

AUTOIMMUNE DISEASE



&

Naturopathy



Autoimmune Disease & Naturopathy

Let's talk about autoimmune disease.

This is a tricky subject because it is such a broad category and it encompasses a lot of different conditions, you will know some of them by name.

Broadly speaking autoimmune disease is a term that we attribute to any inflammatory condition, which is due to the body being attacked by its own defences.



It is like our body turns on itself, so we think that the target, (which is our own body's cells) is something that needs to be dealt with through an inflammatory response.

That is a broad definition of what an autoimmune disease is.

Different conditions are identified or look like the area that is being attacked. For example:

Rheumatoid arthritis is an autoimmune disease that effects the joints. This is our own immune system, our defences, attacking the joint tissues.



Ulcerative colitis is in the colon.

Multiple cirrhosis is in the nervous system.

Psoriasis is on the skin.

Thyroid conditions are obviously the body attacking the thyroid cells and tissue.

It's interesting to note that autoimmune diseases are becoming a lot more common.

Both naturopaths and people in the medical system are seeing this way more often.

It is interesting to ponder on why that is the case.



There are a quite a lot of different theories about that but we have not got time to go into that right now.

Autoimmune disease is one of the conditions that I would recommend is worthwhile working with health practitioners, so you can look at treatments which are individual to your condition.

As a naturopath we would look at a couple of areas. As a general overview, the areas that we focus on is investigating and identifying if there are any underlying chronic or unresolved infections.



Infections

This is really important because sometimes autoimmune conditions are triggered by there being an infection, even if that infection has been dealt with.

You may have been tested positive for the presence of an infectious agent, and that might have been treated and you might be clear of that, but the immune system still thinks that it is still around.

It's an interesting scenario where the body is acting like as if it still has to fight this infection.



Get Tested

This can be identified through blood tests, or in a urinary tract infection, so candida, yeast, bacteria etc.

Also gut is important, so gut infection, parasites and unbalanced bacteria is a big area to look into.

If you are suffering, it's really helpful to think back and see whether there was a triggering infection at the start of an autoimmune condition that can give keys and clues as to what might be part of the picture.



Gut Health & Diet

When our gut bacteria works for us, it reduces inflammation, if it's out of balance, it can add to inflammation.

The next big area is gut health and diet.

So this is huge with autoimmune conditions you can't escape it. (You can probably say that for everything that you're treating and looking at from a naturopathic perspective, so I won't spend too long on it).



The Main Areas When Looking At Gut Bacteria Are:

Foods that help: fermented foods, prebiotic foods, fibres and things like that. Probiotics are great.

The alkalizing diet works well. So low sugar, low caffeine, low refined grains. Increasing greens and your whole unrefined foods.

Remove dietary allergens. So wheat, dairy and eggs are probably the big ones to take away first.



You can do that using the elimination diet or even testing and seeing what are problematic foods for you.

There are a lot of special healing diets around like **GAPS** and there's a **Paleo Autoimmune Protocol (AIP)**.

There are quite a few autoimmune or gut healing diets and implementing or experimenting with some of these can be really helpful of autoimmune conditions.



Here Are Some Specific Nutrients That Are Really Key In Autoimmune Conditions:

Vitamin D

It is crucial and good to know what your levels are. You can be tested for this. Aim for at least 100 on a blood test, supplementing if need be.

Turmeric

Turmeric is also really key in helping autoimmune conditions.



Herbs

Some other herbs that are particular for autoimmune conditions is **Hemidesmus** this is very particular for autoimmune.

Some practitioners only like to use it on a short-term basis in acute phases, others are happy to use it long term.

Seek advice about the best way to utilize that.

Another great herbs is **Echinacea**. These are the two key herbs in treating autoimmune conditions.



I hope you find this rundown about the naturopathic perspective on autoimmune conditions helpful.



**This Ebook is a collaboration between
Jayne Larkins from Vital Child
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