When Self Is The Enemy:  
Autoimmune Inflammatory Diseases
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“How long will he have to live in that bubble?” David Vetter, born with a dysfunctional immune system had lived in a sterile plastic “germ-free isolator” world all of his life. The question was; when would science deliver on its quest, through some new technological advance, to find a solution to David’s dilemma? If allowed to encounter the environment, the one we live in every day, David would most certainly pick up a pathogen that would end his life. Even NASA got involved! Top engineers put their heads together and crafted a most eloquent space suit for David. But after a few forages out into the real world, David’s fears of contamination, microbes and death drove him back to his reclusive spot at Baylor University Medical center. David finely died when an attempt to solve his life threatening condition with a tissue transplant operation, failed to resolve his immune system deficiency.

If we did not have an immune system, we like David, would die. But where did our immune system come from? “I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.”

The Advantage Of An Immune System

The skin is our first line of defense. “Every square inch of human skin consists of 19 million cells, 60 hairs, 90 oil glands, 19 feet of blood vessels, 625 sweat glands, and 19,000 sensory cells that can transmit information at more than 200 miles an hour.” What’s more, immune cells of the skin secrete antibodies that can stop invaders. And not just from the skin of our bodies, antibodies from the immune system emerge to protect the nose, sinuses, throat, lungs, stomach and intestines. With out these antibodies from the immune system, we’d all be doomed.

After the skin, our next line of defense centers in our immune systems ability to mount an all out counter attack to invaders, and I do mean counter attack. These invaders can be identified or unidentified. If the immune system identifies them (has had experience with them before) then it can deal more specifically and carefully with them. If the immune system has never seen them before, then it gets out the big guns and shoots anything that seems out of place. As long as this line of defense only destroys invaders we are happy. This line of defense is called inflammation. It is especially active to deal with any new injury, antigen, bacteria or virus.

Friendly Fire: Why Autoimmune Inflammatory Disease?

A compromised immune system cannot deal with infections and antigens in its usual healthy way, consequently it resorts to inflammation. Tissue damage often occurs as the body attempts to rid itself of disease.

When the only weapon available is a sledgehammer, collateral damage is sure to occur. Autoimmune inflammatory diseases arise under several situations where the immune system is not able to function most efficiently. Inflammation can occur when: the immune system is not in optimal health, the immune system is confused by hostile antigens, the immune system then identifies them (has had experience with them before) then it can deal more specifically and carefully with them. If the immune system has never seen them before, then it gets out the big guns and shoots anything that seems out of place. As long as this line of defense only destroys invaders we are happy. This line of defense is called inflammation. It is especially active to deal with any new injury, antigen, bacteria or virus.

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waste. Consequently a greater burden is placed on the liver, bowels and kidneys to dispense of these. This leads to increased inflammation and increased skin, liver, bowel and kidneys disease. Good skin hygiene helps combat inflammatory disease.24 Good skin hygiene may involve thorough scrubbing, brushing and sweating.

Would You Like That Fresh Or Rotten?

Can you find a good banana in a dumpster? Aflatoxins, formed in the process of aging or fermenting,25 are a source of inflammation.26 Dietary sources of aflatoxins include: cheese,27 wine, vinegar, and any food created by rotting or fermentation. Scientist use weak vinegar solutions to cause inflammation bowel disease in rats as a model for studying ulcerative colitis and Croh's disease in humans.28,29 What’s more, chemicals formed when foods are pickled30 increase oxidative stress, inflammation,11 autoimmune disease and cancer.32,33

Another source of aflatoxin exposure is the environment. Mold in the environment increases the risk of autoimmune inflammatory: 180% for the lungs34 and 360% for joints.35 Shade trees and shrubbery close and dense around a house, water-damaged buildings,36,37,38,39 decaying leaves,40 compost heaps,41 sauna baths, wet basements, swamps and lowlands—all sources of aflatoxins and inflammation. Avoid all decay both personal and environmental.

Perfect Health Depends On Perfect Circulation

Inflammation increases when blood flow is congested and slowed.32,33,44,45 As a result autoimmune inflammatory diseases are more likely with a sedentary lifestyle, tight clothing or cold extremities. On the other hand, when circulation is quickened, inflammation decreases.45

In cold weather, wearing short sleeves or short pants exposes the limbs to cooling, chilling the blood back from the extremities to the chest, abdomen and pelvis where inflammation can set in. Additionally the circadian rhythm (your internal equilibrium clock which controls the balance between inflammation and anti-inflammation) is disrupted,44 inflammatory mediators are released,42,43 and the risk of autoimmune inflammatory disease increases.

Studies show that tight clothing has a negative effect on the body. From slowed digestion of food to increased inflammatory mediators, tight clothing is sure to increase ones risk of autoimmune inflammatory disease.46

Another way in which circulation is unbalanced, and can be the source of inflammation, is through overwork of the brain. Over work of the brain in the absence of good outdoor physical exercise results in increased inflammation. Inflammatory diseases are significantly more prevalent in those doing mental work compared to those involved in physical labor.52

Sleeping Off The Disease

Sleep loss is associated with increased inflammation and autoimmune disease.53,34,55,56 Many of the things that we are discussing affect sleep quality and therefore also affect the risk of disease.

Air Quality Control

Indoor air has far more contaminants then outdoor air. Indoor air contaminants are a source of inflammation. Contaminants include: breathable dust, nitrogen dioxide, chemicals such as formaldehyde, aspergillus aflatoxins and various molds.62

Don’t Let This One Get Out Of Hand

Some causes of autoimmune inflammatory disease start small and increase with time to something bigger than expected. Improper use of the voice,29 voice strain,29 shallow or improper breathing20,41 can all cause inflammation of the lungs and throat increasing the risk of autoimmune inflammatory diseases.

Repetitive or forceful tasks cause tissue microtraumas leading to inflammation that can spread to the whole body62 increasing the risk for autoimmune inflammatory disorders.63,64,65

Condiments and Spices

Strong dietary condiments and spices can be the source of inflammation leading to autoimmune disease. Mince pies, cakes, preserves, highly-seasoned meats with gravies, pickles, excessive salt, grease, pepper, mustard, and ketchup etc.

Excessive salt intake increases hypertension and renal injury caused in part by oxidative stress and inflammation in the kidneys and blood vessel walls.66,67

Red and black pepper significantly increase the stomach’s acidity leading to cell destruction, microbleeding, and inflammation.68 Red pepper increases stomach acid excretion 700%.69

Stimulants

What about caffeine? Caffeine and its relatives increase the risk of acquiring an autoimmune disease. Once inflammation starts in the body, caffeine can accelerate it by 300%-600%.70 Chocolate increases the risk by 150%, cola drinks by 120%71 and coffee 118%.72

Does alcohol impair the immune system? Alcohol consumption increases free radical formation and whole body inflammation.73 Wine can be especially aggravating, worsening such inflammatory diseases as asthma.74 Smoking (even secondhand smoke)75 causes increased inflammation thereby using up the body’s protective anti-oxidant resources. Toxic fumes and caustic chemicals from burning tobacco increase the risk of acquiring an autoimmune inflammatory disease.76,77 The risk of acquiring an autoimmune inflammatory disease increases 65% with smoking and 98% with alcohol consumption.78

Food And Autoimmune Inflammatory Disease

Notice that we have been writing about a lot more than just diet. Diet is important, but there is a whole lot more to autoimmune disease than just diet.

Snack Attack!

Fried potatoes, salty snacks, desserts and processed meats are among the top instigators of elevated oxidative stress and whole body inflammatory.68 Can you name one snack food that is healthy?

Western Diet Woes

A number of studies have identified the western diet, (described variously as including; red meat, processed meat, pork/hot dogs, butter, lard, hydrogenated fats, high saturated fat, high saturated fat, eggs, french fries, potatoes, regular and diet soft drinks, pizza, refined grains, breads and pastas, coffee and tea, sweets/candy and desserts), as increasing the risk of autoimmune inflammatory diseases by as much as 210%.

The Key Is To Eat Your Protection

Patients suffering from autoimmune inflammatory disease have significantly lower blood anti-oxidants levels.63,84 Studies also show that commercial supplements are of no value in correcting this deficiency.85 Proper diet is the only solution to poor nutrition and reducing the risk of autoimmune inflammatory disease.36

Fiber: Start Roughing It

Patients suffering from autoimmune inflammatory disease can also have significantly lower fiber and magnesium intakes. Fibrous foods are usually higher in magnesium. Fiber and magnesium deficiency are associated with a 300%-400% elevation in inflammation.87

Mineral Depletion Is A Global Issue

The amount of magnesium in all foods has decreased by 19% in the last 50 years.88 Low levels of zinc,89 selenium90 and and magnesium91 are associated with increased inflammation. Whole wheat flour has 530% more magnesium, 320% more zinc, and 110% more selenium than white flour.92 Pumpkin seeds are a rich source of zinc and Brazil nuts are a good source of selenium.
Doughnut Despair

Doughnuts are a huge source of advanced glycation end products! Carbohydrates fried with oil accumulate advanced glycation end products (AGES), toxins that activate the body’s inflammatory mediators.3,10 AGES can also be formed in the body if the blood sugar becomes elevated. A slice of 100% whole wheat bread has 536 AGEs units,11 while a plane-glazed doughnut weighs in at a whopping 425,740 units of AGES.12

High-Fructose Is High Risk

Fructose (in all its forms, e.g. high fructose corn syrup) activates inflammatory mediators in the liver13 and blood vessels14 increasing the risk for autoimmune inflammatory disease.

Risk Management

The results of a study that came out of Israel help put things in perspective. Dietary choices that increase autoimmune inflammatory disease risk include: sugar (430% increased risk), cholesterol (360%), eggs (350%), saturated fat (animal fat, 31%), soft drinks (300%), and vegetable oil (22%).10

Fat and Cholesterol

Dietary cholesterol is especially harmful.101 Cholesterol provokes the immune system to increase inflammation.12,101 A high cholesterol diet more than triples the risk of autoimmune inflammatory disease.

High fat food is at greater risk for lipid oxidation or peroxidation. Cheese is high in fat and is created by decay, thus it is high in oxidized lipids (fats). These oxidized cheese lipids significantly increase the risk of autoimmune inflammatory diseases.104,105

Butter significantly increases oxidative stress by stimulating the immune cells to produce inflammation when there is no other reason to be causing inflammation.106

High fat diets increase body inflammation.107 Of special concern are trans-fats that significantly increase the inflammatory responses of the body. Saturated fat, as found in animal products and tropical oils such as palm oil, have been shown to increase the body’s inflammation.108 Compared to a diet predominating in monounsaturated (vegetable) fat, eating a high saturated (animal) fat diet increases body inflammation 270%.109 What’s more animals fed a fatty diet develop a high rate of autoantibodies (antibodies against ones own self),110 a classic finding in autoimmune inflammatory diseases.

Of special concern are oils that have been become oxidized. Oxidized oils pose an immediate and long-term threat to body anti-inflammatory reserves heightening the risk of multiple autoimmune inflammatory diseases.111,112 Oxidized oils are common to deep fat fryers, fried foods, and packaged foods with a long shelf history.

Cooking food in oil (frying) produces trans-fat,113 acrylamide114 and lipid peroxidation.115,116 These byproducts of frying are all stimulators of inflammation leading to increased risk of autoimmune inflammatory disorders.117 Trans-fat can also be found in hydrogenated and partially hydrogenated vegetable oils, margarines and shortening.

Oxidized cholesterol promotes tissue inflammation and cell death leading to atherosclerosis (inflammatory heart disease) and autoimmune inflammatory disease.118 Common sources of oxidized cholesterol are: spray dried egg powders (such as found in pancake mixes), Parmesan cheese, butter oil, ice cream, sausages and beef tallow. Oils and cholesterol are especially apt to oxidation when heated in the presence of air for a longer period for example in deep-frying at fast food restaurants.119

Same Foods Everyday?

Eating the same foods day after day overwhelms the body’s food tolerance mechanisms and can result in food allergy and/or autoimmune inflammatory disease.120

Enriched!

A diet high in refined carbohydrates negatively affects the balance of free radical generation and antioxidant defense leading to inflammation overload.121,122,123 A breakfast consisting of a bowl of corn flakes with skimmed milk, a piece of toast and a glass of orange juice converts almost instantly to 16 teaspoons of sugar. Sixteen teaspoons of sugar will increase the body’s oxidative stress and inflammation by 240%.124 A can of soda has 12 teaspoons of sugar.

Refined grain products, (e.g. white bread, white rice, white pasta), tip the body’s oxidant / anti-oxidant balance toward oxidation, increasing inflammation and the risk of autoimmune disease.125,126

The Gluten Connection

Patients with autoimmune inflammatory diseases have a high incidence of sensitivity to wheat gluten, as high as 10 times higher than normal individuals.127

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Animal Antigens

Individuals with autoimmune inflammatory disease show higher than normal sensitivities to animal product antigens: 1200% higher for dairy, 600% for eggs, 460% for pork, and 400% for fish.128 If you have autoimmune disease or know you should be taking precautions to avoid autoimmune inflammatory disease it might be prudent to stay away from these sources of disease.

More On Milk

The link between dairy and autoimmune inflammatory diseases is multifactorial.129,130 Milk is immunosuppressive,131 it has many hormones which increase disease risk,132 milk is the source of many infectious agents (viruses and bacteria) that precipitate autoimmune inflammatory disease,132 it contains many antigens which initiate the autoimmune process,133,134,135,136 and milk provokes and aggravates132 the inflammatory process.128

Go Big Red

Why is red meat red? Heme iron makes red meat red and red cells red. Heme iron increases the body’s sensitivity to oxidative stress and inflammation.137 Consumption of red meat increases the risk of autoimmune inflammatory disease by 130%.140 Epidemiological studies comparing the amount of meat eaten in countries around the world with how much autoimmune inflammatory disease the have show that with increased meat consumption there is increased disease.141 The message of course is, if you need an autoimmune inflammatory disease, eat more meat.

Meaty Statistics
Protein Portions

Many people these days are worried about whether or not they are eating enough protein in their diet. It is a bit of a mania. In fact it is actually hard to achieve a low protein diet. Protein, eaten in excess of body needs, increases the risk of autoimmune inflammatory diseases by 190%.45 (For more information on protein, please refer to our handout and presentation on osteoporosis.)

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Variety, The Spice Of Life?

Most people in developed countries like to eat a large variety of food at each meal as though they had to balance their entire life’s nutritional requirements at one sitting. Excessive antigenic load, as encountered in a complex meal comprised of multiple diverse foods, can provoke autoimmunity, allergy and inflammation.142

Eat To Live, Or Live To Eat?

Another instigator of the autoimmune inflammatory process is overeating. Overeating provides fuel for a bigger fire then can be healthfully managed. Excessive caloric intake is associated with increased body oxidative stress44 and increased incidence of autoimmune inflammatory diseases.52 On the other hand reduced caloric intake decreases autoimmune inflammatory disease risks.144

Weight Management

For the avoidance of these diseases, carrying extra weight is not ideal. Studies show that whole body inflammation increases with increasing body weight.140,146 Being overweight increases the risk of acquiring an autoimmune inflammatory disorder by 275%.147

As a person gains weight, fat tends to gather about the abdomen. While much of this fat is external, a large portion of it is also internal, around the organs. This internal fat is termed organ or visceral fat. Visceral fat is another source of inflammation146 and oxidized fat. For each 1% increase in visceral fat, the risk for increasing inflammation goes up an additional 140%.149

A Case Of Mistaken Identity

Worms: could there be a case of mistaken identity? Trichinelloisa, a parasite acquired from eating pork and bear, is associated with increased inflammation.159,161 Musculoskeletal symptoms include muscle pain, joint pain, muscle weakness, and restriction of joint movements.152,153

Trichinelloisa is not the only infection implicated in autoimmune inflammatory conditions. Viral and bacterial infections are being implicated more and more in the development of autoimmune inflammatory diseases.154,155,156,157 Autoantibodies increase with the number of infections a person has suffered in their lifetime.158 Numerous infections agents, including Salmonellaa,162 E. coli, Streplococcus and Mycobacterium,163 have been linked to autoimmune inflammatory diseases. The most abundant source of these infectious agents is animal products.151,152,153,154,155

Needling The Immune System

There are some risky behaviors that may need to be avoided. One of these, about which more and more scientific evidence is emerging, is vaccination. For example receiving measles, mumps and rubella vaccine (MMR) vaccination significantly increases the odds of acquiring chronic inflammatory arthritis.166 Compared to receiving the common tetanus vaccine: receiving a hepatitis B vaccine increases the odds of acquiring multiple sclerosis by 420%, systemic lupus erythematosus by 810%, and rheumatoid arthritis by 1700%.167

Exercise

It has been said, “If you don’t find time to exercise, you will have to find time to be sick.” When one sits around, its like a car idling; smoke and fumes build up. For the sedentary individual, inflammation builds up, increasing the risk for autoimmune inflammatory disease.168

Strict Schedule

How regular are you? I mean in your schedule? Studies show that extended and irregular shift work confers an increased risk of contracting an autoimmune inflammatory disease.169

OUTCOME OF PERTURBING THE IMMUNE SYSTEM

Once the immune system becomes off balance it can really fall a long way from normal resulting in signs and symptoms that culminate in autoimmune inflammatory disease. Besides all the well recognized autoimmune inflammatory diseases listed earlier there are other unhappy outcomes to letting the immune system fall into disarray. We will list just a few.

The presence of an autoimmune inflammatory disease is a good sign that the immune system is probably going to have trouble performing its usual function with success. Most autoimmune disease is associated with immune suppression or dysfunction. People with autoimmune inflammatory disorders are 85% more likely to acquire serious life threatening infections. The most common sites of infection include, joints, skin, soft tissues and the lungs.170

Despite increased medical treatment options, patients with autoimmune inflammatory diseases do not enjoy lengthy lives.171 Pneumonia, tuberculosis, and liver disease are significantly increased as causes of death in these patients.172

Chest pain: should autoimmune inflammatory disease patient be worried? Inflammatory disease not only affects bones, connective tissue and joints, but blood vessels and heart muscle as well. Patients with autoimmune inflammatory disease are 90% more apt to have congestive heart failure,173 95% more likely to die of sudden cardiac arrest, and 220% to have a heart attack.173

Many autoimmune inflammatory disease patients suffer from osteoporosis, (thinning of the bones), making them more susceptible to fractures. The inflammatory process involved in autoimmune disease is also a major player in osteoporosis.175 Many of the medications with which autoimmune inflammatory disease are treated also cause osteoporosis.

Cancer is also often the result of a deficient immune system. Immunity is a function of white blood cells. As a consequence of inflammation and immune compromise, the risk of leukemia (blood cell cancer) increases 150%.176

RESTORING AND MAINTAINING THE IMMUNE SYSTEM

Let’s change gears now and talk about how to restore a failing immune system and maintain it in a condition to assure the avoidance of further inflammatory disease, its complications, and its pain.

Fresh Morning Air

Occupations involving physical work in the open air are protective, while working in artificial, air conditioned environments increase the risk of contracting an autoimmune inflammatory disease.177,178 One of the most effective immune boosters is an early morning walk in the fresh air near a body of water as the sun is just coming up.179

Have You Seen The Smiling Sun Recently?

Sunlight exposure reduces inflammation in the body.180,181,182 Sunlight exposure is a major source of vitamin D.183 Vitamin D deficiency increases the risk of many common cancers, multiple sclerosis, rheumatoid arthritis, hypertension, cardiovascular heart disease, and type I diabetes.184 It is recommended that at least 25% of your skin be exposed to the sunlight for 20 minutes each day, and longer if you have darker skin.
What About Exercise?

“But I can’t exercise, I have pain!” you may be thinking. Exercise tips the inflammatory / anti-inflammatory balance in favor of reduced inflammation and reduced disease risk.205,206,207,208 With few exceptions, sufferers of autoimmune inflammatory diseases benefit significantly from physical activity, which leads to significant improvements in strength, pain, and fatigue without making the disease worse.209,210,211

As individuals age their immune systems declines. Being physically fit helps to slow this decline. The immune system responds positively to moderate exercise, while too much exercise tends to suppress it.212

While you are out exercising, as I know you will be, lose clothing is of greater benefit than clothing that restricts movement and blood flow. Tight clothing has been shown to interfere in body temperature variations, blood flow and hormone levels, factors implicated in autoimmune inflammatory disease.209

Circadian Rhythms: The Bodies Internal Clock

Our bodies run on clocks. The anti-inflammatory / inflammatory balance cycles on a clock called your circadian rhythm.213,214 The anti-inflammatory circadian clock malfunctions when: meal times are varied or meals are eaten late in the evening,215,216 sleeping times are varied,217 insufficient or shifted to a late bedtime and/or late rise time, a job requires shift work where daily schedules vary on some days, such as on days off or weekends.218 Regularity in sleeping hours improves overall sleep quality and anti-inflammatory effect. For the autoimmune inflammatory patient, we recommend a strict schedule for sleeping hours with a set nightly bedtime no later than 9:30 p.m., and a set regular rise time between 7:5 and 8 hours later on all weekdays and weekend days.219 We recommend regular mealtimes every day of the week not varying by more than 5 minutes with no meal later than 9:30 p.m.220 We recommend regularity in exercising every day of the week including days off and weekends.221

Dietary Choices

A study was performed comparing four diets: (1) fats and processed meats diet (fats, oils, processed meats, fried potatoes, salty snacks, and desserts)—the western diet, (2) beans, tomatoes, and refined grains diet (beans, tomatoes, refined grains, and high-fat dairy products)—a Mediterranean like diet, (3) vegetables and fish diet (fish and dark-yellow, cruciferous, and other vegetables)—sea food diet, and (4) whole grains and fruit diet (whole grains, fruits, nuts, and green leafy vegetables)—vegetarian vegan diet. The western diet raised three markers of inflammation, the Mediterranean diet raised one marker of inflammation, the seafood diet lowered one marker of inflammation and the vegetarian vegan diet lowered four markers of inflammation; showing the superiority of the vegan diet in addressing autoimmune inflammatory diseases.222

A vegetarian diet has been found to have an anti-inflammatory effect on patients with active autoimmune inflammatory disease.209,210,207,208 A vegetarian diet stimulates the immune system, improves tolerance to noxious antigens found in less ideal diets,202 and is loaded with anti-oxidant anti-inflammatory vitamins and phytochemicals. Another advantage to the vegetarian diet is its high content of natural anti-oxidants. Studies show that patients suffering from autoimmune inflammatory diseases eat significantly fewer anti-oxidant foods.210 On the other hand studies show that high anti-oxidant intake decreases the bodies inflammation.211

There is a real advantage to eating fruit and vegetables. Fruits and vegetables are high in flavonoids,212 phytochemicals and anti-oxidants that have been found to lower the oxidative stress, inflammation and oxidation of lipids (fats) in the body.204 Fruits and vegetables are high in vitamin A. Deficiency in vitamin A leaves the body unguarded against oxidative stress and autoimmune inflammatory disease.214,215 Good sources of vitamin A include sweet potatoes, carrots, kale, spinach, winter squash, cantaloupe and broccoli.

Whole grains and fiber are also a part of an autoimmune inflammatory disease fighting diet. Diets high in whole grains have been shown to have a protective effect against systemic inflammation reducing the risk of autoimmune inflammatory disease.216,217 Fiber, as found in whole grain products and bran, reduces inflammation in patients with inflammatory disorders.218

What about a “low carb” diet for reducing inflammation? To the contrary, low fat, high carbohydrate diets have been shown to significantly reduce whole body inflammation.219

What diet provides the maximal amount of anti-oxidant, anti-inflammatory benefits? Fresh food, that taste of Eden, is most effective. Fresh food is an uncooked vegan diet consisting of berries, fruits, vegetables and roots, nuts, germinated seeds and sprouts, i.e. rich sources of carotenoids, vitamins C and E, (some call this a “raw food” diet). People on a fresh food diet have been shown to enjoy improvements in symptoms of autoimmune inflammatory disease including: pain, joint stiffness, quality of sleep, health quality, cholesterol and weight management.209,220,221

Another consideration is the health benefits of omega-3 fatty acids. Omega-3 fatty acids are associated with decreased inflammation, improvement in disease symptoms and reduced risk of acquiring autoimmune inflammatory disease.222,223 Good sources of omega-3 fatty acids are a vegetarian diet, olives, and flax seed. Olives and olive oil, with their high levels of anti-oxidants, omega-3 fatty acids and phytochemicals, have been found to be helpful in the prevention and treatment of autoimmune inflammatory disorders.214,215,216,217 The most preferable way to obtain the olive oil is from the eating of whole olives. Results are not immediate but usually felt within 12 weeks.224

Another single food we want to mention is lemon juice and citrus. Citrus contains many bioflavonoids, phytochemicals, and anti-oxidants that have been found to reduce inflammation225,226,227 and improve symptoms of autoimmune inflammatory disease.222,223,224

We mentioned that too much protein has deleterious effects for the would-be autoimmune inflammatory disease survivor. But not all proteins are created equal. Soy protein reduces the risk of autoimmune inflammatory disease by 60% compared to a diet high in animal protein.219,226

Are you drinking juices or slurping smoothies? Are you a python? Do you swallow your food whole?

Chew Your Food

Are you drinking juices or slurping smoothies? Are you a python? Do you swallow your food whole? A better method is to chew your food well and savor every bite. The immune tissue in the mouth and throat (tonsils), tests substances coming into the body to let the body know what is food.237,238,239,240,241 Allergy and autoimmune inflammatory diseases are more likely to flare up when food is not chewed long and well, when the body has not had a chance to recognize the antigens.242,243

Temperance: Abstinence From Things Harmful, Moderation In Things Good

A program designed to benefit patients with autoimmune inflammatory disease will most surely include methods for eliminating the use of such stimulants as tea, coffee, caffeine, tobacco and alcohol. Another aspect of temperance is the eating moderate amounts of food. When more calories are consumed than are needed, inflammation increases. On the other hand, reducing calorie intake reduces the body’s...
Given the relationship between stress and autoimmune inflammatory disease, stress reduction should be a priority with autoimmune disease sufferers. The dietary changes we advocate have also been found to reduce the psychological symptoms of stress. Improved spiritual health has been shown to be a valuable aid in stress management. Has not God said, “Come unto me, all ye that labor and are heavy laden, and I will give you rest.” He is the great burden bearer; trusting in Him alleviates stress.

In Summary

As you engage in an autoimmune inflammatory disease recovery program you will find it helpful to **eliminate all**:

- Animal products including dairy and eggs.
- Possibly wheat gluten.
- Oxidized oils such as cholesterol.
- Refined foods: sugars, starches, grains, and oils.
- Excess dietary calories.
- Fruits or drinks created by aging or fermentation.
- Stimulants: coffee, tea, tobacco and alcohol.
- Strong irritating spices.
- Excess body weight.
- Tight clothing and clothing that does not provide adequate and evenly distributed warmth.

As you engage in an autoimmune inflammatory disease recovery program you will find it helpful to:

- Have a regular schedule throughout the day for sleep, meals and exercise.
- Eat a whole plant food diet with plenty of fresh fruits and vegetables, omega-3s and fiber.
- Chew your food thoroughly and swallow it around your mouth.
- Make use of pure water: drink plenty, bath often, and perform hot and cold treatments.
- Make wise application of charcoal as poultices and taken by mouth.

And what dietary program are we really talking about? The original Bible diet! Then God said, “I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.” “And you will eat the plants of the field.” Should it be any surprise that the Maker of this marvelous immune system, which is designed to protect this marvelous body we have been given, should have the best lifestyle prescription necessary for its upkeep?

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