

— THE — **LUPUS** SOLUTION



Workbook & Reference Guide

Lupus Diagnosis Criteria

The 11 Diagnosis Criteria

Clinical Criteria

1. Malar/cheek rash
2. Discoid rash
3. Photosensitivity
4. Ulcerations of oral mucosa
5. Joint pain and inflammation not attributed to other disease or trauma
6. Serositis: Inflammation of the serous tissues, which line the lungs, heart, inner lining of the abdomen, and associated organs (can cause chest pain when breathing deeply)
7. Renal disease (any of the following): >3+ proteinuria, cellular casts, proteinuria >.5 grams per day
8. CNS involvement: seizures or psychosis without other cause
9. Hematologic abnormalities (any of the following): hemolytic anemia, leucopenia (45%), lymphopenia, thrombocytopenia (30%), anemia of chronic disease

Immunologic Criteria

10. Positive ANA
11. Additional serologic tests (any of the following):
 - Positive LE cell prep
 - Anti-native DNA antibody (50%)
 - Anti-Sm antibody (20%)
 - False-positive test for syphilis (25%)

Lab Testing

Other Important Lab Panels

Metabolic Chemistry Panel

Urinalysis

CBC with Differentials and Platelets

Iron and Anemia Markers

Hypothyroidism and Hashimoto's

Fasting Insulin and Hemoglobin A1c

Homocysteine and MTHFR status

Hs-CRP (High Sensitivity C-Reactive Protein)

ESR (Erythrocyte Sedimentation Rate)

Fibrinogen

Complement Levels (C3 and C4)

HLA-DR2 and HLA-DR3

Celiac Testing

Syphilis VDRL

Antiphospholipid and Anticardiolipin Antibodies

Symptom Tracker

Use this chart to track progress, fill it out before you start and again after making changes to track what's improving

Clinical Symptom Checklist Tracker

0 never have this

1 sometimes experience this, not severe

2 regularly experience this or sometimes experience this but severe

3 regularly experience this, severe

4 diagnosed with this

_____ Fatigue

_____ Trouble sleeping/insomnia

_____ Fever

_____ Joint pain

_____ Muscle aches

_____ Muscle weakness

_____ Tenderness or swelling

_____ Weight loss

_____ Sores in mouth or nose

_____ Coin-shaped or butterfly-shaped rash

_____ Rash after sun exposure

_____ Dry eyes or Sjogren's

_____ Chest pain when taking deep breath

_____ Enlarged lymph nodes

_____ Poor circulation in fingers and/or toes

_____ Raynaud's syndrome

_____ Sensitive to chemicals or smells

_____ Hair loss and/or bald patches

_____ Brain fog/poor concentration

_____ Depression

_____ Anxiety

_____ Dizziness or confusion

_____ Headaches

_____ Migraines

_____ Seizures

_____ Chronic infections/get sick easily

_____ Anemia

_____ Kidney failure

Total:

Scoring: < 5 points = mild/remission
5-20 point = active disease
> 20 points = current flare/severe

Date:

Date:

Date:

Date:

Score:

Score:

Score:

Score:

Areas to Focus On

Use these charts to note areas you need to work on
as you go throughout the book

Notes

Blood Sugar/Insulin

My symptoms associated with this area

Dietary and lifestyle changes to address this

Adrenals/Cortisol

My symptoms associated with this area

Dietary and lifestyle changes to address this

Thyroid and Hormone Balance

My symptoms associated with this area

Dietary and lifestyle changes to address this

Notes

Areas to Focus On

Use these charts to note areas you need to work on
as you go throughout the book

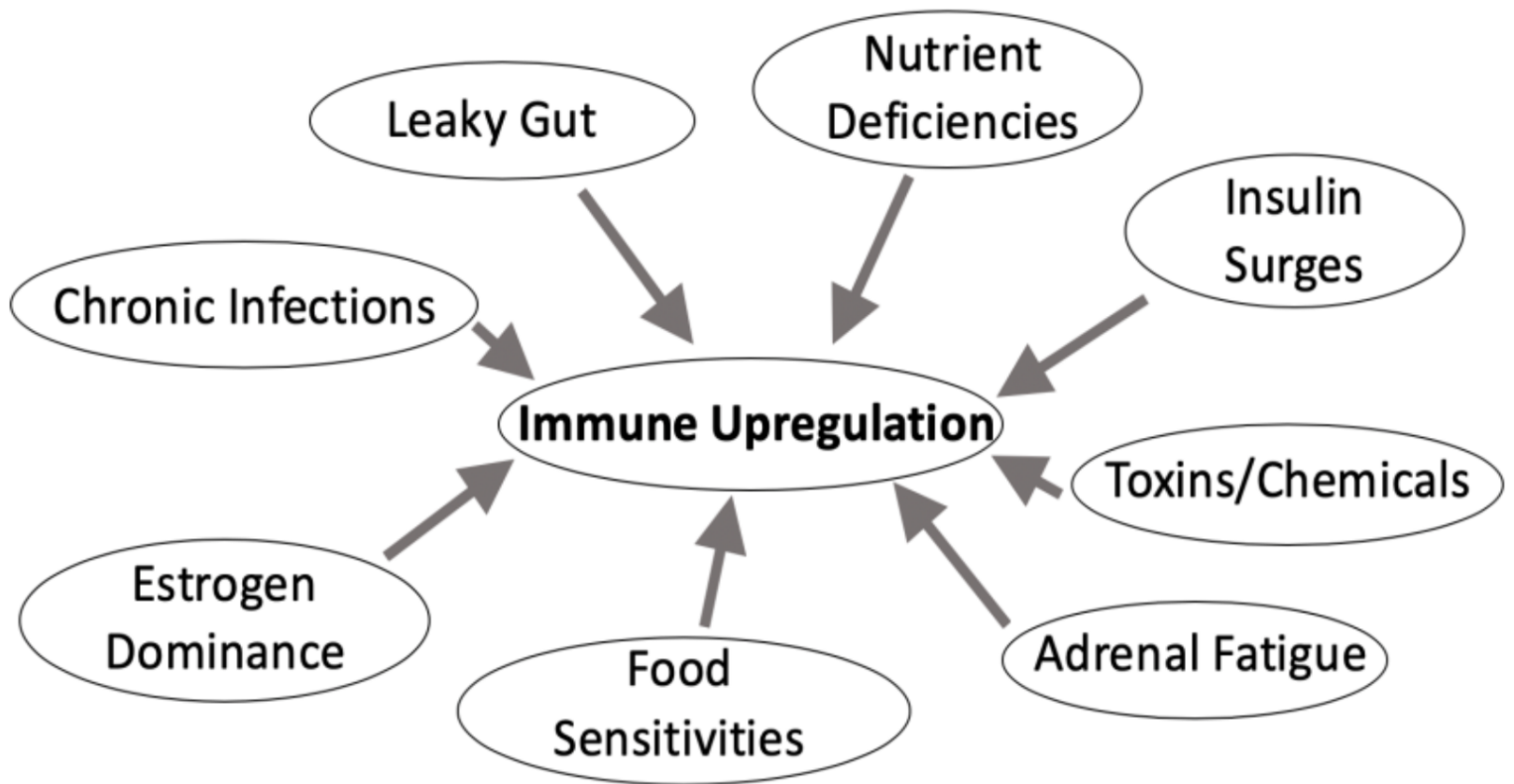
Gut Issues and Infections
<i>My symptoms associated with this area</i>
<i>Dietary and lifestyle changes to address this</i>

Toxins and Chemicals
<i>My symptoms associated with this area</i>
<i>Dietary and lifestyle changes to address this</i>

Immune Imbalances
<i>My symptoms associated with this area</i>
<i>Dietary and lifestyle changes to address this</i>

Notes

Underlying Causes and Triggers



Insulin and Blood Sugar

Blood Sugar Specific	
Eat	Avoid
Whole, fresh, local, seasonal foods (grass-fed, wild, organic animal proteins, and produce)	Foods with added sugar (includes sugar, sugar substitutes, sucrose and fructose, and sugar-sweetened beverages)
Healthy fats like extra virgin olive oil, olives, avocado oil, almonds, cashews, hazelnuts, macadamia nuts, pecans, flax seeds	Refined and/or processed carbohydrates (includes carbohydrates from refined starches (e.g., white-flour breads and pasta)
Green tea	Trans fats
Mixed nuts	Overly cooked foods/ charred foods/ fried foods
Cinnamon	Fruit juices
High omega-3 fatty fish	Large meals
Low-glycemic vegetables	
Adequate hydration (divide body weight in pounds by 2 to get daily recommended water intake in ounces (e.g., a person weighing 150 pounds should consume at least 75 ounces of water daily)	

Nutrient/Supplementation for Blood Sugar
Berberine
Alpha-lipoic acid
Chromium
Cinnamon
Magnesium glycinate
Vanadium

Adrenals and Cortisol

Sleep Hygiene Checklist

Use this list to see if there are any areas of your sleep hygiene that need to be improved/modified to achieve better sleep.

- ☐ Keep a sleep diary (track quality, quantity, and any issues)
- ☐ Maintain a regular sleep schedule daily
- ☐ Go to bed around the same time nightly
- ☐ Wake up around the same time every morning
- ☐ Sleep on a comfortable mattress
- ☐ Pick a supportive pillow for your sleeping style
- ☐ Control light exposure (from clocks, windows, etc.) or use sleep mask
- ☐ Have good air circulation, use fan if needed
- ☐ Use an air purifier to minimize allergens
- ☐ Use apps on electronic devices to remove blue light at least a few hours before bed
- ☐ Remove electronic devices from bedroom
- ☐ Turn phone on airplane mode if near bed or using as alarm
- ☐ Finish eating 2-3 hours before bedtime (unless a snack is needed for blood sugar reasons)
- ☐ Exercise regularly (at least 3 hours before bedtime or best if in the morning)
- ☐ Avoid caffeine, nicotine, and alcohol
- ☐ Practice belly breathing and visualization or meditation to fall asleep if needed
- ☐ Take an Epsom salt bath before bed for sleep
- ☐ Use an essential oil diffuser with lavender

Nutrient/Supplementation for Adrenals

Adaptogenic herbs (ashwagandha, gotu kola, licorice, panax ginseng, holy basil, eleuthero, astragalus, cordyceps, reishi, rhodiola, schisandra, tulsi, maca, moringa and shilajit)
B complex (B1, B5, B6, Biotin, Folate)
Vitamin C
Magnesium
Zinc
Omega-3
Vitamin D
Tyrosine

Adrenals and Cortisol

Restorative "Me Time" Activities

Here are a few simple things you can do to better manage stress and take some much-needed "me time." Check off the practices you already use or mark the ones you want to try!

- ☐ Practice mindfulness
- ☐ Breathing techniques such as 4-7-8
- ☐ Listen to music
- ☐ Participate in social activities, visit a friend
- ☐ Laughter (*the best medicine!*)
- ☐ Guided imagery
- ☐ Meditation
- ☐ Aromatherapy
- ☐ Gratitude journal (take an inventory of all the good things in your life)
- ☐ Physical, mental, and emotional rest
- ☐ Limit electronic device use
- ☐ Epson salt bath
- ☐ Get a massage, acupuncture, or chiropractic

How do you manage stress?

What things do you do to deal with stress on a daily basis?

Toxins and Chemicals

Avoiding Toxins in the Diet	
Choose	Avoid
Organic, non-GMO foods and beverages	GMOs and foods sprayed with herbicides
Grass-fed, lean meats and wild-caught, low-mercury fish	Crops most affected by glyphosate: soy, corn, wheat, potatoes, canola, sugar beets, cotton
Expeller-pressed, unrefined oils	Foods with added hormones or antibiotics
Filtered water (get tested for contaminants)	Foods packaged in plastic or aluminum (foil)
Whole foods vs. processed	Alcohol, caffeine, unhealthy fats, sugar, dyes, additives and artificial sweeteners
Food and drinks in glass when available (especially for storage of leftovers)	
Foods cooked slow and at low temperature	
Non-toxic cookware	

Lifestyle Tips for Minimizing Toxic Exposure at Home
Avoid chemicals in personal care products such as lotions, moisturizers, shampoo, conditioners, makeup, sunscreen, etc.
Avoid inhalants and environmental toxicants such as air fresheners, scented laundry detergent, fabric softeners, candles, household cleaners, etc.
Avoid toxins from mold, dander, dust mites
Avoid smoke and other pollutants by using air and water purifiers

Nutrient Support for Detoxification
Foods for Detox
Cruciferous vegetables such as broccoli, cabbage, arugula, radishes
Dark leafy greens such as collard greens, kale, bok choy, chard, cilantro and parsley
Sulfur-containing foods such as garlic, onion, and leeks
Foods specific for liver and kidney support such as artichokes, asparagus, beets, celery, and sprouts
Herbs for Detox
<i>Look for teas and supplements containing the following herbs</i>
Dandelion root
Milk thistle
Burdock
Red clover
Neem

Hormone Balance

Nutrient Support for Thyroid
Support for Hypothyroid
Selenium
Zinc
Iron
Vitamin D
Vitamin A
Nigella sativa (black cumin)








Nutrient Support for Sex Hormones
Support for Sex Hormone Balance
Flax seed
Isoflavones
Indole-3-carbinol (I3C)
Diindolylmethane (DIM)
Fiber and other support for detox pathways

The Gut

Nutrient Support for Gut Health	
Remove	<p>Avoid or minimize anti-nutrient foods such as those with high lectin content, additives, preservatives, and/or heavy metals</p> <p>Use activated charcoal for binding toxins for removal</p> <p>Make sure you're having daily bowel movements. If needed, use aloe vera or magnesium as natural laxative. Coffee enemas and ginger can also help stimulate proper bowel</p>
Replace	<p><i>May need to replace based on symptoms and/or stool testing:</i></p> <p>Bile acids</p> <p>Hydrochloric acid</p> <p>Digestive enzymes</p>
Reinoculate	<p><i>Support a healthy microbiome by reinoculating with:</i></p> <p>Prebiotics such as asparagus, banana, dandelion greens, garlic, onion, jicama, legumes</p> <p>Probiotics and probiotic foods such as fermented vegetables, kimchi, kombucha, miso, sauerkraut</p> <p>Soluble fiber such as apples, citrus fruits, strawberries, beans, peas, lentils</p>
Repair	<p><i>Nutrients that can aid in repairing the gut lining include:</i></p> <p>L-glutamine</p> <p>Zinc L-carnosine</p> <p>Vitamin A</p> <p>Aloe vera</p> <p>Deglycyrrhizinated licorice</p> <p>Colostrum</p> <p>Short-chain fatty acids as found in ghee</p>
Rebalance	<p>Eat a well-balanced, anti-inflammatory diet</p> <p>Intermittently fast for gut reset</p>

The Gut

The Bristol Stool Chart

	Looks like	Consistency	Indicates
Type 1		Separate hard lumps	Very constipated
Type 2		Lumpy and sausage like	Slightly constipated
Type 3		Sausage shaped with cracks in the surface	Normal
Type 4		A smooth, soft sausage or snake	Normal
Type 5		Soft blobs with clear-cut edges	Lacking fibre
Type 6		Mushy consistency with ragged edges	Inflammation
Type 7		Liquid consistency with no solid pieces	Inflammation

Immune Balance

Nutrition for Immune Support	
Eat	Avoid
Anti-inflammatory diet: AIP or elimination	Antigenic foods: foods that are reactive or cause symptoms
Low-glycemic fruits and vegetables	High-glycemic foods: higher-glycemic diets are associated with higher levels of inflammation
Foods with high-phytonutrient content: eat a rainbow of colors everyday	High-lectin content: consider low-lectin if sensitive
Adequate omega-3 fatty acids: omega-3s are anti-inflammatory and can support immune balance	Trans-fats, pro-inflammatory omega-6s and inflammatory or highly processed oils
Gluten-free and dairy-free	Excessive salt intake: associated with upregulation of the tissue-destructive Th17 cells
	Coffee/caffeine shown to shift toward Th2 dominance

Foods I am reactive to:

Immune Balance

Nutrient Support for Immune Balance	
Th1 Specific Support	<p>Zinc</p> <p>Berberine HCL</p> <p>Chinese skullcap</p> <p>Sulforaphane</p> <p>Ginger</p>
Th2 Modulation Support	<p>NAC (n-acetyl-l-cysteine)</p> <p>Astragalus</p> <p>Quercetin</p>
Treg and Overall Immune Support	<p>Vitamin D3</p> <p>Vitamin A + carotenoids</p> <p>Zinc</p> <p>Omega-3 fatty acids</p> <p>Turmeric (Curcumin)</p> <p>Resveratrol</p> <p>Black ginger</p> <p>Quercetin</p> <p>Andrographis paniculata</p>
Support for Flare-Up	<p><i>Increase dosage of above support and add in additional:</i></p> <p>Glutathione</p> <p>Turmeric</p>

Chronic Infections

Herbal Treatments for Infections		
Bacterial Infections	Fungal Infections	Parasitic Infections
Garlic Goldenseal Berberine Uva ursi Oregano Grapefruit seed extract Thyme	Oregano Thyme Garlic Goldenseal Probiotics & saccharomyces boulardii	Black walnut Wormwood Bitterwood Garlic Goldenseal Oregano Olive leaf Citrus seed extract Thyme
Upper Respiratory Infections	Viral Infections	Urinary Tract Infections
Vitamin D Vitamin C with flavonoids N-acetylcysteine Andrographis Licorice root Umckaloabo Olive leaf extract Elderberry (liquid) Garlic (freeze-dried)	Monolaurin L-Lysine Cats claw Olive leaf	D-mannose Cranberry Uva ursi Berberine Marshmallow root Bladderwrack Celery seed extract

Chronic Infections

Sinusitis

Nasal irrigation can be a great tool for helping clear and soothe the sinus cavities but can also help eradicate infectious agents that may contribute to overall inflammation and immune activation.

What you need: Nasal cleansing (neti) pot

~1/2 tsp. of uniodized salt

~ 8oz. distilled water

Additionally can add:

1-2 caps of berberine to saline

1-2 drops of tea tree oil to saline (may be irritating)

colloidal silver to saline

- Directions:
1. Prepare saline solution and fill nasal cleansing pot
 2. Place spout of pot up to nostril
 3. Lean over sink and tilt your head away from pot
 4. The water will enter higher nostril and come out the opposite nostril
 5. Stop and blow your nose before switching to opposite side with remaining solution

Elimination Diet

The Elimination Diet requires removal of suspect foods for a minimum of 21 days

Elimination Diet	
Foods to Avoid	Foods to Eat
Grains (wheat, barley, rye, spelt, emmer, farro, triticale, kamut, corn)	All vegetables (except nightshades)
Gluten-free grains (oats, rice, millet, quinoa, teff, buckwheat, amaranth, arrowroot, sorghum, tapioca)	Starchy vegetables (squash, plantain, sweet potato, yam, root vegetables [parsnip, rutabaga])
Dairy (butter, cheese, cottage cheese, cream, yogurt, ice cream, milk, whey)	Fruits (all fruits in moderation)
Soy and soybean products (edamame, miso, soy sauce, tamari, tempeh, tofu, soy milk, textured vegetable protein)	Plant proteins and legumes (beans, peas, lentils, chickpeas and hummus, protein powder [pea, hemp])
Animal proteins (beef, eggs, pork, shellfish, processed meats)	Animal proteins (wild-caught fish, wild game [buffalo, lamb, etc.], protein powder [collagen])
Peanuts and peanut butter	Nuts and seeds (except peanuts)
Fats and oils (butter, corn oil, cottonseed oil, margarine, mayonnaise, peanut oil, shortening, soybean oil)	Fats and oils (coconut oil, avocado oil, olive oil, ghee, olives, avocado, coconut cream, grapeseed oil, safflower oil, sunflower oil, walnut oil)
Nightshades (tomato and tomato products [salsa, tomato sauce], all peppers, eggplant, potato)	Herbs and seasonings (just look for added ingredients such as: sugars, food coloring, preservatives, etc.)
Beverages (coffee and caffeine products, alcohol, fruit juices)	Beverages (water, non-dairy milk alternatives, herbal tea)

Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Notes

[illegible]

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

For more info...

For more resources you can check out our website at caplanhealthinstitute.com

Connect with us on social media @caplanhealthinstitute

Email: info@caplanhealthinstitute.com



Wishing you the best on your health journey!

In health,



*Dr. Brent
Caplan*



*Dr. Tiffany
Caplan*

CAPLAN HEALTH INSTITUTE

Personalized Care for Achieving Remission