

CarolinaAramburoAndFriends TOPIC OF THE WEEK

Hello Health, Fun and
Well-Being Partners!

In this 435th Newsletter, I want to talk to you about Autoimmune Diseases and their impact on our lives and well-being.

In order to put the rest of the news-letter in context: This conversation makes more sense if you've watched my 1st Health Proposal and my 2nd Health Proposal. So if you haven't, please pause and go back and watch them. You can also read all of the articles in full HERE.

**AUTOIMMUNE DISEASES
impact most of us MORE
than WE REALIZE and they
can be PREVENTED,
Regressed and HEALED!!**

Even though you may be thinking, "AUTOIMMUNE DISEASES are not something that I have, nor I am concerned about", please READ the entire Newsletter, because; a) there are many Early Symptoms of AUTOIMMUNE DISEASES (AI) that go UNNOTICED by most people and b) unfortunately they get IGNORED and turn into Chronic Diseases that may become Fatal Illnesses and c) they could have been HEALED if they had been detected EARLY. I also suggest and invite you to READ it fully, because even if you never get any symptoms more than likely YOU already have several of your loved ones going through early symptoms and ignoring them or treating them chemically when you can help them HEAL NATURALLY.

Here are some little hints.... Do you have less ENERGY than you should? Are you a little more tired

than normal? Are you having a little bit of a sleeping problem? Do you have a little bit of extra weight gain or extra weight loss? Those are all few of the multitude of early symptoms!!!!

The American Autoimmune Related Disease Association (AARDA) says there are over 50 million Americans who suffer from Autoimmune Disease (AI) and that the number is raising. In comparison, cancer affects up to 9 million and heart disease up to 22 million. The direct cost of the diseases is around \$120 billion per year, which is twice the financial burden of cancer care. 150 different AIs have been identified with additional diseases that are thought to have an autoimmune basis. These diseases are all chronic and can be life-threatening. In fact, AI is one of the top 10 leading causes of death in females in all age groups up to 64 years of age. Autoimmunity is the No. 2 cause of chronic illness. Approximately 78% women of people with AIs or conditions are women. Chances are you know someone with AI, will know someone with AI, have AI yourself or may develop AI. With AI on the rise people are being diagnosed at an alarming rate. Please read this newsletter in full as it may save your life or the life of someone you love.

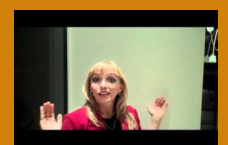
AI is a condition that occurs when the immune system seemingly attacks and destroys healthy tissue in the body. To dispel this myth ... many holistic doctors and clinical studies have shown that the assumption that the immune system attacks the body's healthy normal cells. That is NOT TRUE; the immune system only attacks



CAROLINA ARAMBURO

diseased or damaged tissue. The body's immune response is how your body recognizes and defends itself against harmful bacteria, and substances that appear dangerous or foreign to it. According to Brian Clements of the Hippocrates Health Institute, one of the world's top holistic health institutes, there is no such thing as an AI – it is term for a wide array of diseases that the medical community has no idea what to do with. Clements says that if we live incorrectly our immune system goes on strike and dysfunctions and no longer is helping or assisting us.

The immune system's white blood cells normally protect the body by responding to antigens. Antigens are substances that reside on the surface of cells, fungus, viruses, or bacteria. Chemicals, drugs, foreign objects like a splinter, and toxins can also be considered antigens. The immune (Cont. on next page)



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system produces antibodies that destroy these **dangerous substances**.

Your body's own cells also contain proteins that are **antigens**. These are called HLA antigens, and your immune **system learns** to see these antigens as normal and usually does not react **against them**. In people suffering with an **autoimmune disorder**, the immune system is damaged and can't tell the difference between healthy tissue, healthy **antigens**, and harmful antigens. This results in an **immune response** that destroys normal **body tissues**. It is similar to an allergic reaction, but instead of being allergic to an outside substance, the body is **reacting** like it's allergic to its own tissue.

An autoimmune disorder typically **results** in:

- The **destruction** of one or more types of body tissue
- **Abnormality** in organ growth
- **Diminished** organ functioning

An autoimmune disorder can affect all types of **tissues and organs**, the most common types are:

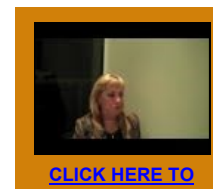
- **Red blood cells**
- Hair follicles
- Blood vessels
- Blood components (platelets and red blood cells)
- Skin
- Connective tissues
- **Endocrine system** including thyroid and pancreas
- Muscles
- Joints

Just as multiple tissues and organs can be affected, you can have more than one autoimmune disorder at the same time. The most **common type** of autoimmune disorders include:

- Celiac Disease
- **Lupus** (SLE, systemic lupus erythematosus)
- Psoriasis
- Thyroid disease
- Arthritis
- **Multiple sclerosis**
- Type 1 Diabetes
- Pernicious anemia
- Graves Disease
- Reactive arthritis
- **Rheumatoid Arthritis**
- Addison's disease
- Dermatomyositis
- Hashimoto's thyroiditis
- **Fibromyalgia**
- Chronic Fatigue Syndrome (not an autoimmune disorder but very similar symptoms)
- ReA
- Scleroderma
- Autoimmune Hepatitis
- Autoimmune hemolytic anemia
- Autoimmune Myositis
- Inflammatory Bowel Disease (IBD)
- Optic Neuritis
- Sjogren's syndrome
- Scleroderma
- **Chronic fatigue syndrome**

The cause of the dysfunction of the **immune system** is said, by most of the medical community, to be unknown although we know that many things that weaken and destroy the immune system including chemicals and toxins in our food, products and environment, **inflammation**, hidden allergens, genetic predisposition and lifestyle considerations such as stress. Here are some known causes of AIs and disorders that most holistic doctors and research agrees with:

- **Gluten Intolerance** - Gluten has been linked to more than 55 diseases and is damaging to the gut, causing symptoms that are not always digestive in nature (Cont. on next page)



To ENHANCE, elevate and EVOLVE your wellness I have two very important **recommendations** for you:

1) Listen to your body in a specific way*.

2) Find an extraordinary **Holistic Health/ Wellness Coach**.

*In my second health proposal, I proposed that you can improve your health by **listening** to your body and becoming aware of what it needs. I don't mean listening to your body's cravings, mostly just out of habit.

There is a **specific** way that this needs to be done and to learn 'HOW' please watch my video by clicking **HERE**.

My 2nd recommendation is that you find an **extraordinary** Holistic Health/ Wellness Coach. In our Radical Results WELLNESS COACHING DIVISION we are ready to create **Top Wellness**, with and for YOU, by designing completely **customized** nutritional, exercise plans that work for your unique body!

If you would like to **find out more** about coaching with our Health, Fitness & Quantum Healing Division click here: www.CarolinaAramburo.com.

By listening to my body, and being a Wellness Coaching Client of my own Company I was able to EVOLVE my Health and Wellness in a way that I **never imagined possible!**

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but rather neurological such as pain, cognitive impairment, sleep disturbances, behavioral issues, fatigue and **depression**- a vague collection of symptoms present in many autoimmune conditions. University of Maryland, School of Medicine researchers have **uncovered** that gluten “activates zonulin (a protein) signaling irrespective of the genetic expression of autoimmunity, leading to increased intestinal permeability to macromolecules.”

- **Leaky Gut** - In order to absorb nutrients, the gut is somewhat permeable to very small molecules. Many things including gluten, infections, medications and stress can damage the gut, allowing toxins, microbes and undigested food particles — among other things — directly into your **bloodstream**. Leaky gut is the gateway for these infections, toxins, and foods like gluten to begin to cause systemic inflammation that leads to autoimmunity.
- **Toxins, Chemicals and Poisons** - Toxic molds (mycotoxins) and heavy metals such as mercury are the two main toxins I see in those with autoimmune conditions. Mycotoxins are very volatile compounds produced by toxic molds that wreak havoc on the immune system.
 - We are exposed to heavy metals like **mercury** in different ways: mercury amalgam fillings in teeth, fish consumption, and the environment. Mercury is toxic to our bodies and can be one piece of the puzzle for those with AIs. Also this includes the following toxins:
 - **Toxins in food** such as GMO, highly refined sugar, meat, dairy, processed foods, gluten, alcohol, caffeine, additives, artificial sweeteners, sodas)
 - Household chemicals
 - Air pollutants
 - **Water pollutants**

- EMF pollution
- Medications (including vaccinations)
- Laundry Detergents
- Air fresheners
- Perfumes
- **Other toxic metals** (Iron, lead, cadmium, arsenic, aluminum, antimony, chromium, cobalt, copper, manganese, nickel, selenium, tin, thallium and uranium)
- **Infections** - Scientists have long suspected that infections from bacteria, viruses, and other toxins were likely to blame for the development of autoimmunity. And while they have not been able to identify one single culprit, they have found strong **correlations** between a number of bacteria and viruses. Some of these infections are Candida, Epstein-Barr and the herpes simplex virus.
- **Stress** - Stress disrupts immune function through several distinct pathways. Stress is the body's response to a threat — a wound, injury, or infection. **Chronic stress** (the kind we face in this day and age) leads to long term inflammation that never really shuts off, creating AI. Once the autoimmune response is in place, immediate stress only exacerbates it.

The Holistic view of AIs also agree that autoimmune conditions are connected by one central biochemical process: A runaway immune response also known as **systemic inflammation** that results in your body attacking its own tissues. Note that this is a vicious cycle since inflammation can cause autoimmune disorders and they in turn create an inflammatory response.

Case after case has shown that by finding and eliminating the causes of inflammation in patients diet and environment, healing and **re-**

covery happens. The conventional medical community often dismisses this healing as a “spontaneous remission”.

There can also be an **underlying** genetic component to autoimmune disorders. However, whether these genes get expressed or turned on is actually caused by a host of other factors such as those listed above. With an optimally healthy lifestyle including the “Right” **nutrition**, exercise and lifestyle genetic predisposition does not have to mean that these genes have to get turned on.

Dr. Stephen B. Edelson states in his book What Your Doctor May Not Tell You About Autoimmune Disorders, that he has never treated an autoimmune patient who has not been toxic, and that most of his patients have been either **completely or significantly relieved of their symptoms** once toxins were removed from their body.

Essentially, the failures of the immune system are due to **deterioration** of the body's defenses, the vitamin and mineral deficiencies, and the huge load of toxins that accumulate in the body due to damage to soil, pesticides and fungicides, use of hormones in raising **animals**, as well as all the processed foods, medications, alcohol, antibody buildup, and even overly sanitary conditions that keep our immune (Cont. on next page)

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system from being introduced to common bacteria thus functioning on it's own. All of this must be removed.

Due to the **wide range** of diseases and conditions the **symptoms** of an autoimmune condition can vary. Some of the main symptoms **include** muscle pain, cramping, and weakness, swelling, nutritional **deficiencies**, fatigue, fever, weight loss, and weight gain. Most of the other symptoms are disease specific. Here is a list of symptoms that if you are **experiencing** them or particularly a combination of them you may be experiencing symptoms of autoimmune disorders:

- **Joint pain**, muscle pain or weakness or a tremor
- Weight loss, insomnia, heat intolerance or rapid heartbeat
- Greater susceptibility to, and more frequent infections
- Recurrent rashes or hives, skin conditions or sun-sensitivity, a butterfly-shaped rash across your nose and cheeks.
- Difficulty concentrating or **focus-ing** and memory problems
- Feeling tired or fatigued,
- Weight gain
- Insomnia
- Swollen **lymph nodes**
- Low grade fever or sensitivity to heat, cold intolerance, night sweats
- Hair loss or white patches on your skin or inside your mouth
- Abdominal pain, blood or mucus in your stool, diarrhea or mouth ulcers
- Dry eyes, mouth or skin
- **Numbness** or tingling in the hands or feet
- Tremors and seizures
- Multiple miscarriages or blood clots
- Low blood pressure
- Shortness of breath
- Heart palpitations

- Abdominal pain, cramping and tenderness
- Dizziness and vertigo
- **Depression**
- Swollen legs, ankles, eyes and face

Als and severe infections are risk factors for **mood disorders** overall and for schizophrenia. The immune system has also been recognized as playing a role in disorders including autism spectrum disorders, ADHD, obsessive-compulsive disorder, and post-traumatic stress disorder.

Identifying which AI is affecting you can be a difficult process. Symptoms may be **vague**, and Als can present themselves in so many different ways, affecting the thyroid, the brain, the skin, or other organs. Working closely with a functional medicine or holistic physician to review your family medical history, **understanding** your risk factors for infections, food sensitivities and toxins, as well as listening to you closely to discover how all of your symptoms are related is an essential part of getting well. A functional medicine or holistic physician will help to narrow down which labs they recommend in order to help find the root cause of your condition.

These are some wildly spread **MYTHS** about Als (Adapted from The Autoimmune Solution by Amy Myers, MD):

1. Autoimmune disorders can't be reversed.
2. Your symptoms won't disappear without harsh medications.
3. When you treat an autoimmune disorder with medications, the side effects are no big deal.
4. Improving digestion and gut health have no effect on the progression of autoimmune disorders.

5. Going gluten-free won't make any difference to your autoimmune disorder.
6. Having an autoimmune disorder dooms you to a poor quality of life.
7. When it comes to autoimmune disorders, only your genes matter, not the environment.
8. Your immune system is what it is, and there's nothing you can do to support it.

Unfortunately, the most **common** methods of treating Als with drugs are fraught with serious side effects:

- Rheumatologists commonly prescribe immunosuppressive drugs for patients with Als. These drugs **decrease** the immune response by damaging the immune system itself. When the immune system is suppressed, the body is much more susceptible to other infections and cannot repair **damaged** tissue.
- Cytotoxic (toxic to cells) and chemotherapeutic agents are the active part of immunosuppressive drugs, and this treatment is similar to undergoing chemotherapy for cancer. These cytotoxic agents are potentially **dangerous** - for example, the FDA has issued a warning for Remicade, a drug commonly used to treat autoimmune disorders, linking it with an increased risk of lymphoma, leukopenia, and opportunistic infections with fatal outcomes.
- Immunosuppressive drugs greatly increase **cancer risk**. A 10-year study of patients undergoing immunosuppressive drug treatment found that the patients had a 400% increase in cancer risk.
- Drugs used to treat rheumatoid arthritis are also strongly associated (Cont. on next page)

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ated with a wide spectrum of hepatotoxic effects and drug-induced liver disease.

Dr. Mark Hyman, who practices at Canyon Ranch, founding The Ultra Wellness Center in Lenox, MA and author of multiple health books, said about AI, "These are often addressed by powerful immune suppressing medication and not by addressing the cause. That's like taking a lot of aspirin while you are standing on a tack. The treatment is not more aspirin or a strong immune suppressant, but removing the tack." The AARDA states that commonly used immunosuppressant treatments lead to devastating long-term side effects.

Dr. Ronald P. Drucker, a natural healing practitioner, who has studied, healing and teaching other physicians how to heal autoimmune conditions for over 20 years said, "If you suffer from Autoimmune Conditions you have 2 choices: endlessly treat the symptoms as the condition worsens, OR eliminate the root-cause. Autoimmunity is the root-cause. In order to heal, you need to restore proper immune function at the cellular level, thus eliminating the autoimmune attack at the source.

When you restore proper immune function, and eliminate the root-cause of Autoimmune Conditions, symptoms start to dissipate and your body can start to heal. When you just treat symptoms (medical/pharmaceutical approach), the underlying autoimmune problem never goes away. This is a band-aid approach to autoimmunity, instead of a whole-body approach. The whole-body approach is to heal at a cellular level."

Jonathan Landsman, "Type-1 diabetes, celiac disease, multiple sclerosis plus many other AIs are

on the rise and conventional medicine says there's 'no cure'. Once again, and I say this respectfully, it's simply not true what you've been told. To resolve these serious health conditions - one must look at their immediate surroundings for a natural solution. Unfortunately, too many people are lead to believe that anti-inflammatory drugs, steroids and immune-suppressing agents will solve the problem. In reality, these drugs cause more harm than good."

Reversing AI IS possible and it is a process that many holistic natural physicians and healthcare professions have outlined:

- Identify and remove foods, which cause an allergic reaction.
- Identify and remove toxins in the form of chemicals, molds, pollen and other airborne and environmental allergens.
- Identify and eliminate of heavy metals (including dental metals).
- Identify, treat and remove infections.
- Identify malfunctioning information systems within the re-establish healthy function.
- Identify and heal emotional and mental causes.
- Eat a nutrient dense diet.
- Heal your gut (the GI tract) and promote good intestinal flora. Get tested for celiac disease, which is a blood test that any doctor can do. Colonics are important for this process.
- Reduce of stress - Practice deep relaxation like yoga, deep breathing, biofeedback, or massage, because stress worsens the immune response.
- Get sufficient "Right" sleep
- Exercise regularly — it's a natural anti-inflammatory.

There are several steps in this

process of healing and reversing an AI disease:

- First, you need to eliminate the cause of the disease. This takes some detective work and there can be physical, mental, emotional and spiritual causes and most frequently there are multiple causes.
- Then you need to go through a very vigorous detoxification. This includes juice fasts and bowel cleanses. These will start to remove all of the toxicity in your body.
- Next, you need to build your body up, strengthen it, and renew it.
- Finally, you need to rebalance your immune system.

Fortunately, numerous studies have shown proper nutrition to be an effective and safe treatment for AIs. Proper nutrition removes toxins while simultaneously providing nutrients that normalize malfunctioning immune responses. Also fasting is an effective adjunct to a high nutrient diet for autoimmune sufferers. Previously reported numerous case studies documenting the contribution of fasting to remission of AI in published case reports. AIs, similar to cancer and heart disease, are primarily a result of inadequate early-life nutrition. While it is always preferable to prevent these diseases through diet in the first place, recovery through proper nutrition and intermittent fasting is possible in most cases. A whole food plant based has been proven to prevent, heal and reverse AIs. We will discuss nutrition in our next article.

The liver is usually implicated in autoimmune conditions. If the liver detox pathways are overloaded, this causes the immune system to become hyper-stimulated. The (Cont. on next page)

AUTOIMMUNE DISEASES impact most of us MORE than WE REALIZE and they can be PREVENTED, Regressed and HEALED!! (Cont.)

hyper-stimulated immune system produces excessive inflammatory chemicals and antibodies, which attack the body's own tissues/cells (this is an autoimmune reaction). It is vital to improve the liver function to take a load off the immune system and calm it down. There are many more organs and systems that can come into play with AIs. These include the gall bladder, neurotransmitters and the brain and more.

Another important key to AIs is the function of your adrenal glands. When your adrenal glands are fatigued your circadian rhythm (popularly known as your body clock) goes awry. Recent studies of disrupted circadian rhythm showed breakdown occurs in blood vessels which leads to hypertension and blood pooling.⁶ Other researchers have found that "there is currently sufficient evidence to suggest that circadian rhythms are important to gut function, metabolism, and mucosal defense, and that further investigation will uncover connections between disordered rhythms and gastrointestinal malfunction.

Basically, what ends up happening is the adrenal glands begin to break down, then the gut starts getting leaky, the inflammatory chemicals of the immune system cause brain inflammation, which in turn further degrades the circadian rhythm. This vicious cycle can continue to spiral out of control because the LGS triggers more inflammation due to increased sensitivity to food proteins that end up in the blood stream where they don't belong. You end up with emotional outbursts, failing memory, and seemingly unrelated illnesses start stacking up as the gut and brain barriers continue to break down.

You can you tell if your adrenals

are fatiguing by the following symptoms:

- Inability to fall asleep
- Inability to stay asleep
- Difficulty waking up in the morning
- Not feeling rested after sleep
- Not recovering from physical activity
- Drop in energy between 4pm and 7pm
- Unexplained blood sugar symptoms
- Inflammation, pain, and headache episodes that repeat daily (diurnal pattern)

From my perspective autoimmune disorders are almost always preventable. The balance of the body is waaaaay easier to restore when eating a whole foods plant based diet. I have many friends that had autoimmune illnesses and they were totally healed after being rigorous for a while with a whole food plant based diet. Sadly, I also have friends, with autoimmune illnesses, that refuse to try that diet and they keep doing traditional medicine treatments and never quite heal nor really improve their illnesses.

The big problem is the babies that are born with autoimmune disorders. This is also quite avoidable. The chances for the children being born with autoimmune disorders reduces significantly when the mother and father have lived on a whole food plant based diet and, of course, followed it rigorously though the pregnancy.

Unfortunately these types of illness are, as per definition, an illness that is based on the body defending itself, but defending itself from the wrong "attackers". If you actually observe the people that contract these illnesses it

could be said that is very related to their emotional well being, since emotional imbalances completely impact the immune system. Very rarely someone that is emotionally balanced and with a healthy plant based diet contracts that kind of illness.

I have had close encounters with several kinds of autoimmune conditions during my deathly ill period several years ago. Blessedly with the Guidance of a Radical Wellness Coach I was able to HEAL it through MINDFUL Lifestyle, meditation, 'the RIGHT Sleep', Balanced Exercise, an a Delicious Raw Vegan Living Foods Plant Base Diet.

A Raw VEGAN Living Foods DIET including plenty of Leafy GREENs tons of PURE Filtered LIVING water, Meditation and or QiGong, spending time in nature, Deep Stomach Breaths Daily, "The RIGHT Sleep", Yoga plus mindful stress management is the greatest way that you can almost ENSURE optimal WELLNESS for youSELF inside and out, not just and INCLUDING optimal ENERGY. I invite you to TRY IT ON and INJOY it with me. You will forever thank yourself and feel better than you EVER did your ENTIRE LIFE!!!

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“Right” NUTRITION, EXERCISE and Lifestyle can Prevent and HEAL Autoimmune Disease!!!

Some people estimate that **70 – 80%** of the immune system is found in the gut. Dr. Ben Kim, Chiropractor, says, “Think of your digestive tract as your first physical line of defense against autoimmune illness, or any degenerative illness for that matter. Once the lining of your digestive tract begins to break down, if your genetic **programming** allows for it, you will begin to experience the antigen-antibody complex formation that occurs whenever incompletely digested protein leaks through your damaged digestive tract into your blood. The same goes for exogenous toxins like **synthetic chemicals** found in cosmetic products. If you are suffering from an autoimmune condition, chances are good that your digestive tract is not as healthy as it can be, and that the effects of “leaky gut syndrome” and the formation of antigen-antibody complexes are contributing to your current symptoms.”

Adopt Eating Habits that Facilitate Optimal Digestion. Perhaps the single most important eating habit that you can adopt to facilitate healing of your digestive tract is to **chew your foods** thoroughly. Ideally, you want to chew your foods until liquid. When you chew well, you allow your digestive tract to efficiently break down small particles of food into micronutrients that can pass through the wall of your small intestine into your blood.

Avoid Eating More Protein than You Need. In general, it is best to eat no more than half of your body weight of protein, in grams, per day. This means that if you weigh 150 pounds, you should strive to eat no more than about 75 grams of protein per day. If you eat plenty of vegetables and legumes, it is not difficult to get enough protein to be **optimally**

healthy without eating any animal foods at all and your body will rest from having to digest animal protein, not to mention the excessive chemicals and toxins found in animal products. During the beginning of treating your digestive tract it is best to avoid eating large amounts of protein-dense **plant foods** as well, such as nuts, seeds, and legumes. So long as you eat plenty of vegetables, especially green ones like broccoli, lettuce, and cabbage, you will get plenty of protein for your daily needs.

Eat Foods that Optimally Nourish and Cause Little to No Harm. The best food groups for preventing and reversing autoimmune illness are **vegetables**, whole grains, and fruits. If you are already diagnosed with an autoimmune disorder or disease, ideally, you want to eat just these food groups (with perhaps very small amounts of legumes) for a period of six months to give your body the rest and nutrients that it needs to best support a full recovery.

What are the biggest things we should avoid?

- **Pro-Inflammatory, Acidic and toxin filled foods** - Red meats, organ meats, processed meats, poultry, fish, shellfish, eggs, and dairy products increase inflammation in the body and contain bacteria, viruses, and toxins.
- **Sugar**- One of the most acidic things to the body is sugar. It's a poison that kills. Feeds yeast and bad bacteria that can damage the intestinal wall creating a leaky gut. All sugars, even those from fruit, are recognized as sugar by the body and excess causes disease. So utilize fruits in moderation.
- **Gluten** - These foods contain proteins known as lectins, which act as a natural pesticide for crops and can wreak havoc on the lining of your gut. Gluten can be found in flour, wheat, kamut, couscous, spelt, semolina, beer, cookies, crackers, cake, cakes, muffins, pastries, cereals, crackers, gravy, dressings, soy sauce, most chips and candy, and **other** processed or packaged foods.
- **Dairy** - It is highly mucous causing and filled with chemicals that destroy our bodies. We don't have the enzymes to break it down properly. The protein in cows dairy, called A1 casein, can trigger a similar reaction as gluten and therefore should be avoided. In fact, A1 casein may be 26x more inflammatory than gluten!
- **Stimulants**— Stimulants like coffee, alcohol and sodas should be avoided altogether for those in a disease state and for anyone who wants optimal health otherwise. *It takes 32 glasses of alkaline water to balance 1 can of soda*, and 8 glasses for one glass of wine, so imagine how difficult it is for our bodies to correct the imbalance when you have these.
- **Processed foods**- Packaged foods are mostly poison – filled with non-food and chemicals.
- **Un-sprouted Grains** – Grains and soy when un-sprouted and unfermented contain phytic acid which can irritate the intestines causing leaky gut.
- **GMO** – Genetically modified organisms contain herbicides and pesticides that damage the gut lining. Studies out of the *Journal of Environmental Sciences* have found GMO foods destroy the probiotics in your gut and cause organ inflammation.
- **Salt** - In a Yale University study, researchers looked at how high-

“Right” NUTRITION, EXERCISE and Lifestyle can Prevent and HEAL Autoimmune Disease!!! (Cont.)

salt diets affect the proliferation of Th17 cells—a subset of Helper T cells (cells that act as the immune system's front line of defense) that play a role in the proliferation of AI and found a direct correlation. According to Dr Barbara Hendel, researcher and co-author of *Water & Salt, The Essence of Life*, “Mineral salts, she says, are healthy because they give your body the variety of mineral ions needed to balance its functions, remain healthy and heal.”

- **Eggs** - If you are dealing with gut inflammation, leaky gut and autoimmune issues, **eggs**, in particular, egg whites, could make symptoms worse. Egg white (protein) can permeate the gut lining and cause the immune system to react even more. Add to that the chemicals from the chickens they come from and you have more poison.
- Consume **no peanuts** and very very few cashews. Make sure to soak all the other nuts and seeds before consuming them. They are fabulous for our Health but they NEED to BE SOAKED prior to consumption and if you like them crunchy you can dehydrate them after soaking.

Alkalizing or ‘balancing the pH of your body’ will provide your body with a level of nutrition that it can use to maintain your immune system and optimal health. A poor diet is very taxing on your body as it has to constantly maintain homeostasis, which it undergoes at all times, struggling to obtain alkalizing nutrients from organs and bones thus depleting their necessary stores. A prolonged **acidic** diet will eventually make small incremental changes to our blood, making it more acidic. Even the smallest variation in our blood = big problems. An overly acidic body provides a perfect breeding ground for bacteria & disease.

One approach to support is an **anti-inflammatory**, antioxidant eating strategy aimed at decreasing inflammation and oxidative stress and promoting a healthy immune balance. We know that inflammation goes hand in hand with AI, but don't underestimate the significance of oxidative stress. During an immune response, there's an increase in the production of **free radicals**, which can result in oxidative stress - a process marked by a negative shift in the natural balance between pro-oxidants and antioxidants that results in biological damage. In fact, much of the damage in AI can be linked to free radical damage to cell membranes and tissues.

Donna Sigmond, MS, RD, a Colorado-based dietitian specializing in AIs, enthusiastically recommends an **anti-inflammatory** diet to her patients. “I encourage green leafy veggies and other foods that can reduce inflammation, such as seed oil from flax also can be beneficial. The focus should be to identify and eliminate inflammatory foods and nourish with **real foods** that deliver vitamins, minerals, and antioxidants,” Sigmond says.

In a study published August 15, 2006, in the *Journal of the American College of Cardiology*, researchers found that diets high in refined starches, sugar, saturated fats, and trans fats and low in fruits, vegetables, whole grains, and **omega-3** fatty acids appeared to turn on the inflammatory response. However, a diet rich in whole foods, including healthful carbohydrates, fats, and protein sources, cooled it down.

Here are guidelines for food that will nourish your gut, reduce acid in your body and reduce inflammation. This will all lead to optimal health that can help you prevent, heal and reverse autoimmune disorders and diseases:

- **Eat whole unprocessed and alkaline foods**, like vegetables, beans, nuts, seeds, and whole grains.
- **Organic Vegetables** - Vegetables are whole foods minus the extreme sugars that feed disease, and are packed with the nutrients from the soil- that are meant to be transferred to our bodies via our crops. Choose organic to be sure that you get the maximum nutrients possible, as organics pack 25% more nutrients than conventionally grown produce. **Enjoy a proportion of 80% veggies either raw, lightly cooked, blended and juiced** and be sure to focus on lots of green chlorophyll rich veggies that convert to greater amounts of energy!
- **Low sugar fruits**- Lemons, limes, grapefruit, avocados, and berries are the most ideal fruits to consume. Sugar feeds disease, so moderation is necessary to maintain health. Enjoy other fruits as an occasional treat to minimize your intake, and avoid fruit juice altogether unless freshly pressed in small quantities on occasion.
- **100% Living filtered alkaline water**. By increasing your water intake each and every day you will increase all body functions that all require water in some way. If this water is pure and alkalized it will optimize these functions. Flushing out toxins is vitally important and (Cont. on next page)

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without water we can't eliminate these properly and they become lodged and cause problems. **Shoot for 3-4 liters a day, one upon waking, two between meals and one in the evening.** Adding lemon will increase the alkalinity, as will a little pinch of Himalayan sea salt, if you don't have the means to get an alkaline filter, which will filter & increase the pH of your water. **Coconut** water is another great alternative as it is filled with vitamins, minerals and electrolytes.

- **Reseed your inner ecosystem** with prebiotic and probiotic-rich foods, like sauerkraut, and kimchi. These fermented foods contain beneficial bacteria, probiotics, and lactic acid and are essential in helping repair a leaky gut and work by balancing the pH in the stomach and small intestines. Over-ripened kimchi has undergone two or more years of fermentation and has a very high antioxidant that can work too as natural antiviral agents just like sauerkraut.
- **Boost your digestive enzymes.** Without enough enzymes, the gut can't break down food into the nutrients your body needs. Enzymes can be found in abundance in raw vegetables, particularly in sprouts.
- **Eat good fats.** Specifically, studies show omega-3s protect against autoimmunity by reducing inflammation and helping heal a leaky gut.
- **Plug any leaks.** Gut-healing nutrients, like glutamine and zinc, help repair the gut's lining.
- **Juice.** Studies demonstrate how the addition of **freshly** juiced organic juices rich in phytochemicals can decrease the inflammatory responses that result from eating certain foods. Eating vegetables in their raw state also allows you to benefit from naturally occurring enzymes, vita-

mins and minerals that are **destroyed** with cooking. What are the best juices to make?

- Greens - parsley, kale, beet greens, chard, spinach, dandelion leaf
- Sprouts – pea sprouts and sunflower sprouts are amazing high nutrition
- Cruciferous vegetables - broccoli, cabbage
- Root vegetables - carrots, beets, sweet potatoes
- Fruits - dark grapes, apples, citrus
- Herbs - yucca root (especially good for arthritis and other inflammations in the body), fennel, spearmint, peppermint, basil, ginger, garlic, green onion, chili pepper, fresh turmeric root (small amounts)
- Wheatgrass juice - very powerful
- Specific foods that **build your immune system**, alkalize your body and prevent, heal and reverse AIs have been noted in various studies. As always you need to test these with your particular body:
- **Green Tea** - One of the beneficial compounds found in green tea, **apolyphenol** called EGCG, has a powerful ability to increase the number of “regulatory T cells” that play a key role in immune function and suppression of AI.
- **Extra Virgin Olive Oil** - Extra virgin olive oil turns off multiple inflammatory genes that are activated as a consequence of metabolic syndrome, effectively providing a **protective** shield against cardiovascular disease and other chronic illnesses driven by persistent inflammation.
- **Curcumin** - Curcumin (from turmeric root) has been shown to reduce symptoms of inflammatory bowel disease, multiple sclerosis, rheumatoid arthritis and psoriasis. *Author's note: Start with 250 – 500 mg per day.*
- **Dietary Polyphenols** - Dietary

polyphenols, powerful antioxidants found in many edible plants, are being found to have anti-inflammatory properties. Studies done on different human populations have shown that those who consume polyphenol-rich foods have lower incidences of inflammatory disease. **Berries** - including blackberries, blueberries, strawberries, raspberries, sour cherries, pomegranates and cranberries — are especially rich in this phytochemical.

- **Healthy Saturated Fats** - Consuming **healthy saturated fats** in the form of coconut (oil, meat, butter), avocados, seeds and nuts can help ease inflammation, strengthen your bones, improve lung, liver and brain function, improve cardiovascular risk factors, modulate nervous system function, and strengthen immune system function.
- **White Peony** - In numerous scientific studies, peony glucosides from **the root of the white peony flower**, have been demonstrated to significantly and meaningfully restore immune system balance, reduce symptoms, speed onset of remissions, and reduce the amount of dangerous immunosuppressive drugs required.
- **Omega-3 Essential Fatty Acids (EFAs)** - Supplementation with **omega-3 essential fatty acids (EFAs)** from fish, flaxseed, or perilla oils—along with (Cont. on next page)

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borage oil, evening primrose oil, or black currant seed oil, which contain the **essential omega-6 fatty acid gamma-linoleic acid (GLA)**- can alleviate many symptoms of AI through their anti-inflammatory activity. Omega 3 can be obtained from chia seed, hemp seed oil, flax seed (ground) or oil, microalgae oil, AFA Algae (Aphanizomenon flos-aquae), marine phytoplankton and walnuts.

•**Cultured Super Foods** - Regular consumption of **cultured super foods** like sauerkraut, kimchi and coconut kefir introduces beneficial microbes into the digestive tract to aid digestion and detoxification, provide enzymes, vitamins and minerals, and boost immunity.

•**Quercetin** - Quercetin is a plant pigment (flavonoid). It is found in many plants and foods, such as onions, green tea, apples, berries, Ginkgo biloba, St. John's wort, American elder, and others. It enhances intestinal tight junctions, strengthening the gut barrier.

•**Zinc** - Zinc can resolve permeability alterations in patients with Crohn's and other autoimmune disorders. Zinc can be found in foods such as beets, brazil nuts, carrots, sprouts and various seeds

•**Vitamin D** - One recent study discovered that people who are deficient in vitamin D, which comes from both food sources and sunlight, have an increased AI risk. The study also found that vitamin D can affect how your genes function by binding to them in particular spots. These binding locations may help researchers better understand genes that **trigger** diseases related to vitamin D. We know that vitamin D plays a role in protecting the immune system. Ensuring adequate vitamin D status is ex-

tremely important to treating and preventing autoimmune illness. And the safest way to ensure adequate vitamin D status is to regularly **expose** your skin to sunlight for even 10 minutes a day without getting burned.

•**Glutathione** is a short string of amino acids called a peptide. It is composed of three amino acids: glycine, glutamine and cysteine. Glutathione is the most important antioxidant to overall immune health. It controls interleukin-6, 4 and 10, which reduces allergic reactions and inflammation. Glutathione assists in the detoxification of heavy metals, which is extremely important for autoimmune health. Sulfur-rich vegetables such as garlic, onions, parsley and cruciferous vegetables are particularly helpful in addition to avocados, squash and tomatoes help your body to produce glutathione.

•**Aloe Vera Juice** - Aloe is healing to the digestive system.

•**Ginger**-Ginger, well known antibacterial food, has a long tradition of being very effective in alleviating symptoms of gastrointestinal distress and possesses numerous therapeutic properties including antioxidant effects, an ability to inhibit the formation of inflammatory compounds, and direct anti-inflammatory effects.

•**Garlic and garlic extracts** provide protection against free radical damage in the body via allyl disulfide, alliin, allicin, and allyl cysteine, all of which are powerful antioxidants. They have also been linked to better gut health, which improves your immune system naturally. The immune system is largely located in the digestive system, so keeping your **good bacteria** healthy with foods like garlic (and onions) is a great way to enhance immune function naturally. Test garlic with you body as some people with Lupus have reported a reaction with garlic.

•**Onions** - Onions, with the flavonoid quercetin, help to eliminate free radicals in the body by inhibiting low-density lipoprotein oxidation, protecting and regenerating vitamin E, and inactivating the harmful effects of chelate metal ions. Like garlic, they also **enhance** your digestive system and immune system by feeding good bacteria that keeps your gut healthy.

•**Cabbage** - Phenolic contact, or concentration of flavonoids/antioxidants are the main reason cabbage are so powerful are for warding off illness, like the cold or flu. Fresh and pickled red cabbages have the highest total phenolic content of the different types of cabbage. The **antioxidant** capacity of raw and processed cabbages is highly correlated with their contents of polyphenols like kaempferol, quercetin, and apigenin.

•**Basil** - Phenolics, a group of organic compounds found in tea, herbs, fruits and vegetables, account for the majority of basil's antioxidant properties, and these include vicenin, orientin, eugenol and anthocyanins. There is also **antiviral** properties that contain DNA protecting flavonoids. Among these flavonoids are estragole, linalool, cineole, eugenol, sabinene, myrcene, and limonene which are all capable of restricting the growth of numerous harmful bacteria, including listeria, staphylococcus, E. coli, yersinia enterocolitica, and pseudo (Cont. on next page)

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monas aeruginosa.

- **Tumeric** is a super anti-inflammatory spice.
- **Flaxseed** combats swelling and aids in proper kidney function--but can cause bloating and cramping--so use sparingly.
- **Peppermint** can soothe intestinal inflammation and support the healing of leaky gut.
- **Flavonoids** - The flavones luteolin and apigenin inhibit in vitro antigen-specific proliferation and interferon-gamma production by murine and human autoimmune T cells. Plant-derived **flavonoids** are inhibitors of various intracellular processes, notably phosphorylation pathways, and potential inhibitors of cellular autoimmunity. Flavonoids are a large group of polyphenolic compounds abundantly present in the human diet, which **scavenge** oxygen radicals and have anti-inflammatory activities. Flavonoids can be found in nuts, seeds and vegetables.
- **Sarsaparilla**- purifying the blood and reducing joint and muscle inflammation.
- **Yarrow**- purifying the blood and reducing joint inflammation, muscle inflammation and has antiviral properties.
- **Yucca plant**- decreases stiffness and pain in muscles and is also good for skin/dermatology-related AIs.
- **Chlorella or spirulina**- is a common supplement to ease lupus symptoms and is packed with vitamins, amino acids and chlorophyll.
- **B12** - If your B12 levels are low, you can take vegan B12 sublingually (under the tongue) or in supplement form (by the way its not just vegans who suffer from low levels of B12).
- **NAD+** - This is found naturally in plant cells has been found to reverse damage caused by autoimmune disorders. This new research conducted by Brigham

and Women's Hospital (BWH) has identified NAD+ (Nicotinamide adenine dinucleotide), a **naturally** occurring molecule in living cells, plants, and food that has the potential to turn “destructive” cells that attack healthy tissues into “protective” cells. The molecule has also been found to reverse disease progression by restoring tissue damaged by the autoimmune process.

- **Alpha-linolenic (ALA) acid** is a type of omega-3 fatty acid found in plants. It is similar to the omega-3 fatty acids in algal oil, called eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA). Your body can change alpha-linolenic acid into EPA and DHA. Long-term **restriction** of essential fatty acids (EFAs) has been related to several disease conditions, including diabetes, heart disease, genetic diseases such as cystic fibrosis, and autoimmune disorders such as rheumatoid arthritis and multiple sclerosis. **Excess animal fats** have been strongly correlated to increases in chronic diseases. An entire generation of anti-inflammatory drugs, COX-2 (Cyclooxygenase-2) inhibitors, is based on blocking the synthesis of inflammatory eicosanoids. Adding good sources of EPA from plant sources is a natural way of dealing with excessive inflammation. Excellent **Plant Sources** for Omega-3s are: chia seed, hemp seed or oil, flax seed (ground) or oil, microalgae oil, AFA algae (Aphanizomenon flos-aquae), marine phytoplankton and walnuts.

Anthea Frances a natural health practitioner says, “You can throw back green smoothies and juices till the cows come home, but if you’re still eating **acidifying** foods like grains, dairy, legumes, caffeine and animal products (even in

the smallest amounts) then you’ll always fall short of the good health you aspire towards. When you **eliminate** acid-forming foods from your diet (animal products, grains, coffee & tea) you are removing the causes of inflammation, which are at the heart of autoimmune diseases. And you need to eliminate them 100% to experience full recovery. Do yourself a favour and don’t kid yourself that the odd indulgence of a milky tea, muffin, coffee or Christmas pudding won’t matter. It will and it does. It will destroy all your hard work, and attack your **vulnerable** immune system, when it’s just getting its head above water.”

People with autoimmune conditions can also have altered **detoxification** pathways, so helping your body on a daily basis to remove toxins is a good idea for people with autoimmune conditions. Eating a variety of green leafy vegetables like kale and spinach and avoiding sugar and processed foods will aid your body in many different ways. You may also consider a full natural **plant based detox** and colonics to fully clean out your whole digestive tract.

Regular exercise is important for optimal health and to help prevent the conditions, which could lower your immune system and make you susceptible to AIs or autoimmune disorders. Regular, daily activity is crucial for an opti (Cont. on next page)

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mized immune system. Exercise increases **blood circulation** in the body, which allows white blood cells and other immune substances to move freely and stay on the lookout for viruses, bacteria and disease. It also helps **strengthen** your virus-destroying T-cell and antibody response. People who don't exercise also tend to have higher levels of C-reactive protein, which the liver produces in response to inflammation. Getting outside, if you can, has the double bonus of increasing your vitamin D exposure while *more* significantly lowering stress-related **cortisol** versus indoor exercise.

If you have an autoimmune disorder or disease already then exercise is one of the keys to your healing process and reduces the **frequency** of flares. Exercise also can help relieve stiffness, reduce pain and fatigue, improve muscle and bone strength. It may be very difficult to make yourself exercise when you are in pain and tired. Do **something small** each day . . . as long as you are doing one thing different than the day before, you are achieving things and moving forward. If you find you are in bed a lot, do simple stretches in bed or while you are sitting on a chair. Try to move around a little by walking gently and slowly and by carefully flexing stiff joints. You could also try **water therapy** for a more gentle form of exercise. Avoid staying in one position too long. Avoid positions or movements that cause extra stress on your sore joints and be careful not to overdo it.

Yoga can help you balance your immunity. Washington State University researchers found that breast cancer survivors who practiced Iyengar—a specific form of yoga that emphasizes precise alignment—three times a week for eight weeks displayed lower levels of a **protein** that gets triggered in

response to stress. University of Texas scientists found that Hatha Yoga increases levels of disease-fighting antioxidants. On a physical level, studies show that yoga stimulates the parasympathetic nervous system (the calming influence), which reduces the body's stress response. This can have a **profound** effect on the immune system.

Sleep is another of the most important things for optimal health and to help prevent the conditions, which could lower your immune system and make you susceptible to AIs or disorders. Studies show that even minor **deprivation** can cause an inflammatory effect in the body. This autoimmune response throws all of your major systems (digestive, cardiovascular and central-nervous) out of whack and can set the stage for several diseases, including heart disease, arthritis, diabetes and depression. To maintain balance, you really do need to log seven to nine hours each night, says Mark Liponis, M.D., medical director of Canyon Ranch Health Resort in Lenox, Mass.

It is during **deep, restful sleep** that your body produces large quantities of **hormones** that are directly or indirectly responsible for facilitating healing and growth of your tissues. If you already have an autoimmune disorder or disease sleep becomes critical. Simply put, the more you rest, the more energy your body can devote to repairing damaged areas, including your digestive tract.

Try and get 8-10 hours of sleep a night. Getting “Right” **quality and quantity** of sleep is often a lot easier said than done as pain can often stop you from being able to sleep, or it might wake you up during the night and this results in fatigue during the day. To prevent fatigue take naps during the

day. Enough rest will ensure you recover more quickly and will help to **prevent** future flare-ups. Rest helps minimize your stress levels and adequate rest allows your body tissues and joints the time they need to repair themselves.

Some **preventative** and healing things that you can add to your life are **massage**, acupuncture and chiropractic work. Massage is wonderful for toning muscles and reducing stress too. Research has shown that regular rubdowns offer legit health benefits. According to a pilot study published in *The Journal of Alternative and Complementary Medicine*, even a single 45-minute Swedish massage raises levels of a key antibody in healthy women. Data suggests that **acupuncture** stimulates the body's “natural killer” (NK) cells, which fights viruses and other illness inducers, so you get sick less frequently.

Spinal adjustments, by a qualified chiropractor, can correct specific problems with the nervous system and to provide general (systemic) coordination while improving circulation, assimilations, relaxation, and eliminations. Your Thymus, for example, is a small where your T cells grow and mature. It basically captains your whole **central nervous system**, and if it gets overworked, you're more likely to experience recurring bacterial or viral infections, allergies and fatigue. James Forleo, D.C., author of *Health Is Simple, Disease Is Complicated*, recommends a chiropractic adjustment, which research suggests can help prevent immunological imbalance caused by misalignments in the spine.

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"Once we accept 100% responsibility for everything that happens in our lives we make incredible progress." Says Jasse Matasse author of Absolute Healing: The Basics.

Emotional health has a strong **correlation** with the health of your body, especially in regards to your immune system. If you have **good and stable** emotional health, you typically are aware of your thoughts, feelings, and **behaviors**. You have learned appropriate ways to cope with stress and **problems** that arise as a normal part of life. You express **confidence**, gratitude, and have healthy relationships with yourself and **others**. Even with sound emotional health, events can happen in life that **disrupt** it and could lead to strong feelings of sadness, anger, stress, **depression, or anxiety**.

It is important to learn how to manage **these emotions**, feel them, and let them pass instead of holding on or **repressing** them. Chronic low levels of these **emotions** can actually place dramatic stress on the body and weaken the body's **immune system**. This is often seen in people that have a high stress job, or something of the sort, without **appropriate** balance in their life they will be **sick a lot**.

AI and energy are **totally** correlated. Literally every time we are allow ourselves to be in an internal mood that is 'not good' we are killing our Immune system more than smoking, drinking and drug-ging combined! Doing a silly, fake happy dance for **5 minutes** will save the immune system from the affects of a 'bad mood' that could lead to **lethal illnesses**. Imagine ... just a fake 5-minute happy dance ... saving lives!!!

Not only do the **chemical responses** from negative emotions and

thoughts **cause illness**, but they can also cause you to not look after your **health as much**. In a state of stress for example, it is easy to overlook your need to exercise or **eat healthy**. Sleep may even become a problem, which is a critical component for **healing and preventing** auto-immune disease and other immune **system complications**.

A newer field of research, **psycho-neuroimmunology**, explores the intricate ties between the neurological and immune systems. Emerging evidence shows that psychological factors play an influential role in brain-immune interactions, having an effect on immunity and AI.

According to Palmer Kippola, author of Healing is Freedom, stress has been **scientifically** linked to the onset and progression of autoimmune disorders:

- **Major Stress** - Most initial autoimmune episodes are triggered by a major stressor. In fact, 80% of people report uncommon emotional stress before disease onset.
- **Early Emotional Trauma** - A massive study called ACEs (short for "Adverse Childhood Experiences") demonstrates links between physical, emotional and mental trauma experienced in childhood and later development of autoimmune disorders.
- **Chronic Stress** - Chronic psychological stress impacts the body's ability to regulate the inflammatory response, which can promote development and progression of disease.
- **Repeated Stress** - Stressful events that occur over time increase the risk of AI development.
- **Negative Thoughts And Emotions** - Worry and fear cause the

release of harmful stress hormones like cortisol, histamine, and norepinephrine, which can lead to dysregulation of the immune system.

- **Psychological Stress** - People who scored low in positive emotions — including happiness, calmness, and liveliness — were three times as likely to succumb to a virus.
- **A Vicious Cycle** - Not only does stress lead to disease, but living with disease can also cause significant stress in people, creating a vicious cycle.
- **It Goes Both Ways** - The relationship between stress and AI is proven and complicated. The many types of stress and the many types of AI make it difficult to pinpoint exact cause and effect. But it's clear that AI leads to stress, and stress leads to AI.

Besides stress there are many holistic and functional doctors who point to **metaphysical** connections between autoimmune disorders and diseases and emotional, mental and spiritual imbalances. Charles Eisenstein is a writer, speaker, and the author of Sacred Economics, The Ascent of Humanity and The More Beautiful World Our Hearts Know Is Possible, said "An AI arises out of a confusion of self and other. Self-hatred, self-judgment, and self-rejection are the **psychological** correlates of somatic autoimmunity (Cont. on next page)

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ty. By virtue of being born into this culture, all of us are born into a certain amount of self-rejection, and it manifests differently in the experience of each one of us. Autoimmunity is merely its most direct, obviously symbolic somatization. At bottom, most of our physical, mental, and social ills originate in the War against the Self, both interior and exterior. Born into this age, we are born into a broken wholeness. Any rejection of self breaches our wholeness, that is, our health."

The ways self-rejection shows up according to Eisenstein:

- Trying hard to be good
- Self-identification as a nice person
- Fixation on purity and "health," fasting, "cleansing," detoxifying
- Abstinence from all vices
- **Obsessively** examining behavior to determine whether it was justifiable, right, good
- Self-sacrificial behavior, petty martyrdom
- Trying to convince yourself you are good (and harboring the secret suspicion you are not)
- Pride in your long spiritual practice
- Imagining you are more spiritual than other people
- Feeling superior to those selfish, ignorant people in their SUVs
- Exercise and fitness fanaticism
- Withholding pleasure and denying desire, and thinking you are therefore good
- Contempt for others' bad behavior ("I'd never do that"), or patronizing indulgence of same
- Perfectionism, body-building, vanity
- A defensive reaction to any of the above applying to you.

Dr. HabibSadeghi, founder of Be Hive of Healing, says, "I believe it

is uncontained emotion that holds the secret to healing all chronic diseases, especially for women. From an early age, parents inadvertently teach girls to deny their feelings in order to please others, and then the media convinces them to hate their bodies in subtle and insidious ways. I believe that this subtle, relentless, uncontained self-hatred is at the root of the AI epidemic in women. How else would you personify a body that's attacking itself as the enemy?"

Learning to love ourselves can be one of the most challenging components of health. But working to create emotional peace, and practicing self-compassion and self-love is powerful emotionally, mentally, spiritually and physically.

According to Louise Hay, author of You can Heal Your Life, many people with AIs have, deep within their bodies, some kind of destructive message that needs to be revealed and transformed. In the view of Dr. Deborah Caldwell, naturopathic physician, this destructive message correlates very deeply to your disease. AI is essentially your physical body betraying you (by attacking you). Part of the underlying emotional healing that needs to take place is releasing your own self-betrayal.

To heal autoimmune disorders and diseases here are some tips from Rachael W. Cole:

1. **You must know that you are not the enemy.** Take this as fact, even when reality appears different as these diseases effect our vision sometimes.
2. **Know that any internal voice that is not kind, loving, or compassionate towards yourself is not speaking the truth.**

3. **Know that when you emotionally attack yourself your deeper intentions are good.** You want the best for yourself, you want to be loved and somewhere along the way various sorts of self-attacks appeared the path to get there. They aren't.

4. **Healing depends 100% on your willingness to practice non-judgmental self-observation.** You must notice your attacks, however subtle or seemingly harmless, and practice ending them. *Notice. Let go. Make peace. Notice. Let go. Make peace. Mess-up. Start again. Notice. Let go. Make peace.*

5. **You must own your power for bringing this peace to your internal world.** You must own your ability to de-collapse yourself from this made up enemy. You already have everything you need to heal.

Some techniques and practices that will help you to reduce stress and strengthen the proper functioning of your immune system are:

- **Breathe Deeply** - The state of mind most conducive to healing is the relaxation response (the opposite of the fight-or-flight stress response). You can quickly and easily activate the relaxation response by breathing consciously, deeply and slowly. When you hold your in-breath for a comfortable period and then exhale slowly and deeply, you stimulate the vagus nerve, which helps you move out of the stress response and into the relaxation response... Pick strategic times during the day to breathe consciously (Cont. on next page)

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sciously.

- **Proactively Eliminate Stressors** - Make a list of all situations, people, events, etc. that cause you to react negatively. Decide whether to minimize your exposure, eliminate your exposure or modify your reaction to each one. Being aware of your stress triggers in advance can help you better respond - rather than react - when the situation arises or the person is present.
- **Choose Better Thoughts** - The antidote to negative or unproductive thinking is *awareness*. Start monitoring your thoughts. Keep a journal of your habitual negative thoughts. Choose to replace them with more realistic and positive ones.
- **Meditate**-Just a single minute of sitting quietly can be enough to activate the relaxation response. You can add a few more minutes each week. It feels good and contributes directly to healing. That's because practices like meditation, hypnosis, guided imagery, yoga, deep breathing and prayer all produce immediate changes in the expression of genes involved in immune function.
- **Listening to upbeat dance music** for just 50 minutes can instantly boost your levels of a protective antibody that helps destroy bacteria and viruses. Bonus: It also lowers the levels of the stress hormone cortisol, which compromises immune function.
- People with a **strong social support network offline** tend to live longer than those who are more withdrawn, and a study of first-year med students at the Ohio State University could give a clue as to why: Those who scored highest on tests measuring loneliness had fewer bacteria - and virus-fighting NK cells than their connected peers.

- Aside from relieving tension, **a good laugh**—or the anticipation of one—can increase the number and functionality of NK cells, other T cells and antibodies, as per research out of Loma Linda University in California.
- **Aroma Therapy Baths**--with candle light and positive, soothing, music.
- **Limit** news media access.
- **Keep it positive** - music, movies, books, etc.
- Celebrate **joy and gratitude** (and live passionately!)
- **Practice Mindfulness**.

If you have an AI don't try to do everything **on your own**- on days that you are symptom free, schedule in more activities and on the days your not feeling 100% do less. Learn to listen to your bodies needs. Feeling tired all the time can lead to stress and **depression** so plan your days according to how you are feeling. Your energy is a commodity that you need to protect and ration out. Learn to ask for help. . . When you **allow** someone to help you it often helps them to feel good too . . . think about it . . . doesn't it make you happy to help someone you love and care about. Learn to say "NO". It is fine to say 'no' or cancel plans when you are not feeling well.

In the book Living Well With Auto-immune: What Your Doctor Doesn't Tell You...That You Need to Know, Dr. Christina Puchalski, Director of the George Washington Institute for Spirituality and Health in Washington, DC, talks about how attitude and spirituality can have a profound impact on health.

"It's important to go to a **deeper level**, to look at things that you're grateful for, look at the positive side. Some people actually

have a mantra, some will reach out to others. Having an illness can make people self-focused, so on the spiritual side, it's important to look at what you can do with your life **in spite** of the fact of your illness. Think about volunteerism, your work, church, family, how you can step outside of yourself and look to others to help you and for you to help them."

Living Well With Autoimmune also features Harvard physician Herbert Benson, MD, the nation's foremost mind-body expert. Benson has said: "We have found that when people regularly go into a **quiet state**, a large percentage of them feel the presence of a power, a force, an energy, God if you will, and they feel that presence is close to them, within them, then these people have fewer medical symptoms. Now, whether or not this is a physiological **reaction** independent of an external belief system, or whether or not there is indeed something out there, we cannot answer, but from the patient's point of view, they feel better..."

In mind-body medicine, **chakras** are thought to be centers of focused energy residing in specific areas of the body. Chakras interact with the physical body through the endocrine and nervous systems. Interestingly, the (Cont. on next page)

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Physical, EMOTIONAL, Mental and SPIRITUAL Balance and Autoimmune Diseases have an ABSOLUTE CORRELATION thus it is the best way for us to PREVENT these ILLNESSES and HEAL them!!! (Cont.)

seven-chakra locations correspond to that of the endocrine glands and it is said the chakras direct the function of the endocrine glands. Of

the seven chakras, the throat chakra is centered over the thyroid gland. Also, the throat chakra is associated with our ability to communicate clearly and effectively. Hence the throat chakra is disrupted resulting in thyroid disease and autoimmune conditions.

In a broader sense, extended grieving is noted as a precipitating life event in people with autoimmune conditions. The emotional connection between significant mental emotional trauma and autoimmunity is a common empirical observation in clinical practice.

People with autoimmune disorders and autoimmune issues often present with an emotional component underlying the physical and mental symptoms. Many severe cases have been treated

successfully using energy therapy/ energy psychology tools including Reiki, EFT/ Emotional Freedom Techniques and NEAT/ Neuro-Emotional Anti-sabotage Technique, among other modalities.

Yoga is an excellent practice for both preventing and helping to heal AI. Kelly McGonigal, a health psychologist at Stanford University and the author of Yoga for Pain Relief, said, "A big part of yoga and meditation practice is learning how to choose the focus of your attention. Choosing what sensations in the body are worth attending to, and how to let go of the rest." In a study published in the medical journal Alternative Therapies, women with rheumatoid arthritis in the yoga group not only reported better balance and functioning and less pain but also experienced less depression than those in the control group.

McGonigal wonders whether the women's mood improved be-

cause yoga helped them reconnect with their bodies in a meaningful way. "With autoimmune disorders, there can be a sense of betrayal, because the body is literally attacking itself," she says. "Learning how to relate to the body in a compassionate way can be very healing."

To keep emotional, intellectual, and spiritual balance it is important to create some type of daily ritual that brings you balance and peace. One of the best things for this is meditation. Gratitude exercises, prayer, deep breathing exercises, journaling, yoga, and walks in nature are other examples. Making these practices regular in order to safe guard yourself against the negative effects of emotions like stress builds a strong foundation and nourishes systems in the body, like your immune system, daily. Consistency is critical when preventing, managing, or healing an illness.

SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

1. To express three passions of mine that I have ironically been suppressing since 1999:

- my passion for spirituality.
- my passion for our earth/ environment/plants/animals and the future of them/us all.
- my passion for uniting all religions, spiritual expressions without excluding any of them and without relating to one as better than the other.....

2. To create a space where my friends and I can enrich each other's spiritual growth and we can all together empower 2. our community (and our

world) in their/our spiritual growth.

3. To have us all support each other and the world in learning to live sustainable lives and learning to "heal" the world in a "green way".

4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together lead the way towards a Self-Realized Civilization, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.

5. To make it all simple and synergistic

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