

# Remède Physique

Late Summer Newsletter

Managing Autoimmune Conditions

## Functional Blood Chem



Functional blood chemistry helps to identify autoimmune conditions that are underway, but not within the pathological “disease” range.

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## Wheat & Inflammation



How today’s wheat causes systemic inflammation. For more information read the book: Wheat Belly by William Davis, MD.

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## Management



Managing an autoimmune condition takes persistent vigilance and a daily commitment to an anti-inflammatory diet.

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## What is an Autoimmune Condition?

Autoimmune conditions occur when the body produces an inappropriate immune response against any substance or tissue normally found in the body.

Any organ or tissue can be affected ... from specific glands like the thyroid, to membranes in the lung or kidney, to joint tissue, or nerve cells.

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At this time, there are more than 80 illnesses considered to be caused by autoimmunity. Some of the more well known autoimmune conditions are: celiac disease, Crohn's, type I diabetes, Grave's, Hashimoto's, lupus, multiple sclerosis, psoriasis, psoriatic arthritis, and rheumatoid arthritis to name a few.

A substantial number of people suffer with autoimmune conditions. For example, the current estimate is that 1 in 13 people experiences autoimmune thyroid dysfunction.

The trouble with diagnosing autoimmune conditions is that they often occur slowly, gradually worsening over long periods of time. By the time a person's symptoms are intolerable and cause them to seek medical attention, the disease process has been underway for many, many years.

It is not uncommon for their blood chemistry patterns not to reflect a "disease" condition, even though they are experiencing the symptoms of disease. This is why functional blood chemistry is so important in helping people manage their autoimmune conditions.

In the field of blood chemistry analysis there are two main types of ranges: a pathological range and a functional range. The pathological range is used to diagnose disease. The functional range is used to assess risk for disease BEFORE disease develops. The reference ranges provided with laboratory tests are referred to as the "pathological range." The main difference between the functional and pathological scales is the degree of deviation allowed within their 'normal' ranges.

Because autoimmune conditions develop slowly over a long period of time, and because autoimmune conditions follow a pattern of relapse and remittance, patients can begin to feel the horrible symptoms of disease BEFORE their blood work falls into the pathological range.

Many of these folks will seek medical attention, undergo an impressive battery of tests – all of which turn up negative for disease, and then be told that their condition is un-diagnosable or nothing is wrong with them and that their symptoms are all in their head or due to nerves.

This can be incredibly frustrating for the suffering patient.



## Inflammation:

### The Common Denominator



All autoimmune conditions involve systemic inflammation. Systemic inflammation is the result of the release of pro-inflammatory cytokines (protein molecules that act as messengers) and the activation of the innate immune system (our first line of defense against infection).

The process of systemic inflammation is started by intolerance to irritating foods.

Wheat gluten is the most likely culprit. Why? The wheat that we eat today is a dwarf hybrid ... it is dramatically different than the wheat our grandparents grew up eating and practically unrecognizable from the wheat the human body evolved with over the past 10,000 years.

Today's wheat is a product of breeding for greater yield and disease resistance. The modifications have caused mutations in wheat protein structure. In one hybridization experiment cited in the book *Wheat Belly*, 14 new gluten proteins were identified that were not present in either parent wheat plant. Our bodies are simply not equipped to digest these new proteins, never before seen in nature.



## Autoimmune Response Management

When a disease condition worsens slowly, the body and mind adapt to the deterioration and pain. Often people with sub-acute autoimmune conditions do not truly realize how 'bad' they feel until the symptoms are alleviated.

How do you alleviate the discomfort? Start with an anti-inflammatory diet that removes food irritants from your daily menu. When autoimmune conditions are involved, truly **WHAT** you eat matters **MOST**.

Next reduce stress in all shapes and forms. Stress management is **VITAL** to modulating the adrenals.

Finally provide nutritional support where necessary. Folks with autoimmune conditions have genetic polymorphisms that effect many ways in which their bodies use different nutrients ... for instance: many people with Hashimoto's have polymorphisms on their vitamin D receptor sites. They require 5,000-20,000 IU daily of emulsified vitamin D in order to keep their levels in the high-normal range. This is important because adequate levels of vitamin D help keep the immune response balanced. Functional blood chemistry can help identify nutrient insufficiencies or deficiencies. **Continued ...**

With Autoimmune Conditions there can be **NO CHEATING** on your diet. The autoantibodies created from exposure to gluten or a cross-reactive food have a ½ life of 4 months. Slipping up and cheating can set your immune condition off for almost a year!



## Tips:

1. Be decisive. Decide to commit to being symptom free.
2. Take each moment as it comes. Think about what you can do in this moment to modulate your immune response & stay symptom free.
3. Remember that the foods you "crave," are "addicted to," or are "emotionally attached to" have a profound adverse effect on your biochemistry ... anything from being a fuel for opportunistic flora in the gut to being a part of the cycle of adrenal dysfunction that propels the autoimmune responses.
4. Get out of the habit of complaining about your restricted diet ... is it worse to avoid eating inflammatory foods or is it worse to suffer the unrelenting pain and discomfort of an autoimmune attack?
5. Seek the fellowship of other people striving to maintain their health and wellness.
6. Remember, it's OK to say **NO** when someone bakes you something 'special.' Do they really want you to feel bad physically or emotionally? **NO!!!** Do you or your loved ones want you to have to undergo 8-10 months of rebalancing your immune response just because you felt guilty and needed to make someone else happy by eating a piece of their chocolate cake (or whatever)? Just say **NO!**

# Autoimmune Response Management ...Continued



Managing an autoimmune condition is a daily task. Maintaining your enthusiasm requires the proper frame of mind.

For most people who have “come to the end of their rope” suffering from autoimmune symptoms, and not getting relief from allopathic treatments, the desire to be symptom free is all the inspiration they need to dedicate themselves to a new way of life.

When you have an autoimmune condition, you flat out cannot live the same sort of life that the average American leads. You cannot abuse your body and expect it to perform for you symptom free. You cannot subject your body to fluctuations in blood sugar, or to unrelenting adrenal stressors. You cannot eat the standard American diet. Your body is different, your body is exceptional and it requires special care.

A person with an autoimmune condition has a body that is like a finely tuned sports car ... not like an old beater car that can putter around on ethanol and synthetic engine oil. Just like a finely tuned sports car cannot run with synthetic oil in the engine ... your body cannot run with synthetic inflammatory food in its ‘tank.’

For a person with an autoimmune condition, WHAT you eat matters most of all.

The food you eat will either fuel the flames of your condition or squelch them out.

The reason allopathic treatments do not provide lasting solutions to symptom management is because the nutrition aspect is not addressed. If you continue to eat inflammatory foods that spur on your autoimmune condition, it is like throwing a 5 gallon bucket of gasoline on a fire you are trying to put out with a teaspoon full of water.

Medications are about the equivalent of the teaspoon of water, and unfortunately they come with a couple gallons of their own ‘side effects’ that fuel the autoimmune condition.

Prescription medications contribute significantly to liver congestion. Once a person develops an autoimmune condition, they HAVE liver congestion that inhibits phase I and II detoxification pathways. If you do choose to take prescription medication for your autoimmune condition, it is imperative that you provide nutritional support for the liver and follow an anti-inflammatory diet to remove as many stressors from the liver as possible.

Often times simply following the anti-inflammatory diet and taking complimentary nutritional supplementation will provide enough relief to allow you to manage your condition without having to resort to prescription medications.

This is really important, because autoimmune conditions never develop alone ... if you have ONE, you are guaranteed to have one or two more waiting in the wings. If you do not change your diet, and you resort to taking medications for each and every one of the conditions that manifests (and worsens over time), you heighten your risk for developing liver disease and cancer. As if suffering with an autoimmune condition wasn’t enough already, right!

Do your exquisite body a favor. Change your attitude about food and commit to the anti-inflammatory diet.

You can still eat like a gourmand. You can be a ‘foodie’ and follow an anti-inflammatory diet. When you have to do something every day, like eating, it might as well be a fantastic experience that leaves you feeling your best.

The anti-inflammatory diet is not about self-deprivation or denial ... it is about bringing forth outstanding health and wellbeing. It is about feeling good ... truly fantastic ... pain free, free of bloating and gas, free of acid reflux and heartburn, freedom from headaches and migraines, free from rashes and itching ... free, free, free. Haven’t you suffered enough? What are you waiting for, give it a try!

## Anti-Inflammatory - Healthy Immune System Diet

**Protein:** Individuals may have as much protein as required (meat, poultry, fish, and eggs **if no allergy is present** ... many folks with allergies to chicken eggs can eat duck eggs with no adverse effects. Use a **Pulse Test** to determine if there is a food sensitivity. Just a few ounces of animal protein a couple times a day will suffice. Target amounts of protein: Adult Men 56 grams/day, Adult Women 46 grams/day, Teenage Boys 52 grams/day, Teenage Girls 46 grams/day, School-aged Children 19-34 grams/day, Babies 10 grams/day. Red meat, pork poultry and seafood average 6-9 grams of protein per ounce. Eggs contain 6-8 grams of protein per egg. Focus on filling up with leafy greens and healthy fats. Fats trigger the brain to feel satisfied after eating. If you do not feel satisfied after eating, there was not enough fat in your meal.

**Vegetables:** No vegetables with high lectin content: such as mushrooms, peppers, potatoes, tomatoes, and eggplant.

Focus on dark leafy greens, and a variety of bright and rich colors. Asparagus, spinach, lettuce, broccoli, beets, cauliflower, carrots, celery, artichokes, garlic, onions, zucchini, yellow squash, rhubarb, cucumbers, turnips, watercress, etc. Eat as much as you want, as you can never eat too many vegetables. Eat some vegetables raw or lightly cooked every day. Avoid starchy vegetables, such as sweet potatoes, yams and corn.

**Grain:** no grains. No glutinous grains: no wheat, barley or rye, no oats. No grain substitutes: no corn, potatoes, rice, tapioca, amaranth, arrowroot, millet, montina, lupin, quinoa, sorghum, taro, teff, chia, nut flours, no bean flours like gram from chickpeas.

**Glutinous** grains and cross reactive grains can never be re-introduced. After the immune response has been regulated (it take anywhere from 6 months to 3 years to accomplish this) some non-glutinous grains may be tolerated in moderation. Use a Pulse Test to determine which grains will be less reactive for you.

**Fats:** Eat plenty of wholesome natural fats, such as oils from coconut, sesame, olive, hemp, walnut, flax, etc. Supplemental fish oil is recommended. Avoid all artificial fats and oils, such as hydrogenated or partially hydrogenated oils.

**Fruits:** Be careful with fruits. Only consume fruit at the end of the meal or not at all. When eating fruit, it is also best to eat fruit with the skin on. Eat it with added fat. These tips will aid in regulating blood sugar to promote balance within your body. Fruit is not a necessity. It is recommended you consume most of your fruit during the warmer seasons of the year. Best fruits are berries, apples, pears, avocados, coconuts, peaches, kiwi, guava, and olives. Avoid sweeter fruits: such as bananas, grapes, pineapple, papayas, dried fruits, etc.

**Nuts and Beans:** No nuts - not raw, not roasted, not soaked. No beans. No soy. No seeds except for ground flax seed meal, which can be used to make bread and muffins. After the immune response has been regulated (it can take anywhere from 6 months to 3 years to accomplish this) some nuts and seeds may be tolerated in moderation.

**Dairy:** No dairy. No cow's/ sheep's/goat's milk, cheese, butter or cream. "If it comes from a teat, don't eat." Do not use soy cheese or nut cheese as a substitute. Unsweetened Coconut Milk and Unsweetened Coconut Yogurt are the only recommended substitutes. Very carefully clarified butter is allowed because all of the casein and lactose have been removed. Purity Farms brand ghee can be found in most health food stores. Once inflammatory markers are within the functional range for 6 months we will pulse test to determine if your body can tolerate cow, goat or sheep dairy products. With IBDs and autoimmune issues dairy often can **never** be re-introduced.

**Coconut:** this is a great food for you. Use coconut oil, coconut butter, coconut milk, coconut water, coconut manna, coconut flour, etc. The fat contained in coconut milk is very healthy and the milk is non-irritating/anti-inflammatory. The type of canned coconut milk you use and the type of coconut beverage is very important. You must only use the unsweetened, plain, coconut beverage (all others sold contain sugars, which must be avoided). As far as the canned coconut milk goes the only brands that do not contain BPA in the lining of the can are Natural Value and Native Forest. Coconut Beverage refrigerated boxes and tetra packs (unrefrigerated cartons) also do not have BPA in the lining. It is important that you make an effort to avoid BPA whenever you can.

**Sweeteners:** Stevia or Lo Han only. No sugar, artificial sweeteners, honey, maple syrup, etc. After the immune/inflammatory response is modulated honey and maple syrup can usually be re-introduced in moderation.

**Stimulants:** no stimulants such as sugar, caffeine, tobacco, tea and alcohol. No recreational drugs.

**Water:** Drink plenty of fresh, pure water daily. The equation to calculate the water you should drink daily is: (your body weight divided by 2 = # ounces of water to be properly hydrated).