is based on three phases that you'll find outlined over the next few pages.

Everything is built on the idea that with these three phases, you can start to get both the body and mind functioning properly, allowing you to live your life to the fullest.

Once you've got these dialed in you're unstoppable!

I'm so glad and honored that you chose me to help you through this journey!

xo- Michele



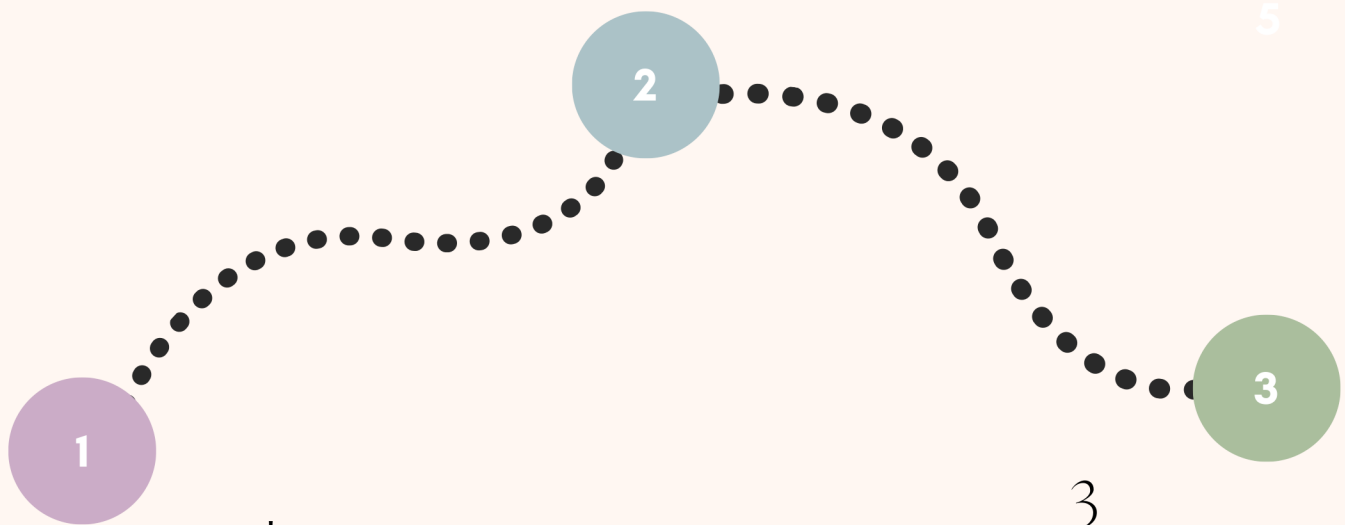
The 3 Phases of Autoimmune Health

2

Support Your Lifestyle

Once you've gotten to a point where you are no longer overwhelmed with the diet part and can handle more, it's time to start on this phase. Figuring out what will give you a good night of sleep, finding what works best for you to move and exercise, and managing your stress will show respect to your body and help it to continue to heal. If you don't pay attention to these, things can get bad again, no matter how "clean" your diet is.

5



1 Stop the Flare


The first phase is to eat a whole-food, nutrient-dense diet that includes delicious ingredients to quell inflammation, restore vital nourishment to the body, heal leaky gut, and stop the autoimmune activity. We don't promote restriction for the sake of restriction. Instead, focus on replenishing your body with lovingly prepared meals using the healthiest, most nourishing ingredients possible. Diet is a tool in your healing and the foods you tolerate or that nourish you the most may look different for everyone, but you need a starting place to ensure your success.

3 Sustain the Relief

After you've dialed in the first two phases, you can start on this one. You may have habits and thought patterns that are working against you that you aren't even aware of. After all, we spend most of our days on autopilot! An example of this is unconsciously wanting to stay sick because you get some benefit from it, no matter how small the benefit is (attention, time off work, people doing things for you, etc are just a few reasons why, but there are many more). Using the tools in this phase, you can uncover these sorts of things that may be preventing you from healing or that will potentially cause you to go right back to old habits. We want you to clear out the harmful, negative thoughts and habits and replace them with ones that are beneficial to your lasting health.

Phase 1 - Stop the Flare

These boxes are clickable and will take you right to where you want to go!



02 | GETTING STARTED WITH MEAL PREP

This mini-course module will help you figure out the best ways for you to meal prep

04 | DUMP-AND-GO FREEZER MEALS

Easily get a bunch of dinners into your freezer without having to cook.

06 | THE RECIPE GALLERY

Find the meals you want to make using the handy filter!

01 | MASTERING THE AUTOIMMUNE PROTOCOL COURSE

This will be helpful if you want to try and are new to AIP (the Autoimmune Protocol) and need a good understanding of the diet and what to do

03 | HOW TO USE FREEZER COOKING TO GET YOUR TIME BACK

This mini-course module will help you get a handle on the best way to use your freezer

05 | STEP-BY-STEP MEAL PREP GUIDES

Get your fridge, freezer, and pantry stocked. These range in time to do and many can be paired together to be even more productive with your time

07 | AUTOIMMUNE HEALTH BLUEPRINT

These informative sections will help you to use nutrient-dense foods for faster healing, learn to love cooking, and enjoy stress-free holidays while eating differently than everyone else.

Phase 2 - Support Your Lifestyle

01 | AUTOIMMUNE HEALTH BLUEPRINT

Run through these topics to learn how to stop feeling so overwhelmed all the time, how to get better sleep, and how to enjoy the benefits of exercise without flaring

02 | THE LIFESTYLE LAB - FILTER BY FOCUS

If you're experiencing an issue, like insomnia, a headache, stress, or need for energy, check out this section. Here you can choose various modalities by the amount of time you have to dedicate to it to see if it helps. We encourage trying things you've never tried before because you never know what will work!

04 | EXERCISE FOR AUTOIMMUNITY

Don't let autoimmune exercise intolerance stop you from moving your body in a beneficial way! The autoimmune-friendly workouts in this section are designed to support your body. There are exercises to do on days when you don't have much energy through when you want to challenge yourself a bit more!

03 | THE LIFESTYLE LAB - FILTER BY MODALITY

This is great to use if you just want to check out various modalities - like trying a guided meditation, listening to a soundbath, going through a Qi Gong workout, and more. Again, we encourage you to try things you've never done before as you may be surprised at what you love and by what works!

Phase 3 - Sustain the Relief

02 | THE LIFESTYLE LAB - FILTER BY FOCUS

Not only can you filter to find tools to address your symptoms, you'll also find several hypnosis audios to help you break bad habits (like boredom eating and sugar cravings), guided meditations to let go of negative emotions, forgive both others and yourself, and show yourself loving kindness, EFT tapping to release all sorts of emotions, and so much more.

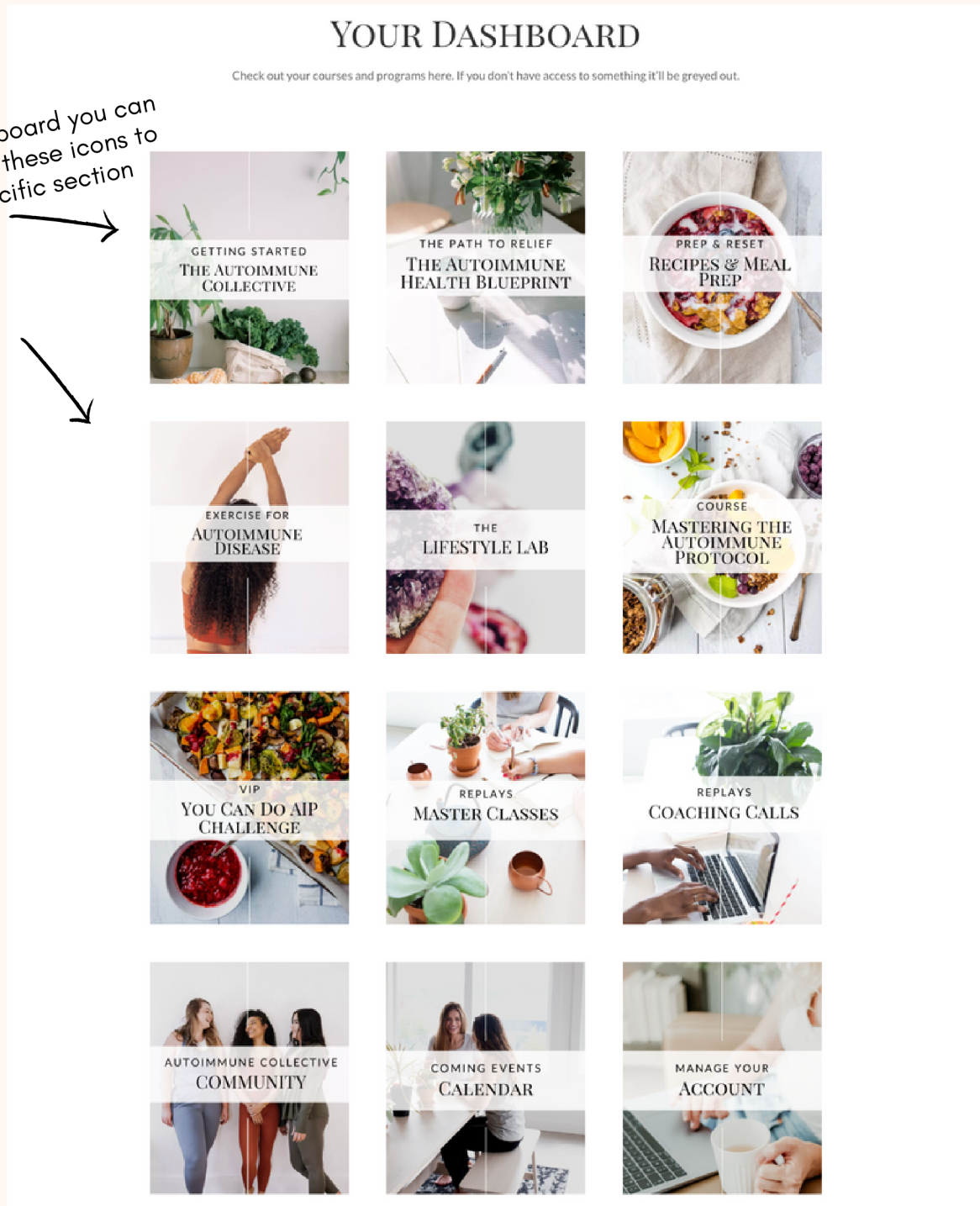
The Healing and Letting Go checkboxes are particularly helpful for finding resources for this focus!

01 | AUTOIMMUNE HEALTH BLUEPRINT

At the moment this will be the bulk of your journey in this phase (more is coming). There are 6 critical topics to explore, from letting go of fear, getting rid of bad habits, how to bounce back from anything, and more. You'll find coaching and tools to support each topic to dive deeply into each!

Get to Know the AIC

When you first log on, you'll come to your Dashboard. This is the main hub of the site and how you can access the various areas.



The Dashboard - Details

Various topics that are really helpful and powerful to address if you want to live a long-term, flare-free life

All of the food-related stuff - recipes, step-by-step meal prep plans, dump-and-go freezer meals, etc!

YOUR DASHBOARD

Check out your courses and programs here. If you don't have access to something it'll be greyed out.

Access this guide again, watch the welcome video, etc from here!



The what, why, and how about the Autoimmune Protocol (AIP Diet) in case you want to use this powerful protocol to calm your immune system, stop inflammation, and heal your gut.

Autoimmune-friendly workouts like Qi Gong, Yoga, and microworkouts that won't put too much stress on your body.



Tools to relieve stress, beat headaches, sleep well, let go of limiting beliefs, and so much more

The You Can Do AIP Challenge is my popular challenge that I only run live a few times a year. However, you can access it directly from here whenever you want!



Replays of coaching and Q&A calls here!

Access the Community on MightyNetworks here!



Dive deep into certain topics around diet, lifestyle, and autoimmune disease and hear what others have to ask!

Get the schedule and links for the any upcoming Coaching Calls, Q&A calls, or Masterclasses here

Need to make any changes to your account? Do so here!

Let's now dig into each of these areas! First up, The Autoimmune Health Blueprint...

The Autoimmune Collective

The Autoimmune Health Blueprint

To access the Autoimmune Health Blueprint section of the site, click on this icon in the main Dashboard:

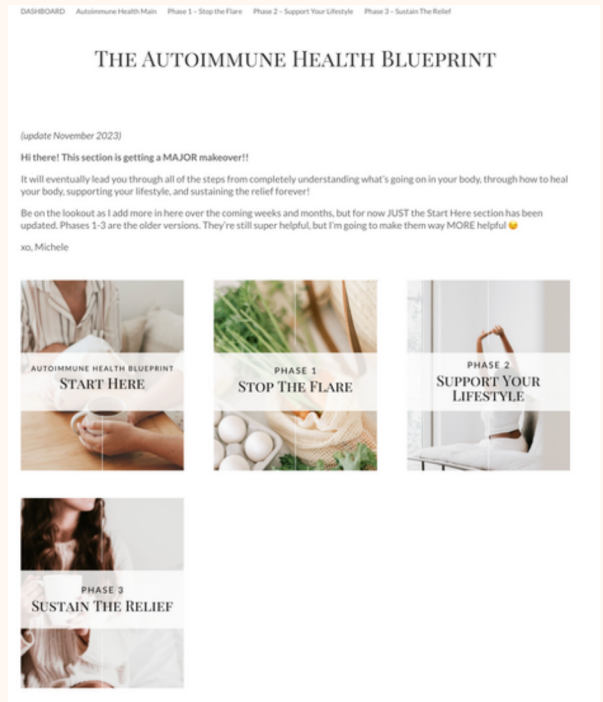


That will take you to the The Autoimmune Health Blueprint main page.

This is where you'll find various topics that are really helpful and powerful to address if you want to live a long-term, flare-free life.

From here you can click/tap on any icons to go to a section that you want to delve deeper into

Each section currently goes into topics that are important for lasting autoimmune relief – but over the coming months this will be a **much more cohesive step-by-step process** tying all of the tools and resources of the AIC together, along with in-depth coaching videos, so you can stop your flares for good!



Prep & Reset

To access the food section of the site, click on this icon from the main Dashboard:



That will take you to the Prep & Reset Main Page

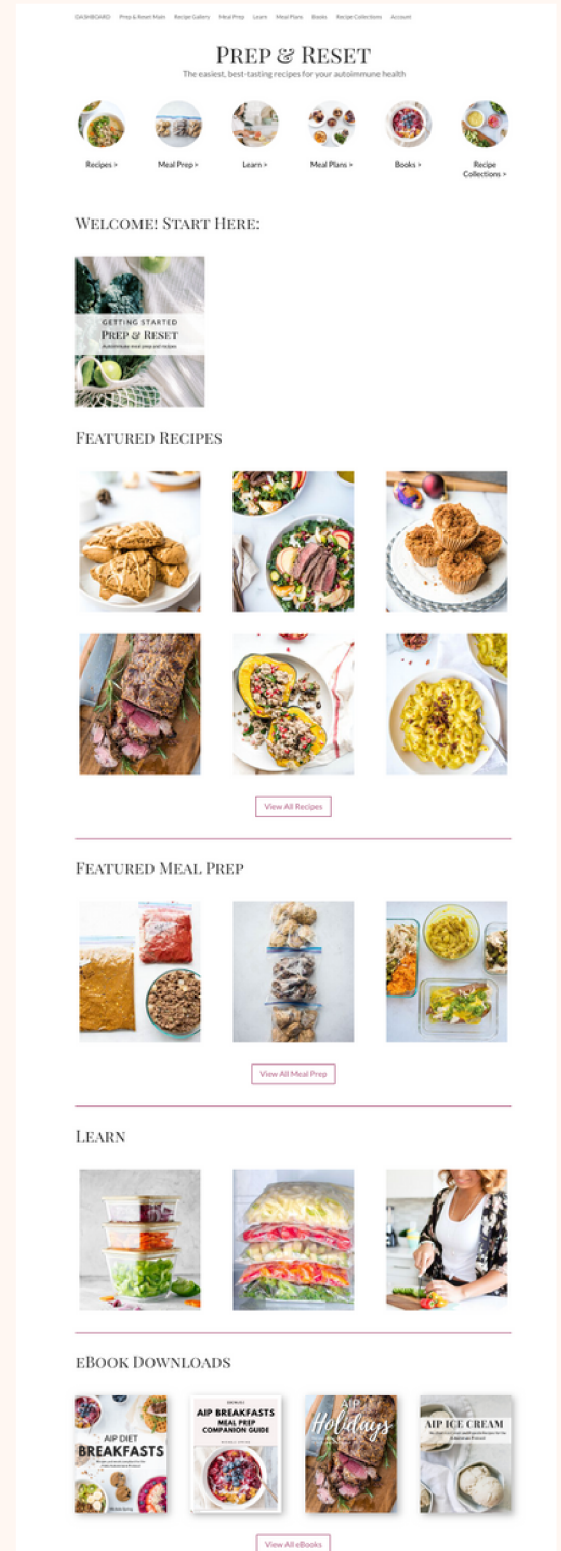
This is where you'll find all of the food-related stuff - recipes, step-by-step meal prep plans, dump-and-go freezer meals, etc!

From here you can click/tap on any of the top circles OR the menu bar at the top to get to any of the areas within, like the Recipe Gallery or the Meal Planning section

The Featured Recipes & Meal Prep will change seasonally and as we add new items, so keep an eye on these

You can jump straight to the Meal Prep, Freezer Cooking, and Knife Skills Mini Courses here

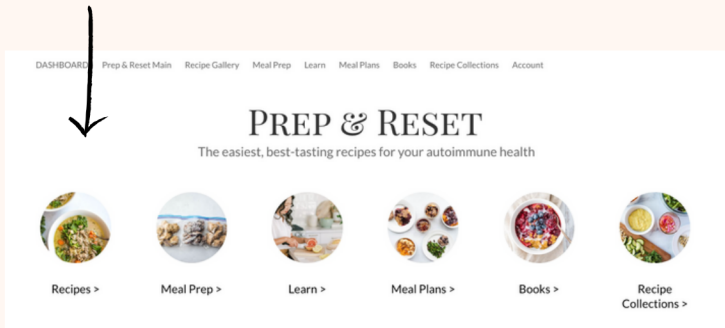
And grab a copy of any of the eBooks you want right here!



Prep & Reset – Recipe Gallery

To access the Recipe Gallery, click on this icon:

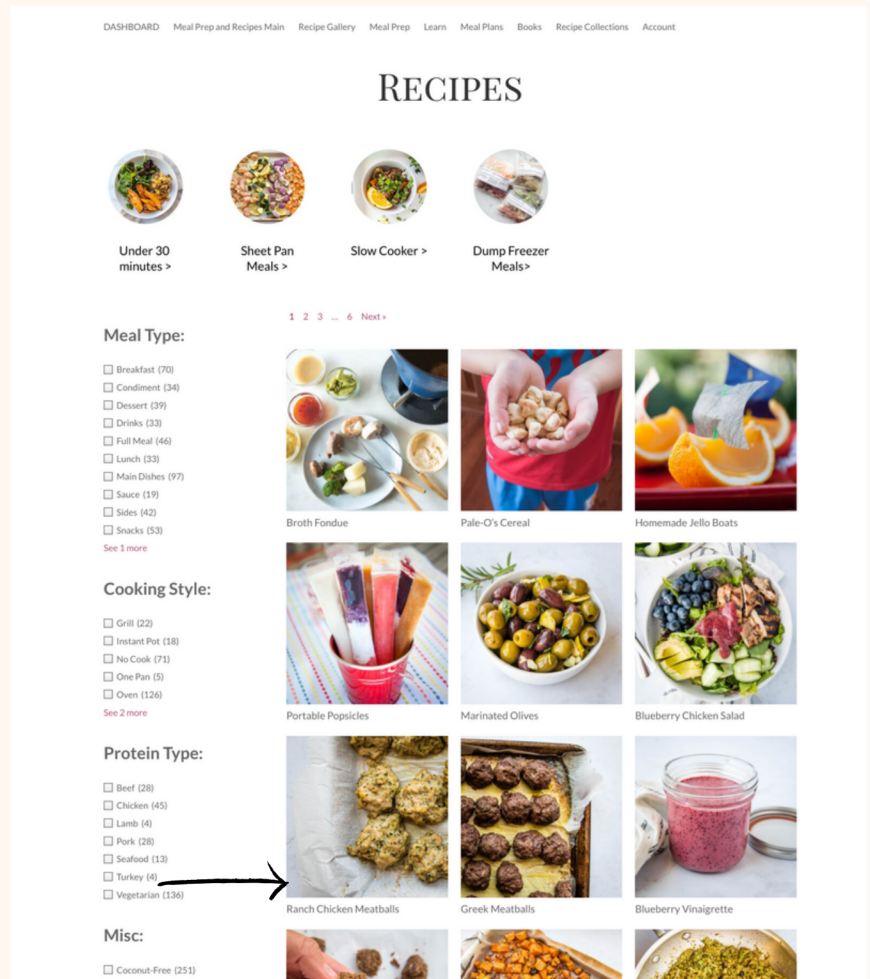
This is where you'll find individual recipes



Or go to this menu selection:



That will bring you to this page!



Use the circles at the top to jump to specific categories

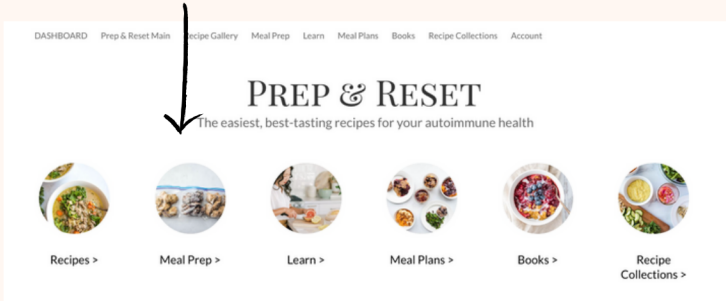
(Note: This pre-checks a checkbox below, so to get out of that section, simply de-select the checkbox)

Or use the checkboxes to narrow down your selection to just the recipes you want

And then click on the picture to go to that specific recipe!

Prep & Reset - Meal Prep Section

To access the Meal Prep section of the site, click on this icon:

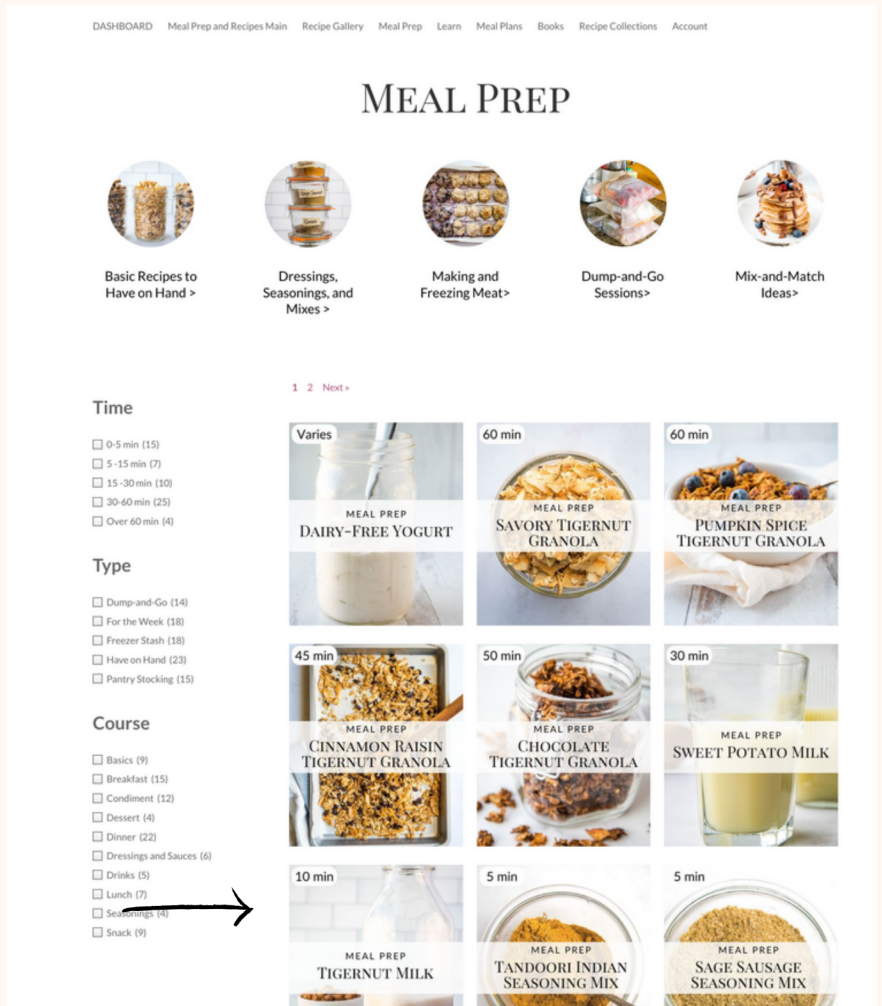


This is where you'll find step-by-step meal prep plans, any individual recipes really great for long-term storage meal prep or to keep on hand to make the week easier, and dump-and-go freezer meals.

Or go to this menu selection:



That will bring you to this page!



Use the circles at the top to jump to specific sections.

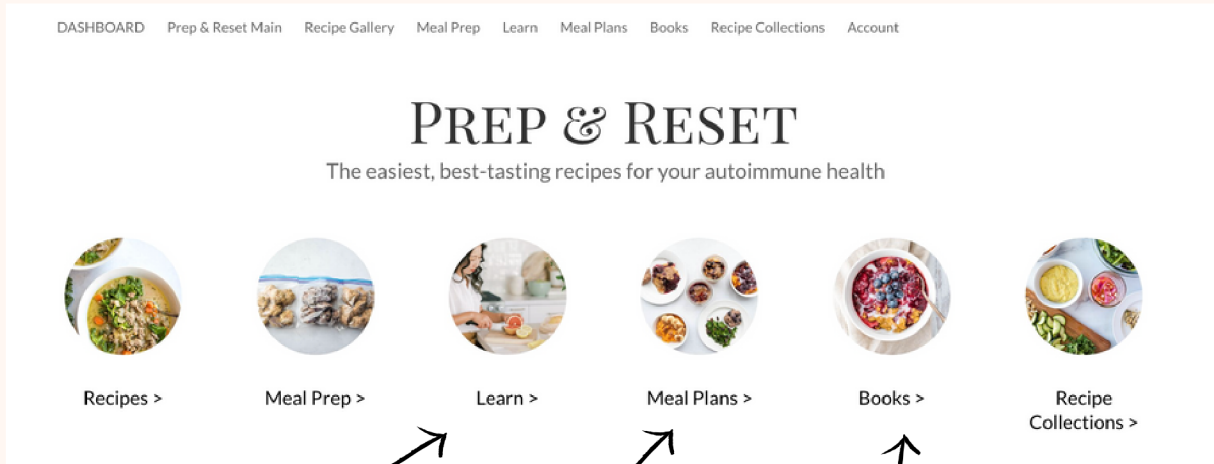
Note that these are special pages, not just checkbox selections like the Recipe Gallery

Or use the checkboxes to narrow down your selection to just the meal prep sessions you want to look at

And then click on the picture to go to that specific session!

Prep & Reset - Other Highlights

Use either the icons or menu bar to access the other areas of Prep & Reset



Learn takes you to the Getting Started with Meal Prep, Freezer Cooking, and Knife Skills Mini Courses

Meal Plans takes you to the done-for-you meal plans

Books takes you to the downloadable eBooks, like The AIP Breakfasts Book and so much more!

Recipe Collections are a super cool feature for meal planning, setting favorites recipes, and more. Watch the videos in this section to fully understand how this all works!

Exercise for Autoimmune Disease

To access the exercise section of the site, click on this icon from the main Dashboard:



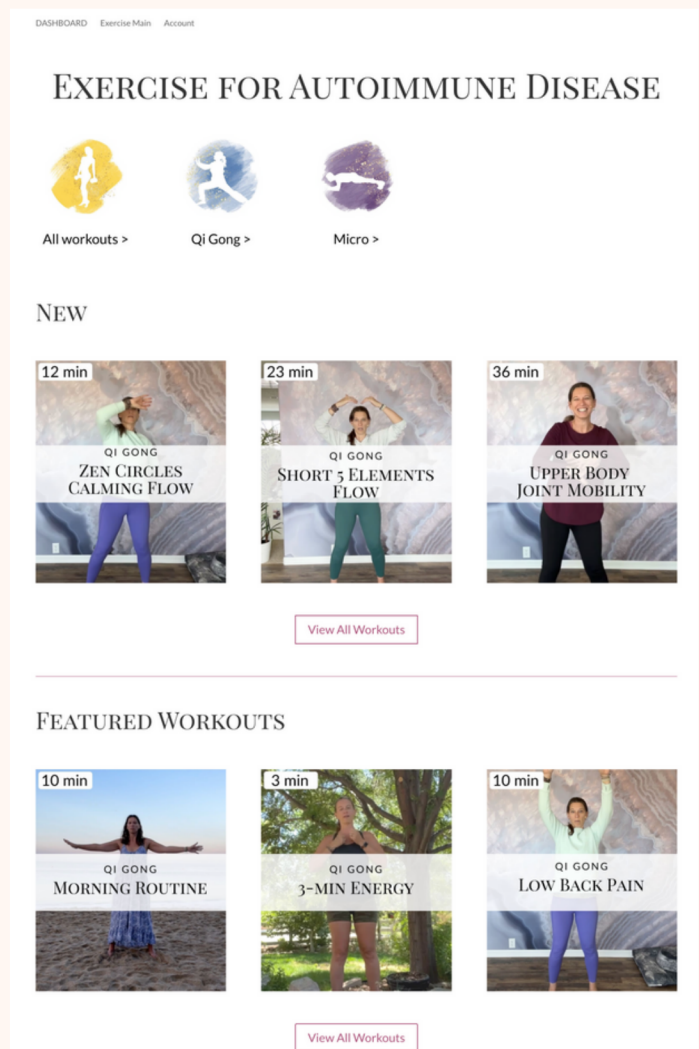
This is where you'll find autoimmune-friendly workouts like Qi Gong, Yoga, and microworkouts that won't put too much stress on your body.

That will take you to the Exercise for Autoimmune Disease Main Page

From here you can click/tap on any of the top circles to get to any of the specific types of workouts

Note: There will be more types of workouts than just this on your screen by the time you see this

The New and Featured Workouts will change as we add new items, so keep an eye on these



Exercise for Autoimmune Disease

To access the workouts, click on this icon:



This is where you'll find all of the workouts. You can narrow them down by type, length, focus, level, intensity, and more with the checkboxes!

That will bring you to this page!

Use the circles at the top to jump to specific categories

(Note: This pre-checks a checkbox below, so to get out of that section, simply de-select the checkbox)

Or use the checkboxes to narrow down your selection to just the workouts you want

DASHBOARD Exercise Main Account

EXERCISE FOR AUTOIMMUNE DISEASE

View All > Qi Gong > Micro >

Modality

- Micro Workout (8)
- Qi Gong (13)

Length

- Less than 5 min (9)
- 5 - 10 min (5)
- 10 - 15 min (3)
- 15 - 30 min (2)
- 30 - 45 min (2)

Focus

- Energizing (7)
- Flexibility (7)
- Joint Mobility (8)
- Morning (1)
- Overall Health (3)
- Relaxation (7)
- Strength (11)
- Stress Relief (8)

Level

- Beginner (23)

Intensity

- Gentle (19)
- Moderate (2)

Body Part

- Abs & Core (8)
- All Over (6)
- Ankles & Feet (6)

Grid of workout thumbnails:

- 1 min: MICROWORKOUT STOMACH SUCK-INS
- 1 min: MICROWORKOUT SEATED LEG LIFTS
- 1 min: MICROWORKOUT PLANKS
- 1 min: MICROWORKOUT DOWNWARD DOG
- 1 min: MICROWORKOUT CALF RAISES
- 1 min: MICROWORKOUT BICEP CURLS
- 1 min: MICROWORKOUT COUNTERTOP PUSHUPS
- 1 min: MICROWORKOUT ARM LIFTS
- 40 min: QI GONG 5 ELEMENTS FLOW
- 3 min: (Thumbnail)
- 12 min: (Thumbnail)
- 23 min: (Thumbnail)

And then click on the picture to go to that specific workout!

The Lifestyle Lab

To access The Lifestyle Lab of the site, click on this icon in the main Dashboard:



That will take you to the The Lifestyle Lab Main Page

This is where you'll find tools to relieve stress, beat headaches, sleep well, let go of limiting beliefs, and so much more. Experimentation is encouraged in The Lifestyle Lab - play around with things you've never tried before to see what might work for you!

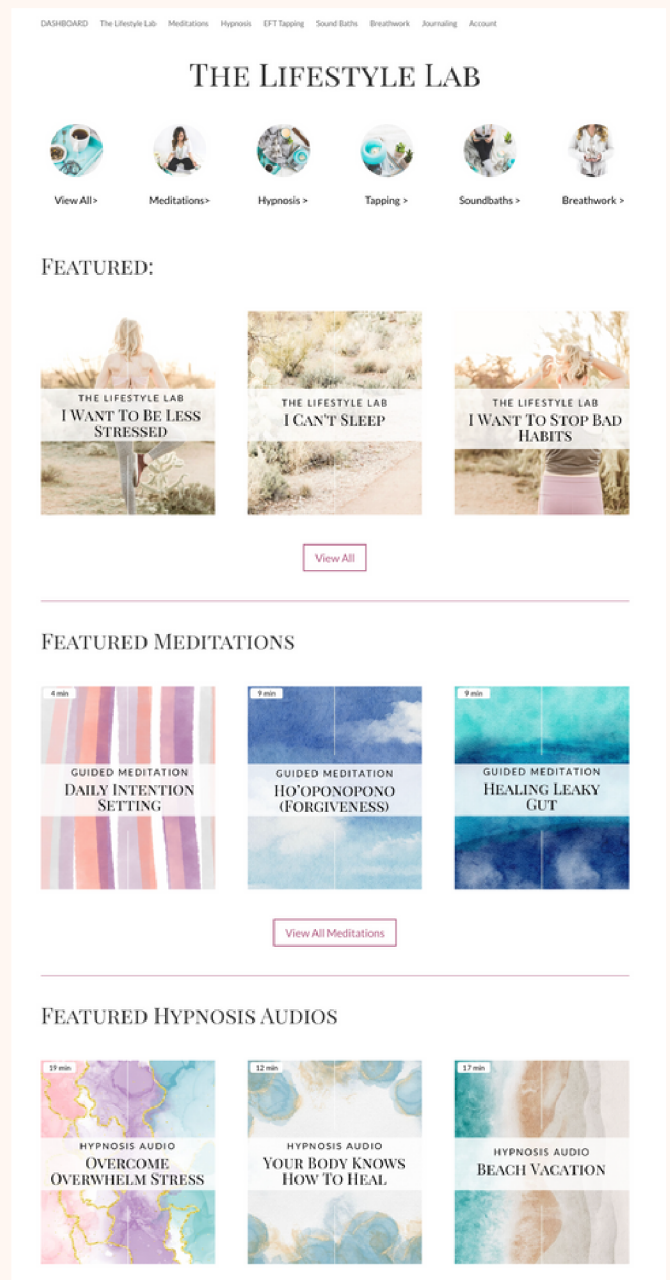
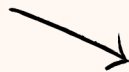
From here you can click/tap on any of the top circles to get to any of the specific modalities



Or choose specific focus areas



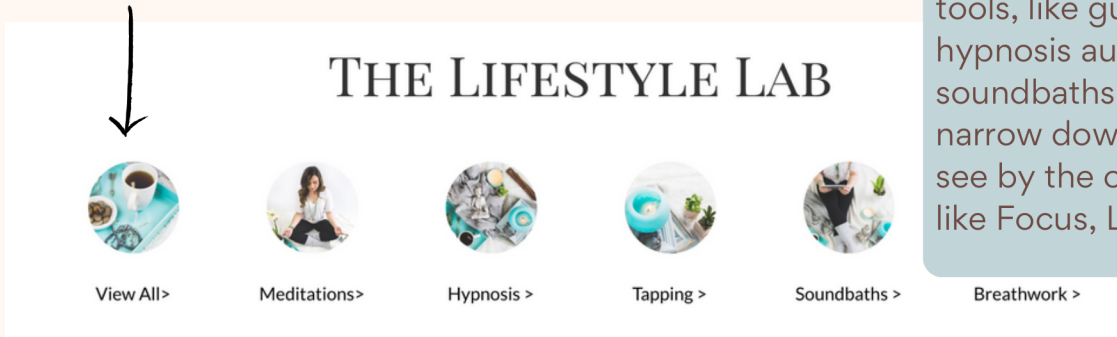
Or go to featured tools. The Featured tools will change as we add new items, so keep an eye on these



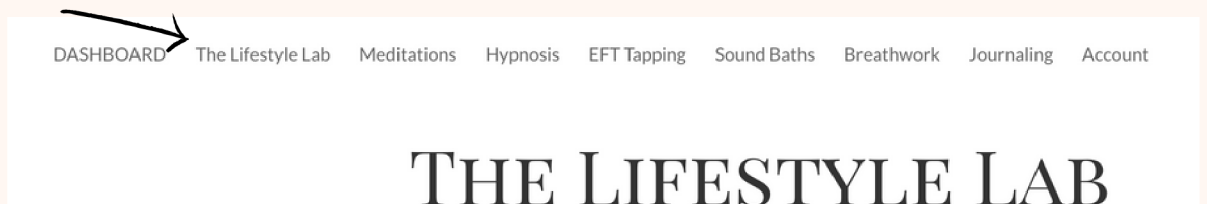
The Lifestyle Lab - All

To access all of the tools of The Lifestyle Lab, click on this icon

This is where you'll find all of the tools, like guided meditations, hypnosis audios, EFT tapping, soundbaths, and more. You can narrow down what you want to see by the checkboxes for things like Focus, Length, and Modality.



Or go to this menu selection:



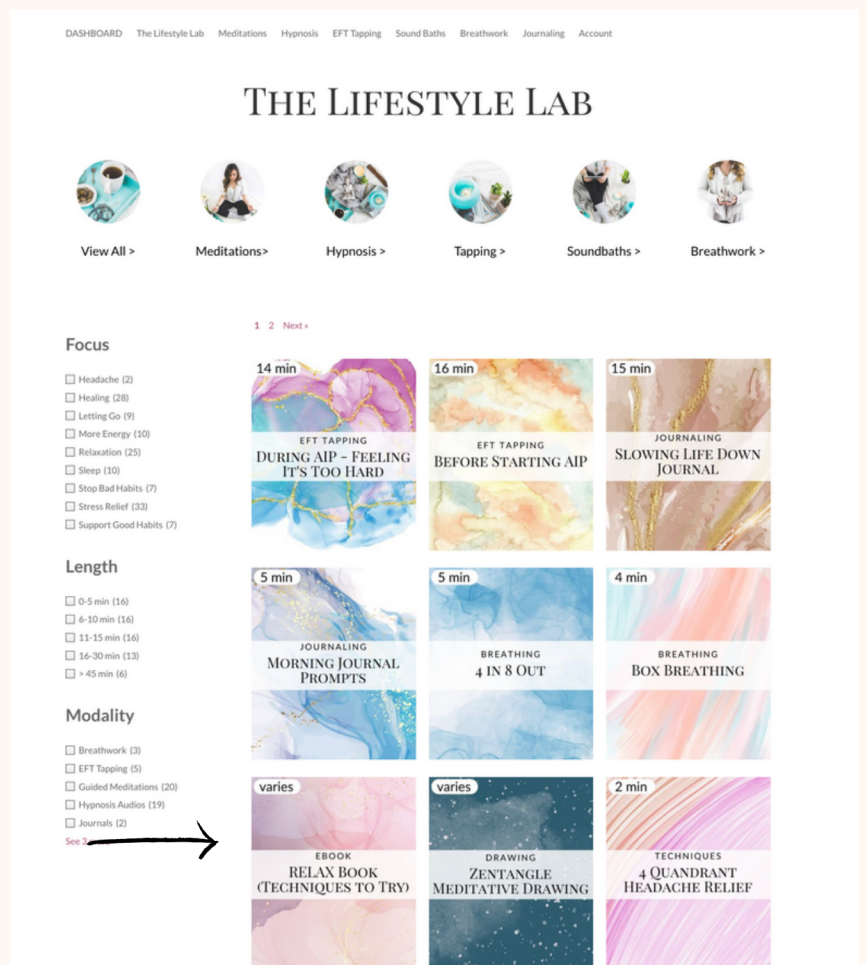
That will bring you to this page!

Use the circles at the top to jump to specific modalities

(Note: This pre-checks a checkbox below, so to get out of that section, simply de-select the checkbox)

Or use the checkboxes to narrow down your selection to just the tools you want to try

And then click on the picture to go to that specific tool!



Mastering the Autoimmune Protocol Course

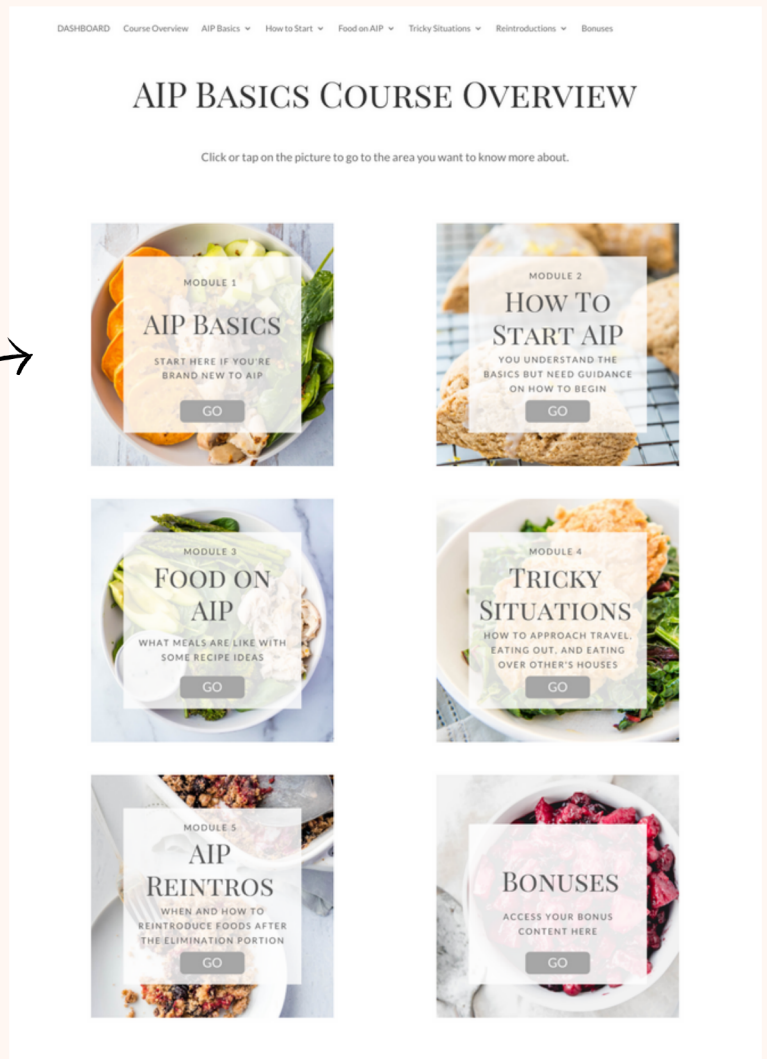
To access the Course, click on this icon in the main Dashboard:



This is where you'll find the what, why, and how about the Autoimmune Protocol (AIP Diet) in case you want to use this powerful protocol to calm your immune system, stop inflammation, and heal your gut. This course leads you through everything you need to know to be successful.

That will take you to the The AIP Basics Course Main Page

From here you can click/tap on any of the icons to go to the specific lessons



You Can Do AIP Challenge VIP

To access You Can Do AIP Challenge, click on this icon in the main Dashboard:



That will take you to the Challenge Homebase



The You Can Do AIP Challenge is my popular challenge that I only run live a few times a year. However, you can access it directly from here whenever you want!

In the Challenge you learn hacks to make cooking for the AIP Diet so much easier and then you can practice each technique with a recipe each day.

From here you can watch the welcome video which explains what you'll do in the challenge

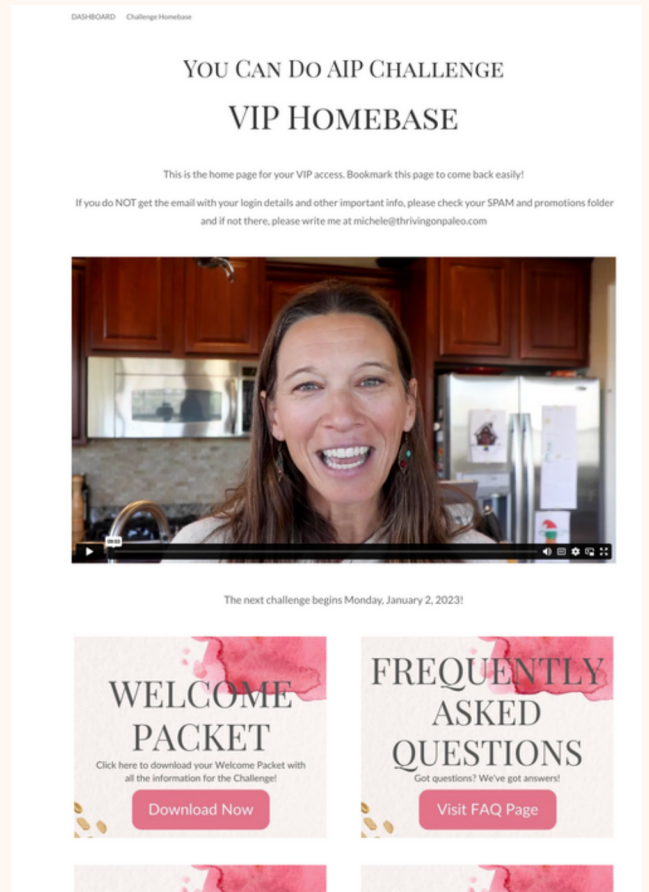


Or click on the icons to get the resources and challenge days' info. Note that the dates will always reflect the last live challenge that was run, so ignore those unless you're participating in one of the live versions!

Also note that these refer to giveaways and a Facebook group - those only happen during the live version.



But you can still use this to get items into your fridge and freezer each day!



Masterclass Replays

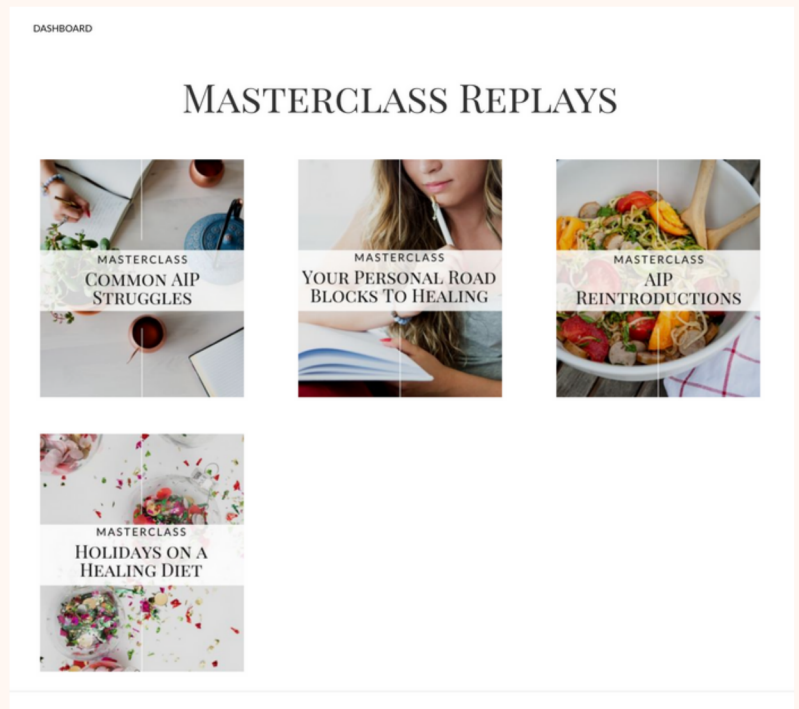
To access the Masterclass Replays, click on this icon in the main Dashboard:



Dive deep into certain topics around diet, lifestyle, and autoimmune disease and hear what others have to ask in these replays of live masterclasses.

That will take you to all of the replays

From here you can click on any of these to watch the replay



Private Community

To access the Community from inside the AIC, click on this icon in the main Dashboard:



The community is run on a MightyNetwork, meaning it's on a SEPARATE site, just like it would be if the community was in Facebook

Connect with others in our warm and loving community! This is ONLY for members of the AIC

There's also a MightyNetworks mobile app!

Community Schedule:

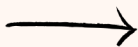
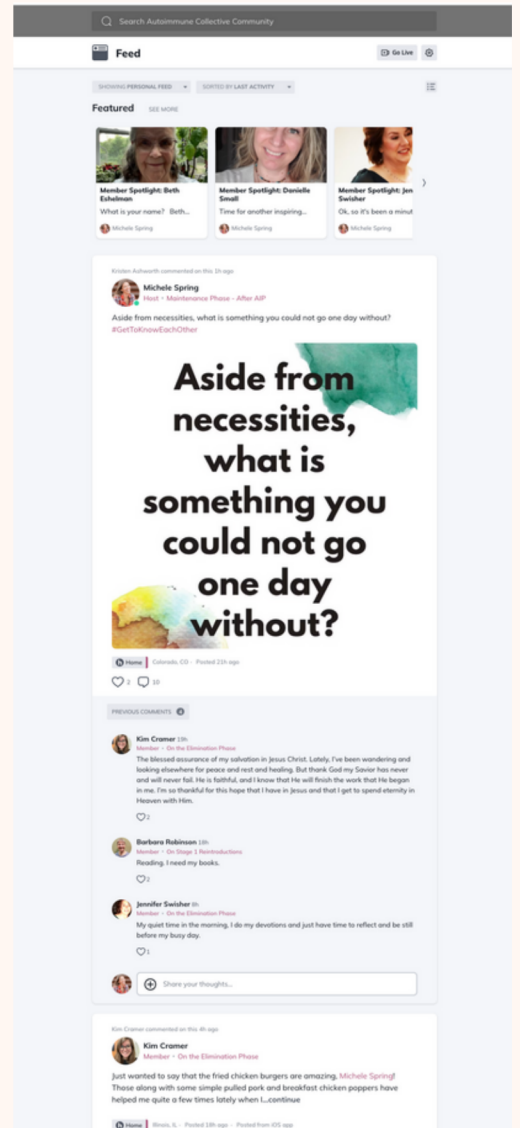
Mondays: Leave your intention for the week

Wednesdays: Get to know your fellow members with fun posts

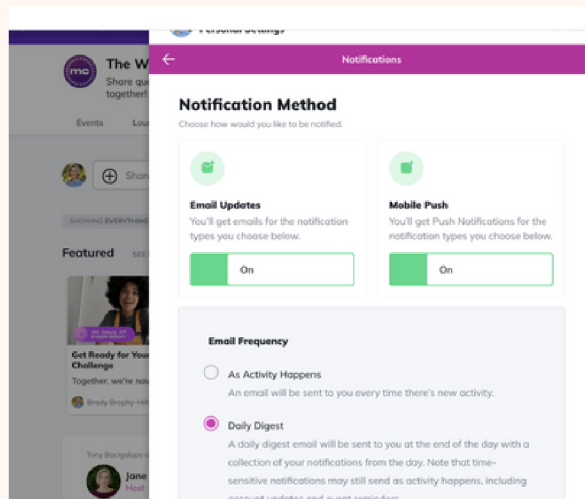
Fridays: Share your wins, no matter how big or small (and they don't have to have anything to do with diet or autoimmune disease)

Every other Sunday: Giveaways!

Feel free to ask any questions or create any of your own posts ANY time as well!



If you want notifications, I suggest setting the type and frequency so you don't get bombarded! Go to your profile picture -> Personal Settings -> Notifications to adjust these!



Calendar

To access the Calendar, click on this icon in the main Dashboard:



Find out if any upcoming Office Hours or Masterclasses are coming!

Click on the entry to be taken to the details - that's where you'll find the link to join.
NOTE: The times are in Mountain time.

THU	FRI	SAT	SU
30	31 2:00 pm - 3:00 pm Office Hours	1	
6	7	8	

Account

To access your Account, click on this icon in the main Dashboard:



Here's where you can update your credit card, see your past payments, cancel (we'll be sad to see you go!), change your password, etc

You will be taken to ThriveCart, where the payments are hosted. You don't need a password, simply enter your email on this screen and a link will be sent to you where you can make any adjustments to your account that you need.

Thrivng Autoimmune
Customer hub powered by ThriveCart

Language: English

Update info / view purchase history

Enter the **email address** you used when purchasing and we'll email you a link to access this area.

you@yourdomain.com

Send me my link

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