

# The Tuesday Minute

*Nutritional information.... one byte at a time*

## *This Week's Topic*

### **Foundational Nutrition Plan For Autoimmune Patients**

I used to get a little queasy when a patient with an autoimmune condition came in to see me; but once I understood the dynamics and underlying factors, I actually look forward to seeing them now. I don't know when the lightning bolt hit me, but one day I realized that patients were getting worse day by day if I did nothing.

Similarly, if they followed traditional medicine the underlying causes would stay the same. Sure they might feel temporarily better from symptom care; but if I could get them to make changes in diet and lifestyle, they would be building a stronger infrastructure. The greater the changes, the healthier their cells and cell membranes would become. The greater the lifestyle changes the more they could build antioxidant reserves and reduce inflammation. And whether we use the "D" word (detox) if they eat real food, they can reduce their toxic load and build better gut function.

Can you feel the pressure lifting? I didn't have to fix them. I could guide them and help them make the changes necessary to build a healthier THEM. Even if patients make small changes, it means their level of cellular integrity will increase over the toxic lifestyles they lived under before I helped them. Sometimes we have to do specialty lab tests for more chronic cases, which may require high tech supplements. But by building foundational health, we can make great progress in re-building and repairing cells.

Let me give you a simplified definition of autoimmunity. 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, 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.

If the tissue that is being attacked is thyroid we might call it Hashimoto's thyroiditis. If the tissue is skin, we might call it psoriasis. If the attacked tissue is joint tissue, we might call it rheumatoid arthritis; nerve tissue, we call it multiple sclerosis; connective tissue, we call it lupus.

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 aluminum. In fact, Dr. David Brownstein looks first to heavy metals as the culprit especially for Hashimoto's.

Dr. Russell Blaylock is a neurosurgeon and has great deal of experience with neurodegenerative 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.

What are some of the things which cause antioxidant depletion? Old age, stress, lack of sleep, hydrogenated oils, physical trauma, junk food diets, a systemic acid chemistry, and heavy metals as I just mentioned. Other researchers discuss 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. Remember 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, or excess yeast. The body will make antibodies for these organisms and if the gut is compromised, they will leave the GI tract and look for things that are similar in structure like tissues, a process called molecular mimicry.

But before you do the more complicated testing, try applying the simple principles we cover here

on the Tuesday Minute. The results may surprise you and could save your client thousands of dollars.

Remember the basics: use enough vitamin D to increase blood levels to 50-100 ng-ml. If testing is not available, use 4,000 to 6,000 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.

Make sure a good diet like the "Food for Life" diet is consumed. This will naturally increase nutrient dense foods and reduce dietary toxins. One of the things that will get sticky is that you have to stop all grains and dairy. You can't heal the gut if they have 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 humeral 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.

See the article written by Dr Vasquez on what he calls the big five. And whenever patients come in with autoimmune conditions, just remember 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.