

Lupus

By Christa Way

Lupus is an autoimmune disease that occurs when the immune system forms antibodies that attack the body's own tissues. This produces inflammation of the skin, blood vessels, joints, and other tissues.

Body Balance is a wonderful way to address the malabsorption that is always a problem in a situation like this. Minerals are commonly deficient in people who develop lupus, so Body Balance would be a great source of these and other much needed nutrients. It's also high in natural carotenoids which are Vit A precursors and are potent antioxidants and free radical scavengers which are needed for tissue healing. One of the important gifts we have here is that Body Balance is not an immune stimulant, so can be used by people with immune response disorders.

Osteoprocure....calcium and magnesium, along with all the co-factors are needed for proper functioning of all muscles. Deficiencies of ca and mg are associated with lupus. It has been found to relieve muscle spasms and pain as well . These same nutrients are needed for pH balance and for protection against bone loss due to arthritis. The glucosamine and chondroitin are also important for healthy skin, bones and connective tissue, and its been shown that they may help to prevent lupus.

Amino Charge supplies protein that is essential for the repair and rebuilding of muscle tissue and for proper brain function. The body needs all the essential amino acids at the same time in a bioavailable form if it is to do its repair work. If the body does not get

this, it will rob itself of these essential nutrients, causing muscle wasting and pain. In a situation like this when the body needs a constant supply of amino acids for proper muscle functioning, it is suggested using the Amino Charge 4-5 times a day (just one scoop at a time). Amino Acids assist in cellular protection and preservation. They are important in skin formation and in white blood cell activity. They also aid in preventing mouth sores and offer protection against viruses.

True Greens supplies nutrients that renew energy and build immunity without actually stimulating the immune system, to help fight off infection. Chlorophyll is vital for detoxification and also for building red blood cells. True Greens are a wonderful source of nutrients and fiber. (Some form of fiber should be used daily).

Flexioplus provides support for tendons, muscles and ligaments, as well as being a great anti-inflammatory and pain reliever. Rubbing it on topically is really beneficial!

Herbal Body Wrap is wonderful for removing toxins from the body.

Colon Cleanse is VITAL! It rids the GI tract of mucus and debris and improves nutrient absorption. The Intestinal Tone (part of the Colon Cleanse) is a great source of both soluble and insoluble fiber that can be used on a daily basis as well.

Colloidal Silver is beneficial as it a wonderful anti-viral. (Many experts believe Lupus is the result of a virus).

Other suggestions

If the person with Lupus is a woman, she should avoid birth control pills, as these have been shown to cause lupus to flare up. Also try to avoid fluorescent lighting in the home and workplace. Exposure to fluorescent lighting can aggravate lupus symptoms.

In terms of diet, avoid the nightshade vegetables.....eggplant, peppers, tomatoes, potatoes.....as these contain a substance called solanine, which can contribute to inflammation and pain. Also alfalfa sprouts contain a substance called canavain that is toxic to a condition such as this. Also avoid dairy products, caffeine, citrus fruits, paprika, tobacco, and everything that contains sugar.

Eat a diet low in animal protein, fat and salt. This keeps the immune system from being overly reactive and is easy on the kidneys. Sardines are really good food to use often as they are an easy source of good quality EFA's. Eat eggs, garlic and onions as the sulphur is needed for the repair and rebuilding of bone cartilage and connective tissue, as well as aiding in the absorption of the calcium. Include lots of brown rice, fish green leafy veges, non-acidic fruits, oatmeal and whole grains. Fresh pineapple, when it is available is also really good. (Canned is not) Bromelain, an enzyme present in fresh pineapple is excellent for reducing inflammation.