



AUTOIMMUNE DISEASE

**WHY IT HAPPENS
AND HOW YOU CAN MAKE
IMPACTFUL CHANGES WITH
NUTRITION**

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What *is* AutoImmune Disease?

start out with a description – maybe a list of symptoms you may be feeling and then you go to the doctor and they diagnose you with an auto immune condition – it could be hashimoto, or fibromyalgia, or Lupis). You may have been told this is a condition that you must live with – But you want more information than that. What is happening? Why is it happening and What can you do about it??

Add what IS an auto immune disease

Do you know why your immune is system is attacking your own cells?

(or rephrase as "

So Why is my immune system attacking my own cells?)???

It's not that your immune system is misbehaving, or that it has it in for you – and the "it's your genetics" theory can't possibly account for the explosion of auto immunity in the last ten years. Such a huge change in genetics doesn't happen that fast.

There are very logical reasons for this condition; in fact your immune system is reacting normally! It is reacting to an abnormal environment and circumstances.

Let's Break it Down

Every organ and gland in the (your?) body has its own specific cells that are exclusive to those organs. For example, the thyroid has thyroid cells (proteins), the liver has liver cells, and so on...

We don't want these cells circulating all over the body. In order to keep the thyroid cells, for example, from populating a new area and creating thyroid tissue in the wrong place the immune system comes in and 'cleans up' any of these proteins that may have leaked into the blood. This is actually a great system!

The problem arises when there are too many of these cells that have leaked from the organs and are now circulating.

Now it requires a larger response from the immune system. Eventually, as the organ itself becomes weaker, the immune system starts going after all the thyroid cells, including the thyroid.

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Why would an organ leak its own proteins?

Good question. These days, we deal with more toxicity than ever before; toxicity comes from the chemicals, metals, and other challenging substances that have increased exponentially over the years.

- Chemicals have increased in our food, our products for the body, our clothing, and our cleaning agents.
- The quality of our food has diminished as the soil gets more saturated with pesticides and herbicides.
- The use of prescription drugs has increased, putting more stress on the liver. It's not unusual for a senior person to be on 12-15 daily medications.
- Genetically modified foods are at an all time high in the U.S. GMOs are altered seeds for planting vegetables, fruit and grains. They are created to resist high amounts of pesticides and herbicides without killing the plant. This creates a better chance of survival for the plants, while also decreasing infestation and plant death. It's more profitable to plant this way and cheaper for the manufacturers and the consumer. However, GMOs are exactly what the name says, genetic material (DNA) that has been altered in a way that doesn't occur naturally. How can anyone say with confidence that they know they are safe for human consumption? Long term studies are only being done now on the population.

Necrosis and Apoptosis

All these stressors described above create weakness in the organs and the immune system. Extra stress on the body requires more nutrition in order to handle and manage the situation. The combination of physiologic stress and nutritional deficiencies weaken organs. Weak organs can also attract pathological organisms like _____. Now the organ is suffering and allows the proteins to leak and circulate in the blood.

The degeneration of an organ tissue cell type (or any cell) is called *necrosis*. Chemicals have increased in our food, our products for the body, our clothing, and our cleaning agents.

Every day, billions of cells die in order to eliminate those that are harmful or useless.

This is a normal , healthy action. It is called ***apoptosis***. After the cells die, the immune system comes in and engulfs the dead cells, eventually removing them from the body. The immune system does not attack normal healthy cells. When a cell destructs through necrosis, it is not a normal healthy cell. Necrotic cells in the blood and the home organ will be attacked by the immune system *(is this repeating what you just said or is this a different point?)*

The "Immune Alliance"

Then, there is the immune system itself.. You may want to think of it actually more as an "immune alliance," made up of various systems and organs, including your:

- Thymus
- Spleen
- Long bones (marrow and blood)
- Stomach
- Intestinal Flora
- Liver

When these are functioning well and the appropriate nutrients are available, the immune system can be surprisingly strong.

To simplify, we could say that there are two sides to the immune system. *The innate or cellular side* actually does the attacking and clean-up of unwanted cells and pathogens. This innate side is solely fueled by nutrition. The other side is called the *acquired or antibody side*. The main job of antibodies is to flag a problem. This is why people are considered immune to diseases they have already had. When the body comes across a pathogen it has

already experienced, the antibodies signal the innate side quickly and your immune system goes to work immediately. No need to figure it out.

The (your?) immune system should be strong and quiet -- meaning the innate side is well fueled with a strong alliance of organs and an adequate nutrition supply, while the antibodies are quietly standing by.

Problems arise when the opposite is true; the innate side is weak and there is too much antibody activity.

Usually people with an autoimmune disorder or disease have one or more chronic, low grade infections that they may or may not be aware of. When an organ is weak and leaking its proteins, the pathogens also have digestive and liver involvement.

You probably have heard of *leaky gut*. It is a collagen disease process where the fabric of the gut is unraveling. This affects the junctions between the hair like structures (called villi). The junctions widen, become inflamed and allow substances to pass through. This is not good. It can progress to lesions in the bowel and irritable bowel or Chron's Disease. It may contribute to a different Auto Immune Disorder (? an additional??). This is why food intolerances show up for those with AID

[Would it be better to say "this is why many people with auto immune disorders?) also notice an intolerance to certain foods - less NRT slang]

A healthy gut lining will have tight junctions, not letting anything through. A compromised gut lining and inflammation causes leaky gut. Undigested /partially digested proteins pass through into the bloodstream and trigger an immune response. This can lead to systemic inflammation, food allergies, toxicity, AID and other health problems

In any case, the integrity of the digestive system is high priority for wellness.



(I feel like there needs to be a heading here) - maybe that Unhappy Liver line below?)

The liver has so many functions that if it is not healthy, the person is not healthy. Your liver is in charge of hundreds of functions every day. When it is overwhelmed with chemicals, heavy metals, pathogens, fats, too much sugar, pharmaceutical drugs, etc., it can become congested and sluggish. This diminishes its capability to perform other important jobs like converting your T4 into T3 [??] fat metabolism, aiding in blood sugar control, etc.

An unhappy liver makes an unhappy body.

Putting it all Together

I hope you have learned a bit more about your body and how your immune system works - and you can see that there is a physiological explanation for your autoimmune diagnosis. It is not some mysterious betrayal of your immune system or a genetic defect. And this is good news

It means that you are not the defenseless victim of a disease. You have options. Your body is responding the way it needs to under the circumstances and if you change the inner terrain, your body will respond differently.

You can start today by doing one thing differently than your normal routine. Maybe that is a walk outside in the sunshine, or skipping the Starbucks and opting for a healthy hot drink to start your day. Small steps over time create big changes.

Why not start working on feeling better today?

You don't need to do it alone. We (I??) can help guide you through this process of decreasing your stressors, increasing the good habits and nutrition, and addressing all these aspects of physiologic involvement.

add call to action here...

contact us
