



Autoimmune Diseases

(Grave's disease, Hashimoto's disease, Diabetes (Type-1 and others) Arthritis, SLE, Crohn's disease, Coeliac disease, Sjogren's disease, and others)

Introduction

The scientists who first studied the functions of the immune system theorised that it was possible for the defence system to turn against the body and create severe tissue damage—this is now known as an autoimmune disease. Paul Ehrlich, (1854 - 1915), a respected medical researcher into humoral theories of immunity, termed autoimmunity: horror autotoxicus.

What is an autoimmune disease?

Autoimmune diseases involve types of misdirected immune response targeting healthy body cells instead of infected cells (known as targeting self-antigens). When a person has an accident in which physical damage occurs, the normal response of the immune system is to direct its cells to destroy and remove all injured cells (although they are not infected) following the trauma—however this response is not the action of an autoimmune disease since it stops within a short period of time after the injured cells have been removed. However, an ongoing immune response continually targeting non-infected healthy cells in specific parts of the body is an autoimmune disease.

The underlying causes an autoimmune disease

These misdirected immune responses are caused by disruption to the efficiency of communication between immune cells and other body cells. The underlying initiators of these disruptions are pathogens, mostly human viruses, that have the ability to re-code white blood cells (specific cytotoxic T-lymphocyte immune cells with a flow-on to B-lymphocyte and leukocyte cells). Medical science is still not really sure of the range of factors that are involved, however clinically, there is strong evidence to assert that many types of autoimmune diseases relate directly or indirectly to common human virus infections such as the herpes group. Reference: (C. Janeway & Travers P. Immunobiology—the Immune system in Health and Disease 4th Edition 1999 Elsevier Science Ltd/Garland Publishing).

Because autoimmune diseases are mainly caused by human viruses that never leave the body, to remove symptoms of these diseases for life, it is best to find a method to drive the virus activity into dormancy throughout life, and if this can be continually accomplished and kept that way—and any inappropriate communication induced

into immune cells eliminated—then the autoimmune disease itself will be eliminated. Care then should be taken to keep this state of immune health and thus prevent re-activation of the immune disease.

Drugs are used to reduce the symptoms of autoimmune diseases, but they mostly have undesirable side effects and do not address the viral cause. On the other hand, antibiotics which have been most successful in stopping bacterial infections have no effect on viral infections in the body and the only medicines that are known to improve immune defence against viruses are immunisations. There are no immunisations for the human viruses that initiate autoimmune diseases. However I have had excellent clinical success using specific homoeopathic immunisations (autoimmunisations and nosodes) to drive into dormancy, the viruses that initiate all the different types of autoimmune diseases. These can be obtained from the Canberra Medical Ecology Centre.

The link with hormones

Studies also show that most autoimmune diseases are more common in ovulating females than in males or non-ovulating females and while links with estrogen and/or progesterone have failed in experiments, there is strong clinical evidence to show that when hormone balance in ovulating women is restored to perfect function using specific herbal medicines, then autoimmune diseases reduce in intensity. The use of medicinal herbs is another method to assist the removal of autoimmune symptoms.

Transferring of autoimmune diseases to others

Experiments have also demonstrated that an autoimmune disease can be transferred from one person to another by simply transferring the immune cells causing the autoimmune disease and not the pathogen behind the disease. For example in mothers with autoimmune diseases, antibodies can cross the placenta to the unborn baby which then develops the same disease as the mother, without the pathogen being transferred (this can also occur through blood transfusions). This response occurs because the transferred immune cells pass on misdirected communication to the new host's immune cells and the misdirected response will continue until new information is made available to the immune system to switch off the response. Good clinical success in stopping this response is obtained using specific high potency homoeopathic styled immunisations (autoimmunisations and nosodes).

Other factors influencing autoimmune diseases

Autoimmune diseases are mostly linked to three types of immune responses:

- ❖ Direct targeting by CD8 T-cells.
- ❖ CD8 T-cell initiate B-cells to inappropriately produce immunoglobulins.
- ❖ The orchestration of macrophage activity by CD4 T-cells.

While ever these immune responses are ongoing, they will vary in intensity depending on changes to the efficiency of immune communication. Subsequently the symptoms associated with the disease will also vary. If immune communication between cells can be improved, autoimmune symptoms reduce in intensity. Disruption to immune communication mostly occurs, on the one hand through distortion-mimicry of inter-cellular immune signals by specific food chemicals, and on the other hand through complex neuro-hormonal pathways triggered by emotional stress.

Grain foods make autoimmune diseases worse

The common food group which consistently disrupts immune communication has now been known for a dozen or more years—this group encompasses all the grain foods and their commercially produced products. Defence chemicals commonly occurring throughout the grain types, known as lectin compounds, mimic and distort communication between cells. In those lymphocyte cells that have been re-coded by specific viruses and subsequently have reduced efficiency in their ability to communicate correctly—if they encounter further distortion to communication because of grain-lectin interference, the autoimmune response can be more heavily triggered.

Individual self-testing for the effects that grain lectins have on autoimmune symptoms is complex and fraught with many confusing things that should be known before a person attempts to undertake a ‘grain removal trial’. This trial involves 100% removal of all grain foods for several weeks and then their introduction, in a ‘with and without’ trial, while recording symptoms on a weekly and daily basis.

Unfortunately the results are often complex to clearly interpret without clinical assistance. However if you have an autoimmune disease it is imperative that you undertake one of these trials to reduce certain symptoms related to your autoimmune disease. In this clinic we have assisted many thousands of clients to undertake these trials with wonderful success. On this website is a book which can give you limited help in understanding the tests. If you do not want to make mistakes when doing these trials, contact the Canberra Medical Ecology Centre directly on 026 282 6800 for an appointment.

(Sometimes the proteins in dairy milk, and commercial products made from milk, partially link with autoimmune symptoms. Any link between milk and some of the autoimmune symptoms can also be determined by undertaking a specific trial after a ‘grain removal trial’ has been completed.

Stress increases the intensity of autoimmune diseases

It is well known that emotional stress in some people has the effect of depressing immune efficiency and when this happens to those with autoimmune diseases, their symptoms get worse.

Three methods are used to assist with emotional stress:

(a) Medicines (Herbs, homoeopathics and flower essences).

(b) Professional therapy:

(Neuro-emotional Therapy—a chiropractic technique—most rewarding.

Hypnotherapy: preferably AfX therapy, clinical hypnotherapy, Psychotherapy (various types)

Jungian therapy (various types)

Classical Yoga therapy

(c) Self therapy

(Classical meditation)

Other factors associated with the continuation of poor immune health are

- ❖ The lack of essential catalytic chemicals (medicines),
- ❖ Geopathic stress
- ❖ General nutrient deficiency (take zinc and magnesium/calcium supplement).

For more information

Read the book: “No more Chronic Fatigue - improving immune strength and efficiency”

Undertake a web search using titles: grains, lectins, immune