

WellTheory

Nutrition for Autoimmune Symptom Relief



Welcome!

Your host today:



Rachel Manthey

Registered Dietitian
Nutritionist (RDN),
WellTheory

Agenda

01 Autoimmune 101

02 How can WellTheory help

03 Decoding your symptoms

04 Our approach to healing

05 Q&A



What Is Autoimmune Disease?

Autoimmune conditions are caused by one's own immune system attacking its own tissue.

Antibodies are created and target healthy tissue.

These attacks cause inflammation and destruction of cells.

50M Americans have an autoimmune condition, and growing rapidly

Source: [Research Gate](#)

Autoimmune Dis. 2014; 2014: 798029.
Published online 2014 Dec 24. doi: 10.1155/2014/798029

PMCID: PMC4290643
PMID: 25610638

Environmental Triggers and Autoimmunity

Aristo Vojdani,^{1,*} K. Michael Pollard,² and Andrew W. Campbell³

[Source](#)

Global spread of autoimmune disease blamed on western diet

[Source](#)

Review > Curr Opin Immunol. 2023 Feb;80:102266. doi: 10.1016/j.coi.2022.102266.
Epub 2022 Nov 26.

The increasing prevalence of autoimmunity and autoimmune diseases: an urgent call to action for improved understanding, diagnosis, treatment, and prevention

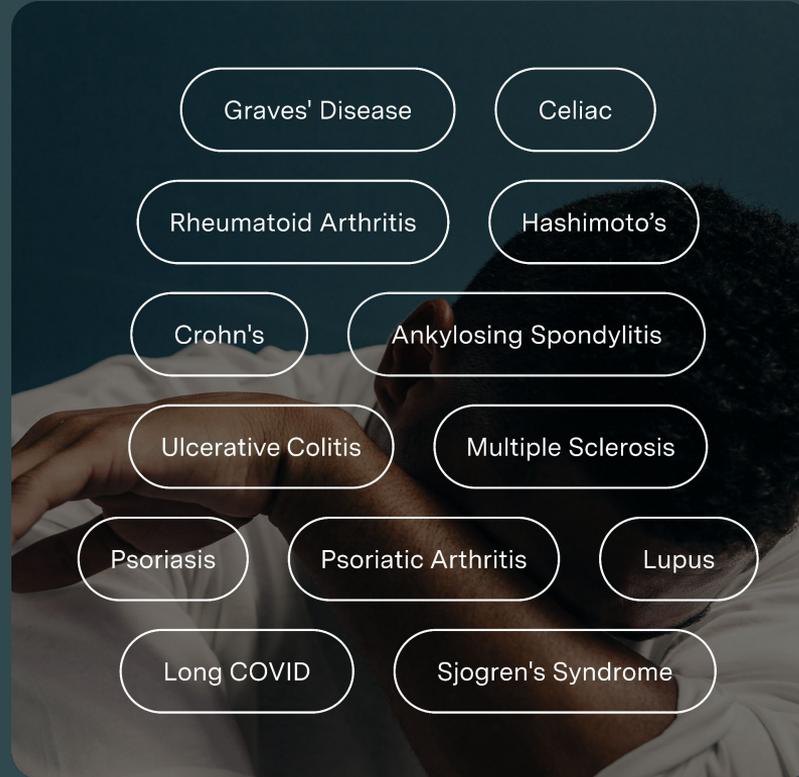
[Source](#)

News & Views | Published: 12 April 2023

Autoimmunity

High risk of autoimmune diseases after COVID-19

[Source](#)



Autoimmune Journey



AGE 31

Symptom onset

45% are told it's "all in their head" ¹

AGE 32
ER visit



AGE 32—35

5 specialists
are seen on average ²

AGE 35

Diagnosis

It takes 4.5 years on average ³



AGE 37

Symptoms worse, trial & error with medication

AGE 44

Medicated, but still experiencing symptoms

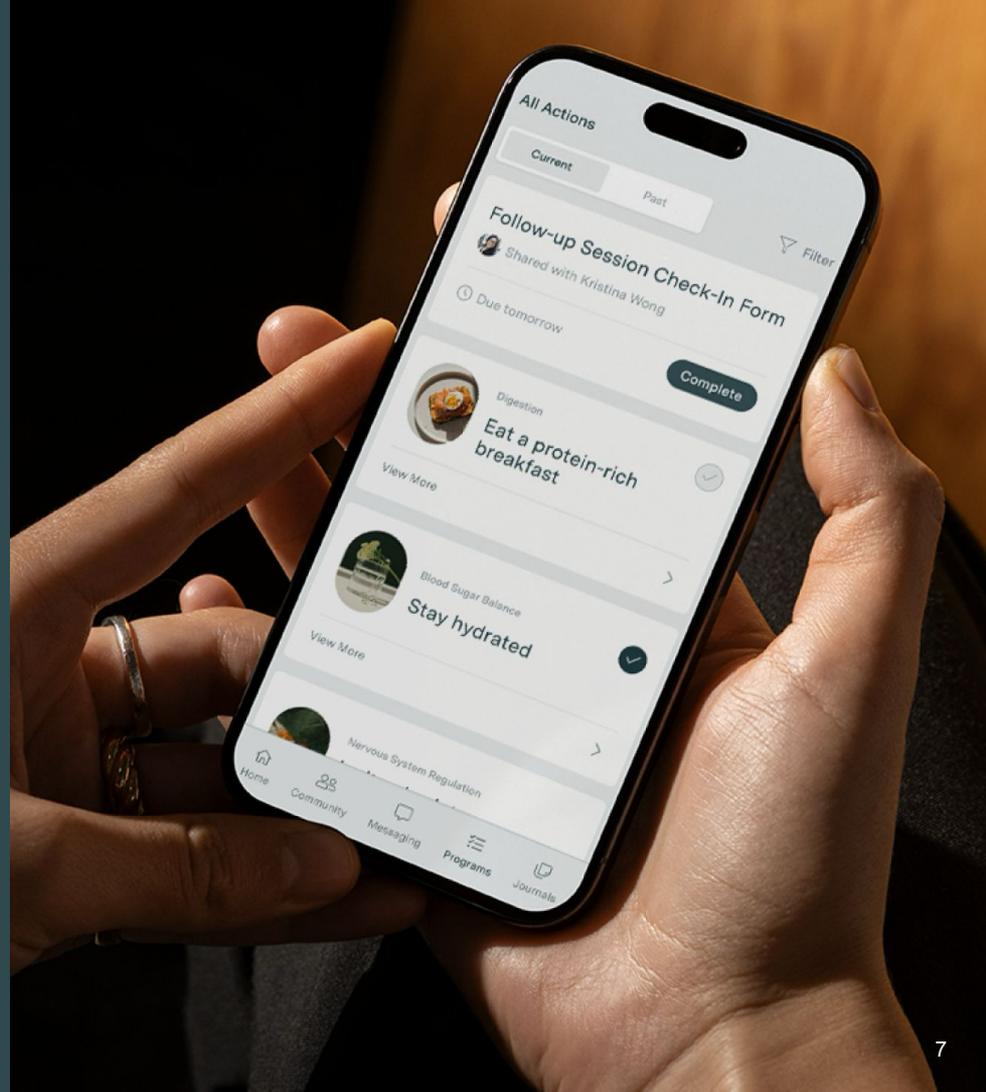


What if You Don't Have an Autoimmune Diagnosis?

Whether you're a longtime member of the autoimmune community or you're still waiting for answers, we've got you covered.

THE SOLUTION

WellTheory offers **root cause virtual care** to reduce autoimmune symptoms and help you feel like you again



HOW IT WORKS

Specialized 1-on-1 autoimmune care, from a team of experts who *get it*.



Hashimoto's Thyroiditis

Idiopathic Urticaria

Angioedema

Sapna Bhalsod
Registered Dietitian

Registered Dietitians

Licensed providers who serve as your nutrition strategist and are your main point of contact at WellTheory



Sjogren's Syndrome

Raynaud's Disease

Myasthenia Gravis

Mixed Connective Tissue Disease

Sybil Cooper, PhD
Health Coach

Certified Health Coaches

Think of them as behavior change experts and your accountability partner



Josine Gumban
Care Coordinator

Care Coordinators

Support on anything related to your experience as a member (e.g., eligibility, care coordination with your external providers)

NEW BENEFIT

Registration is now open. Enroll in WellTheory today.

Through personalized treatment plans, **92% of our members have experienced symptom relief** in 4 weeks. Let's create the right plan for you.

Free

For RRD employees and eligible family members (18+) enrolled in an RRD National Medical Program option from BCBSIL are eligible for WellTheory at this time



To join, scan or visit
welltheory.com/partner/rrd

Here's what's included

- Regular video calls with an expert in autoimmune care
- A personalized nutrition & lifestyle plan for real relief
- Unlimited messaging & appointments that work with your schedule

Decoding your symptoms

Same Symptom, *Different Paths*



Person B

Root Cause

- Nervous System Dysregulation
- Leaky Gut
- Food Sensitivities
- Environmental Exposures

How you can start healing

4 Pillars of Autoimmune Health



Nutrient Intake

Increased variety of nutrient dense foods to support recovery from inflammation



Gut Health

Increased absorption of nutrients dense food



Blood Sugar Balance

Healthy blood sugar balance to support energy and metabolic health



Lifestyle Interventions

Focus on optimizing sleep, movement, and stress for nervous system regulation

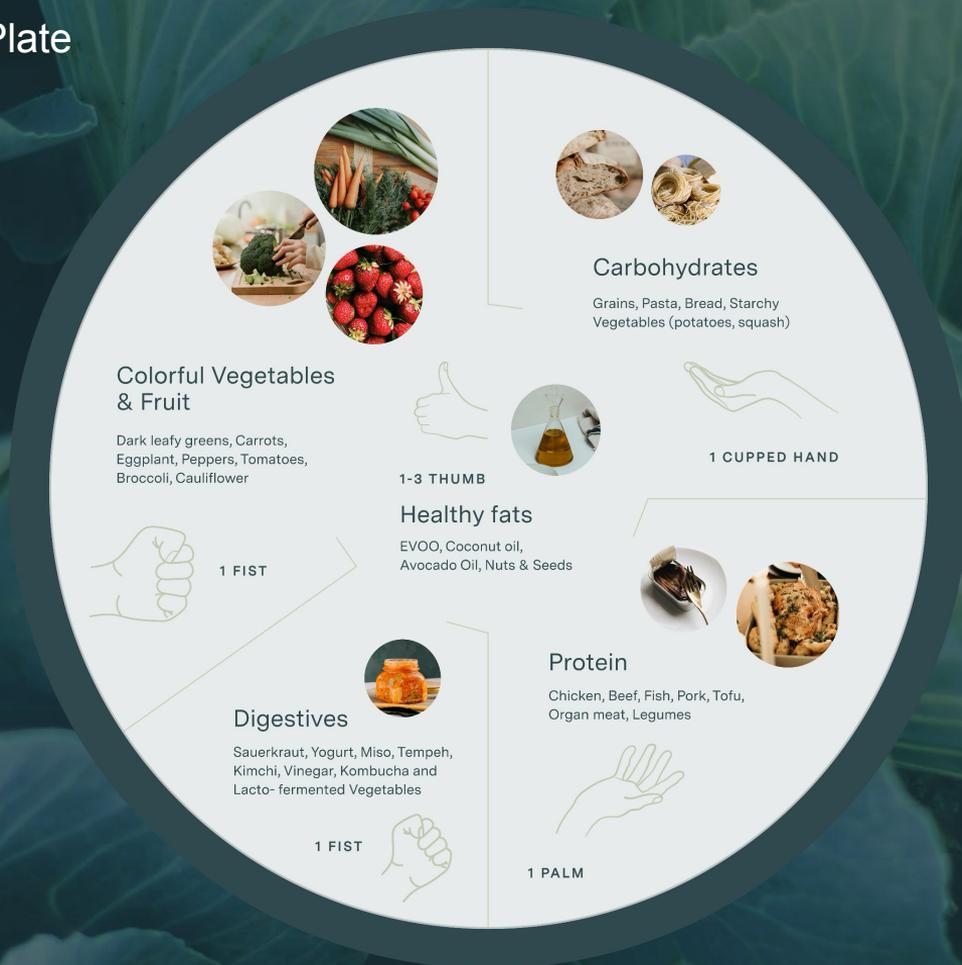
Diet and Nutrient Intake



The WellTheory Approach

- Anti-Inflammatory diet
- Increase Omega 3 fats
- Reduce processed foods

Creating a Balanced Plate





Gut Health

The WellTheory Approach

- Mindful eating practices
- Improved nutrient absorption
- Gut healing foods



Nutrient Spotlight: Fiber

Fiber can support symptoms of digestive upset & fatigue

80% of the immune system lives in the gut

Can help reduce fatigue & brain fog

25 - 30 grams of fiber per day is a great goal to aim for

Blood Sugar

The WellTheory Approach

- Nutrient balancing
- Mindful meal sequencing
- Meal timing consistency



Importance of blood sugar regulation



Simple sugars 'spike' the blood sugar levels leading to energy crashes; cravings start; fatigue, hangry; light-headed

Protein, fiber, and healthy fats help to flatten the curve so we see rolling hills rather than peaks and valleys



Lifestyle

The WellTheory Approach

- Nervous system regulation
- Sleep hygiene
- Mindful movement

Q&A

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We're happy to answer any questions you have about the WellTheory program.

**Note: Your questions will be visible to others, so be sure not to share personal medical information.*

“ I want to make changes.
I want to believe in myself again.”

— WellTheory Member

“ It's stunning to me how much doctors
don't know about autoimmune disease.”

— WellTheory Member



Sign up here

WellTheory

Thank you



If you have questions or feedback,
please reach out to support@welltheory.com