

THE END OF AUTOIMMUNITY — COMPANION RESOURCE ·
CHAPTER 3

Dr. Stillman's 14-Day Reset

The Seven Daily Habits We Start Every Patient With

By Dr. Leland Stillman, MD · stillmanmd.com/autoimmunity

I created the 14-Day Reset as a simple starting point for our patients.

It's easy for people to get overwhelmed on this journey. I have spent twenty years figuring out this framework. You don't have to master it overnight. I have seen just a tiny fraction of what I teach here have a profound impact on the lives of our patients.

What I strongly recommend is that you take notes as you go through this book. Integrate one or two habits each week. If you can move faster than that, great. This is a marathon, not a sprint.

I picked 14 days because it's long enough to create long-term behavior change, but short enough that people don't feel overwhelmed.

I chose the habits for the reset based on my clinical experience. Many of them were inspired by my friend, Jim Laird, who told me that in his experience, three ten-minute walks, a protein at each meal, and plenty of hydration gave his clients the biggest returns on time and effort in their training.

I would implement the habits in the 14-Day Reset before moving onto anything else. You may be tempted to ignore elements of the reset. I recommend that you start with the 14-Day Reset and focus on it until you have fully integrated it into your daily life.

I designed the reset to be safe for nearly everyone. That being said, there are rare medical conditions that require us to alter the daily habits. If you have a life-threatening illness, such as cancer, heart, lung, blood, kidney, or liver issues, you should always ask your doctor before making changes to your diet or lifestyle. If you don't have serious medical issues, then this is where I recommend you start your journey through our framework.

When we first built the Reset in our clinic, we included two products we routinely recommend to our patients — a specific light therapy product and blue blocking glasses. Many of our patients notice faster and better results when they add these.

You do not need any products to start. I have written the Reset so you can begin today with what you already have. If and when you want to see the exact tools we use and how we use them, check out “Protocols for Energy, Vitality, and Longevity,” at stillmanmd.com/autoimmunity.

The 14-Day Reset

Seven Daily Habits

1. Start your day with light therapy patches, and spend the first five minutes of your day in the brightest sunlight available, without sunglasses or sunscreen, as tolerated — do not burn. If it's too cold outside, find a sunny nook in your home. If it's cloudy or rainy, just find the brightest spot you can. For my favorite light therapy patches, see "Protocols for Energy, Vitality, and Longevity" at stillmanmd.com/autoimmunity.
2. Take time to thank, encourage, or compliment at least three people. These positive emotions are powerful healing forces. I tell my wife and son I love them every morning before I leave for work. I send a few texts or emails to employees, colleagues, or friends over coffee. It takes less than sixty seconds, and it can transform your life.
3. Take three ten-minute walks, ideally before or immediately after breakfast, lunch, and dinner.
4. Drink 64 ounces of spring water daily. We will dive deeper into water and hydration later, but for now make it spring water.
5. Each meal needs a cup or a handful of a few key items to cover your essential nutrients. If you don't feel like measuring everything in cups, think of one cup as being the size of your fist. Each meal should include:
 - a. One cup of protein such as eggs, chicken, turkey, beef, fish, pork, lamb, or bison.
 - b. One cup of root vegetables such as potatoes, sweet potatoes, onions, turnips, rutabagas, beets, parsnips, or carrots.
 - c. One cup of green vegetables such as cabbage, lettuce, spinach, collards, chard, broccoli, kale, or fennel.
 - d. One handful of nuts or seeds such as chia, flax, or pumpkin seeds, walnuts, pecans, pistachios, almonds, hazelnuts, or cashews.
 - e. Increase these portions if you are highly active.

6. At sundown, make your environment as dark as possible. Use low-blue lights. Wear blue blockers if you are around bright lights or are using screens after dark. For more information on these tools and how to use them, see “Protocols for Energy, Vitality, and Longevity” at stillmanmd.com/autoimmunity.
7. Get to bed by 10:00 PM.

The 14-Day Reset is what we start all of our patients with at our practice, because of the profound results that these habits deliver.

These habits aren't exciting, but they are critical to paying down repair deficit. Small, steady, daily deposits add up faster than you think. Consider the following. When you double a penny every day for thirty days, you end up with over \$5 million. If you double it every other day, instead of every day, you end up with \$163.84.

Let that sink in.

Consistency pays. A small increase in consistency can lead to a massive increase in results.

If you want to upgrade your results, there are a few products and pieces of equipment that make a profound difference. You'll find them in “Protocols for Energy, Vitality, and Longevity: Upgrades for the 14-Day Reset” at stillmanmd.com/autoimmunity.

Beyond the Reset

For many of you, the reset won't be enough. You need more. If you would like to become a patient at our practice, book an evaluation with a member of our team.

During the evaluation, we'll:

- ✓ Review your history and current symptoms
- ✓ What you've tried, what's worked, and what hasn't
- ✓ Get clarity on where to go next, whether that's becoming a member of our practice or a referral to a trusted partner of ours

Your Next Step

Book your evaluation today. If you're tired, foggy, and inflamed, we'd love to help you reclaim your health.

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*Until next time, be well,
Dr. Stillman*

This resource is provided for educational purposes and reflects Dr. Leland Stillman's clinical framework and perspective as described in *The End of Autoimmunity*. It is not individualized medical advice, and it is not a substitute for evaluation, diagnosis, or treatment by a qualified physician. Always consult a qualified healthcare provider about your specific health circumstances before making changes to your diet, supplements, or medications.