

The “Undercut” Of Disease

How the overload effect
plays out with recognized
diseases...

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Many diseases have a strong inflammatory and overload element.

Let's start with so-called autoimmune diseases

The body attacks its own tissues.

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Can't recognize “self” and “non-self”

Like allergies, where the immune system reacts to the wrong things.

It's an “allergy to self”

It's really a loud signal of overload

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April 1, 2007 edition of *Nature Immunology* concluded that allergic and inflammatory diseases actually trigger autoimmune disease.

Heavy metals similarly implicated.

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Vaccines too. Guillain-Barre after flu shot.

The “epidemic” of autoimmune diseases parallels the rise in vaccination use.

Repeated immunization with antigen causes systemic autoimmunity in mice otherwise not prone to spontaneous autoimmune diseases.

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More than 80 serious, chronic illnesses including nervous, gastrointestinal, and endocrine systems as well as skin and other connective tissues, eyes, blood, and blood vessel.

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Third most common category of disease after cancer and heart disease!

Three-quarters of patients are women.

Reaching epidemic proportions.

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Examples:

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Examples:

MS, lupus SLE, scleroderma, Hashimoto's thyroiditis, Graves disease, type I diabetes, Sjögren's syndrome, Crohn's disease, ulcerative colitis, Guillain-Barre syndrome, temporal arteritis, Ménière's disease

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Solutions:

Eliminating inflammatory foods a MUST.

Chemical clean up.

Heavy metal chelation

Pre- and Pro-biotics

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Solutions:

Eliminating stealth pathogens

Nutritional help: omega-3s, alpha lipoic acid, enzymes (bromelain, papain, Wobenzym), spices (ginger, curcumin)

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Before I finish this topic:

Just mention the so-called “Hygiene” hypothesis.

The bizarre use of worms to settle down inflammation.

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Now, let's talk about cancer:

It too has “overload” elements. It's a disease of the immune system.

Immune system benefits greatly from lowering the burden.

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Now, let's talk about cancer:

Whatever other therapy, eliminating inflammatory/stressor foods allows more room to fight.

Patients can cope better with chemo etc.

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The truth is, any disease can recover, if the body is helped.

So it's not just “solving allergies” but building integrated health.

DW Academy is a school of good health!