

# Autoimmune Disease On The Rise

*"The number of patients with autoimmune disease is on the rise and one of the things that trigger autoimmunity to look at first are heavy metals."*

The number of autoimmune diseases is over 100 and growing. Let's look at some of the precipitating factors and see why the number of patients with autoimmune disease is also on the rise. Then let's consider ways to reverse those factors. Normally the immune system recognizes what is "self" or what is "not-self." Anything which is self is tolerated. However, anything in the body which is identified as "not self" is attacked. That's the KEY word for me is "identified."

Normally the body does a great job of differentiating which is which. But sometimes the line gets blurry and the body thinks "self" is "not self" and tries to destroy it, which means it tries to attack itself or at least a part of itself. Here's the billion dollar question. What causes that line of self vs. non self to be blurry?

Some of the things that trigger that "blurry line" are heavy metals like mercury,



lead, cadmium, excess iron and aluminium. In fact Dr. David Brownstein looks first to heavy metals as the culprit especially for Hashimoto's. Dr. Russell Blaylock, a neurosurgeon has years of experience with autoimmune patients. In his excellent book "Health and Nutrition Secrets That Could Save Your Life" he agrees and clearly shows how mercury and other heavy metals are a BIG factor with autoimmunity.

Another theory for the blurry line of autoimmunity revolves around smoldering infections. I am referring to chronic infections and chronic inflammation. Remember, the way white blood cells work is to blast the bacteria, yeast or virus with free radicals. However, if there is a global deficiency of antioxidants, the tissue surrounding the area where the infection is breeding will suffer. Factors which cause antioxidant depletion are old age, stress, lack of sleep, hydro-

generated oils, junk food diets, physical trauma, a systemic acid chemistry and heavy metals.

Researchers are also discussing that pesticides, plastics, food allergies, low cholesterol, vaccines or vitamin D deficiency trigger the lack of discrimination between self vs. non self.

But regardless of the ultimate cause, poor digestion and gut dysbiosis play a huge roll. Think about it. All the factors we have discussed so far can cause intestinal permeability. So intestinal permeability should be factored directly or indirectly in every autoimmune condition you treat. 50 - 70 % of the immune system by weight either originates or is located in the gut.

Make sure the gut is foremost on your mind as you apply your treatment protocols. And if you are having trouble with results or patient compliance don't be afraid to use laboratories to look for amoeba, unwanted bacteria, lack of healthy bacteria, excess yeast and heavy metals. The body will make antibodies to combat them; and if the gut is compromised, they will leave the GI tract and look for things that are similar in structure, a process called molecular mimicry.

But before you do the more complicated testing, try applying the basics. The results may surprise you and could save your client thousands of dollars. Remember the basics. Use enough Bio-D-Mulsion Forte to increase blood levels to 50-100 ng-ml. If testing is not available use four thousand to six thousand IUs per day. Vitamin D has a profound effect on gut health and a calming effect on many cytokines. Recommend a superior multiple like "ProMulti-Plus" that is loaded with antioxidants.

Use our "Food For Life" CD as a motivator to help patients upgrade their diet and reduce toxins. It can get sticky when you ask patients to stop all grains and dairy, but you can't heal the gut if a patient is reacting to food sensitivities. The fact that their immune system is attacking them means something major has gone awry. So eliminate gluten or dairy until patients are tested to assure they are not reacting.

Also use an active Probiotic like BioDoph-7 Plus to help balance the humoral and cellular immune system. Finally, use an Essential Fatty Acid blend that will reduce inflammation and support healthy cell membranes. Make sure it has the GLA fraction as well as the EPA/ DHA for maximum benefit.

Another area that is rapidly developing is nutrients that act as biological immune response modifiers. Vitamins A and D, CoQ10, curcumin, boswelia, milk thistle, quercetin, proanthocyanadins, green tea extract and trans-resveratrol are examples.

A good friend and mentor Dr. Walter Schmitt holds in-depth postgraduate seminars showing how to clinically test botanical agents using neurolingual taste testing to individualize treatment. The link below will direct you to seminar dates and locations.

Autoimmune conditions are on the rise but remember you have more options than you realize. Building foundational support and removing the offending triggers can have profound effects upon your patient's health. You have MORE answers than you realize. It's just a matter of systematically applying them.

Thanks for reading this week's edition. I'll see you next Tuesday.