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## 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**
- **Lupus (SLE)**
- **Ankylosing spondylitis**
- **Psoriasis**
- **Crohn's disease**
- **Hashimoto's thyroiditis**

### How do Autoimmune Diseases Occur?

It occurs when your immune system becomes overly active and is not properly controlled. 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.

Managing autoimmune diseases naturally can help with symptom relief as well as treating the underlying cause. 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)**
- **Perilla (Perilla frutescens)**
- **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
- **Fish Oil** - 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. For example: alkalisng 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.

Gentle to moderate exercise can help with symptom relief and increase energy levels. Try yoga, pilates, 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

## Do Something about Your Health Now and Start Enjoying Life!

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