



### **AUTOIMMUNE DISEASE: UNDERSTANDING THE PROCESS**

Most of the nutritional phytonutrient products I recommend contain organ extracts. Time, as well as rigorous testing of various nutritional products with hundreds of thousands of patients, has shown that phytonutrient products, especially those with organ extracts, can be very helpful. Based on work by pioneers in the fields of endocrinology, these kinds of products are the first line of defense against *autoimmune disease*.

#### **What Causes Autoimmune Disease?**

Often misunderstood in conventional approaches, the brunt of all autoimmune disease is often associated with nutritional deficiencies and stress on **organs and glands**. The organs become damaged and begin to develop lesions and necrotic (dead) spots. This leads to **premature death of the organ cells**. Part of this process is the leaking of genetically marked (specific to that organ) proteins into the blood. The response of the body is to create **antibodies** by the immune system to target the specific proteins in the blood.

Because the same proteins exist in the host organ or gland (for example, the thyroid), these same antibodies will also attack the source organ or gland as well. This leads to inflammation of the organ or gland, which in turn leads to more premature cell death and more genetically marked proteins escaping into the blood. The cycle of auto-allergy or autoimmune disease continues – in this case in the form of **thyroiditis**.

#### **Nutrition or Drugs**

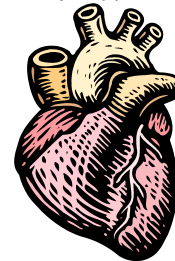
Up until 25 years ago most doctors had never heard of autoimmune disease. Today it is becoming increasingly common. Steroid drugs like Prednisone and more are used to try to stymie the immune system and slow the auto-antibody reaction. This therapy can have significant side effects and may not address the underlying cause. And since it never addresses the cause of the problem, it is usually ineffective as a treatment but for merely slowing down the progression of the disease.

In almost all prolonged or chronic diseases, there eventually occurs sufficient tissue (organ and/or gland) damage to escalate into an autoimmune disease. This is why phytonutrients with glandular extracts are so critical. Besides supplying the missing nutrients for which the specific organs or glands are starving, these products also feed into the bloodstream proteins of the ailing organ or gland.

The body's reaction to this is to "chase after" the glandular extract fragments in the blood, lessening its attack on the specific organ. This in effect gives the organ or gland a chance to heal. With the right nutrition also in the protocol, healing can finally take place without chronic autoimmune attack.

The dangers of using immune stifling therapies are glaring. First of all the side effects of a crippled immune system are horrifying (as seen in conditions where the immune system is severely weakened). Secondly, it is often difficult for doctors to determine whether an organ or gland is being attacked by the immune system or by a virus or even bacteria. If a virus is attacking a part of your body, you desperately need a strong attack by your immune system. If it is crippled by Prednisone or other therapy, it could cost you your life.

On the other hand, using phytonutrients with glandular extracts to support the specific diseased organ generally does not suppress the immune system. So if the problem was viral as in lots of cases of aplastic anemia, cardiomyopathy, thyroiditis, arteritis, and more, you can actually fight the viral infection with phytonutrients while providing organ, glandular, or tissue (bone marrow, heart, thyroid, arteries) support.



Naturally as with all things in the body, autoimmune disease is less commonly seen in well-nourished individuals. These people have organs and glands that are resistant to infection and attack. The condition rarely gets far enough along to elicit an autoimmune response. The objections to this rule are overwhelming viral infections and other infections that are auto-induced (as in drugs, injections, poisons, etc.). Even in these cases, the therapy is the same. On occasion it is necessary to use a synthetic adrenal hormone drug like Prednisone just to shut things down temporarily to save the patient's life. But this should always be short-term emergency therapy.

- Dr Bruce West
- *Health Alert Newsletter, March 2004/Volume 21, Issue 3*