



NATUROPATHIC WISDOM NOTES

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Quote

God always gives us strength to bear our troubles of each day; but He never calculated on our piling the troubles of the past, and those to come, on top of those of today.

Elbert Hubbard

Autoimmune Diseases: A Multi-factorial Approach

The term autoimmune is applied to a very wide spectrum of human diseases. These include Rheumatoid Arthritis (RA), Guillian-Barre Syndrome, Multiple Sclerosis (MS), Raynaud's Disease, Myasthenia Gravis, Ankylosing Spondylitis, Diabetes, Juvenile Arthritis, Systemic Lupus Erythematosus (SLE), Scleroderma, Thyroiditis, Crohn's Disease, Ulcerative Colitis (UC). Many of these diseases do tend to share common factors in their pathophysiology however they do not arise from a single cause. Naturopathic medicine places great emphasis on treating the individual therefore the same diagnosis may get a different treatment from patient to patient. To treat these complex set of diseases it is important to look at the cause and the treatment is multi-factorial and individualized.

In orthodox medicine they are looking for a single cause in the body's ability to recognize self from non self and they are looking for some pre established defect in the immune system which causes autoimmune disease and that some people have a biological time bomb pre-programed to explode into tissue destruction at some point in their lives. If you consider the immune system as a computer the truth is that garbage in, equals garbage out, and that the inappropriate response of the immune system which is autoimmunity may due to aberrant input.

Townsend Letter for Doctors Aug/Sept 1999; #193/194: 94-98

Aberrant input or causes include:

1. Infection or infestation: Micro-organisms contain or produce proteins which are anti-genic that is the body recognizes them as foreign and mounts a reaction against them. The molecular mimicry that results cross reacts with a similar self antigen in the body setting up an auto-immune response. These organisms can be bacteria, viruses, protozoa and fungi. An example is the *Klebsiella* protein from a bacteria and the human protein HLA B27 that is an implicated cause of Ankylosing Spondylitis. Patients placed on a low starch and low sugar diet reduced the number of *Klebsiella* in the gut and after 6 months on the diet halted the progress of the disease. Another example is *Campylobacter jejuni* a major cause of bacterial gastroenteritis, linked to triggering Guillian-Barre Syndrome. This syndrome has been linked to influenza vaccination in isolated instances. *NEJM 1998;339(25):1845-1846*. *Proteus mirabilis* antibody associated with RA was treated with a vegetarian diet with decreased disease activity. *Annals of Rheumatic Diseases 1995;54:221-224* Vaccines may be another source of infestation of foreign substance triggering auto-immune disease as found in animal studies. "Study Links Vaccines to Autoimmune Disorders", *Autism Res Rev Int*, 2004;18(2):5/Ravel G, Christ M, et al, *Toxicology*, 2004;196:211-216.

2. Chronic tissue destruction: This damage may be caused by infection, a tumour or toxins. There are some data that suggest that autoimmune diseases are the result of hydrolytic enzymes which are released from lysosomes that have been damaged by lipid peroxidation or other causes and that combine with and denature normal tissue proteins, causing the body to react to them and create antibodies. Vitamin E may be of therapeutic value in some of the disabling skin diseases, such as scleroderma, discoid lupus erythematosus, porphyria cutanea tarda, vasculitis and polymyositis. Vitamin E stabilizes cellular and lysosomal membranes. "*Is Vitamin E Involved in the Autoimmune Mechanism?*" Ayres S, Mihan R, *Cutis*, March 1978;21:321-325.

3. Endotoxins: These result from bacterial infection or from abnormal bowel flora combined with a leaky gut syndrome.

4. Allergy and chemical sensitivity: Multiple Sclerosis is treated at a University in the UK by removing mercury amalgams, as allergy to the amalgams creates an immune imbalance. Mercury can have a direct toxic effect as well. Hair dyes have been implicated in autoimmune disease in women, an example of chemical sensitivity causing a state of immune dysregulation. *Arthritis and Rheumatism 1996; 39(4):657-662* Silicone breast implants are implicated in the cause of autoimmune disorders including SLE, RA and Scleroderma. "*Antinuclear Autoantibodies in Women With Silicone Breast Implants*", Press, Raymond I., et al, *The Lancet*, November 28, 1992;340:1304-1307

5. Hormone imbalance: Adrenal and pituitary function needs to be evaluated. Often salivary hormone testing gives the most accurate analysis of progesterone, cortisol, estrogen, testosterone and DHEA status. DHEA deficiency has been associated with RA, SLE, UC, and MS. DHEA prevents the suppression of the immune system by viral infections, increases natural killer cell activity and supports the function of the adrenal gland.

6. Diet: Crohn's disease responds well to a gluten free diet as does Multiple Sclerosis. Antigens in the diet can create a state of immune dysregulation. "*Adverse Reactions to Food Constituents: Allergy, Intolerance, and Autoimmunity*," Kitts, David, et al, *Canadian Journal of Physiology and Pharmacology*, 1997;75:241-254. Cow's milk consumption by infants has been linked to insulin dependent diabetes. *Diabetes Care 1994; 17(12):1381-1389*. Essential fat deficiency contributes to auto-immune disease. "*Dietary n-6 and n-3 Fatty Acids in Immunity and Autoimmune Disease*," Harbige LS, *Proc Nutr Soc*, 1998;57:555-562.

7. Injury or foreign bodies: Breast implants have been related to cases of SLE and miners with silicosis also suffer higher incidence of systemic sclerosis.

8. Stress: Many auto-immune diseases are precipitated during periods of extreme stress. The best documented examples are for insulin dependent diabetes. The *Mosaic of Autoimmunity* by Isenberg Schoenfeld 1989

9. Cancer: Increases the likelihood of developing autoimmune disease as tumours escape immune detection creating a state of immune dysregulation.

Treatment

1. Reduce the presence of micro-organisms and infestations: Immune enhancing herbs do not aggravate autoimmune disease as purported. Herbs to consider are echinacea, milk thistle, picrorrhiza, andrographis, astragalus, hypericum, thuya, garlic, goldenseal and grapefruit seed extract. Sanum remedies which are pleo-morphic remedies are excellent as well as nutrients that improve the immune such as Vitamin C, E, and A. In the case of RA if caused by mycoplasma the antibiotics tetracycline, Minocin, Clindamycin or Amoxicillin may be effective. If RA is caused by an ameba then metronidazole or clotrimazole may be recommended.

2. Control or eliminate dysbiosis: A fibre rich diet low in refined starch and sugar will encourage healthy bowel flora. Treat constipation and take probiotics such as HMF forte.

3. Repair leaky gut: Allergens and alcohol contribute to leaky gut syndrome. Echinacea and milk thistle help the liver handle the systemic impact of absorbing undigested particles due to leaky gut. Glutamine, NAG, gamma oryzonal and FOS are other nutrients required to heal leaky gut.

4. Reduce the xenobiotic toxins: These include dental amalgam, hair-dyes, fluoride, chlorine, aspartame (and other artificial sweeteners) insecticide exposure, hormones and antibiotics used to raise animal products. Burdock root, schisandra, vitamin C, R-lipoic acid and glutathione are some of the nutrients for the liver that reduce the impact of these toxins. The use of infrared sauna's dry skin brushing and castor oil packs are instrumental at assisting the body to eliminate toxins through the skin.

5. Support the organs involved: There are organ specific herbs, UNDA homeopathic remedies and protomorphogens (glandular remedies by Standard Process) that are important supportive adjunctive therapies.

6. Improve proteolytic function: Enhancing the digestive proteolytic enzymes will decrease the immunogenic nature of food and possibly increase proteolytic enzymes in tissue fluid thus stabilizing the immune system. Wobenzyme is the best remedy for this.

7. Reduce sustaining causes: Anti-inflammatory and immune depressing herbs is not just symptom control but treating the cause of tissue destruction. Herbs such as licorice, feverfew, curcumin, ginkgo, quercetin, rehmannia, bupleurum, hemidesmus, picrorrhiza, samento, ginger, mussel extract (Lyprinol) and boswellia control inflammation. Other nutrients that provide anti-inflammatory effects are: MSM, essential fatty acids Omega 3 and 6 essential fats, glucosamine and anti-oxidants. An anti-inflammatory diet low in nightshade and acidifying foods is also imperative.

8. Hormone support: reducing the need for cortisone in these patients can be aided using herbs such as licorice, cordyceps, codonopsis, ligustrum, and rehmannia.

9. Drug induced nutrient depletions: If prescription medication is required nutrient deficiencies that result are addressed.

10. Reflection/prayer/meditation: these practices down regulate the stress response and all organs function better with lower stress!

Recommended reading

The Challenge of Lupus, Insights and Hope by Henrietta Aladjem.

Immunotics By Dr. Robert Rountree and Carol Colman

Tired of Being Tired by Dr. Jesse Hanley and Nancy Deville

Cracking the Metabolic Code by James B. LaValle with Stacy Yale

Dr. Pincott celebrated her 19th year in practice Oct 1st and her 8th year in Campbell River on Dec 1st! In her continuing effort to learn what to look for in her patients she is attending a lot of medical educational seminars in 2005: Neuroprotection in February 2005, Northwest Naturopathic Conference April 2005 and the IFM Symposium: The Immune System Under Siege May 2005. Watch for her articles as a result!

Specials

January: Buy the entire Detoxification Kit and get 15% off, a savings of \$16.23.

February: CoQ10 buy two and get the second one at 20% off a savings of \$6.49

New at the Office

My **newsletters** are now condition related with topics of Prostate Cancer and Diabetes now available on the website or at the office.

We decided not to offer the in office cholesterol testing as it is no more cost effective than Dynacare. We get results from them within three to four days!

My **recipes** have been compiled into a booklet (\$7.50) for those who don't have access to my website or for convenience. New recipes are added to the website monthly. Watch for Cabbage Rolls made with organic ground turkey or beef, Roasted Vegetables (non starchy) and Eggplant Mousaka as the latest recipes.

Female and Male Adrenal Tonic: This is prescribed to help you heal from or get you through stressful events or situations in your life including surgery and prolonged illness