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The Key to Reversing All Autoimmune Diseases

Articles by Joseph Mercola | Last Updated

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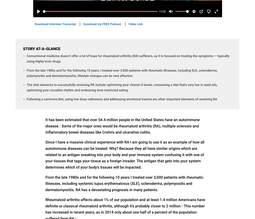

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STORY AT-A-GLANCE

- Conventional medicine doesn't offer a lot of hope for rheumatoid arthritis (RA) sufferers, as it is focused on treating the symptoms — typically using highly toxic drugs
- Sarah Allen suffered for the following 10 years, I treated over 3,000 patients with rheumatic illnesses, including SLE, scleroderma, polymyositis and dermatomyositis. Multiple changes can be very effective
- The vital elements to successfully recovering RA include optimizing your vitamin D levels, consuming a diet that's very low in seed oils, optimizing your circadian rhythm and embracing time-restricted eating
- Following a carnivore diet, eating low-dose cellulose and enzymatic enzymatical treatment are other important elements of resolving RA

It has been estimated that over 54.4 million people in the United States have an autoimmune disease.[1] Some of the major ones would be rheumatoid arthritis (RA), multiple sclerosis and inflammatory bowel disease like Crohn's and ulcerative colitis.

Which leads to a common clinical experience with RA I am going to share as an example of how all autoimmune diseases can be treated. Why? Because they all have similar origins which are related to an origin sneaking into your body and your immune system attacking your own cells or your tissues that says your tissue as a foreign invader. The antigen that gets into your system determines which of your body's tissues will be impacted.

From the late 1980s and for the following 10 years I treated over 3,000 patients with rheumatic illnesses, including SLE, scleroderma, polymyositis and dermatomyositis. RA has a devastating prognosis in many patients.

Rheumatoid arthritis affects about 1% of our population and at least 1.4 million Americans have definite or classical rheumatoid arthritis, although it's probably closer to 3 million. This number has increased in recent years, as in 2014 only about one-half a percent of the population suffered from RA.[2]

Since around 1 million Americans have some form of arthritic/rheumatic disease,[3] this means you likely know someone with it. It is a much more devastating illness than most people appreciated. However, most patients with rheumatoid arthritis also have a progressive disability. This is important as the suggestions I am going to include should help improve all autoimmune diseases.

Testimonial From One of My Patients

I ran into a former patient, Sarah Allen, after giving a presentation in Orlando several years ago, where she happened to be in attendance. After talking to her, I decided we needed to share her important story as it would provide hope for so many who struggle with this illness. She first came to see me in August of 2003, when her illness was only 28 years old at the time, she'd been experiencing symptoms of RA for about three or four years. Sarah explains:

> *"I thought I was very healthy. I was jogging. I was a competitive triathlete. I believed I had a pretty good diet too. I didn't really understand why I was experiencing pain in each joint in my fingers and in my feet.*
>
> *I had migrating pain, and it lasted for hundreds of hours throughout my body. It took the Western doctors a long time to diagnose me. It took about three years going to different doctors before they knew what was wrong. It didn't show in my blood. I didn't have the RA factor, and my C-reactive protein (CRP) levels were normal. But it showed up on an X-ray."*

Hallmark Signs of RA

One of the hallmark symptoms of rheumatoid arthritis is pain in your hands and/or feet. It tends to affect the proximal joints more so than the distal ones, i.e. the joints closest to your core, for example, opposed to the joints further out in the fingers.

So, if you have pain there, especially if it's symmetrical (affecting the same joints on both hands or feet), then almost by definition you have rheumatoid arthritis or an RA variant. It really doesn't matter what the blood tests show.

RA is far less common than osteoarthritis, or degenerative joint disease, which is not an crippling and is a very different animal and should not be confused with it. It's actually related to your diet and is treated very differently if you understand the components of a healthy lifestyle.

Rheumatoid arthritis is by far more complex disease. It's an autoimmune disease your body is destroying itself, and it can be terminal — some people have even been known to commit suicide from the crippling pain.

It's quite mistaken that only a small percentage of people with the disease have a spontaneous, sustained remission without the help of medication. Some disability occurs in 70% to 75% of people within five years after onset of the disease, and half will stop working within 10 years.[4]

RA Is Typically Treated With Toxic Drugs

Traditional care also doesn't have a lot of good hope for RA sufferers. All they do is ameliorate or treat the symptoms — typically using highly toxic drugs, including prednisone, methotrexate, and drugs that interfere with tumor necrosis factor alpha (TNF-alpha).

This is why I'm so concerned about spreading the information because as Sarah can attest, there's an alternative, and this drug-free strategy really works. You don't have to suffer needlessly in a conventional treatment model.

Once diagnosed, Sarah went to a well-known rheumatologist in Milwaukee who told her she needed to stop working and get becoming permanently disabled. He prescribed a large dose of methotrexate, which is actually an anticancer drug.

While it can be effective, the complications and the side effects are very serious. Sarah had a very bad reaction to methotrexate and developed a rash on only on a large dose for three months. She started losing some of her hair. A rheumatology researcher at Harvard Medical School, where she went to see told her to keep taking the drug, but expect it to share 10 to 20 years off her life.

> *"I was really afraid of what that drug was going to do to my body" Sarah says. "The physician therapist who recommended I get tested for RA said there was a cure I can do naturally. So I read a lot of books about rheumatoid arthritis and different alternative treatments.*
>
> *I had there's a possibility of it being connected with an infection, and that a low dose of antibiotics was being prescribed. I then came across your name in a book. I looked you up, found you in Chicago, and made an appointment."*

Dr. Brown's Protocol

The book she's referring to is "The Food Book: Rheumatoid Arthritis — Its Cause and Its Treatment," written by Dr. Thomas McPherson Brown and Henry Scarnow. Brown was a well-respected board certified rheumatologist (he passed away in 1985), but he, like me, was a rebel.

He didn't agree with the use of prednisone, which was the standard care of care for RA in the 40s and 50s. He believed RA was an infection caused by mycoplasmas, so he used the antibiotic tetracycline instead.

Eventually he modified his treatment to include dietary recommendations forms of tetracycline, such as minocycline, and he also prescribed a low-dose of naltrexone, which I also prescribe. He did work in a 250-bed general hospital before he died in 1985, and it really demonstrated, as I intended to study this work, began using his protocol on RA patients in my practice, and was really impressed with the results. Eventually I modified the protocol to include more conventional antibiotics altogether.

There are a number of physicians that still use his protocol, but it would be uncommon to find one that will be using all of what I consider the vital elements to successfully reversing RA that I list below. If you see one of these physicians, I would encourage you to integrate every one of the elements below.

So, listed below are the steps that I believe are absolutely crucial to integrate in the reversal of not only RA but all autoimmune diseases.

Optimize Your Vitamin D Levels Without Pills

Since RA is an autoimmune disease it is vital to optimize your vitamin D level. That is the most basic and least expensive strategy that one can easily implement. The early part of the 21st century brought enormous attention to the importance and value of vitamin D, particularly in the treatment of autoimmune diseases like RA.

From my perspective, it is now virtually criminal negligent malpractice to treat a person with RA and not aggressively monitor their vitamin D levels to confirm that they are in a therapeutic range of 50 to 70 ng/ml.

It is also critical important to understand that your body was designed to get all the vitamin D it needs from the sun. I have not swallowed vitamin D in two decades, yet am able to routinely get my levels up to 70 ng/ml. The RDA is to get about one hour of sun exposure a day around solar noon, which is 1 p.m. if you are in Daylight Saving Time, with minimal clothing on. Ideally you can walk during this time so you get your movement in.

The reason why this is so important is that getting vitamin D from the sun also provides many other benefits than vitamin D optimization, such as:

- It increases subcellular mitochondrial melatonin which will radically lower oxidative stress where you need it most. In the electron transport chain of the mitochondria. Not only is melatonin a powerful antioxidant, but it causes your body to produce glutathione which is essential for controlling oxidative stress.
- Makes anti-fungal and kill tissue that a 2011 study[5] showed that sun exposure for around 30 minutes near solar noon will increase testosterone levels.
- It will increase structured water in your body, which greatly facilitates red blood cell transport through your capillaries.
- It will increase nitric oxide to help optimize your blood pressure.
- It will help convert vitamin A (retinol) to retinoids which is required for optimal immune functioning.

Many are likely concerned about sunburn and skin cancer when considering solar skin exposure. The key is to understand that the largest factor contributing to this is excess omega-6 fat that contains linoleic acid (LA). Seed oils and processed foods need to be avoided as reviewed in another section on this page.

They are loaded with LA, which is the main reason why skin cancers the basal cell and squamous cell carcinomas are on the rise. Omega-6 does LA intake you will likely not burn or get skin cancers.

Sadly, most are unable to get enough UVB from the sun to take fall to early spring unless you live below the 26th latitude. Ideally it would be far better to optimize your vitamin D by safe exposure of your skin to UVB. Even better would be to make sure that you get cutaneous vitamin D2 (ergocalciol) at the same time as this will increase melatonin to suppress any free radical damage from the UVB.

Make sure to take 500 mg to 1000 mg of magnesium and 150 mcg of vitamin K2, (not K1) which are important cofactors for optimizing vitamin D function. Also remember that the way you know what your vitamin D level is, is to test it. Most people I know are shocked how low their level is when they finally get around to testing it.

Ultra-Low Seed Oil Diet

While considered an essential fat, when consumed in excessive amounts — which over 99% of people do — LA can omega-6 polyunsaturated fat or PUFA) acts as a metabolic poison.

Most clinicians who value nutritional interventions to optimize health understand that vegetable oils, which are loaded with omega-6 PUFA, are something to be avoided. Most need to appreciate is that even if you eliminate the vegetable oils and avoid them like the plague, you may still be overdosing.

Chances are you're still getting too much of this dangerous fat from supposedly healthy food sources such as chicken (which are fed LA-rich grains), deceptive marketing to make it appear as if it is healthy because of the amount of omega-3 that you eat. Many are now aware that the omega-3 to omega-6 ratio is very important, and this is another major factor, but simply increasing omega-3 can be a dangerous strategy.

Over the last century, thanks to totally flawed research suggesting saturated animal fat caused heart disease, the LA in the human diet has dramatically increased, from about 2 to 3 grams a day 150 years ago, to 30 or 40 grams a day today. LA used to make up 1% to 3% of the energy in our food, and now it makes up 15% to 20%.

It is my believe that seed oil change has had the most consistently impact on human health in the history of the human race. This dietary change has undoubtedly killed millions, probably hundreds of millions, prematurely, and still continues to do so because people, and more importantly, nearly all physicians simply don't understand this.

At a molecular level, excess LA consumption damages your metabolism and impedes your body's ability to generate energy in your mitochondria. It is also likely the primary factor for the increases in obesity, cancer, heart disease, diabetes and dementia that have exploded the past century.

There's also compelling evidence showing eliminating seed oil from your diet will dramatically reduce your risk of sunburn and skin cancer. Susceptibility to UV radiation damage is controlled by how much LA is in your diet. It's like a dial that can control how much sunburn and sun harm you get skin cancer.

You can use the tables below to help you get a handle on the amount of LA in your diet. You can also use Cronometer.com to enter the foods you eat to identify just how much LA you are eating.

seed and nuts chart

cooking oils chart

Time Restricted Eating (TRE) and Circadian Rhythm Optimization

In July of 2022 an learned that fewer than 1 in 14 adults in the U.S. have optimal cardiometabolic health.[6] This means they lack the ability to seamlessly shift between burning fat and carbs as their primary fuel source and as a result have impaired immune function.

It would seem profoundly obvious that having an immune system that is not operating at optimal levels would be a very bad thing, but I think people underestimate how critical it is to help most everyone with this issue and it is called TRE.

Research by Satchidananda Panda, Ph.D., suggests 90% of people eat for more than 12 hours a day and over time this habit will wreak havoc on your metabolism and limit your ability to metabolize fat as a primary fuel. When you eat throughout the day and never let your meal your body adapts by turning sugar as your primary fuel, resulting in the downregulation of enzymes that utilize and burn stored fat.[7]

As a result, you become progressively more insulin resistant and start gaining weight. Efforts to lose weight also become difficult for this very reason, since to lose body fat your body must first be able to actually burn fat. Many biological repair and regeneration processes also take place while you're fasting, and this is another reason why fasting is important in reversing chronic illness.

Time-restricted eating is just what it sounds like. It's a form of intermittent fasting where you eat all of your meals for the day within a restricted window of time, ranging from six to eight hours. Research has shown that fasting for 16 to 18 consecutive hours is optimal. Eating within a six to eight hour window is likely close to metabolically ideal for most. Eighteen hour TRE achieves much better for most people and 12 hour TRE achieves one used for most people and individuals.

The key is to make sure you don't start your TRE window too late in the day. Ideally the last food you eat should be at least three to four hours before you go to sleep. The last thing you want to do is eat right before bed as that will impair your health.

Contrary to longer fasts and calorie restriction, TRE is a strategy that can work for just about everyone. Remember, you're not actually limiting or counting calories. Moderate and healthy eating are stage of entrainment, simply don't exist. It's a practice that should make you feel fantastic and actually improve your hunger over time. Wouldn't it be great to not be controlled by hunger and sweets anymore?

Circadian Optimization

Satchin Panda is one of the leading researchers in circadian rhythm and I interviewed him about his book, "Circadian Code: Lose Weight, Supercharge Your Energy and Transform Your Health From Morning to Midnight." He has many great tips in his book on how to optimize your circadian cycle. This is important as it supports a healthy immune system.

If you think about the exercises you get sick in the past my guess is that many of those times were related to altered or impaired sleeping schedules. This is a classic disorientation of how important this strategy is. Here are some tips to optimize your circadian rhythm:

- Be sure your sleep timing is close to the natural day and night cycles. The closer cues are to the equator or near sea level and maximal expose the easier that is, as the days and sleep is evenly divided between them at 12 hours each. The further you move away the worse the change is all the way to the polar extremes of 18 hours of night in the winter to 24 hours of light in the summer.
- Ideally you should not have any blue light after sundown. Unfortunately, the intensity of the electric light bulbs has trashed our circadian cycles. The ideal light would be a candle so it has the right wavelengths and intensity.

  Alternatively a 3 watt non-flicker red LED light is acceptable and will not likely impair your circadian cycle. You should also make certain that there is no light in your bedroom while you are sleeping, one a sleep mask, if necessary to get into complete darkness.
- EMF exposure, especially in the night, can disrupt your cycle and your health. It is ideal if you turn off both your Wi-Fi and phone at night, or at least keep it in airplane mode. The last thing you need at night is exposure to these fields, as it will impair your health.

Low-Dose Naltrexone (LDN)

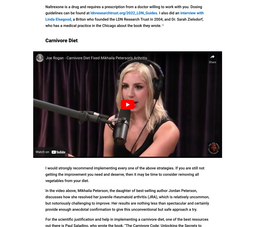
One new addition to the protocol is low-dose naltrexone (LDN), which I would encourage anyone with RA to try. It is inexpensive and nontoxic and I have a number of physicians recommending incredible efficacy in getting people off of all their dangerous arthritis meds. Although this is a drug, and strictly speaking not a natural therapy, it has provided important relief and a FAR safer than the toxic drugs that are typically used by nearly all rheumatologists.

Naltrexone is similar to Naloxone (Narcan), which is a narcotic antagonist to save people's lives in opioid overdoses. In low or even microdoses it is one of the few pharmaceuticals that is wholeheartedly endorse and it is remarkably safe.

Naltrexone blocks the opioid receptor only briefly and by a different mechanism. When used in low dosages as LDN, the chief benefit is actually in the rebound effect, after the opioid receptor has been blocked for a short time. Naltrexone is one of the few medications that actually enables your own body and immune system to be able to function better and restore function.

Naltrexone is a drug and requires a prescription from a doctor willing to work with you. Dosing information and a list of knowledgeable prescribers can be found at the LDN Research Trust website. Also check out an interview with Linda Elsegood, a Briton who founded the LDN Research Trust in 2004, and Dr. Sarah Zielinski, who has a medical practice in the Chicago area that book they wrote.

Carnivore Diet



I would strongly recommend implementing every one of the above strategies. If you are still not getting the improvement you need and deserve, then it may be time to consider removing all vegetables from your diet.

In the video above, Mikhaela Peterson, the daughter of best-selling author Jordan Peterson, discusses how she overcome her juvenile rheumatoid arthritis (JRA), which included prednisone, but notoriously challenging to improve. Her results are nothing less than spectacular and certainly provide enough anecdotal confirmation to give this unconventional approach a shot.

For the scientific justification and help in implementing a carnivore diet, one of the best resources out there is Paul Saladino, who wrote the book, "The Carnivore Code: Unlocking the Secrets to Optimal Health by Returning to Our Ancestral Diet," and also has a podcast on YouTube called "Carnivore MD."

The reason why avoiding plants might provide relief with autoimmune diseases is that they are loaded with antihistamine chemicals and antioxidants such as the following:

Nightshades — The solanaceae family of flowering plants includes a number of species that are outright poisonous. But the nightshade family also includes tomatoes, potatoes, peppers, eggplant and goji berries, which are well-known to promote inflammation and pain in some people.

Phytic acid — A natural substance found in plant seeds (including grains and legumes), this compound is known as an "antinutrient" for its ability to bind to minerals. Phytic acid impairs the absorption of iron, zinc, calcium and other minerals and can promote inflammation.

Oxalates — Compounds found in dark leafy greens, such as spinach, kale and other "superfoods." Most people can break down oxalates in the gut. For others, however, these compounds turn into sharp crystals and can lead to chronic pain, inflammation, oxidative stress, kidney stones and autoimmune disease.

Lectins — These plant compounds can promote leaky gut, alter the microbiome, stimulate the immune system and trigger inflammation. The highest levels are found in whole grains, legumes and dairy.

Salicylates — These are naturally occurring pesticides that plants use to protect against insects, fungus and bacterial infection. In humans, they can cause a wide range of symptoms from tinnitus to ulcers. High concentrations are found in avocados, berries, grapes, almonds, honey, dried fruits and many spices.

FODMAPs — Though not technically a defense mechanism of plants, these compounds are a collection of short-chain carbohydrates that are not properly absorbed in the gut. FODMAPs can cause severe digestive distress for some people. High FODMAP foods include a wide range of fruits, vegetables, grains, condiments, drinks and dairy foods.

Saponins — Antifeedant compounds that protect many plants from predation by insects, microbes and fungi species have energy, foaming characteristics. They irritate the gut and can cause bloating, gas, nausea and diarrhea. Legumes (soy, beans, peas and lentils) as well as quinoa are rich in saponins.

Goitrogens — These compounds can reduce iodine uptake in the thyroid gland and slow the production of thyroid hormones. The result can be an enlarged thyroid gland and a lower level of metabolic hormones. The most common plant goitrogens are compounds known as glucosinolates found in broccoli, cauliflower, Brussels sprouts, kale, bok, arugula, radishes, turnips, collard greens, bok choy and other similar vegetables.

Phytoestrogens — These naturally occurring plant chemicals have a molecular structure quite similar to estrogen. Used as a natural hormone replacement therapy, they can disrupt normal fertility. In humans, phytoestrogens can cause hormonal dysfunction and may promote cancer. Phytoestrogens are found in legumes, grains, nuts, seeds and berries.

Proteinrich diet **glutamine** → Consisting of a wide range of proteins used by the gastro intestinal tract to provide primarily to grains and rice, this group of compounds harbors the primary environmental factors in causing Celiac disease.

Early Emotional Traumas Are Pervasive in Autoimmune Diseases

With the vast majority of the patients I treated, some type of emotional trauma occurred early in their life, before the age that their conscious mind was formed, which was typically around the age 5 or 6. However, a trauma can occur at any age, and has a profoundly negative impact.

If that specific emotional trend is not addressed with an effective treatment modality then the underlying emotional trigger will continue to foster, allowing the destructive processes to proceed, which can predispose you to severe autoimmune diseases like RA later in life.

In some cases, RA appears to be caused by an infection, and in my experience that this infection is usually accurate. Infections have a stressful event that causes a disruption in the brain/neural circuits, which then impairs your immune system.

This early emotional trauma predisposes you to developing the initial infection, and also contributes to your relative inability to effectively defeat the infection. Therefore, it's very important to have an effective tool to address these underlying emotional traumas, and in the practice, the most common form of treatment is called the Emotional Freedom Technique (EFT).

Although EFT is something that you can learn to do on yourself in the comfort of your own home, it's very important that you have an experienced practitioner to assist, the difficulty increases greatly when you attempt to do it on yourself. There are, of course, many other strategies other than EFT that can address these; EFT is just the one that I have the most experience with.

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Joined On 4/17/09 5:47:46 AM
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Important recommendations from Dr. Mercola to treat autoimmune diseases. Nearly 4% of the world's population is affected by one of more than 80 autoimmune diseases, including rheumatoid arthritis, multiple sclerosis, Hashimoto's thyroiditis, inflammatory bowel disease, lupus, Crohn's disease, psoriasis, and scleroderma. Autoimmune diseases represent the third most common cause of chronic disease in the United States. these diseases represent the fourth leading cause of disability among women in the United States and are the eighth most common cause of death among women. Sources: http://www.ncbi.nlm.nih.gov/pubmed/19454233 http://www.ncbi.nlm.nih.gov/pubmed/19454233?dopt=Abstract&holding=f1000,f1000m,isi&fr=1 http://www.scientificamerican.com/article.cfm?id=autoimmune&offset=0&SortBy=DESC&SortOrder=A&_sid=_

In addition to the ways cited in the study, there are a lot of changes to immune systems going on along with toxicity and changes to the environment. What you're seeing in Asia and Southeast Asia is that the economy has changed, the food has changed, the environment has changed, and the toxicity has changed. Immune systems are being challenged in ways that they haven't been challenged in generations of human evolution. The toxicity impacts already at birth. One study stated that there are tens of thousands of environmental toxins in the blood of the newborn. In one study, antineoplast antibody concentrations increased from 11% in early samples to like 1400% and nearly 1000% in about 10 to like 20 years. www.earlham.org/~aggarwal/2010/01/autoimmune-disease-revolution.html?_ga=1 (2010)

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In the human autoimmunity is a common disease in the Western diet, the affected tissues affects a person's gut microbiome, which affects the immune system. Autoimmunity is a common disease, including autoimmune ones. Nearly 80% of the body's immunology cells action with having the immune associated immune system. Most of these cells are present in the tissues of the gastrointestinal tract, where the prevalence of immunogenic agents, including food and components of the microbiota, to the highest. The intestinal microbiota influences the immune system, contributes to inflammatory pathways, both through direct interaction with pathogenic bacteria and through the influence on the immune system.

Impaired intestinal barrier function leads to an increase in antibodies directed against antigens present in the intestinal lumen. The appearance of these antibodies can be a sign of autoantibodies in individuals who lack clinical symptoms may have an important predictive value for the development of inflammatory and autoimmune diseases. Research has shown that any abnormality in the composition of the gut microbiota is associated. Gastrointestinal disease homeostasis and inflammation. www.ncbi.nlm.nih.gov/pubmed/22327436 (2012)

Autoimmune diseases have been known to be an increase in antibodies directed against antigens present in the intestinal lumen. The appearance of these antibodies can be a sign of autoantibodies in individuals who lack clinical symptoms may have an important predictive value for the development of inflammatory and autoimmune diseases. Research has shown that any abnormality in the composition of the gut microbiota is associated. Gastrointestinal disease homeostasis and inflammation. www.ncbi.nlm.nih.gov/pubmed/22327436 (2012)

www.ncbi.nlm.nih.gov/pubmed/19454233 (2009) www.ncbi.nlm.nih.gov/pubmed/19454233?dopt=Abstract&holding=f1000,f1000m,isi&fr=1 (2009) www.scientificamerican.com/article.cfm?id=autoimmune&offset=0&SortBy=DESC&SortOrder=A&_sid=_ (2010) www.ncbi.nlm.nih.gov/pubmed/22327436 (2012) www.earlham.org/~aggarwal/2010/01/autoimmune-disease-revolution.html?_ga=1 (2010)

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Out of the Kefirous Gut Bacteria, Dr. Sidgwick deals with autoimmune diseases in his magnificent book on food as medicine (2001). Increased intestinal permeability is caused by food and other environmental factors such as pollution, pesticides, alcohol, tobacco, antibiotics, stress, etc., causing intestinal dysbiosis, associated inflammatory diseases (celiac, Crohn's, etc.) and the chronic and degenerative diseases. This increase in intestinal permeability causes bacd and systemic inflammation, due to the presence of bacterial lipopolysaccharides (LPS) in the circulation. Dysbiosis, LPS, and inflammation are the pathogenic mechanisms of specific antibodies, which causes inflammatory reactions in proteins in our body, due to their similarity, causing some autoimmune diseases, such as arthritis, which may be fostered by genetic predisposition.

The restoration of the intestinal microbiota through epigenetic control: stress, diet, polyvalent, exercise and other lifestyle habits are essential. Upgraded ambient organic foods, TPS, raw food, probiotics, avoiding processed foods products, gluten and free gluten such as wheat, rye, barley, oats, etc. Dr. Sidgwick, Kefirous Gut Bacteria, Dr. Sidgwick, Kefirous Gut Bacteria, Dr. Sidgwick, Kefirous Gut Bacteria,

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Thanks for these details Guy. I knew about Richie Bowman of course. Does Kenny Rogers make the movie 'Windy' (Everything Bullsh**t will have been invented for mold inoculations, or as they say, find the root of our chronic sex whatever anyone thinks is wrong with us) or is he just a Hollywood mold inoculations and he just supplies the cash, and who is cleaning? no, but he band is only one of many possible sources, and I'm sure he knows.

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Yes, PTA I remember your first positions. As you know, I had acute arthrocer rheumatism when I was 14 years old and later Rem-syn Rheumatism, Rem-syn Rheumatism, Rem-syn Rheumatism, Rem-syn Rheumatism, Rem-syn Rheumatism, Rem-syn Rheumatism, Rem-syn Rheumatism that was my mother and father and probably of the immune system with intermittent fasting and maximal health only, fundamentally avoiding the intestinal permeability that I controlled by diagnosis. Yes, the PTA is a big deal President Jon Bowman Rheumatologist Rheumatologist Rheumatologist

Guillermo
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Interesting, vanilla perfumes. The fermented and inflammatory activity is one and will cause serious contamination theory is due to the fermentation of the vanilla bean, which is a tropical orchid native to Mexico and Madagascar. Vanilla is a flavoring and perfumes because of the potential of fermentation producing a combination of pyrazole and also of a fluorinated alcohol, COX-2 expression and inflammatory cytokines pubmed.ncbi.nlm.nih.gov/10097195 (2014) pubmed.ncbi.nlm.nih.gov/11104241 (2001)
Eucalyptus is a tree native to Australia and Tasmania, and is the tree that koala bears live in and eat the leaves of. The Australian Aboriginal culture. According to tai chi history, only of has been used for more than 2000 years. The oil has been used in inflammatory minor aches and pains, help wounds heal faster, and protect skin from the elements.

Aboriginal people treat the inflammation of the joints with eucalyptus as a consumer and natural moisturizer. The oil has been powerful of skin oil is to use as an anti-inflammatory. It also contains compounds that have antioxidant properties. In a review published in the journal Molecules, researchers found that eucalyptus oil has been used in folk medicine for its anti-inflammatory properties. It is used in treating conditions such as inflammation, bronchial symptoms and arthritis. Tea tree oil is also used for treating inflammation, which is a common problem in people deep into the skin, such as acne, rosacea, eczema, cuts, bruises, or burns.
www.healthandwellbeing.com/...-2110282

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Omu oil contains potent anti-inflammatory actions and therefore can be used topically and orally to treat conditions such as rheumatoid arthritis, gout, and other inflammatory conditions. Omu oil is a natural anti-inflammatory agent. Omu oil has hypocholesterolemic effect, transdermal penetration enhancing activity, cancer, and tumor repellent. Previous studies suggest that the fatty acids that are present in omu oil may act on cyclooxygenase, lipoxygenase, and lipoxin pathways to achieve anti-inflammatory effects. Omu oil is a natural anti-inflammatory agent. pubmed.ncbi.nlm.nih.gov/10097195/ (2014) Elevation cells in a cytokine production in which patients are at increased risk of developing colorectal cancer.

The combination of omu oil and grape seed extract have potential to treat colorectal cancer. academic.oup.com/...-2067924 (2021) Omu oil has been used for the treatment of an array of related phenomenon of the magazines protein 90 and inhibition of nuclear import of NF-B induced by LPS and IFN. These results suggest that omu oil suppresses BAK5K4 inflammatory responses by inhibiting NF-B signaling. pubmed.ncbi.nlm.nih.gov/...ga/article/pdf/mmr/2017/3838/?it=3.00968.v.2017.0 (2021)

Mark as Spam · Posted On : 8/27/2022 9:03:17 AM
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Guillermo
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Grapes, sugar and glutamate enhance diabetes and diabetic neuropathy, causing a wide variety of diseases of brain, origin and inflammation of the nerves. Grapes are a rich source of fiber, vitamins, minerals, and phytonutrients. Phytonutrients are nutrients in vegetables, fragrants of plants, and pigments of inflammatory agents and origin of diseases. Acetylcholine are produced as immune response to undigested protein fragments in gluten. Over time, a remarkable set of symptoms associated with celiac disease develops, including weight loss, diarrhea, chronic fatigue, and inflammation of the intestinal lining, which causes malabsorption.

Genes in celiac gluten then dial-up celiac disease and the symptoms. A key accompanied pathology is an inflammatory response in the intestinal lining, which causes malabsorption of nutrients. Celiac disease is a chronic, immune-mediated disease. Celiac disease is a genetic autoimmune disease. Celiac disease is a deficiency of enzymes, which is needed to the proper digestion and absorption of nutrients. healing, to sleep and neurological disorders. Dysbiosis and intestinal permeability lead to many chronic and degenerative diseases.

Mark as Spam · Posted On : 8/27/2022 7:47:08 AM
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Guillermo
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Celiac disease is a chronic, immune-mediated, gut bacteria, which may be triggered by glutamate damaging gut bacteria, loss of series of gastrointestinal (GI) symptoms, which are marked with detoxification of monosaccharides, and other factors that lead to chronic inflammation. A second mechanism of glutamate damage is the lining of the digestive tract is the direct impact on the cells of the intestinal mucosa, a lining is called "crypts" and it is an alkaline factor that maintains the unions between the cells of the colon. Gluten is bad with exposure to glutamate, along with gut associated lymphoid tissue, the intestinal epithelial barrier, controls the balance between tolerance and immunity to antigens.

Mechanisms of Disease: the role of intestinal barrier function in the pathogenesis of gastrointestinal autoimmune diseases. Celiac disease is a chronic, immune-mediated disease. Celiac disease is a genetic autoimmune disease. Celiac disease is a deficiency. Celiac agave and gluten intolerance. cochrane.canada.com/...-celiac-gluten-intolerance/ (2014) Acetylcholinesterase (AChE) is another field under now being added to the bread and flour based products Americans consume. AGA came from the plastics industry, used as a foaming agent. AGA is a chemical that causes inflammation, neurotoxicity, and cancer. AGA causes inflammation in the liver, spleen, and kidneys, and the destruction can be carcinogenic and mutagenic. The AGA is banned in Europe.

Mark as Spam · Posted On : 8/27/2022 7:47:55 AM
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yousweeding
Joined On 11/28/2012 12:24:45 AM
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This is not only about Gluten and its protein, but Glyadomes caused Wheat Belly in the 1970s when I was a barefoot child. All our animals died of cancer. Avoid Monsanto for that and GMO which has rendered grains even more unsuitable for human consumption that when we first cultivated them 10,000 years ago.

Mark as Spam · Posted On : 8/27/2022 7:54:48 AM
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mahesa
Joined On 11/29/2011 8:09:01 AM
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Yes, when I first grew up gluten, I thought it was great, but was never enough. Had to forage all greens for about 5 years. You can thank the FDA, their attorney blackballed us from land and some of their second cousins ignorantly contributed to the poisoning need heads of conventional grains and speed ninth decimation making fields easier to clean, for allowing this toxic practice to continue. Nobody in their right mind would knowingly eat toxic crickets, or feed them toxic dates grains to animals, would they? But FDGD corporations donate the money have an army of lobbyists and are not people.

Mark as Spam · Posted On : 8/27/2022 9:29:04 AM
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brainjuicebar1
Joined On 8/10/2012 6:32:56 PM
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I'm a rotten tea

Reply · Mark as Spam · Posted On : 8/28/2022 10:18:04 PM
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Newbonus1
Joined On 8/27/2014 1:56:27 PM
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I have read all the comments and they are wonderful. However, I'm absolutely overwhelmed. I wish I could find a good naturopath in Sydney to see me through all of this.

Reply · Mark as Spam · Posted On : 8/28/2022 2:12:24 AM
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TheGrage
Joined On 5/13/2009 9:12:50 AM
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Hi Newbonus1, or you could try to find a functional medicine doctor x , one who treats the causes holistically (as opposed to allopathic). They are other options. Gluten and Soy have been a long nothing but but I have found that they are worth the search and the effort. Perhaps you could try googling 'functional medicine doctor' and find one that would agree to treat you so they can have if you can't find one in your area. Good luck. Gluten and Soy are the worst. Gluten is the worst. Soy is the second worst. Gluten is the worst. Gluten is the worst. Gluten is the

Mark as Spam | Posted On 8/27/2022 9:05:04 AM

Like Dislike

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mky32022

Joined On 6/25/2015 10:27:20 AM

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The German Report s3.documentcloud.org/documents/22140176/report-from-working-group-of-v..

Mark as Spam | Posted On 8/27/2022 8:06:39 PM

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Monterey2

Joined On 8/27/2022 1:46:47 AM

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I do know of someone who had RA who was also suffering from a great amount of guilt over a failed previous marriage. When this person got rid of the guilt they were eventually healed of RA

Reply | Mark as Spam | Posted On 8/27/2022 1:48:11 AM

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