

Autoimmunity

WHAT IS AUTOIMMUNITY?

An important role of your immune system is to produce antibodies to protect against pathogens, like bacteria and viruses. There are many complex mechanisms to regulate this process, ensuring that your immune cells are active enough to protect, but not *too* active to cause issues.

An autoimmune (AI) disorder is when these mechanisms fail, leaving the immune cells unregulated. This often results in the production of *auto-antibodies*, which target your own tissues (instead of foreign invaders). You can think of it like an army of soldiers without commanders. Although there is currently no cure for autoimmunity, there are many ways that you can manage symptoms and support your body's healing through diet and lifestyle.

Even if these triggers are not always in your control, management strategies are.

CONTRIBUTORS & TRIGGERS

- gut dysbiosis
- infections (esp latent)
- toxins & heavy metals
- nutrient deficiencies
- genetics
- inflammatory diet
- emotional trauma

MANAGING SYMPTOMS

- **PRIORITIZE GUT HEALING**
imbalance & inflammation in the digestive system is considered a prerequisite for the development of autoimmunity

- **ELIMINATE GLUTEN**
gluten is the most common symptom aggravator in all AI conditions (in your gut, it is like sandpaper on an open wound)

- **REMOVE AGGRAVATORS**
addressing a latent infection, eliminating allergens, swapping out toxin-containing products, or reducing stress

- **NOURISH YOUR BODY**
a nutrient-dense diet of vegetables, meat, fish & seafood, healthy fats, bone broth, organ meats, and fermented foods is incredibly healing for AI issues

Beyond gluten, other problematic foods such as nightshades can be identified with the Autoimmune Protocol elimination diet.

