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*Let food be thy  
Medicine, and  
Medicine be thy food*  
*Hippocrates, 400 BC*

## Eating inflammation Away

Using nutrition to treat Lupus

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## My experience

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The root of exacerbation in  
autoimmune, heart, diabetes, GI,  
obesity, & cancer diseases,

# Inflammation



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Healthy immune system = balance




Key: support healthy parts of immune system/ reduce negative parts

Balanced:

1. T-killer cells and antibody producing B cells
2. Balanced T helpers and T regulators to turn on and off the immune system
3. The immune system's ability to differentiate foreign invaders such as viruses or bacteria from natural parts of your body such as cells and tissues

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Imbalance occurs when:



- The inflammatory response keeps on going.. and going...

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What is the immune system?

A barrier against danger

**SKIN AND NOSE-HAIR:** bacteria, viruses or toxins from the environment we breathe or absorb into our skin

**GUT:** 80% of immune system. Most toxins come from ingestion

**Innate** (immediate) and **adaptive** (antibodies for long-term protection)

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**Possible symptoms of adaptive (IGG) immune response**

**Brain issues**  
headache, anxiety, depression, brain fog, sleep, fatigue

**Digestive issues**  
gas, bloating, GERD, constipation/diarrhea

**Hormonal issues** (estrogen dominance and stress response)

**Metabolic** (i.e. weight changes)

**Musculoskeletal:** joint/ muscle pain, circulation

**Skin issues:** acne, hives, rashes, itching scleroderma

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**LUPUS OVERLAP DISEASES**

Scleroderma  
Lupus  
Sjogren's Syndrome  
Rheumatoid Arthritis  
Raynaud's Phenomenon  
Mixed Connective Tissue Disease

Molly's Fund

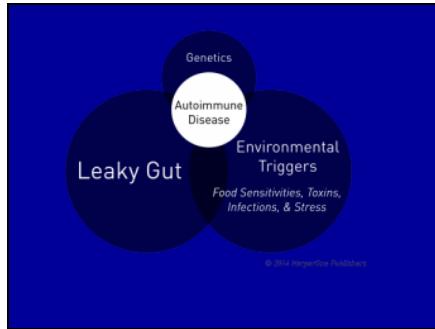
**Names of inflammatory conditions related to Lupus**

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**Treatment options**

<b>Conventional</b>	<b>Functional approach</b>
Different doctors for different symptoms	Treat root cause
Treat the symptoms	Eliminate toxins
Steroids /NSAIDS)	Eliminate food sensitivities
Suppress the immune system (methotrexate)	Heal the gut
Interfere with DNA and cell replication (DMARDS)	Replace nutrients needed for optimal functioning
BIOLOGICS interfere with immune cells	

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So the 3 influences for autoimmune disease include genetics (small), 75% of identical twins only 1 twin affected .

Environmental triggers, and leaky gut. The last 2 have the biggest influence.

Environmental triggers include toxins: BPA in plastics, chemicals in processed food, water, chemicals in the environment, mercury, aromatic amines (hair dye), smoking, UV radiation

Infections especially associated with SLE include EBV. This virus disrupts B cell function . Unless your gut is well colonized with good bacteria, the virus is allowed to stay active and trigger symptoms.

Food sensitivities are something we will spend a lot of time talking about. These may trigger inflammation which leads to the last big trigger of autoimmunity which is leaky gut.

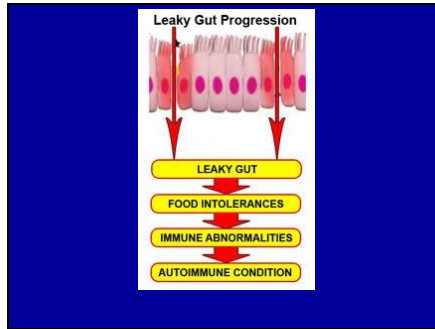
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**What causes leaky gut?**

80% of your immune system is in the gut  
Food sensitivities and toxins we ingest cause the tight junctions of the intestine to become inflamed and loosen allowing undigested food particles to enter the bloodstream undigested causing antibody reactions


As we continue to eat those foods, we get more and more inflammation leading to autoimmune diseases

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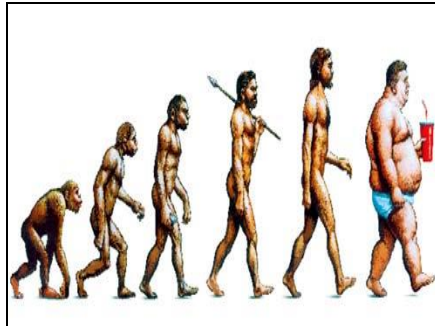
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Diet evolution/ gene evolution?:  
The Paleolithic diet



- Human DNA mutates 0.5% per million years
- Fruits, nuts, seeds, roots, tubers, leaves
- 800 varieties plants
- >100g fiber!
- No dairy
- no grains
- Healthy fat
- No processed food
- No alcohol/ tobacco

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Standard American Diet (acronym: SAD)

- Too much of our diet is inflammatory
  - Trans fats (man-made partially hydrogenated oils)
  - Excess Gluten (genetically modified from wheat)
  - Excess low quality omega-6 fats (\*soy, \*corn, safflower, sunflower, cottonseed)
  - Too much processed starches and sugars
  - High fructose corn syrup (man made sugar)
  - Pesticides, hormones and artificial additives

The question arises about our grandparents who ate gluten and didn't have problems. Why now?

Because manufacturers have created a deamination process with gluten to make it water

Soluble so It can go into everything from toothpaste, catsup, body products. Etc. We have

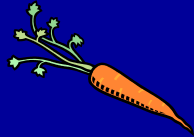
A greater exposure. Than ever to gluten so our immune system is constantly bombarded.

Also, they have genetically modified wheat to make it grow faster and stronger by increasing

The protein gliadin in it. That causes gut irritation.

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The real magic: whole food



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"Let food be thy medicine, and medicine  
be thy food:

Hippocrates, 400 B.C.

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Anti-inflammatory diet for Lupus  
specifics

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#### 4 R Treatment for root causes of Lupus inflammation

1. **R**emove the bad  
Gluten/dairy/ food sensitivities/processed  
chemicals
2. **R**estore the good  
Digestive enzymes, missing nutrients
3. **R**e-inoculate with good bacteria i.e.  
probiotics
4. **R**epair the gut

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#1: Identify your food sensitivities  
**Do an elimination diet then reintroduce**  
Gluten\* (wheat, rye, barley) and other grains  
i.e. corn  
Dairy\* (casein)  
Nightshades?  
Soy  
eggs  
sugar  
Possibly legumes, seeds, nuts  
Food additives/ processed food/preservatives

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Symptoms associated with  
gluten sensitivity

- Leaky gut
- Brain fog
- Neurologic disorders
- Skin conditions
- Headache
- Joint ache
- Gastrointestinal problems
- Weight gain

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Avoid pesticides and  
chemicals

- Artificial chemicals cause activation if immune system
- Look for organic food and cosmetics
- READ LABELS!
- Avoid heavy metals such as mercury and PCB's
- Avoid alfalfa sprouts (L-canavanine,) can induce symptoms.






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### You are more bacteria than human!

Latest Research on the microbiome:  
We have 100 times more bacterial cells than human cells (300 trillion)

Bacteria affects:

- Immunity
- Mood/brain disorders
- Food cravings/weight
- How drugs utilized
- Detoxification (more than your liver!)



When we talk about healing the gut to improve the immune system, we are really talking about something called the microbiome. ( Someone sent in a question about the microbiome. ) Research is bursting with new info about how the bacteria in the gut really runs our body. In fact some centers are doing fecal transplants for autoimmune diseases with outstanding success!

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### Add probiotics

We need to re-inoculate our microbiome with healthy bacteria to boost immunity, push out pathogenic bacteria, enhance nutrient absorption

30-50 billion cfu

At least 10 strains including:  
Lactobacillus plantarum, L-acidophilus, L-brevis, Bifidobacterium lactis, and B-longus

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### Eat fermented foods

Adds healthy bacteria to the microbiome

Fermented Foods:



Pickled Vegetables    Sourkraut    Cheese    Yogurt



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Fiber and friends: to heal gut  
(taking it slow...)

Plant fiber turns into prebiotics (food for good bacteria)



- **Avoid processed flours, and convenience processed foods**
  - Quick rises in blood sugar/insulin
  - Most of the carbs eaten in the Paleolithic diet were low glycemic (squash, roots, tubers)
  - Steroids increase blood sugar



- **AVOID HIGH FRUCTOSE CORN SYRUP**
- **Increase fiber to slow sugar absorp and add prebiotics (25-35g)**
  - 9-11 cups veggies, fruit, roots, nuts

In my own diet and those I recommend for some of my autoimmune patients, I include almost no grains especially processed ones that are quickly absorbed to raise blood sugar and increase inflammation.

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What does healthy carbs look like?

Use sweet potatoes/Root vegetables

Berries / whole fruit in moderation

Winter squash

Eliminate processed sugar and sugar subs

Minimal amt. natural sugar like maple syrup, honey (stevia in small amounts)

Test for: Gluten free grains (millet, quinoa, oats, teff, amaranth, rice, non-GMO corn)

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Do an oil change!  
Eat healthy fat

An illustration on a blue background showing a glass bottle with a yellow liquid, a smaller glass bottle with a red liquid, and several green olives with leaves. The background has some faint, colorful swirls.

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Healthy fats:  
*no longer the villain*

Extra virgin olive oil  
Coconut oil  
Fish oil  
Grass fed butter or ghee  
Extra virgin palm oil  
Avocado or avocado oil  
Nut oils  
Fat rendered from grass fed pastured animals (in moderation)

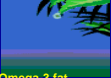
A photograph showing a variety of oil and fat products on a wooden surface, including bottles of olive oil, coconut oil, and containers of butter and ghee.

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Different fats increase or decrease inflammatory hormones



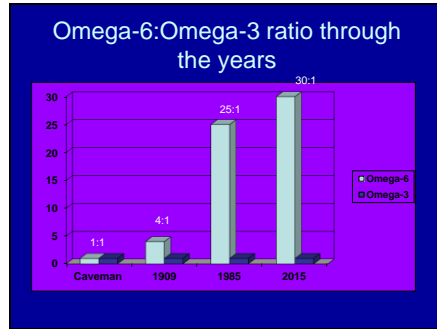
**Omega-6 fat/ trans fat**  
(corn, soybean, sunflower, Safflower, cottonseed, **TRANS-FAT**)



**Omega-3 fat**  
Fatty fish, flax, hempseed, Walnuts, pumpkin seeds

- Ratio of omega-6:omega-3 fats determines your immune response toward/against inflammation
- Every cell membrane is fat, so the type you eat affects every cell in body!


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### Ways to lower inflammation with FAT:

- Fish oil
  - 2-4 cold water wild fish meals/week (salmon, mackerel, herring, trout, sable, sardines)
  - 2-3 grams QUALITY fish oil supplements (high EPA/DHA)
- Eat foods high in omega-3's
  - Flax, soy, purslane, pumpkin seeds, walnuts, hemp, greens, omega-3 eggs, grass fed meats
- Take GLA supplements ( 500mg TID)
  - Borage oil, black current oil, Evening primrose oil (**May help skin conditions**)
- Fish oil is most effective over plant omega 3 depending on amount of omega-6 intake




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### Fight oxygen free radicals!

- Oxygen (ROS) causes unstable electrons to damage tissues(**FREE RADICALS**)
- Anti-oxidants stop the damage!
- Inflammation causes oxidation!



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The graphic shows a rainbow where each color is represented by a different vegetable or fruit. Above the rainbow, the text "Eat a Rainbow" is written in a white, cursive font.

- The plants with the most antioxidants are found in the most pigmented plants
- Each color helps different body part (need variety of colors each day) 9 servings
- People with Lupus found to have lower blood levels of antioxidants

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### Healthy proteins

Wild caught cold water fish/seafood best  
Grass fed meat has more omega 3 fats than corn/grain fed. Choose modest amounts  
Pasture raised poultry  
Vegetarian sources such as organic tofu or tempeh (fermented)  
Eggs  
Nuts/beans if not sensitive  
Goat or sheep milk is usually better tolerated than cow's

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### How to have a healthy gut with food

Eat fiber (from colorful plants) and healthy soil  
Add fermented foods  
Eliminate sugar (keep blood sugar low)  
Choose healthy low glycemic carbs  
Choose healthy fat  
Choose healthy proteins

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A few nutrients to pay attention to:

Nutrient	Reason	Food source
B vitamins	Energy production	Leafy greens
Zinc	Prednisone loss	Meat, eggs, beans
Sodium	Diuretics, blood pressure	Reduce processed food
Coenzyme Q10	Mitochondrial function	Organ-meat, sardines supplement
Potassium	Diuretic	Green, yellow plants
Iron/vitamin C	Anemia/ iron absorption	Greens, berries, meat, beans
Calcium/phos	Osteoporosis	Bone broth, canned salmon w/bones

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### Vitamin D3


Acts as an immune modulator. Normal level should be >50ng/dl (optimally 70-80ng/dl)

*MECHANISM??*

- Vitamin D may prevent adaptive immune system from overreacting, reducing autoimmune rxns. (OSU, '09)
- Denmark Genome study shows vit D activates and develops immune system T-cells (Genomics, '09)

Get your level checked

- ~50% Americans deficient . Lupus patients at risk due to sun avoidance
- Need replacement dose if def. 50,000 IU/wk
- May need 2000-4000IU /day maint. dose



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### Food Cox-2 inhibitors: SPICES

- Onions/apples (quercetin)
- Tea (catechins)
- Turmeric\*
- Rosemary
- Ginger\*
- Red pepper (capsaicin)
- artichoke
- boswellia



Ginger and capsaicin may aid circulation

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### Turmeric research

- Oral supplementation of turmeric decreases proteinuria, hematuria, and systolic blood pressure in patients suffering from relapsing or refractory lupus nephritis. (J Ren Nutr. 2012 Jun;22(1):90-7)
- curcumin is a potent anti-inflammatory agent.
- Curcumin also appears to slow the progression of Alzheimer's disease
- Some evidence that turmeric (curcumin) influences immune responses

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### Supplements to consider

Probiotics : 30 -50 billion at least 10 different strains

Burdock root: detoxifier, topically for skin inflammation, aids digestion and inflammation

Stinging nettle: as a tincture or supplement for aching joints

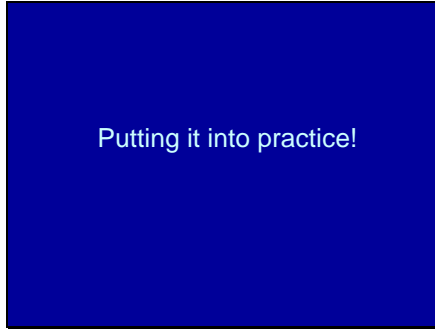
Vitamin D3

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### Components of an anti-inflammatory diet for Lupus

- ID food sensitivities and eliminate them !(gluten/dairy)
- Plants of many colors (9-11/day)
- Healthy fat (coconut, olive, ghee, avocado oils)
- Incorporate fatty fish 3 or more times per week
  - (or take fish oil supplements- 2-3g/d EPA/DHA)
- Use low glycemic/ whole grain carbs, and little sugar
- Heal gut with fermented foods, probiotics, fiber
- Add turmeric, ginger, and other spices liberally
- Supplement vitamin D3

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### Healthy Breakfast ideas

- Omelet with smoked wild salmon, mushrooms, spinach
- Sweet potato hash with grass fed sausage
- Smoothie made with greens, ginger, blueberries, coconut milk




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### Lunch ideas

Large kale salad with veggies, chicken, berries

Salmon salad stuffed avocado

Chicken vegetable soup and salad (made with bone broth)





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### Dinner ideas

- Roasted chicken , winter squash, Brussels sprouts
- Broiled salmon with lemon, mixed roasted veggies
- Lamb burger, sweet potato fries



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### Healthy snacks

- Sweet potato rosemary chips
- Sea salt kale chips
- Fruit kabobs dipped in coconut yogurt
- Almond flour cookies
- Nuts/seeds
- Coconut kefir



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### Take back control! Nourish yourself!



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