# LUPUS

**What is Lupus?**

It is a chronic inflammatory disease related to an

autoimmune status of the body where the body’s

own immune mechanism attacks itself. This leads to

inflammation and damage to various body tissues.

Lupus can affect many parts of the body, including

the joints, skin, kidneys, heart, lungs, blood vessels,

and brain.

**Types of Lupus:**

**“**Lupus” is used as a broad term, … there are

several kinds:

1. **Systemic Lupus Erythematosus (SLE)** –

affects the organs and joints of the body

1. **Cutaneous & Discoid Lupus Erythematosus** – skin disease where a rash or plaques appear on the skin
	* sun can cause the rash to flare up
	* lesions are a small, soft, yellowish group of lumps appearing on the skin
	* when these lumps disappear they often leave scars
2. **Drug-induced Lupus** - caused by specific medications (such as Hydralazine, Carbamazepine, Phenytoin, Sulphonamides, Minocycline, etc.)
3. **Neonatal Lupus** – a rare form of lupus affecting new born babies of women with SLE or other immune disorders (babies can be born with a skin rash, liver abnormalities, low blood counts, and serious heart defects).

**Causes:**

* Drugs (an example is acne medication often given to teenagers …. Minocin/ Minocycline)
* Stress / Fatigue
* Viral infections
* Immunizations
* Synthetic hormones (birth control pill, hormone replacement therapy)
* Trauma in childbirth
* Infections

**Symptoms of Lupus:**

Although people with lupus may have many different symptoms, some of the most common ones include extreme fatigue, painful or swollen joints (feels like arthritis), unexplained fever, skin rashes, and kidney problems. Lupus is characterized by periods of illness (called flares), and periods of wellness (called remission). It …

* often starts like arthritis – swelling & pain in fingers & other joints
* affects the brain, kidneys & heart
* the central nervous system becomes involved & causes seizure, amnesia, psychoses & deep depression
* loss of hair
* blood clots, low white blood cells or low platelets
* miscarriages in some patients
* sores in the mouth or nose
* chest pain (when deep breathing), heartburn, abdominal pain, poor circulation to fingers & toes
* long-term lupus can cause:
	+ accelerated atherosclerosis (clogging of the arteries), which leads to heart disease
	+ kidney disease which can progress to renal failure and require dialysis

**Diagnosis of Lupus:**

Usually a least 4 of these 8 symptoms are present before a diagnosis is made:

1. Abnormal cells in the urine.
2. Arthritis like symptom
3. Butterfly rash on the cheeks
4. Sun Sensitivity
5. Mouth sores
6. Seizure or psychosis
7. Low white blood cell count, low platelet count, or hymolytic anemia
8. A specific antibody found in 50% of lupus sufferers or lupus erythematosus

**Conventional Medical Treatment:**

* Nonsteroidal anti-inflammatory drugs (NSAIDS) such as ibuprofen (Montrin, Advil) and naproxen (Naprosyn)
* Anti-Malarial medications such as hydroxychloroquine (Plaquenil)
* Prednisone
* Other immunosuppressive drugs such as azathioprine (Imuran), cyclophosphamide (Cytoxan), and cyclosporine (Neoral, Sandimmune), and mycophenolate mofetil (CellCept), methotrexate

All drugs have side effects. Most immunosuppressie medications may cause significant side effects such as increased risk of infections, nausea, vomiting, hair loss, diarrhea, high blood pressure and osteoporosis.

## **Helpful, Natural Support for Lupus**

1. Eat from the “Healthy Body” Diet (50% raw)
	1. It is IMPERATIVE to address allergies. An Elisa Allergy Test is best (call Martha Willmore at 905-871-4281)
	2. Avoid caffeine, alfalfa “sprouts”, etc. – they are TOO stimulatory
	3. Avoid white sugar, white flour, red meat.
	4. Avoid “female” foods such as eggs, milk, female chicken, etc. due to higher levels of estrogen
2. Ensure proper bowel elimination with adequate water & fibre … (use Herb Lax)
3. Suggested supplements:
	1. Raw Soy Protein or Shaklee 180- assists in cellular protection
	2. VIVIX – to help repair & protect the DNA & clear out cellular sludge
	3. Vitalizer – feeds, calms, and helps balance the body chemistry
	4. Vitamin D3 – must be optimized to optimal level (it is very anti-inflammatory
	5. Essential Fatty Acids (Omega 3 and Omega 6 oils) – are very anti-inflammatory … optimal levels are required to overcome inflammation
	6. Alfalfa Leaf tablets - anti-inflammatory & blood purifier … and it supports the kidneys that are always challenged by the disease (no alfalfa sprouts)
	7. Zinc - promotes cellular repair
4. NutriFeron – increases natural interferon to BALANCE the immune system (some LUPUS sufferers do very well with NutriFeron.
5. Detoxify the body:
	1. DTX to detoxify the liver
	2. Optiflora Part 1 & 2 – ESSENTIAL for the immune system, intestinal health & absorption of nutrients (the Optiflora capsule is in the Vitalizer strip)
	3. baking soda baths
6. Get adequate rest
7. Reduce the “toxin-load” on your immune system – avoid cleaners and personal care products that contain toxins
8. Get a Hair Analysis done to determine if heavy metals are a root cause. Call Martha Willmore at 905-871-4281.

Healthy Body Diet

Choose Foods from this List

Fowl with skin removed

Ocean Fish….at least three times a week

Low-fat dairy products (yogurt, cottage cheese)

All the veggies you want

Lots of fruit

Legumes - beans, lentils, peas, etc.

Whole grain products - pasta, cereal, etc.

RAW nuts & seeds

Cold-pressed vegetable oils ONLY

Always choose foods made with whole, natural ingredients whenever possible

Use stevia, honey, molasses, pure maple syrup or fructose when a sweetener is needed

Drink a minimum of 8 glasses of water per day (purified water only)

# Reduce/Eliminate

Red meat…limit to once a week if eaten at all

Processed meat of any kind

Organ meats … liver, kidney, brains, and such

Skin of fowl

Fried foods

High-fat dairy products

ROASTED nuts and seeds

All heat pressed vegetable oils

Alcohol, coffee, and black tea

White flour

Heavily processed foods

Pre-salted prepared foods

Non-prescription, street drugs, or self-medications

Soft drinks/ phosphate seltzers/ mineral water

Limit salt intake

**Notes:**

1. 50% of your diet should be RAW
2. Provide variety in your food choices
3. Eat food as close to nature as possible (unprocessed and unrefined)
4. Consume ADEQUATE protein on a daily basis
5. Avoid foods you are allergic to