

# Wellness

## REVIEW



### Manage Your Autoimmune Disease with the Assistance of Natural Medicines

Autoimmune diseases are conditions characterised by inflammation and destruction of body tissues by the body's own immune system. Common autoimmune diseases include:

- Rheumatoid arthritis
- Ankylosing spondylitis
- Crohn's disease
- Lupus (SLE)
- Psoriasis
- Hashimoto's thyroiditis

Autoimmune diseases can be managed with the help of Natural Medicines. If you, or someone you know, has been diagnosed with an autoimmune disease, talk to our Practitioner today about how Natural Medicines may help.

### How Do Autoimmune Diseases Occur?

Autoimmune diseases occur when your immune system becomes overly active and is not properly controlled. This results in your own immune cells attacking and destroying your own body tissues. Normally, the job of the immune system is to help protect us from potentially harmful invaders such as bacteria, viruses, parasites, toxins and allergens. In autoimmune diseases, the immune system cannot tell the difference between these invaders and healthy body tissue and will destroy your own body tissue. Common symptoms seen in autoimmune diseases include pain, inflammation and fatigue.

### Herbs and Nutrients to Help Manage Your Autoimmune Disease

Managing autoimmune diseases naturally can help with symptom relief as well as treating the underlying cause. If you have an autoimmune disease, it is important to reduce pain and inflammation so that you can function and enjoy day-to-day activities, but also to address the underlying immune dysfunction.

The following herbs and nutrients can help you manage your autoimmune disease naturally.

- **Polypodium** (*Polypodium leucotomos*) – Can reduce immune over-activity in certain autoimmune diseases. Ask our Practitioner if this herb would be helpful for your particular type of autoimmune disease.
- **Perilla** (*Perilla frutescens*) – Traditionally used to modulate the immune system and reduce inflammation in particular autoimmune diseases. Our Practitioner will be able to advise you on the suitability of this herb for your specific autoimmune condition.
- **Selenium and Zinc** – Both of these essential minerals help to reduce inflammation, protect cells from damage and restore healthy immune function.
- **Turmeric** (*Curcuma longa*) – Has potent anti-inflammatory properties that can help reduce pain and inflammation in autoimmunity.

- **Fish oil** – Fish oils may also help to reduce inflammation. The best form of fish oil to reduce inflammation in autoimmune diseases is one with a high content of eicosapentaenoic acid (EPA).
- **Probiotics** – Are friendly bacteria that live in your digestive system. They are important for maintaining healthy immunity and restoring immune balance.

*If autoimmunity is causing you pain and discomfort, make an appointment with us today and find out which of these supplements may benefit you.*

### Diet and Lifestyle Suggestions

As well as beneficial supplements, there are changes that you can make to your diet and lifestyle that may help you with managing the symptoms and severity of your autoimmune disease. For example, alkalising your diet may help reduce pain and inflammation. Try to aim for a diet that consists of 80% alkaline-forming foods and only 20% acid-forming foods within your daily intake. This will help to reduce acid levels in your body which can lead to inflammation, pain and immune imbalance.

Alkaline-forming foods include fresh vegetables, fruit, nuts and seed. Acid-forming foods include red meat, dairy, refined carbohydrates and sugars. It is best to avoid coffee, alcohol and soft drinks as these beverages are also acid-forming. Our Practitioner can advise you in more detail on how you can eat an alkalising diet to help support your health and vitality.

Regular exercise is very beneficial for people with autoimmune conditions. Gentle to moderate exercise can help with symptom relief and increase energy levels. Try yoga, tai chi, swimming or walking. Also focus on reducing stress levels, as stress can exacerbate symptoms and increase disease progression.

### Take Charge of Your Health Now

Having an autoimmune disease should not prevent you from living a full, active life. Our Practitioner can advise you about dietary changes, lifestyle advice and supplements which may be of particular benefit for you.

*Do something about your health now and start enjoying life!*

