



FREE QUICK-START GUIDE | BEATING AUTOIMMUNE

Michelle's Protocol

*The Exact Steps That Helped My Wife
Pull Back From the Edge of Dialysis*

A companion guide to Beating Autoimmune
by David Sommers

Day-by-day bone broth protocol · Sourcing guide
Meditation practice · Stretching routine
Sustainable eating after recovery



This guide does not constitute medical advice. Always consult your physician.

www.BeatingAutoimmune.com

Why I wrote this down — and why I am giving it away

I am not a doctor. I am a husband who watched his wife suffer and refused to accept the prognosis. When Michelle's nephrologist told us her kidneys were functioning at 17% and that dialysis was imminent, I went looking for something the medical community wasn't talking about.

Time was not on our side. Systemic Scleroderma moves fast. I had months, not years, to find something that worked. This guide is a summary of everything we did — condensed into one place, so you do not have to start from scratch the way we did.

"At her next appointment, Michelle's creatinine had dropped from 2.7 to 2.3. Her nephrologist said he had no explanation. Kidneys, he had told us, don't heal."

Today, Michelle's creatinine sits at 1.4 mg/dL — near normal. She never went on dialysis. She never had a kidney transplant. The pain in her joints is gone. She has full range of motion. If you met her today, you would never know.

This guide covers the core of what we did. For the full story — every detail, every mistake, every breakthrough — please read the book.

David Sommers

AUTHOR · BEATING AUTOIMMUNE: A TRUE AND HEROIC STORY

Important: This guide does not constitute medical advice. Michelle continued taking her prescribed medications throughout this process. Never disregard or delay professional medical advice. Always consult your physician.

Three things changed everything.

Michelle did not do one thing. She did three — every single day, without exception, for six weeks. The bone broth diet was the engine. The meditation and the stretching were the fuel.

The Bone Broth Protocol

1

A carefully sequenced diet that stops irritating the intestinal lining and gives it a chance to heal — starting with pure broth and slowly reintroducing real food over six to eight weeks.

Daily Meditation

2

A specific visualization practice Michelle performed at least once a day, focused on mentally gathering the disease and releasing it from her body. She began this even in the darkest moments of her illness.

Stretching & Movement

3

A daily stretching routine targeting the jaw, tongue, arms, hands, hips, knees and ankles — adapted from beginner yoga — performed even through pain and fatigue. Today she has full range of motion.

All three of these practices are described in detail in the pages that follow.

The Bone Broth Protocol

Think of your intestinal tract like skin with a cut. You bandage it to stop further irritation and give it time to heal. We cannot bandage the intestinal tract — but we can stop the irritation. That is exactly what bone broth does.

Before you begin: sourcing matters

This is non-negotiable. You are trying to heal your body using food as medicine. The quality of that food is the medicine. Use bones from grass-fed, free-range animals only. David sourced beef bones from Whole Foods, choosing thick leg bones for their marrow content. Avoid corn-fed animals, farmed fish, and any bone broth from a carton — processed food is what contributed to this condition.

No cheating. Not once.

Michelle followed this protocol without a single exception. No cheat days. No cheat meals. If you are not willing to commit completely, wait until you are. Partial compliance produces partial results — or none at all.

The Day-by-Day Timeline

DAYS	WHAT TO EAT	WHY
1 – 5	Bone broth only. Drink as much as you want. Water between servings.	Stops all irritation to the intestinal lining. Allows lesions to begin healing.
6 – 9	Bone broth + 1 egg (morning, lunch, dinner). Poach egg directly in hot broth.	Adds protein and nutrition as hunger increases. Egg drop soup effect.

DAYS	WHAT TO EAT	WHY
10 – 14	Add organic spinach and avocado. Simmer both in the broth.	Introduces plant nutrients. Avocado adds healthy fat and satiety.
15 – 17	Add white rice. Cook until very soft. Sourced outside the U.S. if possible.	White rice is the gentlest, most digestible grain. Builds heartiness.
18+	Add 4–6 oz grass-fed meat daily. Rare or medium-rare. Diced small. Organ meats welcome.	Protein for sustained healing. Small portions protect the esophagus.

Continue this full routine for 6–8 weeks. Michelle did six weeks and achieved remarkable results. Push to eight if you can.

How to make the bone broth

Step 1 — The bones

Place 1–2 lbs (about half to one kilo) of grass-fed bones in a large pot. Thick leg bones are best — they contain the most marrow, which is rich in healthy fats, collagen, gelatin, and amino acids that drive healing.

Step 2 — Fill with water

Add 2 gallons (4–8 liters) of water, leaving a couple of inches from the top. Add salt and pepper to taste. David eventually replaced chopped vegetables with Bay Seasoning to simplify the process across many batches.

Step 3 — First simmer

Simmer covered for 6–8 hours. Top off with water as needed to account for evaporation. Low and slow is the key.

Step 4 — Extract the marrow

Remove the bones. Pull the marrow from inside each bone, mash it well, and return it to the pot. Cut the cartilage from the bones, dice it as small as possible, and return that too. Both are medicinal for gut health.

Step 5 — Second simmer

Simmer for another 8 hours. Then strain the broth and discard the bones and remaining cartilage. Keep any marrow in the broth.

Step 6 — Store and repeat

Store in 2-quart containers in the refrigerator. When you take it out, you will see a white ring of fat on top. Do NOT scrape it off. That fat is a vital nutrient not found in store-bought broth. Repeat this process continuously — you do not want to run out.

**Do not buy
store-bought bone
broth.**

Packaged broth lacks the marrow chunks, congealed fat, and full collagen content of homemade. Processed food is what contributed to this condition in the first place. Make it yourself.

The meditation and the stretching routine

These were not optional additions to the bone broth diet. They were a core part of what changed between Michelle's last dismal test results and the appointment that stunned her nephrologist.

The meditation practice

Michelle performed this at least once a day, sitting on the side of the bed, eyes closed. She visualized a pair of warm, healing hands beginning at the top of her head.

- The hands move slowly down the sides of her head — fingertips over her eyes, nose, and mouth; thumbs down the back of her skull; palms over her ears.
- As the hands move, she visualizes a thick dark mass peeling away from her body — representing the disease being removed.
- The hands continue downward: over her arms, chest, back, and abdomen; down her legs, calves, ankles, and over her feet.
- The hands then gather the dark mass, roll it into a ball, and — through her mind — throw it into the dark universe, where it disappears.

Michelle continues this practice to this day. She found that even on the hardest days, the meditation helped her feel a sense of agency over a disease that had been making her feel completely powerless.

The stretching routine

Michelle performed stretching throughout the day, every day, even through excruciating pain and profound fatigue. She focused on areas where Scleroderma had caused the most stiffness and restriction.

Jaw & tongue	Open mouth as wide as possible; extend the tongue fully. Michelle's jaw had locked so tightly she could barely open her mouth.
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Arms & elbows	Extend arms to full length; work on straightening elbows. She could initially only raise her arms to 45 degrees.
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Hands & fingers	Spread fingers wide; make a fist; slowly extend each finger individually.
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Hips, knees & ankles	Adapted from beginner yoga routines found online. She followed these as best she could given her limitations.
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Through consistent daily stretching, Michelle eventually regained full range of motion and eliminated most of her joint pain. She found beginner yoga classes on YouTube and followed them as best she could — imperfectly at first, then increasingly well.

Eating for the rest of your life

Once you have completed 6–8 weeks, the work is not over — it is just different. You now reintroduce real food slowly and listen carefully to what your body tells you.

Reintroduce slowly

Start with softer foods. Add vegetables and fruits. Go easy on crunchy or hard foods — your esophagus and gut are still healing. Introduce meat just once or twice a week in the first month.

Listen to your body

Michelle found that any time she deviated from clean eating, her body responded immediately. If dairy causes a reaction — stop dairy. If gluten causes a reaction — stop gluten. Your body now speaks clearly. Listen.

Read every label

The pasta sauce David and Michelle used to buy had an ingredient list three paragraphs long. Now they use one with five or six ingredients they can pronounce. Apply this standard to everything.

Eliminate processed food permanently

This is not a temporary change. Processed food, high-fructose corn syrup, and chemical additives are what contributed to this condition. David recommends the free Yuka app — scan any barcode for an instant health report on what is in the product.

Your plate going forward

Aim for mostly fruits and vegetables, with about 20% fish, chicken, or meat. Grass-fed beef, free-range chicken, and wild-caught fish only. Think of it as going back to hunting and gathering — for clean, chemical-free food.



READ THE FULL STORY

Beating Autoimmune

A True and Heroic Story

This guide is a summary of Michelle's protocol.
The full story — every breakthrough, every setback,
every detail of what we discovered — is in the book.

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