



TAME THE FLAME: 5 HOLISTIC STEPS TO CALM INFLAMMATION FOR WOMEN NAVIGATING AUTOIMMUNITY

This guide offers the exact steps that have made a significant difference in the lives of countless women, including myself. You're here because you're ready for change, and this guide is your next step toward reclaiming your health and well-being.

Curated by KERI HERRO

Autoimmune Strategist & Functional Health Mentor

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About Keri Herro

Meet Your Autoimmune Strategist & Health Empowerment Expert



Hi, I'm Keri. With over 17 years of integrative health experience helping women navigate their autoimmune health journeys, it is my mission to help you to reclaim your health naturally and take back control of your life.

At 16, I faced the exhausting challenges of autoimmunity—dismissed by doctors and unsure where to turn. But I refused to accept that life had to be this way. Through my background in **Molecular Genetics** and **Endocrinology** at the **Mayo Clinic**, I discovered the power of combining scientific insights with a personalized, natural approach to health. I've been where you are—and I'm here to show you the path to reclaim your health.

I'll guide you with **advanced lab testing**, **personalized nutrition**, **lifestyle enhancements**, and **strategic supplementation**, helping you tap into your body's innate ability to heal.

This isn't about managing symptoms—it's about **redefining what's possible** for your health. Together, we'll rewrite your story—one of strength and freedom.

IF YOU DON'T TAKE CARE OF YOUR BODY, WHERE ARE YOU GOING TO LIVE?

I'm so glad you're here!

This guide is designed with you in mind so that you can get out of bed easily, work all day, and still have the energy to play with your kids or go out with friends. I want you to feel like yourself again.

Begin at your own pace—you don't need to implement all five steps simultaneously. Choose 1-2 steps that resonate with you and weave them into your daily routine consistently. By doing so, you'll experience gradual but meaningful results, building a foundation of confidence and resilience.



Boost Anti-Inflammatory Foods

Start nourishing your body with foods that actively fight inflammation, helping to reduce swelling and discomfort, so you can move with ease again.



Eliminate Inflammatory and Immune-Reacting Foods

Leave behind the foods that are silently fueling your pain and triggering flare-ups, giving your body the break it needs to start healing.



Balance Your Stress Levels

Reduce the chronic stress that's keeping your body in a constant state of inflammation and fatigue, allowing you to recover and your pain to diminish.



Engage in Gentle Movement

Overcome stiffness and mobility issues by incorporating light exercises that relieve tension and improve joint flexibility, so you can enjoy daily activities without pain.



Uncover and Address Hidden Imbalances

Use functional lab tests to identify the root causes of your inflammation so you can target the root causes with tailored strategies for lasting relief and the freedom to enjoy life on your terms.

STEP #1: INCREASE ANTI-INFLAMMATORY FOODS

Incorporating anti-inflammatory foods into your diet is a powerful way to equip your body with the nutrients it needs to foster healing and calm inflammation. By focusing on these foods, you can support your journey to better health with every meal.

Common Anti-Inflammatory Foods to Consider Adding:

- **Fruits and Vegetables:** Opt for berries, cherries, oranges, leafy greens, and vibrant vegetables. These are packed with antioxidants and compounds that combat inflammation.
- **Fatty Fish:** Enjoy salmon, mackerel, and sardines, which are rich in omega-3 fatty acids known for their anti-inflammatory benefits. **Nuts and Seeds:** Incorporate walnuts, flaxseeds, chia seeds, and almonds into your diet. These provide healthy fats and nutrients that support a balanced inflammatory response.
- **Whole Grains:** Choose quinoa, brown rice, whole wheat, and oats. These fiber-rich options help stabilize blood sugar levels and support overall health.
- **Herbs and Spices:** Add turmeric, ginger, garlic, and cinnamon to your meals. These herbs and spices contain bioactive compounds with proven anti-inflammatory effects.
- **Olive Oil:** Drizzle extra virgin olive oil on your dishes. Its monounsaturated fats and antioxidants are known to help reduce inflammation.
- **Legumes:** Include beans, lentils, and chickpeas in your diet. These plant-based proteins and fibers support gut health and may contribute to lower inflammation levels.



Supportive Shift

Nourish Your Body with Healing Foods

Give your body what it needs to calm inflammation and restore balance. Try this gentle yet powerful shift in your daily routine:

- 3 servings of colorful vegetables and cruciferous vegetables per day
- 2 servings of colorful fruits per day
- 2 servings of fatty fish per week
- 1 ounce of nuts 2-4 times per week 3 servings of whole grains per day
- 2-3 servings of legumes per week
- 1-2 tablespoons of olive oil per day

STEP #2: REDUCE INFLAMMATORY AND IMMUNE REACTING FOODS

Reducing the intake of inflammatory and immune-reacting foods is a fundamental part of a holistic approach to managing joint pain and inflammation. By making mindful food choices, you can significantly enhance your well-being and experience noticeable relief.

Benefits of Reducing Inflammatory and Immune Reacting Foods:



Decrease Systemic Inflammation

Inflammatory foods can activate your immune system and fuel chronic inflammation, which impacts your overall health.



Relieve Pain

Foods that trigger inflammation can amplify pain and discomfort. By eliminating these, you can find significant relief.



Enhance Joint Function

Lowering inflammation helps restore joint mobility and function, making daily activities more comfortable.



Better Flare-Up Control

Identifying and avoiding trigger foods can help manage and reduce the frequency of autoimmune flare-ups.



Boost Overall Well-Being

A diet focused on anti-inflammatory foods supports better energy levels, a more stable mood, and a stronger immune system, helping you navigate the challenges of autoimmunity with greater resilience.



Common Inflammatory Foods to Consider Limiting:

- Processed foods
- Sugary foods
- Refined carbohydrates
- Saturated and trans fats
- Red meats
- Excessive alcohol

Supportive Shift

Build Awareness Through Food Journaling

Start tuning in to how food is affecting your body by gently tracking what you eat and how you feel.

- Keep a daily journal of everything you eat and drink.
- Note the time, ingredients, and portion size if possible.
- Pay attention to how you feel after meals—energy, digestion, mood, pain, or flares.
- Track symptoms or shifts (even subtle ones) to start noticing patterns.

This practice isn't about perfection—it's about connection. It helps reveal how your body responds, so you can make empowered, informed choices.

STEP #3: BALANCE STRESS LEVELS

Prioritizing relaxation and finding ways to foster a sense of calm is essential for reducing inflammation and improving autoimmune symptoms. By incorporating soothing practices into your daily routine, you can alleviate persistent discomfort, build resilience against flare-ups, and regain the energy to fully engage in life's activities.

Ways to Cultivate Calm:

Physical Activities

- Go for a walk or do other physical activities you enjoy
- Dance to your favorite music
- Give yourself a foot massage
- Enjoy an Epsom salt bath
- Sit in a sauna

Mental Practices

- Journal about things you are grateful for
- Take 5 minutes to focus on deep breathing
- Listen to music that relaxes you
- Spend time with a pet
- Talk with supportive friends or family

Creative Outlets

- Sing in the shower or car
- Hum while doing daily tasks
- Be creative, such as coloring, painting, woodworking, knitting, scrapbooking, or other crafting
- Enjoy a funny movie or book
- Laugh

Spiritual Connections

- Connect with nature through gardening, hiking, or feeding birds
- Spend time in spiritual or religious practices
- Diffuse a soothing essential oil, such as sweet orange or lavender, in your home or car

Supportive Shift

Create a Daily Calm Ritual

Set aside just 15 minutes each day to nurture your nervous system and reconnect with yourself.

This could look like:

- Gentle movement or stretching
- Deep breathing or meditation
- Stepping outside for fresh air
- Journaling or quiet reflection
- Listening to calming music or a devotional

This intentional pause isn't a luxury—it's essential. When you slow down and tend to your stress, your body feels safer. And a safe body is a healing body.

STEP #4: EXERCISE

For many women facing chronic inflammation, pain, and fatigue, the thought of exercise can seem daunting. However, incorporating gentle, low-impact activities into your routine is essential for reducing pain, boosting energy levels, and combating the debilitating fatigue that often accompanies autoimmune conditions. Embracing movement can be transformative, and starting with small, manageable steps can lead to noticeable relief and more consistent energy throughout your day.

Why Gentle Exercise Matters:



Relief from Stiffness and Pain

Gentle activities like swimming, walking, and stretching can help ease the stiffness and joint pain that make daily tasks difficult, allowing you to move with greater comfort and ease.



Reduced Joint Strain and Injury Risk

Strengthening the muscles around your joints provides crucial support, reducing the strain that often leads to flare-ups and injuries, helping you maintain your independence and avoid further damage.



Lifted Mood and Reduced Anxiety

Physical activity releases endorphins, which can help combat the anxiety, depression, and emotional toll that often accompany chronic autoimmune conditions, giving you the mental strength to face each day.



Improved Sleep and Faster Recovery

Regular movement promotes more restful sleep, which is essential for your body's healing process, helping you wake up feeling more refreshed and less fatigued.



Enhanced Social Connection

Participating in physical activities can also create opportunities for social interaction, reducing the loneliness and isolation that can come with chronic illness, and boosting your emotional well-being.



Supportive Shift

Embrace Natural Movement

Begin with gentle, natural movement that feels nourishing—not draining. This could be stretching, walking, or light yoga. As your energy builds, gradually explore other forms of movement your body enjoys.

Start where you are, and honor what your body needs each day.

Some days may call for rest, others for a bit more movement. Let your body guide you—not rigid routines.

This isn't about pushing through. It's about partnering with your body and rebuilding strength with compassion.

STEP #5: DISCOVER & ADDRESS HIDDEN IMBALANCES

Uncover the Root Causes of Your Symptoms with Functional Lab Testing

When it comes to your health, standard lab tests only scratch the surface. Functional lab testing, on the other hand, dives deep into your body's unique needs, uncovering the root causes of your symptoms. The personalized insights they provide empower you to make decisions that lead to real, lasting change, helping you finally break free from the ongoing symptoms that have been controlling your life.

Why is Functional Lab Testing Important?



Identify the True Source of Your Symptoms

Functional lab testing goes beyond basic lab testing, uncovering hidden imbalances and the root causes that standard tests might miss. This comprehensive approach is crucial for finding effective, long-term solutions.



Receive Personalized Health Insights

Your functional lab results provide a comprehensive view of what's happening inside your body, allowing us to create a customized health plan that targets your unique needs—no more generic, one-size-fits-all approaches.



Optimize Nutrition, Supplements, and Lifestyle Strategies

With detailed functional lab results, we can fine-tune your nutrition, supplements, and lifestyle changes to address your specific imbalances, leading to more effective and sustainable results.



Gain Knowledge and Confidence

Understanding the 'why' behind each recommendation keeps you motivated and engaged. When you see the direct impact of your actions on how you feel, you're more likely to follow through and achieve your health goals.

When you're stuck in the cycle of inflammation, fatigue, and unanswered symptoms, you need more than guesswork—you need clarity. That's where functional lab testing comes in. These tests are designed to uncover the hidden imbalances behind your autoimmune symptoms and give us a clear map to guide your healing journey.

Here's how these labs work to create real change for your body:

Pinpoint Your Food Triggers for Immediate Relief

Imagine knowing exactly which foods or substances are causing your pain, fatigue, and inflammation. Our targeted functional lab test pinpoints the exact irritants behind your symptoms, allowing you to eliminate them and experience noticeable relief quickly.

Restore Your Gut for Enhanced Comfort

Even without obvious digestive symptoms, poor gut health can often underlie autoimmune conditions and exacerbate your symptoms. Our specialized stool test provides a comprehensive analysis, revealing hidden issues that could be affecting your health. With this knowledge, we can create a precise plan to restore your gut health, helping you feel more energized and comfortable.

Fix Cellular Deficiencies for Lasting Energy

If you're struggling with low energy, persistent fatigue, or unexplained weight changes, the problem might be deep within your cells. Our functional metabolic lab test uncovers hidden deficiencies and imbalances, allowing us to target the root causes so you can regain your energy and feel like yourself again.

Balance Hormones for Improved Mood

Hormonal imbalances can wreak havoc on your body, causing mood swings, weight gain, and other issues. Our comprehensive hormone and adrenal lab test provides an in-depth understanding of your hormonal health, helping us align your symptoms with lab results and create a plan for better balance and mood. Schedule a comprehensive health assessment.

When we combine your lived experience with data from your body, we can finally stop chasing symptoms—and start creating real, lasting change.

Ready to see what's really going on inside?
Take the next step toward clarity and healing:



Schedule your Free Autoimmune Strategy Call

You don't have to figure this out alone. I'm here to walk this with you.

YOUR TIME IS NOW TO MAKE REAL CHANGE WITH YOUR HEALTH!

Feeling Like Your Body Is Working Against You?

Ready to Reclaim Your Health Journey?

Congratulations on taking the first step toward easing joint pain and inflammation! Every action you take, no matter how small, is a powerful move toward overcoming your autoimmune symptoms and reclaiming your well-being. Celebrate these small wins—they are more than just progress; they are proof of your strength and commitment. Remember, overcoming autoimmune symptoms is a gradual process, and each victory—no matter how minor—brings you closer to a life free from constant pain and inflammation.



Rethinking Autoimmunity

Let's be real—autoimmunity isn't something to just "manage" with a band-aid approach. If you've been told to accept your symptoms or stick with generic solutions, you've been misled into thinking your options are limited. This mindset is a huge barrier to achieving true health transformation.

Imagine this: Two women, both struggling with persistent joint pain and fatigue from autoimmunity. One woman decides to stick with a standard treatment plan—generic medications and a basic diet that doesn't change much. She sees some temporary relief but constantly battles flare-ups and feels like she's just getting by.

Now, picture the second woman. She chooses a different path—a personalized, holistic approach. She starts by identifying her specific triggers through targeted testing, then adopts a tailored anti-inflammatory diet, integrates stress management techniques, and supports her healing with natural supplements. She doesn't just feel better temporarily; her energy returns, her pain diminishes, and she begins to reclaim her life, feeling stronger and more resilient every day. **The difference?** The second woman experiences real, lasting improvements because she's addressing the root causes of her symptoms, not just putting a band-aid on them.

This guide, "Tame the Flame: 5 Holistic Steps to Calm Inflammation for Women Navigating Autoimmunity," is filled with valuable insights and actionable steps, but let's be honest—this is just the beginning of your journey 🧩. You deserve more than a one-size-fits-all solution. You deserve a tailored approach that evolves with your unique needs.

Are you ready to take these insights and turn them into a personalized plan for lasting results? You're at a pivotal moment in your health journey. Every day you wait is another day without the relief and freedom you deserve. Let's stop merely managing symptoms and start creating lasting change together.

Client Love

At the heart of our healing journey are the stories of those who've experienced profound change. Our clients don't just find relief from physical symptoms—they discover new paths toward wholeness and well-being.



This is Jan. Real women. Real healing. Real results.

Jan

"Keri has been an integral part of my healing. Her knowledge combined with her compassion, helped get me through one of the most difficult seasons of my life. She is truly a blessing in my life and the lives of many others."

Shandra

"Working with Keri changed my life. I was in constant pain and missing work. With Keri's guidance, my pain eased significantly. When she recommended removing my breast implants and IUD, my symptoms finally resolved. Now my pain is minimal, infections are gone, and my mental health has greatly improved!" (BTW, Her doctors dismissed the link between her symptoms and implants or IUD. Removing them changed everything.)

Next Steps:



Join the FREE Community

Connect with like-minded women and access additional resources and training designed to help you rise above the overwhelming fatigue, pain, and frustration that come with autoimmune issues.

[Join the Women's Autoimmune Freedom: Calm Inflammation and Restore Balance Facebook Group](#) for natural solutions for lasting relief.



Discover Personalized Support

Ready to dive deeper? Schedule a complimentary 30-minute Autoimmune Strategy Call with me. This no-cost, no-obligation call is your opportunity to explore how The Autoimmune Freedom Method & Functional Lab Testing can be customized to meet your unique needs.

[**Click Below to Schedule Your Free Autoimmune Strategy Call**](#)



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Discover The Autoimmune Freedom Method™—a personalized, root-cause approach to reversing...

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