

The Red-Flag Symptoms of Autoimmune Diseases

Take a moment to go through these symptoms and honestly check off all of the ones you are currently feeling. After following the *Body Belief* program for at least eight weeks, I want you to come back to this list and see how many of your red flags have lessened or gone away entirely. Use the symptoms on this list as a tracker of your healing progress. As you see these symptoms begin to shift, you will know that your body is responding to the *Body Belief* plan and healing is underway!

**Please keep in mind: not all of these symptoms individually indicate an autoimmune condition; it's when three or more of these symptoms occur for you on a regular basis (three or more times a week) that they are indicators of chronic inflammation, which can lead to an autoimmune condition.*

THE GOAL: Follow the *Body Belief* plan for at least eight weeks (ideally, forever!) and see your red flags begin to lessen and disappear. Keep revisiting this list to remind yourself of all the changes that are happening in your body by following the *Body Belief* plan!

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| <input type="checkbox"/> Headaches | <input type="checkbox"/> Thick red patches, covered with scales, on your skin | <input type="checkbox"/> Chest congestion |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Skin that looks shiny on the hands and forearms | <input type="checkbox"/> Shortness of breath |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Acne | <input type="checkbox"/> Difficulty breathing |
| <input type="checkbox"/> Nervousness | <input type="checkbox"/> Hives | <input type="checkbox"/> Asthma |
| <input type="checkbox"/> Irritability | <input type="checkbox"/> Rosacea | <input type="checkbox"/> Dry mouth |
| <input type="checkbox"/> Brain fog | <input type="checkbox"/> Eczema | <input type="checkbox"/> Excessive thirst |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Psoriasis | <input type="checkbox"/> Chronic cough |
| <input type="checkbox"/> Memory problems | <input type="checkbox"/> Dermatitis | <input type="checkbox"/> Frequent throat clearing |
| <input type="checkbox"/> Mood swings | <input type="checkbox"/> Dry, scaly skin | <input type="checkbox"/> Sore throat |
| <input type="checkbox"/> Slurred or stuttered speech | <input type="checkbox"/> Yellowing on the skin and/or whites of the eyes | <input type="checkbox"/> Swollen lips |
| <input type="checkbox"/> Attention-deficit problems | <input type="checkbox"/> Allergies | <input type="checkbox"/> Frequent colds |
| <input type="checkbox"/> Body rashes, red bumps on facial skin, and/or red flaking skin | | <input type="checkbox"/> Thyroid issues (previously diagnosed) |
| | | <input type="checkbox"/> Anemia |
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BODY  **BELIEF**

- Fatigue
 - Hyperactivity
 - Heart palpitations
 - Feeling faint
 - Easy weight gain
 - Excessive hunger
 - Sudden and/or easy weight loss
 - No appetite
 - Compulsive eating
 - Food cravings
 - Water retention/swelling in ankles
 - General feeling of malaise and/or weakness
 - Cold hands and feet
 - Fingers and toes that turn red, white, or blue in response to heat or cold
 - Easy sweating
 - Hot flashes
 - Brittle hair
 - Brittle nails
 - Slow-healing sores
 - Easy bruising
 - Mouth sores
 - Muscle pain and weakness
 - Joint pain
 - Red, hot, swollen joints
 - Stiff, swollen, and/or deformed joints
 - Trouble with balance and coordination
 - Stiffness and pain in your muscles
 - Feeling “wired and tired”
 - Blurry vision or seeing floaters in your eyes
 - Swollen eyes
 - Dark circles under eyes
 - Watery, itchy eyes
 - Nasal congestions
 - Excessive nasal mucus
 - Stuffy/runny nose
 - Frequent sneezing
 - Itchy ears
 - Ear infections
 - Ringing in ears
 - Hearing loss
 - Exhaustion Insomnia or trouble sleeping
 - Stomach cramping or pain
 - Nausea/vomiting
 - Heartburn
 - Gas
 - Bloating stomach
 - Diarrhea
 - Constipation
 - Rectal bleeding
 - Missed or irregular menstrual periods
 - Fertility challenges and/or miscarriages
 - Frequent colds
 - Frequent or urgent urination
 - Genital itchiness
 - Anal itchiness
 - Genital discharge
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