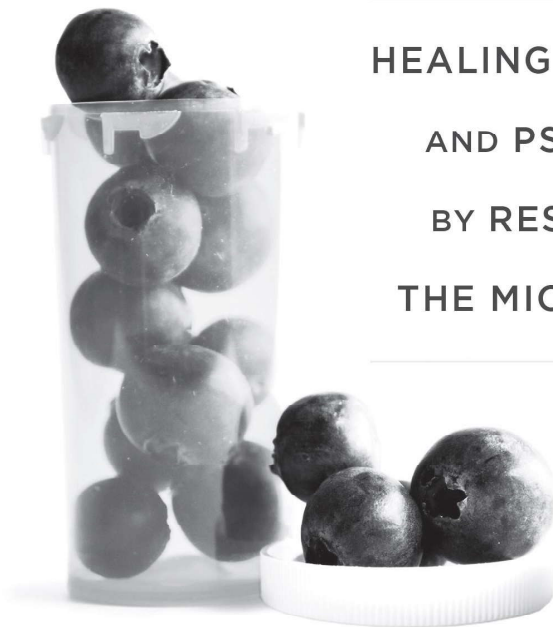


# THE KEYSTONE APPROACH



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HEALING ARTHRITIS  
AND PSORIASIS  
BY RESTORING  
THE MICROBIOME

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Franklin Fox Publishing  
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The Keystone Approach: Healing Arthritis and Psoriasis by Restoring the Microbiome

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[www.autoimmunemediterranean.com](http://www.autoimmunemediterranean.com)

## The Autoimmune Mediterranean Framework at a Glance

### Step 1. Eat More Fish

- The best fish are those richest in DHA and EPA, but low in mercury:
  - Salmon
  - Sardines
  - Farmed rainbow trout
  - Atlantic mackerel
  - Herring
- Try to eat at least 2–3 servings of these fish each week.
- Consider adding a 2–4 gram fish oil supplement to ensure sufficient EPA and DHA every day. Nordic Naturals Ultimate Omega and Minami Platinum are good brands.

### Step 2. Use Olive Oil Instead of Inflammatory Fats and Oils

- Use extra virgin olive oil as the primary added fat.
- Avoid these inflammatory fats and oils:
  - Vegetable oils such as sunflower, safflower, soy, corn, and canola oil
  - Saturated fats from lard, duck fat, ghee, and coconut oil

- Excessive arachidonic acid from organ meats, bacon, and farmed tilapia
- The level of saturated fat and arachidonic acid in red meat, poultry, and farmed salmon is not problematic in moderation and in the context of an omega-3-rich diet.

### **Step 3. Eat More Vegetables**

- Vegetables should make up the majority of each meal, with a daily target of at least 6 cups.
- The best fruit and vegetables are those highest in fiber and antioxidants:
  - Kale, brussels sprouts, broccoli, collard greens, and cabbage
  - Carrots, cauliflower, and red varieties of lettuce
  - Onion, garlic, leek, and asparagus
  - Blueberries, blackberries, cranberries, and dark plums

### **Step 4. Eliminate Grains and Legumes That Contribute to Intestinal Permeability**

- Strictly eliminate gluten-containing grains: wheat, rye, and barley.
- If you have celiac disease, strictly avoid even “gluten-free” grains, as they are often contaminated or cross-reactive.

- Minimize other grains and legumes that contribute to intestinal permeability:
  - Oats
  - Quinoa
  - Soy
  - Peanuts
  - Corn
- Reduce your intake of potatoes, tomatoes, and peppers, since they contain problematic lectins.
- White rice and very well-cooked beans are the best choices for grains and legumes, but bear in mind their high starch content and low nutrient density.