

Questions received for Nutrition and Lupus

From Marla: I have answered your questions in blue highlighter. The ones not highlighted should have been answered during my lecture. Please contact me at mbrodsky@ameritech.net or 773-330-8275 if you have further questions or would like to get started working together to use diet as a natural approach to treating your Lupus.

- Are there foods that cause flare ups of our auto immune diseases? Canavanine in alfalfa and legumes. (Alfalfa may be fed to cattle. Use grass fed meat. Gluten/dairy/ soy . Some feel melatonin and echinacea may over stimulate the immune system.
- Are there foods that those who are diagnosed with lupus should NOT consume? Gluten Processed foods, omega-6 oil, sugar, chemicals
- What do you think of a gluten free diet? Yes!!
- What fruits and vegetable are good to eat with systemic (lupus erythematosus) There are questions about sulfur and garlic with lupus. I think for most people, natural sulfur foods like cauliflower, cabbage etc. is good for the joints. You may need to do an elimination diet to see effects of garlic. This is mainly due to immunostimulatory effects of garlic.
- What's the best daily diet for a woman in her late 30's and how do carbs, gluten & sugar affect a person with Lupus. Thank you.
- I just need to know what foods do I eat with lupus? It's statistically proven that you don't have to change from eating healthy to stop eating certain foods you've been eating all your life. Of course I believe I eat a healthy diet. Now, diagnosed with lupus, my diet has changed dramatically. I try to watch certain foods that may or may not trigger factors of the lupus that may cause a flare up.
- What supplements will improve circulation? Supplements such as ginger and capsaicin have been shown to be very helpful for circulation. Also eliminating food sensitivities that increase inflammation.
- Is there something in my diet that can help with skin discoloration and weight fluctuations? There have been studies using Evening primrose oil for skin issues. I don't think there has been a lot of research. Many of those changes are due to drug side effects. The weight fluctuations can be resolved by cutting carbohydrates and getting hormones in balance. I would avoid birth control pills and hormone replacement. Add fish oil and fiber to reduce estrogen dominance.
- What are your feelings concerning the paleo diet and lupus? I think paleo is the way!
- What are some healthy snacks for lupus patients . See handout. I make coconut milk parfaits with berries, nuts, veggies with dips, sweet potato chips,
- Should meats such as chicken, turkey, and red meat be eaten in moderation or completely eliminated all together in favor of a vegetarian diet? Pasture raised chicken and grass fed meat are fine.

- I have had lupus since 2007 and my stomach does not break down food quickly so it bloats until all my food comes out as waste. What foods could or should I eat that would digest easier? You may need digestive enzymes. Some people have a sluggish pancreas. Look for one with protease, amylase, and lipase. Also, be sure to get a good probiotic with at least 30Bil and 10 strains. Also don't take acid blockers. You may need more acid in your stomach. Betaine HCL.
- Can our gut micro biome cause or influence autoimmune diseases like Lupus? If so what steps are recommended to fix any imbalance? Are probiotics helpful for Lupus patients? You Rock for asking this smart question!
- I am using steroids from 5 years can you please help me to tell me any other medication for lupus. If you do an elimination diet and eat lots of turmeric, ginger, and plants, the inflammation should improve. If you get your gut in shape, your immune system should calm down so you won't need steroids as much.
- Are there foods that I should avoid?
- Does eating anti-inflammatory foods/supplements have positive affects in lupus patients? Also what are suggestions of anti-inflammatory foods?
- If gluten doesn't irritate you, would it still be better to remove it for disease control? Yes. I would try going without it for 3 weeks then adding it back to see if you have symptoms. Often we don't realize we are sensitive to it until you add it back. There are many other symptoms related to gluten besides GI sx. Including headaches, joint aches, brain fog, neurologic, skin conditions.
- Is alkaline water beneficial to lupus patients? If so, why? I haven't heard about alkaline water being beneficial. Purified water to remove heavy metals, fluoride, and toxins is important.
- What vitamins should I take ? Or is there one that helps lupus . It all depends on your diet and condition. All patients should get their vitamin D checked, but probably need a supplement. After that, probiotics, fish oil, a good MVI. Good probiotics include: Renew Life, Now foods, Dr. Mercola, Culturelle, Douglas labs
- What are the healthiest sources of proteins and grains for people with lupus? Gluten free grains, but it is best to eliminate them mostly. I think quinoa is probably the best. Protein is cold water fish.
- Does what you eat certain foods cause a flare up ? What food should be avoided? Thank you. Alfalfa is known to cause lupus flares in mice due to the chemical canavanine. Canavanine is incorporated into the seeds of plants to protect them against predators. Studies show that high amounts of it consumed by humans can mimic lupus. This may be in meat from alfalfa fed cows. Also, canavanine is found in legumes and cows fed alfalfa.
- Have you noticed that people with lupus have a greater difficulty in managing their weight? Much of this has to do with steroids, but hormonal changes which increase estrogen can cause this. Increasing fiber cutting sugar, and not eating meat or dairy given bovine growth hormone, taking fish oil can help balance this. Estrogen dominance causes weight gain. Fiber increases excretion of estrogen. So eat more veggies.
- Should Lupus patients receive allergy testing to see what foods/things that exacerbate their lupus symptoms? You can do IGG testing (Cyrex labs or Alcat IGG test are most accurate), but I

think the most accurate way to assess food sensitivity is by doing an elimination diet. This takes longer, but it also helps you to get better connected to your body and it's triggers.

- What vitamins should i be taking? A good natural multivitamin , 2000-5000IU vitamin D3, probiotics, fish oil (i.e.Nordic Naturals) possibly turmeric or CoQ10 .
- Are there any specific foods, such as sprouts, celery or root vegetables grown in soil that may contain sulfur that we should avoid or may cause a flare? I think sulfur in foods is fine, avoid sulfites and sulfa drugs. Sulfur is important for joints MSM may even help with joint pain.Canavanine in sprouts and legumes may cause flair in some people.
- Recently discovered I can't tolerate dairy and now seem to have issues with green peppers, lettuce, cucumbers. Having a flare, could this be related or coincidence? Thank you! Green peppers are a nightshade which may cause a flare in some people. Cucumbers and lettuce and spinach are highly sprayed with pesticides. Try organic to see if you are sensitive to those toxins.
- How does gluten affect SLE patients?
- How can you tell the difference between when you have food intolerance and when it's just your illness? By doing an elimination diet and reintroducing it. Or Cyrex labs or Alcat testing
- Can you discuss your opinion on gluten aggravating inflammatory diseases
- what foods should i avoid
- Could you please comment on the autoimmune paleo protocol diet: any benefits, drawbacks, etc for lupus patients?I agree with the protocol, although it is not easy. You need to really be ready to do it. I think it can reverse a lot of autoimmune disease.
- Do nightshade plants have an effect on people with lupus or with autoimmune diseases? Sometimes. Try eliminating them for 3 weeks and then reintroduce one at a time to see if you have symptoms
- Is a totally Gluten free diet beneficial to someone with SLE? YES
- Will red meat increase inflammation of my joints? I limit red meat, but if you eat it, choose grass fed.
- How does gluten affect SLE patients?
- How can you tell the difference between when you have food intolerance and when it's just your illness? You need to do an elimination diet You will see if you have a flair during re-introduction phase.
- Can you discuss your opinion on gluten aggravating inflammatory diseases
- what foods should i avoid
-