

SORTING OUT AUTOIMMUNE DISEASE

Your Roadmap to Wellness, Naturally



Elena Upton, Ph.D.

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DISEASE

Your Roadmap to Wellness, *Naturally*

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ABOUT THE AUTHOR

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INTRODUCTION

SORTING OUT AUTOIMMUNE DISEASE, Your Roadmap to Wellness, *Naturally* delivers a unique perspective for the awareness and treatment of autoimmune disorders. Presented is a specific direction to follow for retracing your health history enabling you to discover an '*exciting*' cause. Once you have discovered this key element you are equipped to find the triggers to the original cause, or causes. Sorting information in this manner empowers you to make the choices necessary to recover optimal health.

Your health is in your hands and you have the option to take control and begin to correct imbalances and abnormalities that have occurred.

The U.S. LIBRARY OF MEDICINE defines autoimmune disease (also referred to as Autoimmune Disorder) as “a disease that results when your immune system mistakenly attacks the body’s own tissues.” Listed as examples are, Multiple Sclerosis, Lupus, Rheumatoid Arthritis...and a long list of other ‘diseases.’

They go on to say, “Autoimmune disease can affect almost any part of the body and the classic sign is inflammation, which can cause redness, heat, pain, and swelling.”

“How an autoimmune disease affects you depends on what part of the body is targeted. If the disease affects the joints, as in rheumatoid arthritis, you might have joint pain, stiffness and loss of function. If it affects the thyroid, as in Graves' disease and thyroiditis, it might cause tiredness, weight gain and muscle aches. If it affects the skin as it does in vitiligo and systemic lupus erythematosus (SLE), it can cause rashes, blisters and color changes.”

Autoimmune Disease, unfortunately, has become a catch-all for a number of ‘modern’ symptoms unknown to previous

generations. Beyond that, the medical definition, in and of itself, is incorrect. The idea that the body mistakenly attacks its own tissues is without scientific evidence.

Let's take rheumatoid arthritis as an example. This 'label' has come to be associated with pain, swelling, stiffness and even the distortion of joints. However, the idea that the body is mistakenly attacking itself is speculative.

Science tells us there has to be an 'exciting cause' for the natural functioning of the body to change. There are no mistakes, there are only interferences with normal functions.

There is another attribute in relation to health and healing that is not considered by the western model.

Energy...

Everything in nature possesses an *energetic field*, or *vital force*, including humans. The 'mystery' behind autoimmune disease is not a mystery, it is a lack of knowledge by the conventionally trained medical community to address a persons' energy field along with their dense physical body.

Healing means changing the environment that supports the aberrant condition. When the body gets 'cleaned-up' it means your body chemistry can rebalance. When this occurs, your energy level is restored. When your energy level is restored, you can recover.

All forms of Holistic/Alternative/Complimentary Medicine are based on the inclusion of nature. The vital force that drives all of nature is the same vital force that drives and supports our bodies.

- ❖ Homeopathy is the use of plant, animal and mineral substances in tiny doses that impart an energetic signature to instruct, therefore rebalancing our energy fields.

- ❖ Acupuncture physically directs energy to flow freely with the use of needles.
- ❖ Chinese herbs utilizes the energy within plants to not only nourish the body nutritionally, but to energize.
- ❖ Chiropractors move energy as they physically adjust your body.
- ❖ An Osteopathic doctor who works hands-on is directing and unblocking energy.
- ❖ A Naturopathic doctor is using methods based on revitalizing your energy field to translate to a stronger physical body.

As you continue to read you will gain a better understanding of how to remove the labels that have been placed on you, how to sort out your symptoms and how to begin to fix what your doctors say is unfixable.

To your health...**The Author**

CHAPTER I

WHERE TO BEGIN?

I began studying Homeopathy nearly thirty years ago. During that time, I have seen many clients who declare they had been diagnosed with an autoimmune disease. As a Homeopath I have been trained to focus on the symptoms presented by the person, rather than focusing on a dis-ease.

The following text will take you on a journey that describes a very different method of looking at symptoms and circumstances and analyzing that information in a manner that leads to a realistic plan to improve your health.

Having been trained in Classical Homeopathy I always begin in the same place, 'taking the case.' This one factor never changes.

If you are not familiar with Homeopathy, it is a system of medicine born out of the work of Dr. Samuel Hahnemann (1755-1843) in Germany and is the second largest system of medicine in the world. It is used extensively world-wide, except in America.

- ❖ Worldwide, over 200 million people use Homeopathy on a regular basis.
- ❖ Homeopathy is included in the national health systems of a number of countries such as, Brazil, Chile, India, Mexico, Pakistan, Switzerland, United Kingdom and Cuba.
- ❖ India leads with 100 million people depending solely on Homeopathy for their medical care.

- ❖ 100 million EU citizens, some 29% of the EU's population, use Homeopathic medicines in their day-to-day healthcare.
- ❖ Homeopathy is practiced in 40 out of 42 European countries.
- ❖ 10% of people in the UK use Homeopathy, an estimated 6 million people

Getting back to taking the case, it means just that. Interviewing the patient, gathering information about their history and even interviewing family members. Homeopathic case taking not only includes a detailed account of the persons' health history, but also personality traits and emotional profiles. I have also added the use of German Biological Medicine, Gemmotherapy, Phenolic Therapy and other holistic therapies to my tool kit. No matter the tools chosen to treat the person, it all begins with proper case taking.

Case taking is an art no longer practiced in 'modern' medicine. Instead, patient contact has been exchanged with the review of test results. After tests are ordered there is usually a brief exchange with the patient, at which time a doctor makes a diagnosis and your treatment is charted.

A huge portion of important information is missed in this method. It is the important details the patient has to offer that leads to a correct diagnosis and treatment plan. This method of arriving at a diagnosis may be the explicit reason for a catch phrase like "Autoimmune Disease."

It really means, "*We don't know what's wrong with you, it appears your body is attacking itself.*"

A doctor who takes an extensive health history, instead of relying on test results, can have a better understanding of you. This leads to a more complete treatment.

I make this statement with some hesitation because the tools at their disposal still may not be what your body is needing to be healed.

If your body is deteriorating in a certain way, it is because the chemistry has changed.

We are all a giant chemistry lab and when the balance of our particular chemistry has been disturbed the body malfunctions. Just like your car when the oil needs changing, or when the carburetor gets clogged.

Adding pharmaceutical drugs to the mix, if that is the option your doctor has, can further suppress the malfunction. Even if the symptoms 'clear up' and you feel you are cured from that particular malady, another malfunction will arise sometime down the road. It is never however, considered that the new malfunction is a result of suppressing the last one.

Here is an example. You often had strep throat as a child. You were given antibiotics every winter when it reoccurred. Finally, your doctor opted for surgery to remove your tonsils. No more chronic sore throats or bouts of strep.

The next winter (or maybe years later) you contract a sinus infection (which becomes chronic), or maybe you develop asthma? It is highly likely the surgeon left the buds to your tonsils behind and the strep that was suppressed by the antibiotics is still living in the buds. Since the tonsil gland was removed, the strep has now moved to the sinus passages, or the chest, so it can continue to express itself.

If you think this sounds crazy, it is not. After taking hundreds of cases over the years, it is a pattern that has emerged many times over. By treating the bugs lurking within with the use of a natural predator, rather than further suppression with chemicals, the chronic sinusitis or asthma clear up.

Holistic practitioners have a long list of efficient tools to weed out, clean out and rebalance the body's natural chemistry. Holistic/Alternative/Complimentary practitioners understand that antibiotics are not discriminatory. They do not kill only bad bacteria, but also wipe out your many strains of important, healthy bacteria that contribute to your balanced chemistry lab. (Or what was a balanced chemistry lab.)

There is much to be learned from a patient's history and much to be gained from cleaning up the body, rather than continuing to pollute with chemicals or malign with unnecessary surgeries.

HOW TO BEGIN

Now that you've been exposed to a different point of view, where do you go next? If you are new to Alternative and/or Integrative Medicine here is a simple chart that briefly explains and compares the more widely known holistic modalities available.

HOMEOPATHY, TRADITIONAL CHINESE MEDICINE, CHIROPRACTIC MEDICINE, NATUROPATHIC MEDICINE & OSTEOPATHIC MEDICINE AT A GLANCE

HOMEOPATHY

- Treats the whole person
- Energy Medicine derived from plants & minerals
- In-depth case taking and observation
- Addresses mental, emotional & physical issues
- Treats the cause, does not suppress symptoms

TRADITIONAL CHINESE MEDICINE

- Treats the whole person
- Acupuncture moves energy with needles placed in meridians

- Pulse reading diagnoses the health of organs
- Addresses mental, emotional & physical issues
- Utilizes Chinese Herbs to treat cause, does not suppress symptoms

CHIROPRACTOR

- Adjusts spine in relation to imbalances
- Various techniques of gentle body manipulation
- Treats symptoms that lead to cause

NATUROPATHIC DOCTOR

- Treats the person as a whole
- Utilizes western medical testing as well as energetic
- Can use meds, herbs, supplements & homeopathy
- Treats cause, not symptoms

OSTEOPATHIC DOCTOR

Two varying doctrines

- Uses traditional Western testing and pharmaceuticals

OR:

- Treats the whole person
- Uses natural medicines
- Hands on therapy to stimulate energy balancing

You can read a much more in-depth explanation of each of the five systems of medicine in my eBook, ***ALTERNATIVE MEDICINE IN UNDER AN HOUR, Easy-To-Follow Guide To Holistic medicine.***

There are also medical doctors today who began their careers in a traditional practice and have moved into integrative practices utilizing holistic methods. Many of these doctors who exchanged their prescription pads for natural medicines and supplements refer to this shift in practice methods as *Functional Medicine*.

Let's continue to build on the concept of case taking. It is not just a Homeopath or other practitioner that can utilize in-depth case taking. You can take your own case in the form of a journal, or the retracing of your health history. By doing this exercise you can connect the dots. Chapter II brings further understanding for sorting symptoms and piecing together important aspects that create a clearer picture that begins to lead you to specific answers. These answers are necessary to establish a path to wellness.

CHAPTER II

SORTING SYMPTOMS

OK, so how do you take your own case? The best place to start is at the beginning, literally. If you or a loved one is suffering from a diagnosed autoimmune disease you can start to unravel health issues by creating a detailed account of your health history, no matter how small or large you think the incidents were.

Start with birth...

- Was there birth trauma?
- Were meds administered?
- What were they?
- Were there vaccines?
- Was there a reaction? (fever, rash, excessive crying, sleeplessness)

(Depending on your age you may not have answers to these questions, but any information can help to unravel hidden causes of illness.)

Move on to childhood illnesses, injuries and emotional traumas.

- How often were you ill?
- Was there a chronic situation?
- What medicines were dispensed?
- Did you have allergies and how were they treated?
- Any surgeries or medical treatments?
- Did you experience grief from a death, abuse, or other trauma?

Adolescence; same questions but think more deeply about emotional patterns.

- Did you experience homesickness, disappointments, or other life-changing situations from going away to school?
- Were vaccines repeated?
- Did you develop any chronic situations, like headaches or other symptoms?
- Did you experience any toxic exposures?
- Did you experiment with drugs?
- Did you ever have food poisoning?

Adulthood; same questions.

You will be surprised when you see a pattern emerge. If you have a chronic illness and you see no trigger, or pattern, then you have missed something. Here is an example.

Jesse is an artist in his sixties. When I took his case it was unremarkable, meaning no obvious triggers or illnesses. Yet he was suffering from chronic rheumatoid arthritis and was getting strange infections. He was of normal weight, ate healthy and generally lived an active lifestyle. He had few illnesses to report and no childhood drama. However, I did say he is an artist.

As a sculptor he had been exposed to many different toxins through the years. In his earlier years he worked with oil paints, then moved on to glazes and other toxic paints as a potter until he settled on sculpting. Through many decades of exposures, he admitted never using a mask, gloves or other protective gear.

Did I view his arthritis as an autoimmune disease? No. Instead he was suffering from decades of toxic exposures. Those toxins were residing in every cell, but especially in his liver, kidneys and joints.

After many months of systematic detoxification (more on that later) his arthritis improved. We also discovered a few food triggers and after they were removed he experienced almost complete relief.

HOW HOMEOPATHIC CASE TAKING CAN HELP IN AUTOIMMUNE DISEASE

By the nature of the definition of Homeopathic medicine, there are no labels or pre-conceived disease categories to be considered. As described in Chapter I, finding the correct medicine is based on detailed case taking and careful consideration of a persons' health history. This includes mental and emotional data, as well as physical information.

Most have become accustomed to the western method of blood tests, scans and other testing from which a doctor makes a determination and diagnosis. Homeopathy looks to the person themselves for the answers.

Here is an example. A 50 something woman came in to see me. She said she had been diagnosed with Lupus. The doctors wanted to put her on a drug protocol that warned of serious side-effects. I found the diagnosis to be very curious, since I could not see a correlation with her symptoms?

She explained that the diagnosis was based on numbness and tingling in her right hand, extreme fatigue and digestive issues.

When I took her case she revealed she had been in a car accident and sustained a neck injury. She commuted over an hour in traffic to and from work each day making for a very long day and she rarely ate a full meal. Instead she 'grazed' most of the day.

I asked her if the doctor was aware she had been in an auto accident and she said, "No, he never asked much about my history."

My assessment:

- The patient has a neck injury, probably affecting her C2 or C3 causing the numbness and tingling in her hand.
- The patient is malnourished and dehydrated from poor eating habits.
- The patient has a digestive disturbance which causes discomfort after a meal, reducing her to the habit of 'grazing'.

Does the patient have Lupus, NO.

After sending her to an acupuncturist who specializes in orthopedics it was confirmed there was damage to her C2 and C3. (A Chiropractor could have made the same determination.)

- She received treatment that relieved the symptoms in her hand and gave her improved neck motility.
- We dramatically changed her diet from snacking to eating nutritious meals.
- She agreed to change her daily schedule and expand time for sleep.
- She was given Homeopathic remedies to correct her digestive issues.

Bottom-line, her so-called autoimmune or 'Lupus' symptoms cleared up.

This is one of many examples of how Homeopathy, in ignoring a medical diagnosis and engaging the person, can instead get to the 'exciting cause' and actually solve the case.

If the patient had gone for Acupuncture, to a Chiropractor, an Osteopath who engages in hands-on therapy, or a Naturopathic doctor she would have experienced a similar means of unraveling her symptoms. As a result, she would not have had a disease label that led to inappropriate drug

therapy. And certainly there never would have been a 'cure', since western medicine states it has no cure for Lupus. They instead, *manage your symptoms*.

The following is a different example of case taking leading the way to treatment and resolution of chronic health issues.

Christine came in to see me in the beginning stages of menopause. She was starting to have hot flashes and her sleep was becoming disturbed. After taking her case other health issues appeared to be much more of a priority. Sometimes we get used to symptoms and they become part of the 'new normal'.

Christine did not seek help from the traditional medical community since she felt she had been damaged by drugs and other treatments in the past. As a child she was repeatedly given anti-biotics for tonsillitis. As a teenager she was given more anti-biotics for acne. After her son was born she had adult-onset acne and was given the drug Accutane.

By the time she was forty her digestion was so poor she knew she would be diagnosed by medical doctors with Irritable Bowel Syndrome (IBS) and have drugs prescribed again, so she decided to seek other options.

By the time I saw her at fifty, hot flashes were the least of her worries. She could digest very few foods, had poor memory and signs of arthritis developing. I knew from her history the delicate balance of important bacteria, enzymes and other gut chemistry had been dramatically compromised.

We worked on digestion first, since the gut is truly the first brain. If you do not have proper digestion nothing else can function properly. If you cannot metabolize vitamins, minerals and other nutrients from your food the body is

being starved. This is the true cause of autoimmune, not the immune system mistakenly attacking itself.

Christine's digestion improved by 80% fairly quickly with Homeopathic treatment. There is considerable damage to the walls of the intestines from the previous drug and only time will tell if it can be healed completely?

As a result of repairing her digestion her memory improved, her diet was balanced with the reintroduction of some foods, she lost weight and her hot flashes subsided. We continued to balance her hormones throughout menopause with remedies and over-time her arthritis symptoms improved greatly.

The following is another example of improving so-called autoimmune disease by shifting away from a diagnosis and instead, uncovering the real cause of the symptoms.

Angie was a seventy-year-old woman. She said she had been diagnosed with Multiple Sclerosis (MS) twenty-years prior. She had pain in one hip and walked with a cane. She came in because she was suffering from extreme exhaustion and was looking for some relief. She said her MS was under control through the 3 meds she was taking.

I asked about lesions on her brain (a typical sign of MS) and other signs of deterioration. She said she only had one small lesion in the brain with no new ones since the original diagnosis. She said there had not been any further deterioration over the years. This was curious, since MS is definitely degenerative. Western drugs can help to control pain and other symptoms, but I know of no drugs that stop the decline.

Her case history revealed that she had Mononucleosis as a child, Epstein Bar (EBV) as a teen (which is the same family of virus) and Herpes. I explained to her that a virus can also cause a lesion on the brain and her history, as well as non-

progressive symptoms pointed to a case of EBV, rather than MS. EBV is often overlooked and seldom tested in blood panels.

After some research, it was also revealed that the 3 drugs she was taking for pain and tremors listed extreme exhaustion as a side-effect. We changed her diet, treated the multiple viral load, improved her immune system at which time she chose to wean off the medicines as she continued to improve.

This is a very small sampling of how you can go from an autoimmune diagnosis to actually finding the underlying cause of the disorder.

When you are armed with an exciting cause you can aggressively move forward to clear the terrain and repair damage.

CHAPTER III

WHAT CAUSES AUTOIMMUNE SYMPTOMS?

All disease possesses the same characteristics:

- Inflammation
- Oxidative stress
- Hormonal imbalance
- Mineral deficiency

No matter the autoimmune disorder you have been tagged with, there is a possibility of reversal with the correct treatment,

Let's look at the major characteristics of disease and the factors that trigger imbalance.

#1 INFLAMMATION

Inflammation is the body's response to injury. That injury can be a physical blow, like an accident, or the invasion of a pathogen. Your immune system rises to the occasion and sends in white blood cells to come to the aid of damaged tissue or invading organisms.

A healthy, well-balanced immune system knows the drill and performs its functions appropriately. An issue arises when an acute inflammatory response turns into a chronic case of inflammation. When this occurs, it is usually when you will hear a doctor use the phrase autoimmune response.

The doctor is correct in that there is an abnormal response, but why would your body malfunction in this way? Because there is an exciting cause!

#2 OXIDATIVE STRESS

All disease has some aspect of the four components listed above, but it is *OXIDATIVE STRESS* that drives disease. Oxidative stress is when there is damage to your cells through the **oxidative process**. Oxidation is a normal process that occurs in nature, including in our bodies.

Oxidative stress is the result of free radicals. Free radicals create inflammation. Inflammation creates most autoimmune symptoms.

Now we are getting to the next step in understanding why the body malfunctions. It is not attacking itself, it is being driven by a free radical process.

Free radicals are molecules with a single unpaired electron. It looks to attach itself to another atom or molecule by stealing an electron. This damages the cell it stole from. The results are toxic.

When an "attacked" electron loses its charge, it becomes a free radical itself, beginning a chain reaction. An example of this process outside of the body is rust.

Where do the free radicals come from? They are everywhere.

- Toxic Chemicals
- Chemotherapy
- Cigarettes
- Rancid Oils
- Hydrogenated oils
- Air Pollution
- Herbicides
- Radiation
- Drugs

- Bad Diet

By explaining the concept of free radical damage you will have a greater understanding as to why living a healthy lifestyle is crucial to your wellbeing. Only through the process of detoxification, whether it is through food, remedies or herbal formulas, can free radicals be regularly flushed from the body.

#3 HORMONE IMBALANCE

Hormones run many of the important operations in the body, which means hormone imbalance puts you out-of-balance. Unfortunately, since the early nineties, medical trends have gone in the direction of altering the endocrine system (the engine that drives your hormones) by adding artificial hormones to the body.

There is a concept described as *bioidentical* hormones. This is a catch phrase for copycat hormones chemically engineered. Many holistic practitioners are under the impression they are natural hormones. They are not. They are engineered to behave like natural hormones, but are manufactured in a lab with added chemical components.

When we start to alter our hormones in this way there can be consequences. The rise in autoimmune symptoms coincidentally coincided with the introduction of Hormone Replacement Therapy (HRT).

Thyroid function is an example. The thyroid has a major role to play in hormonal balance. The thyroid does not manufacture hormones, but it certainly manages them. Adding artificial estrogens and progesterone can interfere with its' function. If the thyroid is not properly corrected, fatigue is the over-riding symptom.

Couple that with joint pain from food intolerances, depression from poor digestion and now you have the picture of an autoimmune disease.

Acupuncture and Chinese herbs are a much more efficient means of balancing hormones. Acupuncture treatment moves the energy (Chi) in the body and Chinese herbs, specific to hormones, can nourish the endocrine system.

Homeopathy is also an excellent choice also. The energy imparted with Homeopathic remedies is similar to signaling Chi in Acupuncture. It is like tuning into a radio frequency to reach a clear signal. The information contained in Homeopathic remedies can help put your body back on track.

Hormonal imbalance is very complicated business and can present many symptoms that get lumped into the autoimmune category. When this happens, the hormonal issues are ignored and drugs are prescribed to palliate symptoms. This includes psychiatric drugs, which further complicates the imbalance.

(See Chapter VIII for information on Plant Stem Cell Therapy (Gemmotherapy) a method for balancing hormones.)

#4 MINERAL DEFICIENCY

It is easier than you might imagine to have a mineral deficiency, even in this modern age of abundant food supplies. Farming methods, although producing a greater yield of crops, isn't necessarily as nutrient dense.

- Crops are no longer efficiently rotated to preserve integrity of soil nutrients.
- Fungicides and pesticides are regularly sprayed on crops changing their nutritional value.

- Seeds are genetically modified with animal tissue and other unnatural methods rendering them neutered. (Non-reproductive seeds.)

This is a small sampling of issues that have dramatically changed the original makeup of our soil and therefore affecting the original balance of vitamins and minerals. Modern farming practices have dramatically changed the density and diversity of today's food supply.

In studying German Biological Medicine, I was introduced to *Trace Mineral Therapy*, also known as Oligotherapy.

Trace elements are basic metal and mineral substances essential to the biochemical processes of metabolism. Without them a harmonious interaction between enzymes and vitamins in the body would not be possible.

Approximately 60 different trace elements are present in the human body. Some of them occur in minute concentrations, but absolutely essential for life. Without them humans could not exist. Most important among them are:

- Chromium
- Iron
- Fluoride
- Iodine
- Cobalt
- Copper
- Manganese
- Molybdenum
- Nickel
- Selenium
- Silicon
- Vanadium
- Zinc

- Tin
- Lithium

One trace element cannot take on the task of another. However, an overload, especially of heavy metals like mercury, aluminum or lead can force trace elements out of their enzyme compound, reducing or blocking their effectiveness.

As an example, we need *cobalt* to synthesize Vitamin B12. *Copper-Zinc-Manganese* are needed to convert superoxide radicals into less toxic agents so they can be cleared from the body. If these trace minerals are not present in their proper proportion you will show up to the signs of amyotrophic lateral sclerosis (ALS).

Again we have the name of an autoimmune disease, however, there is a specific 'exciting cause' to the disease that is being ignored. It is these triggers that need to be addressed to rebalance normal functioning.

(See Chapter VIII, Practitioner Protocols, for information on how to integrate trace mineral therapy.)

CHAPTER IV

AUTOIMMUNE TRIGGERS

As described in the previous chapter, all malfunctioning in the body has an aspect of the same four components; *inflammation, oxidative stress, hormone imbalance and mineral deficiency.*

If you have an understanding of the most common triggers that put in motion these factors you will have the opportunity to examine the origination of an exciting cause contributing to your symptoms.

Trigger #1 VACCINES

We touched upon the delicate balance of trace minerals and metals in the body. Vaccines can be a contributing factor to this imbalance.

Vaccination is a very hot topic, as explosive as politics or religion. I am not presenting a debate as to their efficacy, only presenting the facts as they relate to this text.

The CDC website contains a listing of the ingredients found in most vaccines. You will see plainly listed thimerosal (mercury), aluminum and many other highly toxic elements.

If you are suffering from heavy metal poisoning that is causing inflammation and oxidation in your body, as well as other malfunctions, you may want to think about your vaccine history.

Were you in the military, or do you succumb to a flu shot every year?

Statistics show that Americans have a lower level of health than all other industrialized countries.

We also have the greatest number of vaccines, administered at the youngest age, with pharmaceutical companies adding new ones all the time.

I had a client with a number of health issues who had been diagnosed within the autoimmune spectrum. We sorted out her issues, one by one (as described in Chapter II) and began to systematically work through the list of complaints. After eight or nine months she was doing very well, then called to say all her symptoms had returned.

I knew there had to be an exciting cause.

I asked, “What did you do or add recently to your regimen?” She said, “Nothing, I only had a flu shot.”

BINGO! At that moment I knew it was an element of her history that had not been revealed in the case taking process. She went on to explain that she had had a flu shot every year for the past ten years!

I asked if she was willing to have heavy metal testing and she agreed. The tests came back high in aluminum and mercury. Since she had almost no dental work, and didn't like fish, it was logical to trace the source back to the flu shots.

For the next several months we worked on heavy metal detoxification and she regained her health once again. She also realized that having access to Homeopathy and the many flu remedies it offers, she no longer needed a flu shot!

Trigger #2 FOOD SENSITIVITIES

As you continue to read, you will see a pattern developing from one issue to another. Food is a perfect example. Why

do so many have food intolerances today?

If you are an older person you can reflect easily on a time when this was not the case. If you are a younger person reading this text, it is the norm.

If we trace back to the changes in farming practices, as previously mentioned, you will note a correlation between the health of our soil and the health of our population, or lack thereof.

Dr. Hazel Parcells (1889-1996), a Naturopath who lived to be 106 years-old physically and energetically cleaned all the food she consumed. (More on this later.)

When the body is disturbed by poor digestion, heavy metal poisoning and a lack of proper minerals and trace elements, it sets us up for rejection of certain foods.

If the body cannot properly digest and metabolize there will most certainly be oxidation and inflammation.

Food intolerances are a huge trigger for autoimmune categories like Crohn's Disease, IBS, GERD, especially if the sensitivities are left undetected.

Trigger #3 CHEMICAL EXPOSURES

“Since 1950, at least 70,000 new chemical compounds have been invented and dispersed into our environment. Only a fraction of these have been tested for human toxicity. We are, by default, conducting a massive clinical toxicology trial, and our children and their children are the experimental animals.”

-Herbert L. Needleman, M.D., Philip J. Landrigan, M.D.,

IN 1989 the US House of Representatives wrote that of the chemicals found in personal care products:

- 884 are toxic

- 146 cause tumors
- 218 cause reproductive complications
- 778 cause acute toxicity
- 314 cause biological mutation
- 376 cause skin and eye irritations

As more toxic chemicals have been introduced into our everyday environment in greater amounts over the last 20 to 30 years, the level of toxins stored in fat cells of our bodies has risen.

Bioaccumulation studies have shown that some toxins store in our bodies for life.

It is imperative to pay attention to all cleaning products, skin care products, household paints, polishes and all other inorganic substances we come in contact with. This is especially important with our children and in your work space.

Dr.'s Needleman and Landrigan noted in their book, ***Raising Children Toxic Free***, that developing cells in children's bodies are more susceptible to damage than adult cells that have completed development, especially those of the central nervous system.

During the development of a child, from conception through adolescence, there are particular windows of vulnerability to environmental hazards. Most disturbing is that until a child is approximately 13 months of age, they virtually have no ability to fight the biological and neurological effects of toxic chemicals.

Formaldehyde, found in vaccines, building products, household products and fabrics, to name a few, is a highly toxic substance. It is one of many known cancer-causing agents.

It damages the neurological connectors in the body. It is an irritant to the eyes, nose, throat and lungs and may cause:

- Skin reactions
- Ear infections
- Headaches
- Depression
- Asthma
- Joint pain
- Dizziness
- Mental confusion
- Nausea
- Disorientation
- Phlebitis
- Fatigue
- Vomiting
- Sleep disturbances
- Laryngitis

Trigger #4 DENTAL PROCEDURES

Every tooth in your head is connected to a specific organ in your body. This means whenever a dentist works on a tooth, or there is infection, or some other disturbance, there is a direct correlation to its organ counterpart.

Dental procedures have become more and more aggressive in recent times to fulfill our desire for the perfect smile. Unfortunately, many of the procedures are toxic and dangerous to your health. It is a topic that can fill a book in and of itself. In fact, there are a number of books written by dentists who have researched the tools given them by the manufacturers.

It is an area of health concern I was introduced to when studying German Biological Medicine. The German Medical community pays special attention to dental work in relation to patients with chronic illness. It is an area greatly overlooked in most countries and within conventional western medicine.

There is much information available on the dangers of root canals and other procedures. If you have been diagnosed with an autoimmune disease and have had a considerable amount of dental procedures, you may want to research this area.

You can find dental charts online that show the correlation between teeth and their corresponding organs, as well as the dangers of certain procedures and materials.

Trigger #5 PARASITES

Parasites are rampant in our society and continue to plague many for two reasons.

- Medical doctors rarely order testing for parasites. It is not a topic widely studied in medical school.
- Testing in the US is inadequate at best. Most American labs do not specialize in parasite testing, therefore their equipment and training are deficient.

Parasites are organisms that derive nourishment and protection from other living organisms known as hosts. They may be transmitted from animals to humans, from humans to humans, or from humans to animals.

Several parasites have emerged as significant causes of food borne and waterborne illness. These organisms live and reproduce within the intestinal tract, tissues and organs of

infected human and animal hosts and are often excreted in feces.

Parasites are transmitted from host to host through consumption of contaminated food and water, skin contact, insect bites, air, pets and soil contact.

I spoke with Dr. Omar Amin, a world-famous parasitologist who said:

“Parasites will compromise the host immune system as well as the person’s state of physical, mental and emotional well-being to various degrees. For example, the tapeworm *Diphyllobothrium latum*, will deplete the body of half its Vitamin B12 resources, which are essential for proper central nervous system function, propagation of nerve impulses, muscle coordination and recall.

“When this 30-foot long worm is expelled after proper treatment, above functions will be restored to normalcy. Host-parasite relationships causing physical or psychological trauma may go undetected from early childhood. Progressive or sudden overt disease outcome may then occur later in life. This reactivation of infection is usually related to a depressed immune status, age, hormonal changes, and physical or psychological pressures.”

Parasitic infection can also be very damaging by direct injury to the tissue of the digestive tract or liver, among other organ systems. In addition, the most destructive effects may not be caused by the parasite itself, but by its’ toxic by-products, which are produced unintentionally as part of its living process.

Parasites can disrupt digestive activity by causing malabsorption and interfering with the action of digestive enzymes and nutrients. In addition, parasites can compromise the human immune system in order to promote and ensure their own survival.

Don't the symptoms of parasitic infection sound like symptoms of many forms of autoimmune disorders? Dr. Amin has documented numerous cases of Irritable Bowel Syndrome (IBS), Crohn's, and many other 'diseases' that cleared after the patient was treated for parasitic infection and its subsequent damage.

(See RESOURCES, for further information on premier lab testing and suggested products for clearing parasites.)

Trigger #6 CHRONIC VIRAL LOAD

Viral load is another missed category of diagnosis. Pathogens, whether they be parasitic, bacterial, fungal or viral are not at the top of the list medical doctors look for answers to chronic symptoms.

(Possibly it is because they have no answers for the treatment of this category?)

I have had numerous clients with multiple levels of virus. Many times these cases are misdiagnosed as Multiple Sclerosis, Fibromyalgia and other autoimmune disorders.

If you have had a diagnosis of MS in particular and have little to no lesions on the brain or spine, or the lesions you do have do not progress, then you may want to seek testing for viral load. This could be Epstein Bar, Herpes Zoster, Herpes Simplex, or Cytomegalovirus (CMV) to name a few.

If you do discover you have a heavy burden of virus lurking, seek the help of holistic practitioners. This is not an area where western medicine has much to offer. Natural diseases are best dealt with through natural means that are bigger and stronger and can neutralize the invading army.

Trigger#7 BACTERIAL PATHOGENS

Lyme Disease is a bacterial infection commonly missed, even though it was discovered in the 1970's. The CDC website describes Lyme disease as:

“Caused by the bacterium *Borrelia burgdorferi* and is transmitted to humans through the bite of infected blacklegged ticks. Typical symptoms include fever, headache, fatigue, and a characteristic skin rash called erythema migrans. If left untreated, infection can spread to joints, the heart, and the nervous system. Lyme disease is diagnosed based on symptoms, physical findings (e.g., rash), and the possibility of exposure to infected ticks. Laboratory testing is helpful if used correctly and performed with validated methods.”

Lyme Disease, when undiagnosed, takes on many symptoms of autoimmune disorders. It is important to be tested for Lyme, if in-fact you feel there is any chance you may have been bitten by a tick. The most common conventional treatment is long-term anti-biotics. This treatment has the possibility of driving the bacteria deeper, as well as disrupting your own natural bacterial defenses. (Again, upsetting the chemistry lab.)

There are many natural therapies available for the treatment of Lyme disease. Consult your holistic practitioner if you believe this is an issue for you. If unchecked, you can spiral into years of 'autoimmune' symptoms.

Other Common Bacterial Infections...

The list of bacterial exposures covers a wide range of diseases. The most common are *Staphylococcus*, *Streptococcus*, *E. coli*, *Salmonella*, *H. Pylori*, *Neisseria* (gonorrhoea or meningitis) and *Pneumonia*.

Bacterial infections can be driven deeper into the body and emerge as autoimmune symptoms.

An example is Crohn's Disease or IBS. An infection that went without treatment, or had incomplete treatment will manifest into this autoimmune spectrum.

For many years it was thought that stomach ulcers were caused by stress. It wasn't that long ago it was discovered to instead be caused by *Helicobacter pylori*, better known as *H-pylori*. This is one example of how pathogens affecting the body are still being discovered and, as a result, the true exciting cause can be revealed.

Trigger #8 EMOTIONAL TRAUMA

This topic could very well have been positioned as Trigger #1. Having taken hundreds of cases over the years I am never surprised when the person reveals a rape, a devastating loss of a parent, child, or other loved one, divorce, loss of their home, career, or any number of devastating experiences. If you think these circumstances do not affect your physical body, think again!

As a living being with a physical body driven by an energetic field, it is the energy field that becomes disrupted when we experience catastrophic events. Even if you are not emotionally connected to the event, it is still running its own program and attempting to repair itself.

Your illusive symptoms may very well be the result of repressed emotional injury.

A couple of decades ago when Fibromyalgia began to show itself, especially in women, doctors were quick to recommend psychotropic meds. They went right for the emotional plane. They may not have been entirely incorrect, it was just their methods that were incorrect.

Suppressing emotional trauma with drugs can actually bring on the symptoms of autoimmune disorders, since the body

is struggling to release and repair, rather than repress.

This is an area where you need the support of professionals. I am not necessarily recommending psychiatric intervention. Holistic/ Integrative/ Alternative practitioners are very well trained in this area.

In fact, all areas of natural medicine are keenly aware that the whole person needs to be treated, including their emotional state. One more reason to step outside the box to a world of practitioners and therapists who view your *energy body* as an integral part of your physical body.

The categories discussed in this chapter are the more common triggers for autoimmune symptoms, but certainly not the only factors.

The message throughout this text is to unravel your history and symptoms methodically to find the exciting cause, or causes.

Presented here is an efficient means of getting to the bottom of your symptom picture and acquiring more complete information in order to seek a correct mode of treatment or treatments.

CHAPTER V

WHY DIET IS IMPORTANT

The number one question I am asked is ‘What should I eat?’ I am not a nutritionist or dietician, however, my training as a Homeopath and Holistic Health Specialist has taken me far beyond the 4-food groups and governmental guidelines for proper nutrition.

There is a new understanding coming about of the dramatic effects nutrition, or lack thereof has in our lives. Through the experience of taking hundreds of cases over the years (probably thousands), nutritional habits reveal over and over what works and what does not.

Proper chemistry in your body begins and ends with food. Food contributes greatly to the four characteristics of disease; *inflammation, oxidative stress, hormone imbalance* and *mineral deficiency*.

Important decisions surrounding nutrition falls into five categories:

- Hydration
- Food Elimination
- Food Cleansing
- Food Combining
- Pleasure

HYDRATION

If you are not properly hydrated, nothing else you do will be of any consequence. Ultimately, you must have proper hydration to achieve proper health.

We have over 60 Trillion cells in your body and they cannot function unless they are hydrated. They are NOT hydrated by coffee, soda, alcohol or other such liquids that 'quench' your thirst.

When your car battery runs low on water it can only be refilled with water. The body operates in the same manner. Six or eight cups of coffee or tea do not take the place of water.

The following are some signs of Dehydration:

- ❖ Chronic body pain
- ❖ Chronic thirst
- ❖ Shortness of breath
- ❖ Mental fog
- ❖ Fatigue
- ❖ Inflammation
- ❖ Discomfort from flushes of heat on movement

(A dry mouth has more to do with a liver issue or drug reaction.)

There is much controversy over the type of water we should be drinking. It is amusing how complicated our society has become. The key to water is simple, it needs to be clean. Tap water is not clean (unless you have a well that tests within optimum ranges).

Today we have dozens of brands of bottled water on our grocery shelves. Don't be fooled by the fancy labels, pretty bottle shapes and glowing adjectives written on the labels.

Water needs to be from a clean source or cleaned by a proven method of filtration. It does not need fancy 'bells and whistles' that come with high price tags.

You do not need high pH, extra oxygen or other additives. (The exception being electrolyte water needed due to activities that may cause loss of minerals.)

Let's discuss high pH water, since it is touted as the latest, greatest.

The body has a natural circadian rhythm that naturally adjusts pH in the body within a 24-hour period. When we are sleeping at night pH levels drop to an 'acid' state while the body is detoxifying.

The kidneys are hard at work while we sleep absorbing the days' toxins and they are excreted in the first urine on waking. If you force your body into an unnaturally high level of pH 24/7 (over 7.5) you are short-circuiting your body's natural cycle of potential of hydrogen.

Another misnomer about water relates to the drinking of distilled water, or actually all that is written about NOT drinking distilled water. *For the purposes of clarification, distilled water means all the dissolved minerals have been filtered out of the water. This means it is 'empty'.*

Most health books and articles written about distilled water will tell you it is dangerous and that drinking distilled water will leach minerals from your body. This crazy notion couldn't be further from the truth. When you are working with a program to detoxify your body the *only* water you should be drinking is *distilled*. The 'empty' water will assist in pulling toxins from your cells.

If you are eating a balanced diet, especially if it is organic, everything you put into your mouth contains more than enough minerals to support healthy nutrition. The distilled water will go a long way in speeding up your detoxification process.

Dr. Hazel Parcells' easy method to Alkalize & Hydrate:

Hazel Parcells lived to be 106 years old after being diagnosed with incurable Tuberculosis with complications of the liver and kidneys at the age of forty. She embarked on a mission to heal herself through food and natural medicine. She left us with many discoveries about raising our energy level and regularly cleansing the body. The following was her method of hydration.

Hydrating Drink

½ tsp. cream of tartar

¼ tsp. sea salt (not Himalayan rock salt)

¼ tsp. baking soda

8-10 ounces of water

Combine and drink every morning on an empty stomach

FOOD ELIMINATION

This is a tough one for many. It is important while writing out your health history to include reactions to foods.

Does Beer cause bloating, does dairy give you diarrhea, does gluten containing foods create constipation or headaches, does sugar bring on urinary issues?

If you are not observant or honest you are missing an important step in getting well.

It can be difficult to give up your favorite foods. The good news is that many of them are removed from your diet until you are well. Later they can most likely be added back in, one at a time. (You will read in Chapter VII, Practitioner Protocols, the use of Phenolic Therapy as a tool in overcoming food sensitivities.)

FOOD CLEANSING

Dr. Hazel Parcells, through her decades of research, measured the energy in soil, in various plants and in hundreds of patients before and after they ate foods. She came to the conclusion that 'dirty' food zaps our energy and clean foods raise our energy and vitality.

Dirty foods are those contaminated with harmful toxins, chemicals, sprays, and poisons. The technique she devised to rid foods of toxins and improve the flavor and shelf life neutralizes their poisons, as well as enhancing nutritional value.

Dr. Parcells method was as follows:

Before cooking, soak all your fruits, eggs, meats, and vegetables in a bath of Clorox and water, at the rate of 1 teaspoon of Clorox to 1 gallon of water. Make sure it is the old-fashioned, pure Clorox, not a scented version. Today's Clorox is also a concentrated version, so her original ratio can be reduced down a bit to 2/3 tsp. Divide your foods into the following categories and soak no longer than the time listed:

- Leafy vegetables; 10-15 minutes
- Root vegetables; 15-30 minutes
- Thin-skinned berries; 10-15 minutes
- Heavy-skinned fruits; 15-30 minutes
- Eggs; 20-30 minutes
- Thawed meats; 5-10 minutes per pound

Prepare a fresh batch of Clorox solution for each category of foods, dispose of the baths after use. Soak all Clorox-water treated foods in a fresh water bath for 5-10 minutes before using.

Dr. Parcells said at the time, "This treatment has been used for the last 30 years by many families, saving them untold expenses for illness with no unfavorable report."

Dr. Parcells also believed there were 12 Keys to living a long and healthy life. Since she was healthy to the age of 106, clearly there was truth in her beliefs. They are as follows:

1. Don't believe the doctors if they say your condition is untreatable.
2. Master your kitchen chemistry.
3. Understand that *energy* is the master key to health.
4. Preserve the life energy in foods through correct preparation and cooking.
5. Match the energy of foods to your body's specific energy and needs.
6. Master the kitchen science of correct food combining to optimize digestion and absorption of nutrients.
7. Restore your body's acid-alkaline balance.
8. Neutralize and eliminate harmful pollutants from your food, air, and water through cleansing them.
9. Add more energy to your body and foods using color and magnetic fields.
10. Detoxify your body, cleanse your colon of possible parasites.
11. Support your endocrine glands with supplements.
12. Know and manage your body's energy fields.

FOOD COMBINING

Learning food combining is a life-long method for improving digestion. It is a simple process, if you have not been previously advised.

The body manufactures different types of enzymes to break down different types of foods.

Without enzymes, no metabolic activity will occur.

A body that does not consistently and efficiently metabolize the essential food nutrients cannot maintain optimum health.

Digestive enzymes are secreted by the salivary glands, stomach, pancreas and small intestine.

The three main enzymes needed for proper digestion are:

PROTEASE: Meat, fish and other protein containing foods need protease to digest proteins.

AMYLASE: Carbohydrates (sugars and starches) need amylase to be digested.

LIPASE: Fats and lipids are broken down and metabolized by lipase.

Food combining has less to do with the body not having the ability to manufacture the necessary enzymes necessary for the metabolism of different foods and more to do with your own ability, especially in a disturbed system, to be up to the task.

When you are young, healthy and uncompromised there is no problem digesting a steak with a baked potato slathered with butter (or a double cheese-burger and fries). If you have any number of maladies tagged as autoimmune, you probably would have great distress attempting to eat such meals.

While you are rehabilitating from various ills you will be much happier and much more comfortable if you pamper your digestive tract and follow some simple food combining guidelines.

Don't eat proteins and carbohydrates at the same meal:

Do not eat nuts, meat, eggs, cheese, or other protein foods at the same meal with bread, cereals, potatoes, sweet fruits, cakes, etc.

Avoid carbohydrates with acid foods:

Do not eat bread, potatoes, peas, beans, bananas, dates, or other carbohydrates with lemons, limes, oranges, grapefruits, pineapples, tomatoes or other sour fruit.

Do not eat two proteins together at the same meal:

Do not eat nuts and meat, or eggs and meat, or cheese and nuts, or cheese and eggs, etc., at one meal. Do not use meat and milk, or eggs and milk, or nuts and milk at the same meal.

Do not eat proteins with acid fruits:

This is to say, oranges, tomatoes, lemons, pineapples, etc., should not be eaten with meat, eggs, except with protein fats such as avocado, cheese or nuts.

Do not consume starches and sugars together:

Jellies, jams, fruit butter, sugar, honey, syrups, molasses, etc., on bread, cake, or at the same meal with cereals, potatoes, etc., or sugar with cereal, can produce fermentation.

To explain food combining methods a little differently, here are the words of Dr. Hazel Parcells who determined that food combining is crucially important:

- Don't combine two kinds of flesh foods in a single meal, such as fish and chicken.
- Don't mix dairy with flesh proteins.
- Don't serve meat, fish, poultry, or other flesh foods with grain starches such as bread, pastries, cereals, dried beans, or pasta.
- Starch foods such as potatoes, rice, or millet may be served with proteins if you also include a green leafy salad in the meal.

Dr. Parcells further explained:

- Use cold-pressed virgin olive oil for cooking. (except with high heat)
- Keep up your intake of pure sea salt, this can normalize both highs and lows in your blood sugar.
- Avoid all aluminum products in cooking and stay with stainless steel, Corning ware, iron, or glass.
- Don't boil your foods; cook them by steaming at the lowest possible temperature.

PROPER pH BALANCE

We briefly touched on the topic of pH previously when discussing proper hydration. What is pH anyway?

The acid-alkaline balance in your body is referred to as pH, or potential of hydrogen. Proper pH level is critical to maintaining overall good health.

Neutral pH is 7 with below 7 being acidic and above 7 being alkaline. Certain functions in the body, such as enzymes, requires a specific pH to work efficiently.

THE ALKALINE DIET CONNECTION

The theory behind an alkaline diet is that because our body's pH level is slightly alkaline, with a normal range of 7.36 to 7.44, our diet should reflect this.

An imbalanced diet high in acidic foods such as animal protein, sugar, caffeine and processed foods tends to disrupt this balance. It can deplete the body of alkaline minerals such as sodium, potassium, magnesium, and calcium making you prone to chronic and degenerative disease.

Animal protein in moderation is important to the diet for many and its acidic base is balanced by eating green vegetables, which are alkaline, with your animal protein intake.

SYMPTOMS OF EXCESS ACIDITY

- Low energy, chronic fatigue
- Excess mucous production
- Nasal congestion
- Frequent colds, flu's, and infections
- Nervousness, stressed, irritable, anxious, agitated
- Weak nails, dry hair, dry skin
- Formation of cysts, such as ovarian cysts, polycystic ovaries, benign breast cysts (fibrocystic breasts)
- Headaches
- Joint pain or arthritis
- Neuritis
- Improved symptoms after detoxification
- Hives
- Leg cramps and spasms
- Gastritis, acid indigestion

It is easy enough to measure your pH levels using pH test strips. If your urine or saliva test shows your pH levels to be in the acid range, there is a direct correlation to the level of inflammation in your body. Arthritis is one of the many areas where an out of balance pH shows itself.

Repeat pH testing often as you continue to make dietary changes. It is a great simple and inexpensive means of knowing if you are on the right track.

Alkaline/Acid Food Charts

Alkaline Forming Foods

VEGETABLES

Garlic
Asparagus
Fermented Veggies
Watercress
Beets
Broccoli
Brussel sprouts
Cabbage
Carrot
Cauliflower
Celery
Chard
Chlorella
Collard Greens
Cucumber
Eggplant
Kale
Kohlrabi
Lettuce
Mushrooms
Mustard Greens
Dulce
Dandelions
Edible Flowers
Onions
Parsnips (high glycemic)
Peas
Peppers
Pumpkin
Rutabaga
Sea Veggies
Spirulina
Sprouts
Squashes
Alfalfa
Barley Grass
Wheat Grass
Wild Greens
Nightshade Veggies

FRUITS

Apple
Apricot
Avocado
Banana (high glycemic)
Cantaloupe
Cherries
Currants
Dates/Figs
Grapes
Grapefruit
Lime
Honeydew Melon
Nectarine
Orange
Lemon
Peach
Pear
Pineapple
All Berries
Tangerine
Tomato
Tropical Fruits
Watermelon

PROTEIN

Eggs (poached)
Whey Protein Powder
Cottage Cheese
Chicken Breast
Yogurt
Almonds
Chestnuts
Tofu (fermented)
Flax Seeds
Pumpkin Seeds
Tempeh (fermented)
Squash Seeds
Sunflower Seeds
Millet
Sprouted Seeds
Nuts

OTHER

Apple Cider Vinegar
Bee Pollen
Lecithin Granules
Probiotic Cultures
Green Juices
Veggies Juices
Fresh Fruit Juice
Organic Milk
(unpasteurized)
Mineral Water
Alkaline Antioxidant Water
Green Tea
Herbal Tea
Dandelion Tea
Ginseng Tea
Banchi Tea
Kombucha

SWEETENERS

Stevia
Ki Sweet

SPICES/SEASONINGS

Cinnamon
Curry
Ginger
Mustard
Chili Pepper
Sea Salt
Miso
Tamari
All Herbs

ORIENTAL VEGETABLES

Maitake
Daikon
Dandelion Root
Shitake
Kombu
Reishi
Nori
Umeboshi
Wakame
Sea Veggies

Acid Forming Foods		
<p>FATS & OILS</p> <ul style="list-style-type: none"> Avocado Oil Canola Oil Corn Oil Hemp Seed Oil Flax Oil Lard Olive Oil Safflower Oil Sesame Oil Sunflower Oil <p>FRUITS</p> <ul style="list-style-type: none"> Cranberries <p>GRAINS</p> <ul style="list-style-type: none"> Rice Cakes Wheat Cakes Amaranth Barley Buckwheat Corn Oats (rolled) Quinoa Rice (all) Rye Spelt Kamut Wheat Hemp Seed Flour <p>DAIRY</p> <ul style="list-style-type: none"> Cheese, Cow Cheese, Goat Cheese, Processed Cheese, Sheep Milk Butter 	<p>NUTS & BUTTERS</p> <ul style="list-style-type: none"> Cashews Brazil Nuts Peanuts Peanut Butter Pecans Tahini Walnuts <p>ANIMAL PROTEIN</p> <ul style="list-style-type: none"> Beef Carp Clams Fish Lamb Lobster Mussels Oyster Pork Rabbit Salmon Shrimp Scallops Tuna Turkey Venison <p>PASTA (WHITE)</p> <ul style="list-style-type: none"> Noodles Macaroni Spaghetti <p>OTHER</p> <ul style="list-style-type: none"> Distilled Vinegar Wheat Germ Potatoes 	<p>DRUGS & CHEMICALS</p> <ul style="list-style-type: none"> Aspartame Chemicals Drugs, Medicinal Drugs, Psychedelic Pesticides Herbicides <p>ALCOHOL</p> <ul style="list-style-type: none"> Beer Spirits Hard Liquor Wine <p>BEANS & LEGUMES</p> <ul style="list-style-type: none"> Black Beans Chick Peas Green Peas Kidney Beans Lentils Lima Beans Pinto Beans Red Beans Soy Beans Soy Milk White Beans Rice Milk Almond Milk

Although it might seem that citrus fruits would have an acidifying effect on the body, the citric acid they contain actually has an alkalinizing effect in the system.

Note that a food's acid or alkaline forming tendency in the body has nothing to do with the actual pH of the food itself.

For example, lemons are very acidic, however the end products they produce after digestion and assimilation are very alkaline, therefore, lemons are alkaline forming in the body.

Likewise, meat will test alkaline before digestion, but leaves an acidic residue in the body.

There are new diets published regularly. Having said that, the two diets I have experienced working satisfactorily time and again for clients is the Mediterranean diet and the Paleo diet. Both include meat, but both can easily be adjusted to suit the palette of vegetarians or vegans.

Whichever dietary guidelines you choose to follow, make an effort to pay attention to your body at a deeper level during and after each meal. Ultimately, you will learn a lot more about your body and how to take care of it.

PLEASURE

Do not set yourself up for failure. You must find pleasure in the food choices you make. Even if you are reduced to far fewer foods than you prefer, make every bite count.

If you dislike dietary choices it will not be possible to stick to the program. Research recipes and maintain diversity so you won't become bored.

Getting back to the question, what should you eat, it depends on your health issues. That may sound like a giant cop-out, but it is common sense.

If you have been diagnosed with IBS and you know dairy causes diarrhea or constipation, of course you should not be eating dairy.

If there is a history of celiac disease in your family and you have noticed digestive distress when you eat wheat and other gluten containing grains, then you already know gluten is an issue for you.

Pay attention to your body, it holds the answers. As you continue to regain your health you will be able to add back in foods that were previously an issue.

CHAPTER VI

SMOOTHIES & JUICING A PATH TO REDUCING INFLAMMATION

A fast track for detoxification, balancing pH levels and healing the gut is through smoothies and juicing. Is it a commitment? Yes. The shopping, washing, blending and clean-up can get old really fast for some. However, the benefits outweigh the inconvenience. I have never known anyone to not say they feel energized, cleansed and lose weight easily when adding smoothies and juicing to their diet.

If you choose to pursue a complete smoothie/juicing detox for a period of time, be sure to follow the guidance of a qualified practitioner. Adding nutrition to your diet in this way every morning, however, is a wonderful boost for most. Another option is a smoothie for breakfast and dinner, with a complimentary meal for lunch.

There are endless choices for ingredients. Some more nutrient dense than others. Smoothies can be targeted to a specific outcome, such as beets as a blood cleanser, ginger for digestion and turmeric for inflammation.

You may not like the flavor of some ingredients like kale or collard greens, but their intensity can be balanced with the flavors of fruits, fresh or frozen. The following is a list of the ten top nutrient dense foods to add to your blender. They are presented in alphabetical order, not nutritional hierarchy.

TOP 10 GREENS FOR SMOOTHIES

#1 Aloe Vera

This ancient dessert plant is wonderful for skin burns and also for healing the gut. It works on gastrointestinal disorders, since it contains enzymes to aid in digestion, has laxative properties to assist with constipation and anti-inflammatory properties to boost immunity. Keep a plant in your home or yard and scoop gelatinous content of leave directly into your blender.

#2 Broccoli

Rich in fiber and touted as an anti-cancer superfood. There have been numerous studies on the powerful phytonutrient sulforaphane, available in this cruciferous vegetable, especially broccoli sprouts.

#3 Celery

Rich in fiber with its high content of water, this common vegetable contains valuable electrolytes to help stay hydrated. It also has an abundance of enzymes to assist in digestion and to detoxify organs. (start slowly with celery if you have digestive disorders).

#4 Collard Greens

High in protein, fiber and Omega-3 fatty acids, this vegetable is a detoxification powerhouse.

#5 Kale

Many say “yuck” to kale, but it cannot be ignored due to its high content of Vitamins A, C and K, as well as being highly anti-inflammatory.

#6 Kelp

An excellent source of iodine, rich in Omega-3 fatty acids, antioxidants, amino acids and phytonutrients.

#7 Kiwi

This fruit is high in Vitamin C, as well as being jam-packed with fiber, enzymes and minerals. It is an immune builder,

since it cleans up the gut. If you can handle it, blend with skin and all.

#8 Parsley

A major chelating agent in heavy metal detoxification, helps to balance blood sugars and helps to flush the kidneys.

#9 Spinach

High in Vitamins A, C and K, is an anti-oxidant and high in absorbable calcium. I say absorbable, since most calcium supplements are not.

#10 Watercress

Contains a storehouse of essential vitamins and minerals, high in calcium (more than spinach), Vitamin C (more than an orange) and iron. More than just a culinary delight, it is an immune builder.

The following are a number of smoothie recipes to choose from to enhance your health goals. Be creative and mix and match ingredients to your taste. If sweetening is necessary to balance flavor, try adding a few drops of stevia extract.

Allergy Tip

If you are dealing with seasonal allergies feel free to add to your smoothie, purchased from your local bee keeper or farmers market, one teaspoon of local honey, a sprinkle of bee pollen and a dash of propolis. Over-time you will become desensitized to the pollens in the area where the bee products were collected.

Heavy Metal Detox

If you are in need of heavy metal detoxification, add cilantro and/or chlorella to your shakes. They are powerful chelators of heavy metals.

BREAKFAST SHAKE

A great way to balance pH first thing in the morning 1 avocado

1 unpeeled, un-waxed cucumber 1 tomatillo

2 cups of washed baby spinach 1 lime juiced

1 scoop of super greens powder ½ cup water

½ cup rice milk or almond milk 6-8 ice cubes

Slice vegetables, put ingredients a few at a time into blender and blend until smooth. Add ice cubes at the end.

AVOCADO CREAM

Nutritious pH balancer

1/2 cup almond milk

1 avocado, peeled and seeded 1 handful of spinach

2 Tbsp. fresh lemon juice

2-3 drops stevia

1 tsp. pure vanilla extract

1 tsp. organic lemon peel, freshly grated 6 ice cubes, blend, enjoy

SUPER ALKALINE SMOOTHIE

Another super blend for pH balancing 1 avocado

2 cups of washed spinach

2 celery stalks

1 carrot

½ green pepper

½ cucumber

½ cup parsley

½ cup water

1 scoop of super greens powder 6-8 ice cubes

Place ingredients in blender one at a time until creamy. Add the ice cubes last.

BLOOD SUGAR BLEND

Helps in balancing blood-sugar levels

1 cup almond milk or coconut water ¼ cup ground flax seeds

1 tsp cinnamon (organic)

½ cup blueberries, blackberries or raspberries 1 avocado

1 scoop of super greens powder Blend all ingredients until smooth and creamy.

I LOVE TART SMOOTHIE

If you like tart, along with pH balance 1 cucumber

1 granny smith apple

1 handful of kale

1 lemon (peeled)

Blend until smooth and creamy.

BLOOD CLEANSER

Build strong, healthy blood

½ cup water

1 orange

1 cup pineapple chunks

1 carrot

½ - 1 beet depending on size ½ cup ice cubes
(if frozen pineapple is used, eliminate ice cubes)

BLOOD CLEANSER ALTERNATE

1 carrot

1 apple

1 beet

1 lemon (peeled)

Combine and blend until smooth

THE KIDNEY FLUSH

Improving kidney function improves blood pressure 1
seedless watermelon

1 cup spring water

Peel watermelon, chop into pieces and blend until smooth.
Watermelon is a wonderful kidney detoxification.

KIDNEY COCKTAIL

Alternate kidney builder

1 cucumber

3 celery stalks

4 string beans

1 cup blueberries

½ apple

Ice cubes as needed, blend and drink

YUMMY FIG SMOOTHIE

Figs are a good source of dietary fiber, vitamin B6, copper,
potassium, manganese and pantothenic acid.

4-5 fresh or dried figs that have been soaked 1 cup almond
milk

1 tbsp. flax seed meal

½ avocado

Ice cubes as needed
Blend until smooth and creamy

COCONUT MILK SMOOTHIE

Improve digestion with a refreshing blend 1 cup coconut milk

1 mango (or ½ cup frozen mango chunks) 1-2 cups of washed spinach

juice of 1 lime

1 tsp. ginger

Ice cubes as needed

Blend until smooth and creamy

BEDTIME BLEND

Settle the tummy and bring on a bowel cleanse 1 lemon cut up

1 tbsp. olive oil

1 ¼ cup water

Blend and drink before bed

BANANA BALANCE

Refreshing anti-inflammatory blend

1 carrot

1 celery stalk

1 peeled lemon

1 cup kale

1 cup spinach

1 cup coconut water

Ice cubes as needed. Blend and drink

SWEET PEAR SMOOTHIE

Incorporating turmeric as an anti-inflammatory

1 pear, Bartlett or Asian
1/2 green apple
1 large handful dandelion greens or other wild greens 1 cup
coconut milk
Juice of 1/2 lemon
1/2 cup flaxseeds
1 tsp. turmeric or 2-inch chunk of fresh turmeric 6 ice cubes
(optional) Blend, enjoy

SEASONAL PEARS

Utilizing a seasonal fruit high in fiber and Vitamin C

1 pear
1 cup of spinach
1 cucumber
1 celery stalk
1 peeled lemon
Ice cubes and stevia as needed. blend and drink

DIABETES COCKTAIL

Balancing blood-sugars

1 cucumber
1 cup blueberries
1 handful spinach
1/2 lemon, peeled if not organic 1-inch chunk ginger root
Ice cubes as needed. Blend and enjoy **ORANGE JULIOUS**
COPY-CAT

Yummy and refreshing, a healthy dessert 1 orange, peeled

2 frozen bananas, broken into chunks 1 cup vanilla almond milk

1/2 teaspoon pure vanilla extract Blend until creamy and enjoy **BEET/BERRY BRAIN DETOXIFIER**

1 beet

1 cucumber

2-3 leaves of your favorite dark greens (kale or spinach) 1 cup blueberries

1/2 green apple

1-inch chunk turmeric or 1/2 teaspoon turmeric powder Ice cubes if needed. Juice all ingredients, stir and enjoy **BEET-BERRY LIVER CLEANSE**

2 medium beets

1 cup blueberries

1 green apple

1 large carrot

1 broccoli stem

1 lemon, peeled

1-inch chunk ginger

1/2 cup coconut water

Beets are effective liver and blood cleansers **ANTI-STRESS NIGHTCAP**

Celery is known to help people relax and unwind. It is one of the vegetables that helps us sleep better.

1 cucumber

3 ribs celery

1-inch chunk fresh turmeric

1-inch chunk ginger root

1/4 -1/2 lemon, peeled, if not organic 1/2 green apple

Juice all ingredients, stir, and enjoy.

(The following are best made with a JUICER)

METABOLISM BOOSTER JUICE

4 ribs celery, with leaves too 1 green apple

1 cucumber

Dash of cayenne pepper or dash of hot sauce.

Celery and hot peppers are considered thermogenic foods and can help to boost metabolism

COLON CLEANSE

1 cucumber, peeled

1 handful washed spinach

1 handful parsley

1 stalk celery

1/4 medium lemon, peeled

Ice cubes as needed, blend and enjoy **TURMERIC & LEMON ANTI-INFLAMMATORY MORNING BLEND**

1/2 of a lemon, squeezed for juice 1/4- 1/2 tsp. turmeric

1/2 tsp. honey or a few drops of stevia extract 1/4 tsp cinnamon powder

1 cup warm water, and/or coconut milk (the coconut milk adds healthy fats, and helps absorption of turmeric) Mix the lemon juice, turmeric and honey into your cup of warm water or milk. You will want to stir these ingredients well. Add cinnamon on top and continue to stir your morning blend as you drink it — this will ensure that the turmeric does not settle at the bottom of your cup.

MORNING DIGESTION BLEND

4-5 carrots, scrubbed well, tops removed, ends trimmed 4 dark green leaves, such as chard, kale, or collards 2 ribs of celery with leaves 1 large cucumber, peeled if not organic 1 lemon peeled, if not organic 1-inch-chunk ginger root

LIVER FLUSH

1 beet with green tops

1/2 lemon, peeled
1 cucumber
2-3 ribs celery
1/2 green apple
1-inch chunk ginger

WATERCRESS & YOUR THYROID

1 bunch watercress
1 lemon, peeled
1 medium cucumber
3 large carrots
1 handful parsley
1-inch chunk fresh ginger root Juice all ingredients. Stir and enjoy!

CHAPTER VII

PRACTITIONER PROTOCOLS

Up to this point you have been introduced to:

- ❖ An alternative view of the causes related to autoimmune symptoms
- ❖ Where and how to begin to look for answers
- ❖ How to sort out your health history to find an 'exciting cause'
- ❖ What triggers an 'autoimmune' response
- ❖ How food impacts your health

Now that you have a direction for unraveling your symptoms and their triggers, and a better understanding of food choices, let's look at options available for rebalancing at a deeper level.

As a Homeopath and Holistic Health Specialist I have worked toward sorting out what works and what does not. Time and again it comes back to keeping it simple, no matter the chosen therapy, as well as staying focused. The following categories are areas of focus. As mentioned previously, there are four major reasons body chemistry becomes disturbed; inflammation, oxidation, hormone imbalance and mineral deficiency. Holistic practitioners use targeted means by which to fix them.

A number of suggested therapies involve the use of Homeopathic remedies. If you have no knowledge of Homeopathy here are some basics.

HOMEOPATHY DEFINED

“Homeopathy is a system of medicine based on treating symptoms and conditions with substances from nature that exhibits the same symptom picture.”

Homeopathy is the use of small doses of natural substances from plant, animal or mineral sources compounded into remedies. It is based on the ‘Law of Similars’, meaning a substance that creates a particular reaction can also neutralize and rebalance a similar reaction.

There are three specific characteristics that set Homeopathy apart from all other methods of health care:

- ❖ The completed remedy contains only a tiny amount of the original substance. (It is carrying information, rather than material dose.)
- ❖ The process of manufacture, which includes dilution and succussion (shaking), is unique to Homeopathic preparations.
- ❖ A specific method of observation of symptoms exhibited by the patient is employed to determine the correct remedy.

Today, The World Health Organization reports that Homeopathy is the 2nd most widely used primary healthcare modality in the world...

- 500 million people every year receive Homeopathic treatment
- 5,000 French physicians prescribe Homeopathy regularly
- 21 out of 24 Colleges of Pharmacy in France teach Homeopathy
- The Royal Family has been under Homeopathic care since the 1930's

- There are over 100 Homeopathic medical schools in India
- In Germany, over 25% of family physicians use Homeopathy

DISPENSING REMEDIES

Remedies are normally taken as pellets placed under the tongue (sublingual). Remedies are also manufactured in tincture form and as ointments and gels for topical use.

When taking a remedy in pill or pellet form, avoid contact with the skin (dispensing into the hand). Drop a few pills into the lid of the dispenser and toss directly into the mouth. This helps to avoid contamination.

MEDICATIONS

Homeopathic remedies will not prevent the action of prescription drugs, but some prescription drugs may interfere with Homeopathic remedies. When treating yourself Homeopathically, it is usually best to avoid topical or internal over-the-counter medications, except to relieve pain.

Do not discontinue any prescription medications without conferring with your physician.

STORING AND HANDLING REMEDIES

Homeopathic remedies can last indefinitely, as long as a few simple precautions are adhered to.

- Store remedies away from direct sunlight, extremely high temperatures and aromatic substances, such as essential oils.

- Store away from computers and other electronic equipment.
- Avoid touching the pellets with your hands (they will become contaminated).
- Open only one bottle at a time to avoid cross-contamination and confusion.
- If a medicine spills, or falls on the floor, discard it.

For further information about Homeopathy you can research the sites listed under RESOURCES, or refer to my website, www.elenaup.com and also my eBook ***ALTERNATIVE MEDICINE IN UNDER AN HOUR, Easy-To-Follow Guide to Sorting Out Holistic Medicine.***

The following discusses the direction and protocols holistic practitioners will follow to treat symptoms related to autoimmune disorders.

DIGESTION

Your digestion stretches from your brain to your bowel tract. The gut is actually your first brain, since without proper digestion you will not have proper brain function.

Symptoms of poor digestion go beyond acid-reflux or constipation and diarrhea. It can show up as depression, mood swings, poor memory, sleep disorders and most importantly, inflammation.

Until you fix digestion nothing else can function properly. There are numerous reasons for poor digestion and for the purposes of this text we will focus on the most common.

Acid reflux is almost epidemic. Many reach for antacids. Beware of this practice! The issue with chewable antacids is that most of them contain just calcium. Taking calcium by

itself has been shown to increase heart attack risk by as much as 31%!

If you use a chewable antacid choose one that contains calcium carbonate, which goes through the system quickly. A balanced combination is three-parts magnesium to one-part calcium.

Recent studies show an increase in chronic kidney disease with the use of over-the-counter antacids.

Instead, review your dietary choices and make the necessary changes. The most efficient means of balancing stomach acids is with an alkaline diet, as mentioned previously.

If you do not have the expected result with dietary changes you may have a *Hiatal Hernia*. This occurs when the upper part of the stomach bulges through an opening in the diaphragm. A Chiropractor can quickly identify and rectify this situation.

Your digestion may also be compromised by *parasites*, *bacterial infection*, overgrowth of *fungus* (candida) and *viruses*. Fortunately, Homeopathy is based on symptoms.

The following chart is a place to start to begin treating imbalances. A licensed acupuncturist has at their disposal powerful Chinese herbs to deal with pathogens also and work to help rebalance gut chemistry also.

(Additional options for digestive health are listed under **Resources**.)

DIGESTION REMEDY REFERENCE CHART

Many of the following Homeopathic remedies can greatly improve symptoms. Remedies should be taken twice daily

and continued over time for relief. (12-13 weeks) Serious digestive issues should be treated by a trained professional.

DIARRHEA- Arsenicum album +Aloe

DIARRHEA (chill)- Veratrum

NAUSEA- Arsenicum album or Ipecachuana

BLOATING- Arsenicum album + Lycopodium

BLOATING (GB discomfort)- Chelidonium + Nux Vomica

COLITIS- Ipecac + Mercurius solubilis or Mercurius vivus

CONSTIPATION- Lycopodium + Plumbum

DIVERTICULITIS- Staphasagria, Lycopodium + Plumbum

DIVERTICULITIS (bleeding)- Ferrum Phos

INDIGESTION (food sensitivities)- Ipecac + Merc Sulph

INDIGESTION (junk food, fats, alcohol)- Nux Vomica

CELIAC- Bovista

HEARTBURN- Lycopodium + Arsenicum alb

HEMMORHOIDS- Hamamelis

IRRITABLE BOWEL- Lycopodium+ Arsenicum album

PARASITES- Cina

pH BALANCE- Apple cider vinegar

ACID REFLUX- Iris versicolor + Lycopodium

VOMITING- Ipecacuanha or Arsenicum album

ALLERGIES

Allergies can contribute to digestive disorders, as well as creating symptoms related to autoimmune labels, such as inflammation. You could suffer from environmental triggers,

chemical triggers and of course the more widely known food triggers.

When you are sorting out your health history pay special attention to these types of triggers. Anaphylaxis is obvious, but there are many subtle sensitivities that go unchecked.

- ❖ Do you have specific reactions after eating or drinking certain foods?
 - A rash after shellfish
 - A headache after wheat
 - Inflamed joints after drinking wine
- ❖ Do you experience sinus infections at the change of seasons?
- ❖ Are you disturbed by perfumes and other odors?
- ❖ Do you get itchy or rashes under certain conditions or exposures?
- ❖ Is your child hyperactive after consuming food coloring or sugar?

Any and all of these reactions point to sensitivities. This means your body has difficulty metabolizing certain types of proteins/enzymes, chemicals and other substances. It can be difficult to sort out allergic reactions.

PHENOLIC THERAPY (Allergy Desensitization)

It has been shown that we are not allergic to a food, a pollen, or even a chemical, but to specific phenolic substance in that irritant. Most allergy studies relate to proteins, but it was discovered by Dr. Robert W. Gardner, Ph.D., a biochemist and professor emeritus of Animal Science at Brigham Young University some years ago that phenolic compounds that exist both in proteins and other substances are a major cause of intolerances.

Phenolics are essential to life as we know it, but when metabolized incorrectly, they can cause major and minor

physical, mental, and emotional disturbances.

Phenols are found in all foods and plants and their derivatives are commonly called aromatics.

For instance, the herb cinnamon contains the aromatic "Cinnamic Acid". Cinnamic acid is a phenol that may cause an allergic reaction for some. It is not however limited to cinnamon. It is also contained in 22 other foods including fruits, cheeses, lettuce and tomatoes.

The phenols are attached to proteins causing the reactions. It is essentially not the food itself causing the allergic reaction, but the phenol attached to its protein.

Phenolics administered Homeopathically can induce the body's immune system to protect itself from these phenols and learn once again to regard them as normal and not foreign or poisonous substances. It is a form of desensitization.

Phenolic charts are listed below. You will notice that many of the issues caused by phenolic substances fall within the autoimmune spectrum.

Acne	
ACTH Release	
ADD	
ADHD	
Adrenal Craving / Addiction	
Adrenocortics	
Anger	
Angioedema	
Anxiety / Nervousness	
Alzheimer's	
Allergic Rhinitis	
Angiitis	
Anorexia	
Appetite Increase	
Appetite Loss	
Arms Ache	
Arthritis	
Aspartame Sensitivity	
Asthma	
Audion	
Autoimmune / Spasm	
Baldness, Male Pattern	
Bloating	
Blood Sugar Increase	
Bone Metabolism	
Bowel Discomfort	
Breast Tendr	
Bruxing	
Burning Pain Left Arm	
Burning Sensation of the Face / Chest	
Carditis	
Cardiovascular	
Cephalalgia	
Cephalalgia Fragile	
Chemicals	
Cataracts	
Chest Congestion	
Chest Heaviness	
Chest Pain	
Chills	
Chocolate Addiction / Craving	
ChS Dysfunction	
Chronic Fatigue / Tired	
Colitis	
Collagen Disease	
Concentration Difficult	
Crying	
Cystitis Disease	
Constipation	
Cough	
Cushings	
Dental Caries	
Depression	
Diabetes / Sugar	
Tyramine	
Tryptophan	
Testosterone	
Taurine	
Serotonin	
Sesamol	
Rutin	
Quercetin	
Pyrolo	
Progesterone	
Piperine	
Phloridzin	
Phenylethylamine	
Phenylisothiocyan	
Octopamine	
Norepinephrine	
Menadiolone	
Melatonin	
Mannan	
Malvin	
L-Dopa	
Insulin	
Indole	
Histamine	
Glucagon	
Gallic Acid	
GABA	
Formaldehyde	
Estrogen	
Epinephrine	
Dopamine	
DHEA	
Coumarin	
Cortisol	
Coniferyl Alcohol	
Cinnamic Acid	
Cholesterol	
Chlorogenic Acid	
Caffeic Acid	
Ascorbic Acid	
Agitol	
Acetaldehyde	
Acetylcholine Chio	



Under **RESOURCES** you will find a source for phenolic substances. You can also contact the manufacturer directly to inquire about practitioners who utilizes this treatment.

HOMEOPATHIC SOLUTIONS TO ALLERGIES

The following chart lists Homeopathic remedies for the relief of obvious allergens. Removing the autoimmune label means removing the layers that contribute to your symptoms.

A client had severe rheumatoid arthritis. He questioned why I was putting time and attention into his environmental allergies. Many months down the road he realized the allergy symptoms were an aspect of his joint inflammation and stiffness.

When the body malfunctions it is seldom coming from only one trigger, instead, a series of events creates layers of intolerance.

If you are reading this text because you have Crohn's Disease, as well as multiple allergies, addressing the allergies properly (along with digestive maladies) can be key to your recovery.

ALLERGY REMEDIES (Seasonal)

Those with allergies are usually sensitive to more than one irritant. Most allergic reactions are an immune response that is a false alarm. If your body has become sensitive to natural substances, remedies can help with reintegration.

CAUSES:

- Pollen
- Dust Mites

- Mold Spores
- Pet Dander
- Foods
- Insect Stings
- Medicines
- Drugs

SYMPTOMS

- Sneezing
- Runny Nose
- Itchy, watery eyes
- Stomach distress
- Headaches
- Rashes
- Asthma
- Swollen Joints

The following are a sampling of some common Homeopathic remedies that relieve symptoms. You need not have all the symptoms listed for the remedy to be an appropriate choice.

ALLIUM CEPA

Hay fever with itchy eyes, thin watery irritating nasal discharge. Can have shooting pains in the Eustachian tubes.
**Works for those whose autoimmune symptoms are triggered by allergies.

ANTIMONIUM CRUDUM + ARSENICUM ALBUM

Itchy eyes, nose ears, throat, puffy watery eyes, congestion with runny nose.

ARUNDO

Itchy palate and nose, sneezing, runny nose, burning and itching in eyes and ears.

CALCAREA CARBONICUM

Hay fever symptoms, as well as for someone who gets sick often. Take two times per week over an extended period of time.

EUPHRASIA

Hay fever, eyes hot and irritated (burn), bland nasal discharge, sneezing, headache.

HEPAR SULPH CALCAREA

Chronic dry cough, this remedy can act as a substitute for anti-biotics.

KALI BICHROMICUM

Loss of smell, sinusitis with thick, ropy, sticky, acrid discharge. Post-nasal drip that causes hawking.

KALI CARBONICUM

Can be very effective for asthma symptoms. Take a 200c potency twice per week until you've reached the desired result.

NATRUM MURIATICUM

Watery or egg-white discharges, cold sores, watery eyes, swollen lids, headaches, sinus drainage alternates between runny and stuffed up.

SABADILLA

Violent sneezing. watery nasal discharge, itching and tickling in nose with irritating discharge. Worse when chilled.

SANGUINARIA

May be oversensitive to odors, spasmodic sneezing, runny nose, itching/tickling in nose. Can be taken twice daily for 12-13 weeks to clear chronic sinus issues.

SULPHUR

Watery, burning nasal discharge outdoors, plugged indoors, sneezing, blocked nasal passages alternate.

WYETHIA

Itching in nose, palate and throat especially. Itching in back of sinus. Back of throat dry and irritated causing annoying cough. Sticky eyes.

ALLERGY REMEDIES (Food Related)

To gain benefit from Homeopathic remedies for food intolerances remedies need to be taken twice daily over an extended period of time (at least 2-3 months).

ANAPHYLAXIS

- **APIS MELIFICA** can be administered as often as every 30 seconds in an emergency. Source a 200c or 1M potency. If you suffer from anaphylaxis carry this remedy with you.
- **AETHUSA-** Dairy intolerance, take 200c potency two times daily. Add Lycopodium 200c + Arsenicum album 6c if there is gas and bloating.
- **ARSENICUM ALBUM-** Food poisoning, nausea, diarrhea and/or constipation.
- **BOVISTA-** Take 200c potency, twice daily. Best for gluten intolerance and celiac. Add **Ipecachuanha 30c + Mercurius sol 6c** if there are general food intolerances.
- **NUX VOMICA-** Distress from overindulgence in food or drink, reactions to alcohol.

ALLERGIES (MISC.)

The following remedies cover a number of reactions that fall within the autoimmune spectrum or trigger autoimmune responses.

ALLERGIC RASHES

- Antimonium crudum 6c + Arsenicum album 200c, two times daily

CAT ALLERGIES, FEATHERS, DOG, HORSE, RODENTS

- Tuberculinum 200c, one dose every 14 days for a number of months

DUST ALLERGY

- Sanguinaria 200c + Hepar Sulph Calcareo 200c, two times daily

MOLD ALLERGY (ACUTE)

- Natrum sulph 6x, three times daily until improved

CHEMICAL SENSITIVITIES

- Calcareo Carbonicum, 200c or 1M potency, one dose, one time per week for many months

AIR POLLUTION THAT TRIGGERS RESPIRATORY FIBROSIS

- Kali carbonicum 200c + Chelidonium 6x, two times daily

JOINT PAIN

- Symphytum 200c + Rhus Toxicodendrum 30c, two times daily

SUN ALLERGY, PHOTSENSITIVITY

- Natrum muriaticum 6x, three times per day

CROHN'S DISEASE

- Tuberculinum 200c once per day; if there is constipation add Lycopodium 200c and Plumbum 200c, twice per day. (Crohn's usually has an emotional component that needs treating.)

COLITIS

- Complicated to treat. Seek the advice of a qualified homeopathic practitioner. Can start with Natrum sulph 200c once per week and Nux vomica 30c, 2x's daily.

GERD

- Iris versicolor 200c + Lycopodium 200c, two times daily

IBS

- Tuberculinum 200c, once per day + Nux Vomica 30c, twice per day

EMF SENSITIVITY

- Phosphorus 30c, two times daily. When there is a radiation hazard add Fluoricum acidum 200c every other day.

MINERAL BALANCING

All trace elements are biologically *significant* and dynamic with bio-activating or regulating effects. Ionized Trace Elements are available immediately for the metabolic process in the body, no matter how weak the body and/or digestive tract may be. By simply placing a few drops on the tongue, the body will interact without any additional intermediate steps.

The following is a list of the important minerals and their recommended uses.

BISMUTH- Gastrointestinal ulcers; frontal headaches; bitter taste.

COBALT- Anemia; migraine; funicular myelosis (abnormal bone marrow); peripheral disorders of the blood flow; vegetative dysfunctions.

CHROMIUM- Metabolic dysfunctions; heart conditions; diabetes, insulin resistance, glucose dysregulation.

FLUORIDE- Weakness of the connective tissue; osteoporosis; dental caries.

IODINE- Exhaustion; alopecia; fluctuating blood pressure; glandular disorders.

MAGNESIUM- Spasmophilia (involuntary muscle spasms); neuritis; arrhythmia; chronic colitis.

MANGANESE- Parkinson's disease; arthritis; anemia; multiple sclerosis; allergies; hyper-allergenic reactions.

MOLYBDENUM- Premature aging; osteoporosis; hair loss; depression; migraine; allergies.

PHOSPHORUS- Nervous conditions; osteomalacia (soft bones); allergies; exhaustion following infections.

POTASSIUM- Muscle weakness; cardiac insufficiency; tachycardia; fatigue; chronic catarrhs.

SELENIUM- Immunodeficiency; angina pectoris; hoarseness; rheumatism; cardiac risk; impaired metabolism.

SULFUR- Acne; psoriasis; eczema; diminished reactions.

ZINC- Impaired brain functions; nervous condition; alopecia; hypo-physal disorder (pituitary); decreased ability to concentrate.

TRACE MINERAL COMBINATIONS

MANGANESE-COBALT- Circulatory disorders; climacteric problems; vegetative dystonia.

MANGANESE-COPPER- Hypoallergenic reactions; asthma; fatigue; susceptibility to infections of the respiratory system; arthritis; colitis; decreased ability to concentrate; mental retardation.

MANGANESE-COPPER-COBALT- Anemia; Chronic Fatigue Syndrome.

COPPER-GOLD-SILVER- Susceptible to viral and bacterial infections; polyarthritis; diseases of the lymphatic system; septicemia; premature aging processes.

ZINC-COPPER- Endocrine disorders; fatigue; lack of vitality; problems related to puberty; dysmenorrhea; alopecia.

ZINC-NICKEL-COBALT- Disorders of the pancreas; hypophyseal disorders (pituitary).

MULTI-21- A combination of all the essential trace minerals for cell regeneration, stress, depletion and a general healing process

(See Resources for sourcing information.)

HORMONE BALANCING

If you have taken birth control pills, had hormone replacement therapy, thyroid medication, testosterone supplementation, or other hormonal therapies you may want to consider the option of rebalancing your hormones naturally.

Disturbed hormone balance can create any number of symptoms. Requesting a full blood panel is a place to start.

This is an area where you need the assistance of a qualified practitioner. Digestive issues have specific symptoms and can be dealt with fairly easily, so can allergies. Hormones, on the other hand, are much more complicated.

If there are symptoms of hypothyroid or hyperthyroid specific remedies are needed for each and warrant monitoring regularly. If there has been hormonal intervention each case will require specific methods of rebalancing.

Hormones is an area where a number of holistic modalities can be successfully utilized. Up to this point we have

discussed Homeopathy, Acupuncture & Chinese Medicine, Phenolic Therapy, as well as Trace Mineral Therapy.

Gemmotherapy can be an excellent means of balancing hormones.

Gemmotherapy is a European method of harvesting the baby buds of plants (the embryonic material) in peak season and capturing their nutrients. This therapy is also referred to as Plant Stem Cell Therapy. There are very specific plants that contain targeted nutrients for the rebalancing of hormones.

Plant stem cell preparations are often used as 'drainage' remedies and can be combined to address any number of health issues. They can also be utilized in acute illness. Some manufacturers make combination preparations for specific conditions, such as Insomnia or Liver drainage.

For the purposes of this book, selected buds relating to hormone balancing are listed below along with their uses. When used in chronic situations or detoxification, they are taken two to three times daily over a long period of time. For acute care, they are taken hourly, or as often as every fifteen minutes (up to six doses), until there is improvement.

Dosage varies by manufacturer, since some brands are concentrated and others are prepared as a diluted solution. Plants are storehouses of chemical constituents and effect many interactions in the body. For further information, contact a professional who has been trained in their use. RESOURCES, at the end of this book, suggests distributors who sell the tinctures.

Listed here are some of the major contenders for hormone balancing. There are many more plant stem cell buds used as 'drainage' tinctures and to rid the body of pathogens.

PLANT STEM CELL THERAPY FOR ENDOCRINE HEALTH

ASH

Behaves like a steroid, a natural diuretic, affects the adrenals, can help to control uric acid. Used for Fibromyalgia and Rheumatoid arthritis.

BLACK CURRANT

High in Vitamin C, can be used to replace cortisone and prednisone. Stimulates the endocrine and is anti-inflammatory. Stimulates and supports the adrenals, therefore complimentary for a number of ailments that become chronic due to adrenal failure.

BLACK ELDER

Immune stimulant, promotes the elimination of toxins, diuretic properties, decongests abdominal viscera and has anti-inflammatory properties.

COWBERRY

Acts on the ovaries, uterine fibroids, post-menopausal symptoms, regulates menstrual cycle, drainage remedy for the bladder, promotes assimilation of calcium, therefore useful in osteoporosis.

CRAB APPLE

Stimulates testosterone, useful for hot flashes, relaxes the nervous system.

DOG ROSE

Rich in Vitamin C, acts on adrenals and repetitive inflammation (skin & ENT).

DOGWOOD

Acts on regulating the Thyroid, tremors, palpitations, tachycardia (heart & venous system), promotes renal function.

OAK

General tonic, stimulates adrenal function, pituitary, balances thyroid, stimulates production of testosterone (combined with Giant Redwood).

GIANT REDWOOD

Excellent in chronic fatigue, menopause, adrenal atrophy, dysmenorrhea and porous bones. Decongests the prostate when used with Black Current, increases sperm count, neuro-sexual syndrome (do not use with prostate cancer).

HOMEOPATHY AND HORMONES

The following is a list of Homeopathic remedies useful in hormonal circumstances based on symptoms. Many of the issues have no obvious link to autoimmune disorders, however, it is when these issues are improperly dealt with that the autoimmune spectrum can show itself.

CRAMPS- Colocynthis or Mag Phos

PMS- Sepia

BREAST TENDERNESS- Bryonia

EDEMA UNDER EYES- Lycopodium

LOW LIBIDO- Sepia

ANEMIA- Ferrum Phos 6x + Kali Mur 6x

EXHAUSTED/ OVERWHELMED- Sepia

WEEPY/DEPRESSED- Ignatia or Aurum metallicum

REGULATE HORMONES AFTER BC- Sepia

SPOTTING BETWEEN MENSES- Sabina

VAGINAL ITCHING- Arsenicum album + Kreosotum

HOT FLASHES- Lachesis or Sulphur

INSOMNIA- Arnica, Ignatia or Coffea cruda

VAGINAL DRYNESS- Sepia

EDEMA DURING PREGNANCY- Lycopodium

MORNING SICKNESS- Tabacum or Arsenicum album + Ipecac

POST-PARTUM DEPRESSION- Sepia

MENOPAUSE (GENERAL SYMPTOMS)- Ammonium carbonicum

PROSTATE ISSUES- the following remedies should be dispensed by a qualified Homeopathic practitioner based on a specific symptom picture.

- Conium
- Thuja
- Cantharis
- Sarsaparilla
- Sabal Serrulata
- Medorrhinum

PATHOGENS

There are many different types of pathogens that unchecked, present as symptoms of autoimmune. It is a vast topic and an area quite often missed.

The protocols most appropriate for treating pathogens goes back to the person's history and symptom picture. This is also an area where lab work can help to validate the presence of particular pathogens.

Blood tests can sometimes track bacterial infections, as well as viral load. I say sometimes, because my experience has been that if someone has a high level of fungus it can skew test results.

Once a fungal infection is cleared it is appropriate to retest for the presence of bacteria and/or virus. There is still no guarantee they will show themselves, since pathogens can be driven deeper into the body by previous treatment with pharmaceutical drugs and/or changes to body chemistry.

This is why Homeopathic case taking is important, since remedies are based on a symptom picture, rather than lab results.

German Biological Medicine (GBM), which was previously touched upon, is an efficient method of clearing pathogens.

GBM focuses on detoxification.

Germany is the leading country in the use of biological medicine (non-pharmaceutical medicine) and German physicians freely choose from a wide spectrum of biological treatment modalities.

Poor circulation is a related symptom leading to almost all illness. When there is sluggish circulation in any organ it leads to toxic build-up and poor nutrition to the cells.

By using herbal formulations to gently drain and detoxify, increased circulation can then improve metabolic function.

Drainage remedies increase circulation in specific organs and are biochemically active. They protect organ systems and move accumulated toxic residuals out of the body quickly and safely with minimal discomfort.

Drainage remedies are usually recommended for an average of three months for adequate results. They are best used under the guidance of a practitioner trained in the proper use of detoxification formulas. Every case requires individual evaluation.

The following are some characteristic symptoms necessitating the need for drainage and detoxification and the results that can be expected from their use.

LYMPH Meridians

Enlarged lymph glands that do not improve after allopathic treatment; fever, swelling, throbbing pain, hypertrophy of mucus membranes; hay fever, allergic asthma, dry cough, sneezing, tickling in throat, sinus inflammation.

EFFICACY: Can help to excrete metabolic waste via the kidneys and intestines, mobilizes liver metabolism; reduces inflammation and swelling of upper respiratory tract mucus membranes, strengthening the cell walls and helping to reduce hyper-allergic reactions.

LIVER Meridians

Constipation, cholecystitis, mild diarrhea, abdominal complaints, bloating, light-headedness.

EFFICACY: Can regulate secretion and absorption in the digestive system, can assist as an anti-inflammatory by stimulating blood flow in the portal vein; improve bile secretion; help to lower cholesterol and triglyceride values;

protect cell membranes against exogenous toxins through antioxidant properties.

GI Meridians

Acute and chronic gastric symptoms, acid reflux, heartburn, indigestion, bloating, gas, sluggish bowel, spastic colon, colic, lack of appetite, flatulence and post-nasal drip.

EFFICACY: Stimulate the production of gastric juices, acts with anti-inflammatory properties, anti-putrefying, general tonification for improved circulation in the GI tract.

KIDNEY/BLADDER Meridians

Cystitis, pyelitis, urine retention, urethritis, acute and chronic kidney affections.

EFFICACY: Stimulate diuresis and excretion of matter usually eliminated with urine, can affect cramps and burning of urinary passages, anti-inflammatory properties, prevent formation of kidney stones.

HEART/CIRCULATORY Meridians

Heart pain due to stress, nicotine abuse, arrhythmia, circulatory disturbance, obese patients with chest pain, heart constriction, hypertension.

EFFICACY: Regulate cardiac plexus of the autonomic nervous system controlling heart activity and circulation; increase coronary circulation, invigorate the return of venous blood by strengthening vascular walls, enhance oxygen bondage to red blood cells, increase muscle endurance.

ENDOCRINE Meridian

Lack of energy, weakened memory, stress, depression, decreased circulation in the brain, hypertension, vertigo,

food cravings, alcohol abuse, insomnia, anxiety, hormonal imbalance.

EFFICACY: Improve adrenal function, increase brain functions, muscle relaxer, reduce brain excitability, balances ill effects of menopause or menses.

OSTEO Meridians

Trauma, colds, swelling with pain, inflammation with fever, arthritis, arthritis, inflammatory and degenerative joint afflictions, rheumatism, sciatica, uric-acid diathesis.

EFFICACY: Increase uric acid excretion; improve circulation to capillaries and tissues, action on serous membranes, anti-inflammatory.

‘Drainage’ remedies and tinctures were originally brought to America from Germany by Dr. Andreas Marx in the early 1980’s before the advent of the health food store phenomenon. The German brand ‘Nestmann™’, who started their Naturopathic dynasty in 1850, is still distributed by Marx. Many manufacturers have since followed suit, since drainage remedies have shown to be such an effective therapy.

If you are interested in further inquiry into this type of medicine, see RESOURCES.

Because of the individualized treatment needed with a detoxification program, this information serves to help develop an understanding of its importance. This aspect of holistic medicine should be undertaken with the care of a qualified practitioner.

You will be pleasantly surprised how often health issues disappear after simply undergoing a proper detoxification regime.

PARASITES

Parasites can be tested by stool samples. This is an area that needs specific expertise, since many labs do not invest in the high-quality equipment needed to detect microscopic species of parasites. Many doctors (and labs) are not aware that for optimum results it is necessary to gather stool samples at the full moon. This is when parasites hatch and it reduces the number of false-negative test results.

RESOURCES lists information for a lab that specializes in parasite testing. If you feel you suffer from an infestation of parasites there is information regarding products that successfully clear parasites. (I receive no remuneration from manufacturers.)

If you would like to create your own parasite purge here is the method successfully used by Dr. Hazel Parcells. The doctor was a huge proponent of parasite cleansing. Dr. Mike Herbert developed a particular program based on her teachings.

For further information on the innovative techniques Dr. Parcells utilized to heal thousands of people research ***LIVE BETTER LONGER, The Parcells Center 7-Step Plan for Health and Longevity***, by Joseph Dispenza.

PARCELLS PARASITE PURGE PROGRAM

For five days eat a wide variety of steamed vegetables plus:

- 1 heaping tbsp. of diatomaceous earth in a glass of water before bed
- 1 heaping tbsp. of diatomaceous earth in a glass of water in the morning

- 10 capsules per day of activated charcoal (two at a time throughout the day)

Space apart by at least an hour:

- 10 capsules of *Black Walnut* husks (two at a time throughout the day)
- 4 capsules of *Burdock Root*, two times daily

During this program also add herbs for blood and liver detoxification. Continue the detox for a minimum of two weeks, preferably four. There is NO sugar allowed in your diet during this process, including sugar substitutes.

CLEARING PATHOGENS WITH HOMEOPATHY

Pathogens, such as fungal infection, viral load and bacterial infection can be dealt with by using Homeopathic remedies. The following are a few examples of powerful remedies that can help to stop the chronic cycle of anti-biotics.

ARSENICUM ALBUM

An efficient remedy for clearing food poisoning, even if it is old. Bacteria lingering in the gut can cause numerous stomach, bowel and intestinal issues that can lead to an autoimmune diagnosis.

HEPAR SULPH CALCAREA

Clears bacterial infections. A great alternative to anti-biotics when there is yellow or green mucus, infections can have an odor, sinus infection, ear infections, choking cough, Bronchitis, weak digestion, chilled from the slightest draft. Also useful in draining an abscess, dental, or otherwise.

LEDUM

Affects the fibrous tissue of joints, especially ankles, tendons, heels and skin. It can be looked at as a rheumatic remedy, where rheumatism begins in the feet and travels upwards. The affected parts become purple and puffy, then emaciate.

It is a remedy for puncture wounds and can help to prevent tetanus infection. A great substitute for a tetanus shot, especially if you have a compromised immune system.

MERCURIUS SOL OR MERCURIUS VIVUS

Another wonderful substitute for anti-biotics. Quickly relieves sore throats, yellow/green discharges, abscess, glandular swellings, ear infections. There is usually an odor to the breath or infected part.

PYROGENIUM

A remedy for all types of septic states. For women if there is a septic infection after childbirth, ptomaine poisoning, chronic malaria, after-effects of a miscarriage and other septic states.

It is not possible to list specific protocols for curing MS, Lupus, IBS or other autoimmune disorders since each person has their own set of symptoms specific to their individual treatment.

You have been given a label by a doctor based on whatever means he or she uses for diagnosis. The labels do not narrate the story, or identify the 'exciting cause'. Until you

unravel that part of the story, specific holistic/alternative treatment cannot be determined.

There is one category of autoimmune where I feel compelled to list remedies based on symptoms, *Fibromyalgia*. Because this is an area that is grossly misdiagnosed and over-diagnosed I want to leave you with some specific remedies.

CATCH-ALL SYMPTOMS

There is an entire spectrum of symptoms that lead doctors to declare you are suffering from Fibromyalgia. Probably the largest category that has yet to be mentioned. This category is so huge it includes symptoms related to almost any disorder.

If you have been diagnosed with Fibromyalgia, I can't stress enough how important it is to follow the suggestions in Chapter II and sort out your symptom picture to uncover the exciting cause. Having said that, the following is a list of Homeopathic remedies that cover many of the symptoms lumped into this spectrum. Even if you unravel one or two symptoms, you will be better than before.

HOMEOPATHY & FIBROMYALGIA

It is best to seek the advice of a qualified Homeopathic practitioner for specific potencies, frequency and duration for some of the following issues. However, symptoms that are straightforward can be greatly relieved by suggested remedies. (Remedies can be combined.)

ANXIETY & DEPRESSION- Ignatia, Aurum Metallicum or Sepia

BRAIN FOG, POOR MEMORY- Ignatia or Lachesis

CHEST PAIN- Crataegus

CHEMICAL SENSITIVITIES- Calcarea Carbonicum (long term) along with liver detoxification

CHRONIC HEADACHES- Sepia (women) Aurum metallicum (men)

DIZZINESS- Aurum metallicum; if related to inner ear fluid Mercurius Dulcis

FATIGUE- Aurum Metallicum or Sepia

IRRITABLE BOWEL SYNDROME (IBS)- Arsenicum album

JAW PAIN- Rhus toxicodendron

JOINT PAIN- Better from movement, Rhus Toxicodendron; worse from movement, Ruta Grav

MYOFACIAL PAIN- Symphytum

NAUSEA- Arsenicum album or Ipecacuanha

REPRODUCTIVE DISORDERS- Sepia

RESTLESS LEGS- Rhus tox

URINARY TRACT INFECTIONS- sudden onset- Aconitum, then move on to others, as needed.

- Cantharis (most common), burning irritation, with chill and irritability
- Nux Vomica- hot burning urine, constant urge
- Mercurius corrosivus- Pain severe at night; burning, shooting, tearing
- Staphysagria- new partner
- Pulsatilla- weepy
- Benzoic acid or Nitric acid- smelly dark brown urine

VISION PROBLEM- Ruta grav or Euphrasia

WEIGHT GAIN- Graphites

CHAPTER VIII

CONCLUSION

If you have gotten this far, congratulations. I hope you are encouraged in knowing that you are not stuck in a body attacking itself, you are instead the keeper of a body that has been stressed, overloaded and compromised. Your conventional medical doctor most likely will never find the true cause of the stress, or distress.

Only you can heal you, because only you can bring to light the answers that will point you in the direction needed for the correct treatment.

As discussed in the Introduction, the key to life is energy. Nothing can survive without energy. The holistic modalities discussed in this book are all based on utilizing energy fields and patterns to support your own vital force through the use of natural remedies to cleanse and revitalize.

If you have been categorized as having an autoimmune disorder, then your vital force has been compromised in a way that created specific symptoms to alert you to the imbalance.

Those symptoms are not *dis-ease* they are your body expressing itself with tell-tale signs screaming at you to pay attention!

My hope is that you will go back and look at each of the triggers mentioned in Chapter IV, and very possibly they will lead you to even more triggers that have affected your particular situation.

The road to health is two-fold;

- ❖ Re-trace your history to find the triggers that contributed to the cascade of symptoms.
- ❖ Systematically unravel the symptoms through proper diet, detoxification and elimination of pathogens.

Seek to energize with natural remedies known to relieve your particular maladies. Remedies, herbs, tinctures, phenols and all other sources from nature help to rebalance because nature provides specific tools as a counter-balance to support life's encumbrances. This is true not only of human life, but all life on the planet. The tools are available and waiting for you to use them to regain your vitality and to restore your wellbeing.

RESOURCES

Holistic remedies, herbs, tinctures and other types of natural medicines can be found in great supply in most health food stores and pharmacies. If you live in an area that does not carry a selection of these items, they can all be found on the internet. In fact, the largest selection, with the lowest prices, is online.

Now that you have been introduced to choices to improve your health naturally here are specific brands and locations to find what you need to build your tool kit. I do not receive any remuneration for the products discussed and are mentioned because through the years I find them to be best I have experienced.

HOMEOPATHIC KITS AND SINGLE REMEDIES

If you are inspired by the Homeopathic information in this book and would like to acquire remedies they can be purchased individually or in kits.

The best resource for Homeopathic kits is on line. The following are a few of my favorite places to shop. (NOT listed in order of preference) You can also source on-line potencies not readily available in health food stores and pharmacies.

Dana Ullman's site is a gold mine of information if you are interested in learning more about Homeopathy. Not only are there numerous books, training CD's and lectures, but also hundreds of pages filled with information on the use of remedies for just about any situation. Dana Ullman is one of the most prolific Homeopathic authors in America.

Supporting his site is supporting the message of Homeopathy. Check out his site, **www.homeopathic.com**.

Hahnemann Labs offers a varied selection of homeopathic kits, as well as a blog with interesting homeopathic information. They are at **www.hahnemannlabs.com**

ABC homeopathy offers a 50-remedy kit and they also sell a 100-remedy kit. **www.abchomeopathy.com**

1-800homeopathy offers a number of choices for kits, complex remedies and lots of free information. **www.1-800homeopathy.com**

OHM Pharma is a source for kits and more difficult to source remedies.
www.ohmpharma.com

If you like to shop **Amazon**, they carry 2 brands of kits, Helios and Washington Homeopathic.

GEMMOTHERAPY

There are a few options for purchase available to non-practitioners. Concentrated and diluted versions alike are effective. It is only the number of drops per dose that differs.

Imported from Belgium, ***HerbalGem*** is a brand that appears to be expensive at first glance, but they are concentrated and a dose is fewer drops than diluted brands. They are sold by **Gemmos USA**, LLC; Brooklyn, NY. They also sell other German medicines. Enter the name of the Gemmo you are looking for in the search bar. They are found at **www.gemmos-usa**.

Amazon is one of a number of distributors of the ***Boiron*** brand of Gemmos. They are a diluted version.

Unda is another reliable brand of Gemmotherapy sold through Amazon and other sites.

Lauren Hubele imports Gemmos and offers kits as well. She has written a book on acute care with Gemmotherapy if you are interested in learning more about their use.

Dr. Stuart H. Garber, D.C., Ph.D. has been practicing holistic medicine since 1981. Garber is the developer of Dr. Garber's Natural Solutions line of condition specific biotherapy formulas. They are combination tinctures containing plant stem cells, as well as glandulars and elements. Garber's formulas can be found on his website, as well as other online merchants.

Garber's formulas are categorized for:

- Anxiety
- Bone Strength
- Constipation
- Depression
- EnviroDefens
- FemCycle
- Joints
- Lungs
- Skin
- Sleep
- ThyroSupport

PHENOLIC THERAPY

Call for availability of allergy desensitization drops, as well as a practitioner in your area. **Deseret Biologicals, Inc. (DesBio)** • 800-827-9529

TRACE MINERAL THERAPY/ OLIGOTHERAPY

Seroyal is an option in the U.S. There are listings online for other countries.

MarcoPharma International sells to practitioners and can be contacted to find a doctor in your area, or one who works at a distance with Trace Mineral Therapy. Marco Pharma International, LLC; Roseburg, OR.

DIGESTIVE AIDS

Since digestive issues are a huge component to improving the symptoms of autoimmune disorders, here are some suggestions.

- **SWEDISH BITTERS:** If you are looking to improve digestion source Swedish Bitters. It is a traditional European herbal extract that stimulates proper digestion. You will experience improvement quickly.
- **OKOUBASAN** or Pleo-OKU: derived from the plant *Okoubaka aubrevillei* and is used in cases of food poisoning, healing of infectious diseases of the gastrointestinal tract, food intolerances and during elimination of metabolic waste products. It can also be used at the first sign of cold or flu. This product is manufactured in Germany and can be found online from a few different distributors under either the German name of Okoubasan or the North American label Pleo-Oku.
- **GLUTENIZER®** Kiwi Strawberry Digestive-Ade drink mix is a stevia sweetened formula that helps to remedy indigestion with a potent combination of full spectrum enzymes that effectively address the digestion of ALL difficult-to-digest proteins, not just gluten, with the added bonus of 1200 mg of Vitamin C. ~non-GMO, gluten and sugar free.

IMMUNE BOOSTER

I could fill a book with suggestions for immune boosters and the old favorite Vitamin C would still come out on top. The issue for many with Vitamin C is intolerance that occurs for the recommended dose necessary for the highest benefit.

Sufficient-C® Lemon Peach Immune-Ade drink mix, made by the same company as Glutenizer®, they have managed to pack into each dose 4,000 mg of non-GMO Vitamin C along with generous doses of L-Lysine, Bromelain and a 94% pure Green Tea Extract; all in a stevia sweetened formula. non-GMO, gluten and sugar free.

THYROID HEALTH

Lugol's Iodine; if you experience issues with thyroid function it may not be T3 or T4 that is needed for normal hormone output. You may instead be iodine deficient. Iodine deficiency accounts for goiters, hypothyroidism and other diseases. This particular formula is made with potassium iodine and its use is widely touted for a number of illnesses. There are a number of iodine brands that can be accessed online or in health food stores and pharmacies.

PARASITES

A resource for specialized parasite testing and products for parasite eradication is the **Parasitology Center, Inc.** in Scottsdale, AZ. Information can be can be sourced on line.

Another option for parasite treatment is HumaWorm. They prepare herbs by hand as orders arrive. They can be sourced on line or order by phone.

NOTES

CHAPTER I

WHERE TO BEGIN

Auto Immune Definition

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HOMEOPATHY STATISTICS

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Professor Woods of the MHRA, response to Q211, House of Commons Science and Technology Committee hearing of evidence in preparation of Evidence Check 2: Homeopathy report (London: The Stationery Office Limited, 2010)

CHAPTER IV

AUTOIMMUNE TRIGGERS

Trace Minerals

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CHAPTER V

WHY DIET IS IMPORTANT

Dr. Parcells

Dispenza, J; HEALER, The Pioneer Nutritionist & Prophet, Dr. Hazel Parcells; Harbor House; 2014

<http://www.elixa.com/hazel-parcells-magnetic-relaxing-bed-and-thea-lite/>

VACCINES

CDC

<https://www.cdc.gov/vaccines/vac-gen/additives.htm>

<https://www.cdc.gov/vaccines/parents/vaccine-decision/index.html>

CHEMICAL EXPOSURE

Herbert L. Needleman, M.D., Philip J. Landrigan, M.D.,
Raising Children Toxic Free PARASITES

Omar Amin, M.D., (2005); OPTIMAL DIGESTIVE HEALTH, A
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MSW, MPH, Healing Arts Press, Rochester, Vermont

CHAPTER VI

JUICING, FAST TRACK TO INFLAMMATION REDUCTION

(selected recipes)

<https://www.juiceladycherie.com/juice/>

CHAPTER VII

PRACTITIONER PROTOCOLS

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Emryss Vermuelen, F, (1994), Concordant Materia Medica,
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GEMMOTHERAPY

SEROYAL, Unda, Professional catalogue
HerbalGem, Belgium



ABOUT THE AUTHOR

ELENA UPTON, Ph.D. is a classically trained Homeopath, avid researcher, writer and product development specialist with nearly thirty-years' experience in the natural health field. Having followed a graduate program in Homeopathy at a time when natural medicine was in its resurgence in America, she was able to study with some of the finest Homeopaths and alternative medical doctors of our time.

After developing a successful clinic, 'The Holistic Resource Center' in Southern California Upton went on to continue her education with numerous holistic medical experts from around the world. Her practice extends to include many modern uses of Homeopathy, as well as other alternative/holistic modalities such as, German Biological Medicine, Gemmotherapy, Oligotherapy and Phenolic Therapy, to name a few.

Upton is the mother of two sons and five grandchildren.

DID YOU ENJOY THIS BOOK?

Other books by the Author...

THE ALTERNATIVE, Your Family's Guide to Wellness,
Volume I First-Aid & Common Conditions

THE ALTERNATIVE, Your Family's Guide to Wellness,
Volume II Disease (Spring 2019)

THE ALTERNATIVE CONTINUED, Secrets to Success
(Companion guide to Volume I & II)

eBook Series:

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ALTERNATIVE MEDICINE FOR ALLERGIES, COLD & FLU, Easy-To-Follow Guide to Fixing Acute & Chronic Conditions

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Here's what people are saying...

"Elena's work has changed many things in my life... With her knowledge she identifies your issues and goes after them in a definitive way. Hard to overstate what her work has meant to me. I am grateful to have found her and her vision for holistic health."

- J. Piven

"Time and again Elena has been able to heal me, make me well, cure anything from strange rashes to the common cold in ways that conventional doctors simply could not."

-G. Gershon

"I can't imagine what I would have done without Elena Upton. I have known Elena for 20 years. She is responsible for keeping me and my family healthy. I hope you will read this book and learn how you and your family can live a long and healthy life."

Gratefully, M. Luttrell

"Elena Upton's Natural Health Manual should be in every home! Seriously! As someone who has benefited for over two decades from the use of both Homeopathic remedies and Chinese herbs, I can attest to the truth that these remedies work wonders where often western medicine fails - and Upton's book reveals the secrets to literally thousands of treatments from minor colds to major diseases. The cures seem miraculous but it is Nature's way. This manual is a must-have."

-A.Rosen

"I have excellent western doctors whom I still respect but Elena never ceases to amaze me in her spot on diagnosis and treatment of everything from a common cold to a more severe issues."

-L. Dornhelm

“Elena Upton's knowledge and expertise definitely saved my life! She was the first health care practitioner to tell me she could help and not pat me on the head and tell me I was imagining all my symptoms as so many others before her had done.

She is incredibly well informed and up on all the latest cutting edge natural health information and has unending knowledge and perseverance. If not for her, I would not be writing this testimonial!”

-P. Burley

“Elena Upton has come to my rescue more times than I care to remember over the past twelve years. Not only does she always come up with the correct remedies for me, but she also manages to do the same for my cat.”

-A. Challis

“I am 58, and had been suffering from extreme heat and night sweats since I was ten years old. No doctor could ever help me. Within a few days of taking a homeopathic remedy Elena suggested, a very big problem I had experienced for almost my entire life was eliminated. It was absolutely amazing.”

-Dr. J Levy

“Since 2007, after the birth of my second child Elena has helped me with her expertise. I am grateful for her knowledge of homeopathy and its use in guiding the body's ability to heal naturally when given the correct information.”

-N. Cannon

“We've put Elena to the test over the last eight years. Our family includes a special needs child that Elena has magically figured out how to help perform at higher standards with Homeopathic remedies.”

-J. Berchtold

-S. Harris

"Elena has been an incredible resource for me and my family. She has helped us to navigate everything from strep throat to ADHD to a concussion. Elena is thoughtful, caring and compassionate. We are grateful for her thorough review of our health and we can't wait to read her book!"

-J. Elliott

"I come from a family of Western medical doctors. Homeopathy was not in my vocabulary. Elena opened my eyes to a different approach of healing by treating the core of the problem in the body rather than to suppress with western drugs"

-L. Fortier

"Elena is a wonderful, insightful Homeopath. Over the past few years, she has been a tremendous support to my daughter and me. Through her simple, but effective remedies, my issues are cured, and my overall health is excellent."

-S. Poole-Blair

Thank you for taking the time to read this book. I congratulate you on your interest in Natural Medicine and nurturing your health.

If you enjoyed this book I welcome your feedback. The more positive reviews, the more others will want to jump on the band-wagon and learn about bringing their health to the next level.

A positive review will go a long way, so I really appreciate your taking the time to encourage others to take a look at this work.

Thanks so much.

Elena Upton, Ph.D.