

# Integrated Natural Ideas # 51 from Dr. Jay

***What you can do to complement your health...naturally.  
It is not alternative, it is original!***



**Ph.D. Holistic Health Sciences**  
*(Summa cum Laude)*  
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The American Autoimmune Related Diseases Association ([www.aarda.org](http://www.aarda.org)) estimates that the number of people with autoimmune diseases is 1 in 12. In the United States 23.5 million people are afflicted by some type of auto immune disease. Women are three times more likely to be diagnosed with an auto immune condition than men.

For example, today's modern human beings are exposed to more than 80,000 chemicals. Research confirms that people who are exposed to certain toxic compounds, such as pesticides or solvents, are significantly more likely to die from autoimmune disease. Disturbingly, new studies now show that infant fetal-cord blood contains 287 pollutants (we are born toxic).

Poor digestion and gut permeability (otherwise known as Leaky Gut), is a common denominator in autoimmune conditions. When you have Leaky Gut, the lining of the intestines becomes too porous, allowing undigested food and pathogens to slip into the bloodstream. This triggers inflammation and leads to up-regulating the secondary immune response. Unfortunately, this is an area overlooked by most endocrinologist, gastroenterologist, and neurologists who typically treat people with autoimmune conditions.

Add to this that people undergoing standard medical treatment options for autoimmune disorders are given steroids and immune-suppressing drugs. These drugs wreak havoc with the delicate GUT microflora and add to the problem of poor digestion and absorption.

When you consider that 60% of thyroid hormone is converted from T4 to T3 in the liver you begin to see one of the problems here. Both T3 and T4 are glucuronidated and sulfated in the liver as well as the fact that the liver is the body's primary detoxification organ, you begin to see why addressing this area is vital to any autoimmune recovery program. All of our hormones (plus all OTC and prescription medications) are processed through the liver. Most people with gall bladder problems also need to take better care of their livers.

Chronic stress is always a factor in autoimmune disease. Ask anyone with an autoimmune disease if they feel worse during times of high stress and they will tell you they do. Learning how to help yourself manage stress is a key factor.

The SAD (Standard American Diet) is low in nutrient dense, enzyme rich and chemical free foods. Most people are still consuming a diet filled with artificial chemicals, sugar and starchy carbohydrates, and unhealthy inflammation promoting or downright toxic fats. Both gluten and dairy are common problems for those afflicted with autoimmune disease. Other foods that bother people with autoimmune diseases are wheat, soy, corn, and for some, the nightshades.

**Clean Start, Probiotic 11, and Nutri-Calm** come to mind! What else can you think of? **Nature's Harvest** of course.

Many companies put their name on a product label and do not manufacture it themselves. We only trust Nature's Sunshine (800-453-1422). **The largest and safest in the world!** Information is for educational purposes only and not meant to diagnose or treat any disease. See a competent health professional should the need arise. This information may be shared provided it is not changed in any way.