

Auto-Immune Conditions

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Multiple Sclerosis

MS is an autoimmune disease that progressively damages the nerves of the brain and spinal cord. It is an inflammatory, demyelinating condition of the central nervous system (CNS). Any sensory or motor (muscular) function in the body may be affected by the nerve damage. White matter tracts are affected, including those of the cerebral hemispheres, infratentorium, and spinal cord. MS lesions, known as plaques, may form in CNS white matter (in any location). Continuing lesion formation in MS often leads to physical disability and, sometimes, to cognitive decline. In MS the myelin sheath that wraps around the nerve axon is destroyed by inflammation and scarring.

ALS (Lou-Geirgh's disease)

Amyotrophic lateral sclerosis, is a progressive neurodegenerative disease that affects nerve cells in the brain and the spinal cord. A-myotrophic comes from the Greek language. "A" means no. "Myo" refers to muscle, and "Trophic" means nourishment – 'No muscle nourishment'. When a muscle has no nourishment, it "atrophies" or wastes away. "Lateral" identifies the areas in a person's spinal cord where portions of the nerve cells that signal and control the muscles are located. As this area degenerates it leads to scarring or hardening (sclerosis) in the region. Motor **neurons** reach from the brain to the spinal cord and from the spinal cord to the muscles throughout the body. Thus.. progressive degeneration of the neurons. When the motor neurons die, the ability of the brain to initiate and control muscle movement is lost. With voluntary muscle action progressively affected, people may **lose the ability to speak, eat, move and breathe.**

Rheumatoid Arthritis

RA is an autoimmune disease where the body attacks itself, causing chronic joint inflammation. Rheumatoid arthritis is a systemic disease, meaning it can affect the entire body. People with RA may experience an increase in symptoms – called flares – that can last for days or weeks. They may also have periods of remission.

In some patients, symptoms may extend to the skin and eyes, and internal organs including the liver, kidneys, heart, and lungs. Eyes: Inflammation of the glands in the eyes and mouth causes dryness, and a condition called Sjögren's syndrome. Also lead to inflammation of the white part of the eye (scleritis). Lungs: inflammation of the lung lining (pleuritis) or the lungs themselves can cause shortness of breath and chest pain. Heart: inflammation of the tissue surrounding the heart (pericarditis) can cause chest pain, which tends to be worse when lying down. RA patients are also at greater risk for heart attacks. Spleen: inflammation of the spleen (Felty's syndrome) which raises the risk of infections. Skin: firm lumps under the skin (rheumatoid nodules), typically located around affected joints, often on pressure points such as elbows, fingers, and knuckles. Blood vessels: inflammation of the blood vessels (vasculitis) can limit blood supply to surrounding tissues, causing tissue death (necrosis).

With rheumatoid arthritis hands are almost always affected. However, RA can affect any joint in the body, including wrists, elbows, knees, feet, hips, and even the jaw. In most cases joints are affected symmetrically, meaning the same joints on both sides of the body are affected. Rheumatoid arthritis patients may also experience symptoms such as

fatigue, low-grade fever, lack of energy, and loss of appetite. The muscle and joint stiffness is usually worst in the morning or after extended periods of inactivity.

Hashimoto's

An autoimmune condition. It is the most common cause of hypothyroidism. The immune system mistakenly targets and damages the thyroid gland, so not enough hormones are produced.

Might feel run down and tired, or have what is known as 'brain fog'. Thyroid disorders can affect emotions, energy, and mood. Hypothyroidism can cause symptoms like depression, tiredness, and feeling sluggish. May be gaining weight, or experience hair loss. Both too high and too low levels of thyroid hormones can lead to hair loss. May feel "hyper," anxious, or sweat a lot, more than usual. Elevated levels of thyroid hormones can lead to increase in blood pressure and the sense that your heart is pounding (palpitations). Have an aversion to heat. Constipation. Changes or abnormalities in the menstrual cycle. Have dry skin and brittle nails. Tingling and numbness in the hands or fingers.

Fibromyalgia

Fibromyalgia is a chronic condition that causes pain, stiffness, and tenderness of muscles, tendons, and joints. Latin term for fibrous tissue ("fibro") and the Greek terms for muscle ("myo") and pain ("algia"). Fibromyalgia is non-life-threatening and does not cause body damage, deformity, or injury to internal body organs. The onset of fibromyalgia **has been associated with psychological distress, trauma, and infection/inflammation**. Fibromyalgia was formerly called 'fibrositis. Fibromyalgia is considered an arthritis-related condition. However, it is not a form of arthritis (a disease of the joints) since it does not cause inflammation in the joints, muscles, or other tissues or damage them but rather a muscle disorder.

But fibromyalgia can (like arthritis) cause significant pain and fatigue, and it can similarly interfere with a person's ability to carry on daily activities. Fatigue, poor concentration, forgetfulness, memory problems, mood changes, irritability, depression, and anxiety. Other symptoms include migraine and tension headaches, numbness or tingling of different parts of the body, abdominal pain related to irritable bowel syndrome ('spastic colon'), and irritable bladder, causing painful and frequent urination.

Lupus

Lupus is a classic autoimmune disease whereby a misdirected immune system leads to inflammation and injury to one's own body tissues. Lupus can involve the skin, joints, and internal organs. The heart, lungs, and kidneys can also be affected in some patients. Though the first signs of lupus can be rash, they are often pains in the muscles and joints. Both sides of the body tend to be affected. Hands, wrists, knees, and feet are commonly affected. The joints can become swollen, warm, and have limited range of motion.

Lupus can affect the brain and nervous system. Symptoms range from headaches to numbness and tingling of the fingers and feet. Memory problems, thinking disturbances and Depression can occur. Inflammation around the heart (pericarditis) is the most common heart ailment in lupus patients. This inflammation involves the natural sac around the heart and can cause severe chest pain that is worsened by changing body positions. Lupus patients also are prone to cardiovascular disease, including heart attacks from coronary artery disease or valve disease and inflammation of heart muscle (myocarditis).

Alzheimer's

Alzheimer's disease is a neurological disorder in which the death of brain cells and neurons causes memory loss and cognitive decline. It slowly destroys memory and thinking skills and, eventually, the ability to carry out the simplest tasks. It begins slowly and gets worse over time. Abnormal clumps (called **amyloid plaques**) and tangled bundles of fibres (called neurofibrillary, or tau, tangles). Also the **loss of connections between nerve cells** (neurons) in the brain. Neurons send messages between different parts of the brain, and from the brain to muscles and organs in the body.

Symptoms: Worsened ability to take in and remember new information; Impairments to reasoning, complex tasking or exercising judgment; Impaired visuospatial abilities (but not, for example, due to eye sight problems); Impaired speaking, reading and writing; Changes in personality and behaviour, for example Out-of-character mood changes, including agitation; less interest, motivation or initiative; apathy; social withdrawal; Loss of empathy; Compulsive, obsessive or socially unacceptable behaviour etc.

ALL auto-immune patients are at risk for Depression and Anxiety and usually end up using serious chronic medication.

WHAT TO DO

Change your Body's inner Environment!

How... you need to know that developing an Inflammation-free lifestyle and educating yourself is the key to good health.

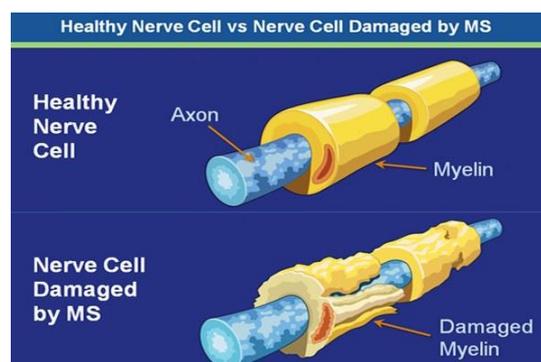
The **science of epigenetics** implies that our choices, in terms of the foods we eat, the exercise we get, and the levels of stress in our day-to-day lives, all **influence the expression of our DNA**

Moment-to-moment, specific genes are being amplified in their expression while others are being silenced. And this favour either health or disease.

The various ratios of **macronutrients**, including fat, carbohydrate, and protein, as well as **micronutrients** (vitamins and minerals) are all important.

LOOK INTO:

1. The health of the Small Intestine and its Villi and
2. The health of the Myelin Sheaths
3. NO sugar, gluten and casein in the diet



Small Intestine – Food Sensitivities

See Picture of The Villi Condition...

Condition of inflammation

- Inflammation in lining of small intestine – cramping, diarrhea, bloatedness
- Inflammation in blood – leads to problems in rest of body for eg. RA, MS, Lupus, Diabetes, Fibromyalgia, thyroid problems like Hashimoto's, weight problems, neurological conditions, problems with the mind because of "brain-FOG" for eg concentration problems, depression, ADD/ADHD, dementia etc.

Nutrient deficiencies

- Restless-leg syndrome – not enough magnesium in blood
- Iron deficiency/anemia- not enough iron in blood
- Bone density problems – not enough calcium in blood
- Fatty acid deficiency – leads to hormonal problems like adrenal exhaustion, thyroid conditions, blood sugar problems, weight problems etc.
- Protein deficiency – leads to low levels of serotonin in brain which in turn leads to depression and forgetfulness

Candida overgrowth

Do the Following:

Identify the problem protein (consider doing the ImuPro blood test from MDS)

Eliminate the problem food

1. **Cut gluten out of diet!**
2. **Cut Casein out of diet!**
3. **Take Barleylife daily** to help heal on cellular level. Barleylife heals and restores the Villi and small intestine. Barleylife contains vit A, vit E, vit C etc to help heal, is anti-inflammatory and contains live enzymes that hasten the healing process. **You need Vitamins.** All vitamins are necessary for healthy brain development and functions that are closely related to **the ability to concentrate.** A review published in 2006 by the *Journal of Nutrition, Health and Aging* noted that the vitamins thiamin, or **B-1**; riboflavin, **B-2**; niacin, **B-3**; and **folate** are important for the ability **to have abstract thought.** **Vitamin C helps to improve visual-spatial performance.** Additionally, **vitamins B-6, B-12, A and E** are important for **visual memory etc.** Eat a daily **balanced diet** that **includes plenty of brightly coloured fresh fruit and vegetables** to get sufficient amounts of these vitamins
4. **Take florafood daily** to help heal the Villi and to help restore friendly bacteria. Also helps with production of vit A, C, E and K and all the B vit's etc.
5. **Get Enough Essential Fatty Acids** – To help heal and thicken Myelin Sheath!
Eat good fats and Use **OmegaGenics/AlMega.**
Omega-3 fatty acids plays a key role in cognitive functions such as **memory, concentration and focus.** Good, unprocessed plant fats like avocado, nuts, seeds, olives and cold extracted oils like flax seed oil will give you all the fats you need for the brain to work at its best. Nuts and seeds and oily fish will also provide important fats to the brain.
6. **Take Herbal Fibreblend** – special combination of fibre and 19 herbs, cleanses and heals colon and digestive tract, helps peristaltic movements. Excellent for constipation and spastic colon. A 'one-step' detoxification product. Helps stop diarrhoea. Helps stabilize blood pressure and blood sugar problems. Helps heal

piles and polyps. Heals haemorrhoids. Herbal fibreblend is not a laxative and not habit-forming!

7. **If need be, use Herbal Release** – cleanses the lymphatic system and helps with constipation. Helps with Water Retention and swollen glands.
8. **For Energy take Peak endurance – provides ATP and vit B's**
In order to focus, concentrate and have good memory your body needs to produce **ATP**. Adenosine triphosphate (ATP) is the 'Energy Currency' of each cell. Peak Endurance contain **ATP** as well as 50% of the RDA of **Vit B's** which :
 - **Helps alleviate stress**
 - **Helps Boost Energy**
 - **Helps Build immunity****ATP increases energy levels** without boosting your heart rate or blood pressure, which can occur with caffeine, ginseng, and ephedra. Peak Endurance contains No caffeine, No artificial colours or flavours and No ephedra.
9. **Stay Hydrated** - Be sure to **drink plenty of water**. Aim for at least 8 eight-ounce glasses of water per day. Not drinking enough water can make you feel sluggish and stressed. Water **composes 75% of the brain**.
10. **Exercise daily** - puts oxygen into the blood, lifts depression, helps peristaltic movements etc (start slow and build up gradually)
11. **Manage stress** – stress stops peristaltic movements and breaks down immune function!
12. **Take time to Laugh** – it builds the immune system, lowers blood pressure, relaxes the stomach and colon – Proverbs says "laughter is medicine".
Laughter triggers healthy physical changes in the body. Humour and laughter strengthen your immune system, **boost your energy, diminish pain, and protect you from the damaging effects of stress**. Best of all, this priceless medicine is fun, free, and easy to use. Laughing, according to the super smarty pants over at the Journal of The American Medicine Association, or *JAMA*, increases catecholamines, which boost mental alertness and memory. Watch a funny movie or TV show, Seek out fun-loving people, Share a good joke or a funny story, Host game night with friends, Play with a pet, 'Goof around' with children, Do something silly, Make time for fun activities (e.g. bowling, miniature golfing, karaoke).
13. **Try to Get Enough Sleep** - For some people, this is something that's always put on the long finger - the benefits of a proper night's sleep can never be underestimated. Most importantly, sleep helps your brain to assimilate new knowledge into your long-term memory so that you can recall it later. Get into a sleep routine and follow it every night.
14. Also have a **positive outlook** on life!

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Disclaimer: *I am not a doctor, or a medical practitioner in any shape, form, or variety. NOTHING in this article/notes/recommendation represents medical advice, nor is intended to treat, cure, or mitigate any disease. NO matter how much fun any of my ideas relating to diet, exercise, or lifestyle might*

sound, you MUST seek medical advice before making changes to your diet or embarking on any exercise program.