Autoimmune help

Description

Because much autoimmune appears to be a reaction to hidden viruses from shot contamination I would take the antivirals & antibacterials & antiparasitics all together to see if they donâ??t stop the cause of the autoimmune disorder first, as well as the aluminum chelators/detoxifyers. Then the vitamin D3 high dose protocol.

default watermark

Saving this to a â??Healthâ?• email folder may ease access.

Use this as an aide to your own research and share with your doctor as appropriate.

You can use drugs.com or other trusted health websites to look up the latest information on prescription drugs, herbs, foods or other treatments possible side & interaction effects.

Autoimmune disorders

Autoimmune disorders are believed to be caused by the body attacking its own tissues as if it were a foreign disease. This appears to be triggered by viral infections that hide from the body like the cold sore family of infections that include epstein-barr, cytomegalovirus (mono), shingles/chicken pox, etc. Allergies, hay fever & asthma, psoriasis, eczema, multiple sclerosis (MS), autism (2/3rds).

Stopping the source of the autoimmune trigger is best. Anti-inflammatories can reduce the symptoms completely sometimes. Anti-infectives can be useful for psoriasis & eczema.

default watermark

What helps health the most

So many foods have poisonous substances added that increase mortality/early death that the best way to improve health appears to bed eating organic. See the Nutrition & Weight loss writeup for the mercury & lead & other toxins added to nonorganic food.

Quick list of what may be most effective for autoimmune disorders & overall health in order of overall benefit (live longer, lower symptoms) vs side effects vs cost

Ingestion-

Vitamin D3 levels above 150ng/ml (may drop autoimmune 95%). For every 50,000 IU of vitamin D3 (best under tongue or else with

meal with fat) must take 500mg of vitamin K2 or 1/4 ts non GMO natto 2x a day on empty stomach or 1 cup dark leafy greens with meal/fat daily so the extra calcium absorbed by the high vitamin D3 gets taken away from the arteries & into the bones & teeth (reverses osteoporosis too).

Low dose naltrexone (LDN, 3mg-4.5mg at bedtime) (autoimmune, pain, inflammation), by prescription.

Alpha lipoic acid 600mg 4x a day with a meal and/or turmeric w ginger or a bit of black pepper and/or astaxanthin/wobenzyme/tulsi or other herbal anti-inflammatories.

default watermark

Brushing the gums then teeth with a little Iorinse iodine daily, then 1 minute breathing in vapors through nose & mouth.

Prescription ivermectin daily for a week as antiparasitic, antiviral, antimicrobial, anticancer.

High dose melatonin is a major anti-inflammatory & antiviral with 5mg zinc daily or 50mg if viral infection

Baking soda 1/4ts 3x a day

Nigella sativa, green leaf stevia, oregano oil capsules, olive leaf, organic olives, colloidal silver, manuka & medihoney if SIBO or bacterial trigger

Nasalcrom only during flareup

Topical for skin autoimmune problems-

B&W Burn & Wound (Amish), may be fastest & least painful wound & burn treatment

default watermark

R lipoic acid (anti-inflammatory)

Nigella sativa (anti-inflammatory & anti-infective)

Manuka honey (anti-infective)

Colloidal silver (anti-infective)

What may trigger autoimmune-

Epstein-Barr virus- lysine, elderberry juice & a zinc capsule, prescription ivermectin

SIBO

Aluminum

Nightshades

Lectins

Wheat

Dairy (homogenized & Holstein especially)

Small intestinal bacterial overgrowth- SIBO

One study has found that autoimmune inflammation is first triggered when a bacteria found in the small intestines, Enterococcus gallinarum, spreads to the rest of the body. Taking an antibiotic effective against the bacteria was successful in stopping the resulting deadly long term autoimmune disorders and eliminated pathogenic autoantibodies and T cells.

default watermark

S. Manfredo Vieira, M. Hiltensperger, V. Kumar, D. Zegarra-Ruiz, C. Dehner, N. Khan, F. R. C. Costa, E. Tiniakou, T. Greiling, W. Ruff, A. Barbieri, C. Kriegel, S. S. Mehta, J. R. Knight, D. Jain, A. L. Goodman, M. A. Kriegel. Translocation of a gut pathobiont drives autoimmunity in mice and humans. Science, 2018; 359 (6380): 1156 DOI: 10.1126/science.aar7201

Yale University. â??The enemy within: Gut bacteria drive autoimmune disease.â?• ScienceDaily. ScienceDaily, 8 March 2018. <www.sciencedaily.com/releases/2018/03/180308143102.htm>.

Treating Enterococcus gallinarum

Taking a probiotic mix with or right after the last meal of the night appears to prevent a lot of infections. It makes sense to take it before any antibiotic because taking a probiotic mix (like ten strains) is essential while taking an antibiotic and afterwards to replenish the good bacteria in the gut the antibiotic can kill.

Green leaf stevia in a capsule or on a vegetable dish (tastes like sweet kale), nigella sativa, oregano oil capsule, olive leaf, colloidal silver, manuka or medihoney all help stop bacterial infections.

default watermark

E. gallinarum appears to be genetically susceptible to the antibiotic teicoplanin. So if autoimmune diseases are caused in some or large part by E. gallinarum spread from the small intestine to the rest of the body, then treating people with autoimmune disease with teicoplanin or other effective antibiotics may lower or eliminate their autoimmune disorder. The one antibiotic that E. gallinarum may be genetically resistant to is vancomycin, which likely should never be given to treat the infection.

Clinical Features and Outcomes of Bacteremia Caused by Enterococcus casseliflavus and Enterococcus gallinarum:Analysis of 56 Cases

Sang-Ho Choi Sang-Oh Lee Tae Hyong Kim Jin-Won Chung Eun Ju Choo Yee Gyung KwakMi-Na Kim Yang Soo Kim Jun Hee Woo Jiso Ryu et al.

Clinical Infectious Diseases, Volume 38, Issue 1, 1 January 2004, Pages 53â??61,https://doi.org/10.1086/380452

Aluminum

Aluminum is in many vaccines, and in higher amounts in multivaccines. Many foods & drinks are in aluminum cans (acid leaches aluminum), much cookware is aluminum, salt may have aluminum added, and itâ??s in anti-perspirants (water & baking soda or safely scented witch hazel may be a good substitute, & nylon clothing is spun antimicrobial), mouthwash, antacids, anti-diarrhea meds, toothpastes, nasal sprays, dental amalgams, cigarette filters, pesticides buffered aspirin, some dyes, bleached flours, processed cheeses, non-dairy creamers, vanilla powders, aluminum foil, baking powder, shampoos, cosmetics, lotions, and many baby formulas as the additives aluminum ammonium sulfate, aluminum calcium silicate, aluminum nicotinate, aluminum potassium sulfate, aluminum sodium sulfate, aluminum stearate, sodium aluminum phosphate and aluminum sulfate, E173, E520, E521, E523 E541, E545, E554, E555 E556, E559. Pickles can be bought that have no alum added.

default watermark

Aluminum appears to be sometimes cause bone problems, muscle weakness, stunted growth, and is a neurotoxin and may trigger sometimes lifelong autoimmune and/or neurological disorders. Aluminum are what animals in labs (horribly) are injected with to give them a studyable autoimmune disorder.

Aluminium content of selected foods and food products

Thorsten Stahl, Hasan Taschan and Hubertus Brunn

Environmental Sciences Europe

Bridging Science and Regulation at the Regional and European Level201123:37

https://doi.org/10.1186/2190-4715-23-37

Eliminating Aluminum From Our Homes

http://www.naturalnews.com/033431_aluminum_personal_care_produ

http://www.livestrong.com/article/540321-what-foods-contain-harmful-aluminum/

default watermark

Nightshade plants

Nightshade plants have types of alkaloids can trigger autoimmune disease responses like with rheumatoid arthritis, IBS, & other inflammatory diseases. Avoiding the nightshade plants can often eliminate flareups.

Nightshades in order of possibly sensitivity-

Potatoes- the skin, green areas, soft, bitter, & â??eyesâ?• may be four times more reactive than the stiff white inside. Sweet potatoes & yams are not nightshades & donâ??t have the alkaloid that causes the problem.

Tobacco

Tomatoes & tomatillos

Peppers- all peppers (capsicum too), hot & not, except black pepper spice (a different plant)

Eggplant

Okra

Sorrel

Paprika

default watermark

Gooseberries

Pepino melons

Ground cherries

Blueberries (similar alkyloids)

Goji berries (similar alkyloids)

Huckleberries (similar alkyloids)

Spices & â??natural flavorsâ?• may contain nightshades.

https://draxe.com/nightshade-vegetables/

Safer nightshades

Since nightshades can contain a lot of lectins, pressure cooking with 1/4 ts baking soda can reduce inflammation. Pressure cooking retains 90% of the vitamins, slow cooking only retains 40%, all dependent on the amount of time under heat. Taking out seeds & for the potato only stiff, no skin, no eyes, no green is essential. Eating only organic food unprocessed can often stop autoimmune symptoms.

Peppercorns (fresh only), horseradish, wasabi, mustard, ginger can sub for pepper spices. Sweet potatoes & yams for potatoes.

default watermark

Lectins

Lectins are usually plant defenses against predators that can exacerbate autoimmune symptoms. They are killed/reduced with pressure cooking.

Wheat

Wheat may increase inflammation & exacerbate the symptoms of autoimmune disorders. Organic spelt, triticale, farrow are older types of wheat that may be far easier to digest & donâ??t appear to have wheatâ??s enzyme inhibitors & extreme inflammation. Spelt flour & recipes (it is more delicate than wheat when needing) are readily available.

https://grainstorm.com/pages/modern-wheat

Dairy

Dairy may exacerbate the symptoms of autoimmune disorders, and trigger an autoimmune reaction that attacks the insulin producing cells, causing diabetes type I.

African/Jersey cows with the natural E2 protein are often digested easier than the mutated Holstein cow.

default watermark

Homogenization of milk to keep it mixed together may cause lowered nutrition, leaky gut, inflammation, rancid, autoimmune, bacterial infections, growth problems & early death in calves & humans who drink it vs grass fed organic nonhomogenized nonpasteurized, increased cow (& added) hormone & steroid absorbtion, high acidity & osteoporosis.

Food diary

Keeping a daily food diary is essential for tracking immediate & longterm food sensitivities. Finding what foods we are not sensitive to & eating only them for a week then reintroducing each new food three times a day for a couple days should make any sensitivities apparent, and can often help resolve chronic health problems.

Inflammation

Periodontal (gum) disease

Detectable with a three D cone xray.

Brushing gums with a few drops of Iorinse iodine or other far safer concentrated iodine on dental supply sites like goldendent over a few days appears to stop infections symptoms & drain the infection.

default watermark

Sugar

Sugar, and especially high fructose corn syrup (HFCS), can increase inflammation & exacerbate autoimmune disorders.

Steroids & death

One study found that within 30 days of taking just one steroid pill, people had a 500% higher rate of potentially deadly sepsis, 300% higher rate of potentially deadly blood clots, and nearly 200% higher rate of bone fractures.

Short term use of oral corticosteroids and related harms among adults in the United States: population based cohort study

Akbar K Waljee et al.

BMJ 2017; 357 doi: https://doi.org/10.1136/bmj.j1415

http://ihpi.umich.edu/news/common-drugs-uncommon-risks-higher-rate-serious-problems-seen-adults-who-take-short-term-steroids

Baking soda

default watermark

Thereâ??s some new research showing that taking baking soda (1/16-1/8th ts, 3x/day) may help to significantly reduce inflammation & autoimmune symptoms. Baking soda also appears to reduce cancer & mestases as well as kidney stones & helps heal kidney damage.

Sarah C. Ray, Babak Baban, Matthew A. Tucker, Alec J. Seaton, Kyu Chul Chang, Elinor C. Mannon, Jingping Sun, Bansari Patel, Katie Wilson, Jacqueline B. Musall, Hiram Ocasio, Debra Irsik, Jessica A. Filosa, Jennifer C. Sullivan, Brendan Marshall, Ryan A. Harris, Paul M. Oâ??Connor. Oral NaHCO3 Activates a Splenic Anti-Inflammatory Pathway: Evidence That Cholinergic Signals Are Transmitted via Mesothelial Cells. The Journal of Immunology, 2018; ji1701605 DOI: 10.4049/jimmunol.1701605

https://www.sciencedaily.com/releases/2018/04/180425093745.htm

Antioxidants

Antioxidants (like the anti-inflammatories below) appear to help suppress autoimmune disorders.

What about novel pathogenetic mechanisms in Multiple Sclerosis? The emerging role of mitochondria

Portaro, Simona et al.

Medical Hypotheses , Volume 116 , 42 â?? 43

default watermark

Anti-inflammatories

Anti-inflammatories may help relieve the inflammatory damage from autoimmune disorders. Alpha lipoic acid, turmeric (with a little black pepper), ginger, astaxanthin (with a meal-fat soluble), PEA, high dose melatonin, papain, bromelain, boswellia all may help autoimmune disorder symptoms.

Alpha lipoic acid

Marracci G. H., Jones R. E., McKeon G. P., Bourdette D. N. Alpha lipoic acid inhibits T cell migration into the spinal cord and suppresses and treats experimental autoimmune encephalomyelitis. *Journal of Neuroimmunology*. 2002;131(1-2):104â??114. doi:

10.1016/S0165-5728(02)00269-2.

Turmeric with a little black pepper

Ginger

Astaxanthin

Resveratrol

Boswellia

Palmitoylethanolamide (PEA)

Nigella sativa (black seed oil)

Cannabidiol (CBD) oil

Bromelain

Papain

Methylsulfonylmethane (MSM)

Glucosamine & Chondroitin

Cherries

Celery

Wobenzyme

Zyflamend

Catâ??s Claw

default watermark

Mangosteen

Cannabivarin

Noni fruit

Levodopa

Î²-alanine

Near infrared sauna bulbs & healing

default watermark

Rheumatoid arthritis

Rheumatoid arthritis is an autoimmune disease. It can be alleviated by avoiding nightshade plants & taking immune modulators like vitamin D3/royal jelly/low-dose naltrexone and anti-inflammatories like turmeric, ginger, astaxanthin, boswellia, resveratrol, PEA, bromelain, & papain.

Vitamin K2 & rheumatoid arthritis

Vitamin K2 helps to direct calcium away from the arteries and to bone. It appears to help treat rheumatoid arthritis.

Mod Rheumatol. 2013 Sep;23(5):1001-7. doi: 10.1007/s10165-012-0789-4. Epub 2012 Nov 6.

Vitamin K2 administration is associated with decreased disease activity in patients with rheumatoid arthritis.

Ebina K1, Shi K, Hirao M, Kaneshiro S, Morimoto T, Koizumi K, Yoshikawa H, Hashimoto J.

Abdel-Rahman MS, Alkady EA, Ahmed S. Menaquinone-7 as a novel pharmacological therapy in the treatment of rheumatoid arthritis: A clinical study. Eur J Pharmacol. 2015 Jun 11;761:273-278.

default watermark

Immune Modulators

The best immune modulators help regulate the immune system, lowering allergies & autoimmune diseases while increasing immune activity against infections & cancers.

Vitamin D3

Vitamin D3 is a potent immune modulator. Low levels of vitamin D3 are linked with higher levels of infections & autoimmune disorders. Taking 125mcg/5000IU under the tongue (2x better)/50,000IU weekly or 250mcg/10,000IU swallowed with a meal or vegetable oil

(fat soluble) should bring levels up to 70-100 ng/ml where longevity increases greatly, over 80% reduction in some cancers, 90% reduction in viral infections. Eating organic kale or other leafy greens have the magnesium, zinc, boron, vitamin K1 (we make into K2), usable calium and other nutrients that make vitamin D3 far more effective and safe. Levels can be tested by a doctor before and after you start taking it.

At those levels people appear to go from seeing the doctor 4x a year to once a year.

vitaminDwiki.com (cancer) (viral)

https://vitamindwiki.com/VitaminDWiki+interview+and+transcript+-+Jan+2022#Huge_variation_in_response_to_Vitamin_D_between_ind

default watermark

Di Rosa, M., Malaguarnera, M., Nicoletti, F. and Malaguarnera, L. (2011), Vitamin D3: a helpful immuno-modulator. Immunology, 134: 123â??139. doi: 10.1111/j.1365-2567.2011.03482.x

Current Opinion in Pharmacology

Volume 10, Issue 4, August 2010, Pages 482â??496

Cover image

Vitamin D: modulator of the immune system

Femke Baeke, Tatiana Takiishi, Hannelie Korf, Conny Gysemans, Chantal Mathieu

doi:10.1016/j.coph.2010.04.001

Journal of Neuroimmunology

Volume 194, Issues 1â??2, February 2008, Pages 7â??17

Vitamin D as an immune modulator in multiple sclerosis, a review

Joost Smolders, Jan Damoiseaux, Paul Menheere, Raymond Hupperts

doi:10.1016/j.jneuroim.2007.11.014

default watermark

Nature Reviews Immunology 11, 584-596 (September 2011) | doi:10.1038/nri3045

Modulation of the immune system by UV radiation: more than just the effects of vitamin D?

Prue H. Hart, Shelley Gorman & John J. Finlay-Jones

95% reversal of autoimmune?

95% drop in symptoms?

Doctors in Portugal for 20 years have shown that if they help people get their vitamin D levels in their blood to over 150 ng/ml, they see a 95% drop in their MS & other autoimmune disorder symptoms.

Taking a 1.25 mg (50,000 IU) capsule of vitamin D3 under the tongue 2-3x a week should get most to 150ng/ml.

Buying bulk powder or in capsule Nusapure 50k/1.25mg is very inexpensive.

https://vitamindwiki.com/Autoimmune+diseases+fought+by+Vitamin+D

https://vitamindwiki.com/Multiple+Sclerosis+-+Coimbra+Protocol+%28high-dose+Vitamin+D%29+-+by+one+of+the+120+doctors+of+20%2C000+patients+-+Dec+2018

https://vitamindwiki.com/Autoimmune

default watermark

riordanclinic.org

They are available with online telehealth and will supervise the higher vitamin D3 blood levels.

Safety

They see a small drop in calcium levels, NOT an increase when getting people over 150ng/ml.

https://vitamindwiki.com/Coimbra+protocol+using+high-dose+Vitamin+D+is+safe+%E2%80%93+April+2022#Safety_Data_in_

Safety and effectiveness of vitamin D mega-dose: A systematic review

Guide for patients on high doses of Vitamin D â?? Coimbra 2017

Cofactors for high vitamin D3 safety

Magnesium & EPA & DHA omega3 fatty acids make vitamin D3 far more effective, and vitamin K2 (which our body makes from K1) is essential for taking calcium out of the bloodstream & into the bones. Spirulina (must be taken with a vegetable) has these and makes vitamin D3 far more effective & safe. Vitamin K1 is in dark leafy greens like organic baby spring mix & vitamin K2 is cheapest & in large amounts in organic fermented soy product natto.

default watermark

https://en.wikipedia.org/wiki/Spirulina_(dietary_supplement)

https://vitamindwiki.com/Autism+cured+in+a+child+with+Vitamin+D%2

https://www.antenna.ch/wp-content/uploads/2017/03/AspectNut_UK.pdf

Most effective vitamin K2 in lowering calcium & reversing osteoporosis?

https://vitamindwiki.com/tiki-index.php?page=Lowering+Calcium+Risk+when+having+High+Dose+

https://medikorlabs.com/shop/

35 benefits of Vitamin D â?? Self-Hacked June 2019

Self-Hacked

Mental health benefits with vitamin D supplementation

Vitamin D3 improves mental health & mood in studies.

https://vitamindwiki.com/tiki-index.php?page_id=1309

default watermark

Longevity

The higher the blood levels of vitamin D3, the longer people live.

https://vitamindwiki.com/tiki-index.php?page=Mortality&redirectpage=

Weight loss

The higher the vitamin D3 supplementation, the higher the weight loss (over 3x).

High vitamin D3 increases sensitivity to leptin & feelings of fullness.

https://vitamindwiki.com/Overview+Obesity+and+Vitamin+D#Clinical_t

Cordyceps mushroom

Cordyceps mushroom can increase energy & help lower autoimmune symptoms.. Gilenya, a prescription cordycepts extract, is $4000/month. Cordyceps is available fermented & organic at lolaray.com.

default watermark

http://www.naturalnews.com/039361_cordyceps_Gilenya_multiple_scle

Royal Jelly

Royal jelly, a bee product, is an immune modulator.

Life Sciences

Volume 73, Issue 16, 5 September 2003, Pages 2029â??2045

Major royal jelly protein 3 modulates immune responses in vitro and in vivo

Iwao Okamoto, , Yoshifumi Taniguchi, Toshio Kunikata, Keizo Kohno, Kanso Iwaki, Masao Ikeda, Masashi Kurimoto

doi:10.1016/S0024-3205(03)00562-9

International Immunopharmacology

Volume 7, Issue 9, September 2007, Pages 1211â??1220

Fatty acids isolated from royal jelly modulate dendritic cell-mediated immune response in vitro

Dragana Vucevic, Eleni Melliou, Sasa Vasilijic, Sonja Gasic, Petar Ivanovski, Ioanna Chinou, Miodrag Colic

doi:10.1016/j.intimp.2007.05.005

default watermark

Functional Properties of Honey, Propolis, and Royal Jelly

M. Viuda-Martos, Y. Ruiz-Navajas, J. FernÃ¡ndez-LÃ³pez andJ.A. PÃ©rez-Ã•lvarez

DOI: 10.1111/j.1750-3841.2008.00966.x

Journal of Food Science

Volume 73, Issue 9, pages R117â??R124, November/December 2008

Comparative Immunology, Microbiology and Infectious Diseases

Volume 19, Issue 1, January 1996, Pages 31â??38

A royal jelly as a new potential immunomodulator in rats and mice

Lidija Å ver1, Nada OrÅ¡oliÄ?2, Zoran TadiÄ?2, Bela Njari3, Ivica Valpotic, 1, Ivan BaÅ¡ic2

doi:10.1016/0147-9571(95)00020-8

International Immunopharmacology

Volume 1, Issue 3, March 2001, Pages 521â??532

Unraveling Mechanisms and Discovering Novel Roles for Complement

Suppression of allergic reactions by royal jelly in association with the restoration of macrophage function and the improvement of Th1/Th2 cell responses

default watermark

Hideki Oka, Yutaka Emori, Naomi Kobayashi, Yoshiro Hayashi, Kikuo Nomoto

doi:10.1016/S1567-5769(00)00007-2

Low-Dose Naltrexone (LDN)

Full dose naltrexone (50mg) is an antagonist that blocks the effects of opiates like oxycodone & morphine. LDN (3-5mg given before sleep) is a strong modulator of the immune system that has been shown to reduce symptom severity in autoimmune disorders and complex regional pain syndrome. It is available at compounded pharmacies by doctorâ??s prescription (see lowdosenaltrexone.org).

LDN may help suppress most cancersâ?? growth, and help fight HIV/AIDS infection, colds, emphasema (COPD), depression, & LYME disease symptoms. LDN also appears to help endometriosis, ALS, autism, Alzheimerâ??s, Hereditary Spastic Paraparesis, Parkinsonâ??s Disease, Post-Polio Syndrome, Post-Traumatic Stress Disorder (PTSD), Primary Lateral Sclerosis (PLS), Progressive Supranuclear Palsy, & Transverse Myelitis.

http://www.lowdosenaltrexone.org/index.htm#What_diseases_has_it_b

default watermark

Clin Rheumatol. 2014; 33(4): 451â??459.

Published online 2014 Feb 15. doi: 10.1007/s10067-014-2517-2

PMCID: PMC3962576

The use of low-dose naltrexone (LDN) as a novel anti-inflammatory treatment for chronic pain

Jarred Younger,corresponding author Luke Parkitny, and David McLain

The American Journal of Gastroenterology (2007) 102, 820â??828; doi:10.1111/j.1572-0241.2007.01045.x

Low-Dose Naltrexone Therapy Improves Active Crohnâ??s Disease

Jill P Smith MD, Heather Stock MD, Sandra Bingaman RN, David Mauger PhD, Moshe Rogosnitzky and Ian S Zagon PhD

Fibromyalgia Symptoms Are Reduced by Low-Dose Naltrexone: A Pilot Study

Jarred Younger PhD andSean Mackey MD, PhD

DOI: 10.1111/j.1526-4637.2009.00613.x

Volume 10, Issue 4, pages 663â??672, May/June 2009

Pilot trial of low-dose naltrexone and quality of life in multiple sclerosisâ?

default watermark

Bruce A. C. Cree MD, PhD, MCR, Elena Kornyeyeva MD and Douglas S. Goodin MD

DOI: 10.1002/ana.22006

Annals of Neurology

Volume 68, Issue 2, pages 145â??150, August 2010

Medical Hypotheses

Volume 64, Issue 4, 2005, Pages 721â??724

Low dose naltrexone therapy in multiple sclerosis

Y.P. Agrawal

doi:10.1016/j.mehy.2004.09.024

Psychiatry Research

Volume 58, Issue 3, 16 October 1995, Pages 191â??201

Low-dose naltrexone effects on plasma chemistries and clinical symptoms in autism: a double-blind, placebo-controlled study

Manuel P. Bouvard, Marion Leboyer, Jean-Marie Launay, Christophe Recasens, Marie-HÃ©lÃ¨ne Plumet, Delphine Waller-Perotte, FranÃ§ois Tabuteau, Dominique Bondoux, Michel Dugas, Patrick Lensing, Jaak Panksepp

default watermark

http://articles.mercola.com/sites/articles/archive/2011/09/19/one-of-the-rare-drugs-that-actually-helps-your-body-to-heal-itself.aspx

Spirulina

EPA & DHA fatty acids in spirulina may help autoimmune disorders. Spirulina may need to be eaten with a vegetable.

Probiotics

Taking probiotics, Candex (stops candida in the stomach), liposomal vitamin C, and an antifungal medication can reduce fungal overgrowth caused by antibiotics, sugar, & acid blockers that may

trigger an autoimmune reaction.

Anti-inflammatories

Anti-inflammatories may help relieve the inflammatory damage from autoimmune disorders. Turmeric (with a little black pepper), ginger, astaxanthin (with a meal-fat soluble), papain, bromelain, boswellia all may help autoimmune disoder symptoms.

default watermark

Beta sitosterol

Beta sitosterol (BSS) is a plant sterol ester that lowers LDL cholestrol and helps benign prostate hypertrophy (enlarged prostate) symptoms. BSS in combination with glucoside sitosterol (BSSG) (in one formulation, Moducare, in a 100:1 ratio) appears to help mood disorders.

BSS & BSSG together stimulate immune T-cell numbers & activity (30) and natural killer cell activity as well as reducing overactive antibody activity and normalizing DHEA to cortisol ratio, which may help chronic viral infections, tuberculosis, allergies, cancer, and autoimmune diseases like rheumatoid arthritis (31).

In one study of 33 cats with FIV (acts like AIDS), 3.75 times more cats survived that took BSS & BSSG. In a study of people with AIDS, people who took BSS & BSSG maintained steady CD4 counts with no progression of disease. IL-6 levels (inflammation) dropped as well as plasma viral loads (31). In another study T(h)1 levels in people with HIV were maintained with BSS & BSSG for a year (32).

Marathon runners get viral and bacterial infections postrace at a higher rate. BSS & BSSG supplementation reverses the T cell & hormonal drops that lower the immunity to these infection.

default watermark

30

Beta-sitosterol and beta-sitosterol glucoside stimulate human peripheral blood lymphocyte proliferation: Implications for their use as an immunomodulatory vitamin combination

P.J.D. Bouic et al.

International Journal of Immunopharmacology

Volue 18, Issue 12, December 1996, Pages 693â??700

31

Bouic PJD. Immunomodulation in HIV/AIDS: the Tygerberg/Stellenbosch Universit experience. AIDS Bull 1997;6:18-

20

32

Breytenbach U, Bouic PJD. Flow cytometric analysis of the TH1-TH2 balance in healthy individuals and patients infected with the Human Immunodeficiency virus (HIV). 25th Annual Congress of the Physiology Society of Southern Africa; 1997.

The effects of B-sitosterol (BSS) and B-sitosterol glucoside (BSSG) mixture on selected immune parameters of marathon runners: Inhibition of post marathon immune suppression and inflammation

default watermark

Bouic P.J.D. ; Clark A. ; Lamprecht J. ; Freestone M. ; Pool E.J. ; Liebenberg R.W. ; Kotze D. ; Van Jaarsveld P.P. (1999)

33

Plant Sterols and Sterolins: A Review of Their Immune-Modulating Properties

Patrick J.D. Bouic, and Johan H. Lamprecht

Alternative Medicine Review 1999 (Jun); 4 (3): 170â??177 ~ FULL TEXT

Inflammation Research

May 2011, Volume 60, Issue 5, pp 457-465

Phytosterols ameliorate clinical manifestations and inflammation in experimental autoimmune encephalomyelitis

Michael Valerio, Hong-biao Liu, Reid Heffner, Robert Zivadinov, Murali Ramanathan, Bianca Weinstock-Guttman, Atif B. Awad

International Immunopharmacology

Volume 9, Issue 1, January 2009, Pages 153â??157

Comparison of the immunomodulatory effects of the plant sterol Î²-sitosterol to simvastatin in peripheral blood cells from multiple sclerosis patients

default watermark

Forum Desaia et al.

A randomised placebo-controlled trial of the efficacy of beta-sitosterol and its glucoside as adjuvants in the treatment of pulmonary tuberculosis

Donald, P. R. et al.

Source: The International Journal of Tuberculosis and Lung Disease, Volume 1, Number 6, December 1997, pp. 518-522(5)

International Immunopharmacology

Volume 11, Issue 8, August 2011, Pages 1012â??1017

Î²-Sitosterol down-regulates some pro-inflammatory signal transduction pathways by increasing the activity of tyrosine

phosphatase SHP-1 in J774A.1 murine macrophages

Michael Valerio, Atif B. Awad,

International Immunopharmacology

Volume 10, Issue 11, November 2010, Pages 1390â??1396

Effect of vitamin D and Î²-sitosterol on immune function of macrophages

Lini Alappat, Michael Valerio, Atif B. Awad

default watermark

Beta-sitosterol helps enlarged prostate symptoms

Wilt TJ, Ishani A, MacDonald R, Stark G, Mulrow CD, Lau J. Beta-sitosterols for benign prostatic hyperplasia. Cochrane Database of Systematic Reviews 1999, Issue 3. Art. No.: CD001043. DOI: 10.1002/14651858.CD001043.

Astragalus

Astragalus is used to treat rheumatoid arthritis, and type 1 diabetes diabetes, allergies and asthma by reducing TNF-Î±, cytokine, and IL1-Î² and modulating T cell activity and may help reduce other autoimmune diseases.

Astragalus root & marshmallow root in equal parts taken together may help reduce autoimmune disorders.

Powerful Herbal Combination for Auto-Immune Disorders

http://ndnr.com/autoimmuneallergy-medicine/astragalus-use-of-the-herb-in-the-treatment-of-allergy-autoimmunity/

default watermark

Int J Rheum Dis. 2010 Oct;13(4):396-405. doi: 10.1111/j.1756-185X.2010.01555.x.

Therapeutic effects of astragalus polysaccharides on inflammation and synovial apoptosis in rats with adjuvant-induced arthritis.

Jiang JB, Qiu JD, Yang LH, He JP, Smith GW, Li HQ.

http://ndnr.com/autoimmuneallergy-medicine/astragalus-use-of-the-herb-in-the-treatment-of-allergy-autoimmunity/

Reishi

Reishi mushrooms appear to help stimulate the immune system against infections and reduce autoimmune cytokine, TNF-alpha &

antibody action.

http://ndnr.com/autoimmuneallergy-medicine/astragalus-use-of-the-herb-in-the-treatment-of-allergy-autoimmunity/

Lin ZB. Cellular and molecular mechanisms of immunomodulation by Ganoderma lucidum. Journal Pharma Sci. 2005; 99(2):144â??53.

default watermark

Ashwaganda

Ashwaganda appears to improve immune response against infections and reduces B and T cell activity in autoimmune diseases.

http://ndnr.com/autoimmuneallergy-medicine/astragalus-use-of-the-herb-in-the-treatment-of-allergy-autoimmunity/

Singh N, Bhalla M, de Jager P, et al. An overview on ashwagandha: a rasayana (rejuvenator) of ayurveda. Afr J Tradit Complement Altern Med. 2011; 8(5 Suppl):208â??13.

Khan S, Malik F, Suri KA, Singh J. Molecular insight into the immune up-regulatory properties of the leaf extract of Ashwagandha and identification of Th1 immunostimulatory chemical entity. Vaccine. 2009; 27(43):6080â??87.

Rehmannia

Rehmannia appears to reduce autoimmune diseases, in part by lowering histamine release.

http://ndnr.com/autoimmuneallergy-medicine/astragalus-use-of-the-herb-in-the-treatment-of-allergy-autoimmunity/

default watermark

Sasaki H, Nishimura H, Morota T, et al. Immunosuppressive Principles of Rehmannia-Glutinosa-Var-Hueichingensis. Planta Med. 1989; 55(5):458â??62.

Zee-Cheng RK. Shi-quan-da-bu-tang (ten significant tonic decoction), SQT. A potent Chinese biological response modifier in cancer immunotherapy, potentiation and detoxification of anticancer drugs.

Zhang R, Li M, Jia Z. Rehmannia glutinosa: Review of botany, chemistry and pharmacology. J Ethnopharmacol. 2008; 117(2):199â??214.

Li X, Zhou M, Shen P, et al. Chemical constituents from Rehmannia glutinosa. Zhongguo Zhong Yao Za Zhi. 2011; 36(22):3125â??9.

Lee SY, Kim JS, Choi RJ, et al. A new polyoxygenated triterpene and two new aeginetic acid quinovosides from the roots of Rehmannia glutinosa. Chem Pharm Bull (Tokyo). 2011; 59(6):742â??6.

Kim H, Lee E, Lee S, et al. Effect of Rehmannia glutinosa on immediate type allergic reaction. Int J Immunopharmacol. 1998; 20(4-5):231â??40.

Stephania

Stephania may help against autoimmune disorders.

default watermark

http://ndnr.com/autoimmuneallergy-medicine/astragalus-use-of-the-herb-in-the-treatment-of-allergy-autoimmunity/

Kang HS, Kim YH, Lee CS, et al. Anti-inflammatory effects of Stephania tetrandra S Moore on interleukin-6 production and experimental inflammatory disease models. Mediators Inflamm. 1996; 5(4:280â??91.

Kwan CY, Achike FI. Tetrandrine and related bisbenzylisoquinoline alkaloids from medicinal herbs: cardiovascular effects and mechanisms of action. Acta Pharmacol Sin. 2002 Dec; 23(12):1057â??68.

Sekiya N, Shimada Y, Niizawa A, et al. Suppressive effects of Stephania tetrandra on the neutrophil function in patients with rheumatoid arthritis. Phytotherapy Research. 2004; 18(3):247â??9.

Olive leaf

Olive leaf is a powerful antibacterial, antifungal, & antiviral, and may help reduce autoimmune diseases.

Wormwood

Wormwood is used to treat malaria, rheumatoid arthritis, & lupus and may be effective in moderating T lymphocytes and reducing other autoimmune diseases.

default watermark

http://ndnr.com/autoimmuneallergy-medicine/astragalus-use-of-the-herb-in-the-treatment-of-allergy-autoimmunity/

Zhang YX, Sun HX. Immunosuppressive effect of ethanol extract of Artemisia annua on specific antibody and cellular responses of mice against ovalbumin. Immunopharmacol Immunotoxicol. 2009; 31(4):625â??30.

Okafor HU, Shu EN, Oguonu T. Therapeutic efficacy and effect on gametocyte carriage of an artemisinin and a non-based combination treatment in children with un-complicated P. falciparum malaria, living in an area with high-level chloroquine resistance. J Trop Pediatr. 2010; 56(6):398â??406.

Zhong J. 25 cases of systemic lupus erythematosus treated by integrated traditional Chinese medicine and Western medicine.

Chinese Jour of Integrated Trad Chinese Med and Western Med. 1999; 19(1):47â??8.

WeiFu Zhao, Zhuang Guokang. Scanning electron microscopic evaluation of the treatment of discoid lupus erythematosus with qinghao. Jour of Clinical Derm. 1987; 16(3):126.

Lin ZB. Cellular and molecular mechanisms of immunomodulation by Ganoderma lucidum. Journal Pharma Sci. 2005; 99(2):144â??53.

Kroes BH, vanUfford HCQ, TinbergendeBoer RL, et al. Modulatory effects of Artemisia annua extracts on human complement, neutrophil oxidative burst and proliferation of T lymphocytes. Phytotherapy Research. 1995; 9(8):551â??4

default watermark

Sarsaparilla

Sarsaparilla is used against rheumatoid arthritis, psoriasis, & acne and may be effective in inhibiting TNF-alpha-induced NFkB activation and moderating T lymphocytes and reducing other autoimmune diseases.

http://ndnr.com/autoimmuneallergy-medicine/astragalus-use-of-the-herb-in-the-treatment-of-allergy-autoimmunity/

Cullingworth CJ. A Note on the Therapeutic Value of Sarsaparilla in Syphilis. Br Med J. 1906; 1(2362):791â??2.

Wilson H. Sarsaparilla in Syphilis. Provincial medical journal and retrospect of the medical sciences 1843; 6(134):71.

Mindell E. Herb Bible. 2000. Fireside. New York, USA. 145â??6.

Simpson JCE, Williams NE. The ether-soluble constituents of sarsaparilla root. Part II. Jour Chem Soc. 1938;2040â??2.

Simpson JCE, Williams NE. The ether-soluble constituents of sarsaparilla root. Part I. Jour Chem Soc. 1937; 733â??8.

default watermark

Indian sarsaparilla vine (hemidesmus)

Indian sarsaparilla vine (hemidesmus) is used to treat autoimmune diseases by inhibiting T and B cells, antibodies, and cytokines.

http://ndnr.com/autoimmuneallergy-medicine/astragalus-use-of-the-herb-in-the-treatment-of-allergy-autoimmunity/

Gadge NB and Jalalpure SS. Natriuretic and saluretic effects of Hemidesmus indicus R. Br. root extracts in rats. Indian J Pharmacol. 2011 Nov-Dec; 43(6):714â??7.

Alam MI, Gomes A. Adjuvant effects and antiserum action potentiation by a (herbal) compound 2-hydroxy-4-methoxy benzoic acid isolated from the root extract of the Indian medicinal plant â??sarsaparillaâ?? (Hemidesmus indicus R. Br.). Toxicon. 1998 Oct; 36(10):1423â??31.

Kotnis MS, Patel P, Menon SN, Sane RT. Renoprotective effect of Hemidesmus indicus, a herbal drug used in gentamicininduced renal toxicity.Neph. 2004; 9(3):142â??52.

Kainthla RP, Kashyap RS, Deopujari JY, Purohit HJ, Taori GM, Daginawala HF. Effect of Hemidesmus indicus (Anantmool) extract on IgG production and adenosine deaminase activity of human lymphocytes in vitro. Indian Jour Pharma. 2006; 38(3):190â??3.

Saravanan N, Nalini N. Hemidesmus indicus protects against ethanol-induced liver toxicity. Cell Mol Biol Lett. 2008; 13(1):20â??37.

default watermark

Mary NK, Achuthan CR, Babu BH, Padikkala J. In vitro antioxidant and antithrombotic activity of Hemidesmus indices (L) R.Br. J Ethnopharmacol. 2003; 87(2-3):187â??91.

Methylsulfonylmethane (MSM)

MSM is a major anti-inflammatory/painkiller that is found in many foods that also helps hair & nails. Once in the body DMSO works the same as MSM. MSM is made from DMSO.

MSM appears to help with autoimmune diseases like rheumatoid arthritis/lupus/scleroderma. It also improves blood flow, reduces allergies, is a cholinesterase inhibitor so it help constipation and helps cognition in people with Alzheimerâ??s/Parkinsonâ??s/Lewy Body dementia, reduces muscle spasms, it reduces scar tissue, and it helps fight the parasite giardia.

The Miracle of MSM by Jacob, Lawrence, & Zucker

Randomised, Double-Blind, Parallel, Placebo-Controlled Study of Oral Glucosamine, Methylsulfonylmethane and their Combination in Osteoarthritis

Dr P. R. Usha, M. U. R. Naidu

Clinical Drug Investigation

June 2004, Volume 24, Issue 6, pp 353-363

default watermark

Efficacy of methylsulfonylmethane (MSM) in osteoarthritis pain of the knee: a pilot clinical trial 1 2

L.S. Kim, L.J. Axelrod, P. Howard, N. Buratovich, R.F. Waters

Osteoarthritis and Cartilage

Volume 14, Issue 3, March 2006, Pages 286â??294

doi:10.1016/j.joca.2005.10.003

Efficacy of methylsulfonylmethane supplementation on osteoarthritis of the knee: a randomized controlled study

Eytan M Debbi, Gabriel Agar, Gil Fichman, Yaron Bar Ziv, Rami Kardosh, Nahum Halperin, Avi Elbaz, Yiftah Beer, Ronen Debi

BMC Complementary and Alternative Medicine 2011, 11:50
doi:10.1186/1472-6882-11-50

http://altmedicine.about.com/cs/herbsvitaminsad/a/MSM.htm

Tripterygium wilfordii Hook F (TwHF) EA & T2

TwHF is plant that grows in China that both lowers inflammation and suppresses T & B cell immune activity to help against rheumatoid arthritis. In one head to head and combination study it was found more effective than methotrexate, and even more effective in combination with methotrexate. It can cause menstrual changes or decrease bone density in women and temporary infertility in men. Other side effects can include diarrhea, upset stomach, hair loss, headache, and skin rash. Since rheumatoid arthritis is very treatable by COX-2 inhibitors turmeric, ginger, astaxanthin, boswellia and others that have low/little/no side effects, perhaps TwHF is effective for other immune B cell dysfunctional diseases that are deadly/highly disabling & that only have treatments with high side effects, are very expensive, or are resistant to treatment.

default watermark

Ann Rheum Dis. 2015 Jun;74(6):1078-86. doi: 10.1136/annrheumdis-2013-204807. Epub 2014 Apr 14.

Comparison of Tripterygium wilfordii Hook F with methotrexate in the treatment of active rheumatoid arthritis (TRIFRA): a randomised, controlled clinical trial.

Lv QW et al.

Effect of an Extract of the Chinese Herbal Remedy Tripterygium Wilfordii Hook F on Human Immune Responsiveness

Xuelian Tao MD, Laurie S. Davis PhD andPeter E. Lipsky MD

DOI: 10.1002/art.1780341011

Arthritis & Rheumatism

Volume 34, Issue 10, pages 1274â??1281, 10 October 1991

Rheumatic Disease Clinics of North America

default watermark

Volume 26, Issue 1, 1 February 2000, Pages 29â??50

THE CHINESE ANTI-INFLAMMATORY AND IMMUNOSUPPRESSIVE HERBAL REMEDY TRIPTERYGIUM WILFORDII HOOK F

Xuelian Tao, MD, Peter E. Lipsky, MD

The Antiinflammatory Effect of an Extract of Tripterygium wilfordii Hook F on Adjuvant-induced Paw Oedema in Rats and Inflammatory Mediators Release

Chung-Tei Chou

DOI: 10.1002/(SICI)1099-1573(199703)11:2<152::AID-PTR45>3.0.CO;2-L

Volume 11, Issue 2, pages 152â??154, March 1997

Effects of tripterygium wilfordii Hook F extracts on induction of cyclooxygenase 2 activity and prostaglandin E2 production

Xuelian Tao, Hendrik Schulze-Koops, Li Ma, Jian Cai, Yanping Mao andPeter E. Lipsky

DOI: 10.1002/1529-0131(199801)41:1<130::AID-ART16>3.0.CO;2-4

Volume 41, Issue 1, pages 130â??138, January 1998

Benefit of an extract of Tripterygium Wilfordii Hook F in patients with rheumatoid arthritis: A double-blind, placebo-controlled study

default watermark

Xuelian Tao et al.

DOI: 10.1002/art.10411

Arthritis & Rheumatism Volume 46, Issue 7, pages 1735â??1743, July 2002

The Journal of Rheumatology vol. 30 no. 3 465-467

A randomized double blind, placebo controlled trial of topical Tripterygium wilfordii in rheumatoid arthritis: reanalysis using logistic regression analysis.

Jolanda Cibere, Zhaozhi Deng, Yuanchang Lin, Runmei Ou, Yiting He, Zhiqiang Wang, Anona Thorne, Allen J Lehman, Ian K Tsang, and John M Esdaile

International Journal of Immunopharmacology

Volume 17, Issue 5, May 1995, Pages 351â??356

Isolation, purification, and characterization of immunosuppressive compounds from tripterygium: Triptolide and tripdiolide

Wen-Zhen Gu, Randal Chen, Sydney Brandwein, James McAlpine, Neal Burres

doi:10.1016/0192-0561(95)00022-T

Contraception

Volume 51, Issue 2, February 1995, Pages 121â??129

Recent progress in research on Tripterygium: A male antifertility plant

default watermark

Qian Shao Zhen, Xu Yea, Zhang Jian Wei

doi:10.1016/0010-7824(94)00018-R

A phase I study of ethyl acetate extract of the chinese antirheumatic herb Tripterygium wilfordii hook F in rheumatoid arthritis.

X Tao, J J Cush, M Garret, and P E Lipsky

The Journal of Rheumatology vol. 28 no. 10 2160-2167

Comparison of Tripterygium wilfordii Hook F Versus Sulfasalazine in the Treatment of Rheumatoid Arthritis: A Randomized Trial FREE

Raphaela Goldbach-Mansky et al.

Ann Intern Med. 2009;151(4):229-240. doi:10.7326/0003-4819-151-4-200908180-00005

Arthritis Rheum. 2002 Jul;46(7):1735-43.

Benefit of an extract of Tripterygium Wilfordii Hook F in patients with rheumatoid arthritis: a double-blind, placebo-controlled study.

Tao X1, Younger J, Fan FZ, Wang B, Lipsky PE.

Leukemia & Lymphoma Volume 42, Issue 3, 2001 pp253-265

DOI:10.3109/10428190109064582

default watermark

Triptolide, A Novel Immunosuppressive and Anti-Inflammatory Agent Purified from a Chinese Herb Tripterygium Wilfordii Hook F

Benny J. Chena

Phytomedicine. 2006 May;13(5):371-7. Epub 2006 Feb 17.

A systematic review of randomised clinical trials of Tripterygium wilfordii for rheumatoid arthritis.

Canter PH1, Lee HS, Ernst E.

Transplantation: 15 August 2000 â?? Volume 70 â?? Issue 3 â?? pp 447-455

IMMUNOSUPPRESSIVE ACTIVITY OF THE CHINESE MEDICINAL PLANT TRIPTERYGIUM WILFORDII: I. Prolongation of Rat Cardiac and Renal Allograft Survival by the PG27 Extract and Immunosuppressive Synergy in Combination Therapy with Cyclosporine

Wang, Jian; Xu, Rensheng; Jin, Renling; Chen, Zhenqing; Fidler, John M.

TwHF may help prevent rejection in organ transplant.

Wim Hof breathing

The Wim Hof method- no longer feel cold/hot/stress/autoimmune overreaction

default watermark

Wim Hof is a Dutch man who learned to become immune to cold, heat, & control his immune response to a strong degree. He has been in ice up to the neck in a tub for almost 2 hours. He has ran a marathon in a desert at 104 degrees with no water or food, and one above the Arctic circle barefoot. He has killed an injected bacteria that should have made him very sick in a medical experiment. Now he is teaching others how to do it, and it only takes one minute a day & people get big benefits after just the first time.

In this link is an explanation of how to do this his way, which includes meditation, a breathing method, and cold exposure:

http://highexistence.com/the-wim-hof-method-revealed-how-to-consciously-control-your-immune-system/

Here is the simplified one minute a day version-

If you have a heart or lung condition ask your doctor if fast breathing & holding your (non) breath is ok for you. If you are sick you can wait until healthy before starting. Wim Hof wisely recommends only doing this from a secure sitting position for safety and NEVER around water.

What I found important is heavy breathing for oxygenation for 30 breaths/30-60 seconds, then breathing out completely & holding the nonbreath (empty lungs) until my body makes me take a breath (15-30 seconds). Itâ??s ok if the first time is only 15 seconds, our ability gets a little better every time.

default watermark

Wim Hof recommends exercising during the breath holding like pushups or some other exercise on the ground to avoid falling. I do it after eating my rice (carbs) so I have the energy for the exercise, but if people would rather just hold the (empty) breath it appears to work nearly as well. Wim Hof has people do this six times a day, but once a day is fine for the long run.

After I did this once for one minute I was able to be comfortable in my apartment at three degrees colder than ever before for a full day (57 degrees). Every time I do this I am able to experience greater & greater amounts of cold. Wif Hof recommends testing ourselves with cold showers or ice buckets, but I have seen all the benefits without.

I have tested myself by being very comfortable after one week in my apartment in the low 50s for hours. Most people donâ??t like the cold and the knowledge they donâ??t have to do the cold challenge but will still lose their sensitivity to cold makes it more likely they will do the exercise. We know its working when we walk outside in the cold & it doesnâ??t bother us anymore & we donâ??t feel like turning on our car to warm it up anymore.

One funny thing about the ability to endure cold- my knees still donâ??t like long exposure to cold temperatures even if the rest of my body has no problem:-)

default watermark

Conscious control of cold & heat

Wim Hof suggests paying attention to how the body feels & consciously giving energy to different parts, especially if they are cold. This is supposed to give conscious control of our body temperature. I did this in a sauna when too hot to stay in & thought about being cool inside & I was soon comfortable enough to stay another 40 minutes. Meditating seems to improve the conscious control of body temperature. Iâ??ve also done this when out in the cold & it works just as well. It may also be useful to breath out & hold an empty breath once or twice whenever feeling too cold, hot, or stressed in order to get immediate relief as well as the long term benefit. Holding (empty) breath after an exhale is also supposed to help cramping when exercising.

Control of stress

I and others have found that our stress levels have gone down measurably since doing the breathing exercise once a day.

Autoimmune responses

default watermark

Wim Hof & the people he trains have been able to kill bacterial infections that should have made them very sick in an experiment after just 90 repetitions. Thatâ??s three months when doing it once a day. It appears that their bodies are shutting down the overactive immune response to the bacterial infection. Other people have noted their autoimmune disorders (like rheumatoid arthritis) being helped greatly by the breathing method.

http://www.paddisonprogram.com/wim-hof-reversing-autoimmune-diseases/

http://www.medicaldaily.com/natural-inflammation-treatment-breathing-exercises-and-ice-baths-may-quell-immune-337890

https://www.newscientist.com/article/dn26102-three-ways-the-iceman-controls-his-immune-system/

http://www.livingflow.net/influence-immune-system-at-will/

http://www.livingflow.net/wim-hof-method-autoimmune-disease-rheumatoid-arthritis/

Cold exposure?

So I suspect that we get many of the benefits even if we donâ??t do the extreme cold exposure that Wim Hof suggests and that holding our nonbreath/empty lungs is the key. Doing this once a day is easily possible (I do it after eating so I have the energy) and results start immediately, after the first time.

default watermark

Conscious control over internal temperature

What Wim Hofâ??s suggestion of the extreme cold exposure (explained in the link) coupled with meditating on being warm appears to do is give conscious control over body temperature, especially with practice. We can all use this when we are in a situation we feel cold in.

Migraines

Hereâ??s how the method may help prevent migraines. Included is also the most effective way to treat migraines Iâ??ve ever seen so far (cold pack on neck, feet in hot water).

http://3dayheadachecure.com/blog/can-the-iceman-freeze-migraines-forever/

http://3dayheadachecure.com/blog/10-reasons-why-the-wim-hof-method-freezes-migraines/

Hyperventilation â?? Migraine stopped in itâ??s tracks.
by inmigraine

default watermark

Parkinsonâ??s

Hereâ??s one manâ??s experience with the Wim Hof breathing method. He reports he is able to physically function more than twice as long after doing the Wim Hof method daily, from seven to now sixteen hours while being able to lower his medication.

http://www.livingflow.net/reversing-parkinsons-disease-wim-hof-method/

B cell immune dysfunction

Auto-immune diseases can be characterized by excess, overactive, or dysfunctional immune B cell activity. The diseases that respond to immune B cell suppressors/killers are

default watermark

rheumatoid arthritis

multiple sclerosis

systemic lupus erythematosus

chronic inflammatory demyelinating polyneuropathy

autoimmune hemolytic anemia

pure red cell aplasia

thrombotic thrombocytopenic purpura (TTP)

idiopathic thrombocytopenic purpura

Evans syndrome

vasculitis (for example granulomatosis with polyangiitis, formerly Wegenerâ??s)

bullous skin disorders (for example pemphigus)

type 1 diabetes mellitus

Sjogrenâ??s syndrome

anti-NMDA receptor encephalitis and Devicâ??s disease

Gravesâ?? ophthalmopathy

autoimmune pancreatitis

Opsoclonus myoclonus syndrome (OMS)

IgG4-related disease

chronic fatigue syndrome (up to 2/3rds)

default watermark

Other disease responding to immune B cell suppressors like rituximab are leukemias and lymphomas, including non-Hodgkinâ??s lymphoma and lymphocyte predominant subtype of Hodgkinâ??s Lymphoma.

Multiple sclerosis

Multiple Sclerosis (MS)

As noted above, gluten & dairy may exacerbate multiple sclerosis, and 500-10,000 IU of vitamin D3 with a meal (with fat) daily that gets

blood levels at least to 60ng/ml may reduce symptoms significantly.

Eating only organic avoids illegal pesticides, herbicides, & fungicides used in farming in other countries on food imported here.

Liposomal vitamin C may help symptoms.

The University of Maryland Medical Cente recommends- ginkgo, green tea, rhodiola, milk thistle and bromelain.

default watermark

Rituximab (Mabthera)

For multiple sclerosis rituximab (Mabthera) appears to help relapsing-remitting (RR) MS progression, but not perhaps primary progressive (PP) MS.

Alping, P., Frisell, T., Novakova, L., Islam-Jakobsson, P., Salzer, J., BjÃ¶rck, A., Axelsson, M., MalmestrÃ¶m, C., Fink, K., Lycke, J., Svenningsson, A. and Piehl, F. (2016), Rituximab versus fingolimod after natalizumab in multiple sclerosis patients. Ann Neurol., 79: 950â??958. doi:10.1002/ana.24651

Lymphoma Drug, Rituximab, Highly Effective in Treating Relapsing MS, Study from Sweden Reports

Rituximab (Mabthera) may cause severe allergic reactions, nervous system effects, skin & mouth problems, kidney/heart/gastrointestinal/blood problems.

default watermark

IBS

Irritable bowel syndrome may be triggered by fodmaps, garlic, onions & apples.

What may help is vitamin D3 supplementation when low, digestive enzymes like in Candex, aloe vera, turmeric w/black pepper, peppermint, ginger, organic freshly ground or frozen flaxseeds.

theepochtimes.com/irritable-bowel-syndrome-ibs-symptoms-causes-treatments_5199831.html?ea_med=desktop_health&tmp=1&ea_src=a

Crohnâ??s disease (CD)

CD & some irritable bowel syndrome (IBS) are chronic gastrointestinal autoimmune infections that oten may be caused by ***Mycobacterium avium*** **subspecies** ***paratuberculosis*** (**MAP**)

infection & may be permanently treatable by microbiota transfer- first the antibiotics rifabutin and clarithromycin or amoxicillin, fosfomycin, and metronidazole (AFM) then fecal microbiota transplant (FMT), much more effective with a similar age sibling donor than parent or child, with multiple transfers, oral may be best/easiest/cheapest & equally effective by any size or condition (frozen or fresh) of dose. It may also be treatable via the most effective BCG tubercolosis vaccinations (each country has one) into a vein (much faster & stronger effectiveness) & as with other autoimmune disorders getting vitamin D3 levels above 150 ng/ml.

default watermark

en.wikipedia.org/wiki/Mycobacterium_avium_subsp._paratuberculosis

gastrojournal.org/article/S0016-5085(19)41878-7/fulltext

Fehily SR, Basnayake C, Wright EK, Kamm MA. Fecal microbiota transplantation therapy in Crohnâ??s disease: Systematic review. J Gastroenterol Hepatol. 2021 Oct;36(10):2672-2686. doi: 10.1111/jgh.15598. Epub 2021 Jul 6. PMID: 34169565 pubmed.ncbi.nlm.nih.gov/34169565/

Koki Okahara, Dai Ishikawa, Kei Nomura, Shoko Ito, Keiichi Haga, Masahito Takahashi, Tomoyoshi Shibuya, Akihito Nagahara, 25 DONOR SELECTION OF FECAL MICROBIOTA TRANSPLANTATION IS IMPORTANT TO LONG-TERM MAINTENANCE OF ULCERATIVE COLITIS, Gastroenterology, Volume 158, Issue 3, Supplement, 2020, Page S59, ISSN 0016-5085, doi.org/10.1053/j.gastro.2019.11.286. sciencedirect.com/science/article/pii/S001650851941878 7

crohnscolitisfoundation.org/5-major-advances-inflammatory-bowel-disease-ibd-treatment

humanmicrobiome.info/fmt/

humanmicrobes.org/ordering-faq

humanmicrobes.org/fecal-microbiota-transplant-fmt

This diet may help-

umassmed.edu/nutrition/ibd/ibdaid

default watermark

Ulcerative colitis (UC)

UC appears to be treatable with fecal transplant.

The auto-immune diseases:

Autoimmune

Neurodegenerative:

ALS (Lou Gehrigâ??s Disease)

Alzheimerâ??s Disease

Autism Spectrum Disorders

Hereditary Spastic Paraparesis

Multiple Sclerosis (MS)

Parkinsonâ??s Disease

Post-Traumatic Stress Disorder (PTSD) â??

Primary Lateral Sclerosis (PLS)

Progressive Supranuclear Palsy

Transverse Myelitis

Other Autoimmune Diseases:

Ankylosing Spondylitis

Behcetâ??s Disease

Celiac Disease

Chronic Fatigue Syndrome

CREST syndrome

Crohnâ??s Disease

/Dystonia

Endometriosis

Fibromyalgia

Hashimotoâ??s Thyroiditis

Irritable Bowel Syndrome (IBS)

Myasthenia Gravis (MG)

Nephrotic Syndrome

default watermark

Pemphigoid

Primary Biliary Cirrhosis

Psoriasis

Rheumatoid Arthritis

Sarcoidosis

Scleroderma

Sjogrenâ??s Syndrome

Stiff Person Syndrome (SPS)

Systemic Lupus (SLE)

Ulcerative Colitis

Wegenerâ??s Granulomatosis

default watermark

Other diseases LDN may help:

Cancer

Common Colds (URIâ??s)

Emphysema (COPD)

HIV/AIDS

http://www.lowdosenaltrexone.org/index.htm#What_diseases_has_it_b

Fasting 72hrs

Fasting helps reduce levels of the enzyme protein kinase A (PKA), bolstering the regulation of stem cell self-renewal and pluripotency in addition to extending longevity. Fasting also helps decrease levels of IGF-1, which appears to increase aging, tumor progression and cancer risk. Cycles of fasting protect against immune system damage â?? a major side effect of chemotherapy â?? and induce immune system regeneration, shifting stem cells from a dormant state to a state of self-renewal.

default watermark

12, 15, or 18 hour fasting may also help- not eating three hours before bedtime & 12, 15, or 18 hours after dinner.

Prolonged Fasting Reduces IGF-1/PKA to Promote Hematopoietic-Stem-Cell-Based Regeneration and Reverse Immunosuppression

Chia-Wei Cheng, Gregor B. Adams, Laura Perin, Min Wei, Xiaoying Zhou, Ben S. Lam, Stefano Da Sacco, Mario Mirisola, David I. Quinn, Tanya B. Dorff, John J. Kopchick, Valter D. Longo

Cell Stem Cell

Volume 14, Issue 6, 5 June 2014, Pages 810â??823

Learn more:
http://www.naturalnews.com/049794_stem_cells_fasting_immune_syst

â??The researchers found that controlled short-term fasting in mice, no more than 48 hours each cycle, improved the effectiveness of radiation and chemotherapy in treating gliomas. Despite the extremely aggressive growth of the type of brain tumor studied, more than twice as many mice that fasted and received radiation therapy survived to the end of the trial period than survived with radiation alone or fasting alone.â?•

default watermark

http://news.usc.edu/41212/fasting-makes-brain-tumors-more-vulnerable-to-radiation-therapy/

Shiitake mushrooms

Shiitake mushrooms (cooked) may increase B cells which tag foreign invaders & increase long term immunity & modulation

Elderberry-colds, flu, cancer&HIV/AIDS(Israel Hasassahâ??s Oncology Lab)

At the Bundesforschungsanstalt research center for food in Karlsruhe, Germany, scientists conducting studies on Elderberry showed that elderberry anthocyanins enhance immune function by boosting the production of cytokines. These unique proteins act as

messengers in the immune system to help regulate immune response, thus helping to defend the body against disease.

Only cooked berry part of Sambucus nigra not poisonous

Epstein-Barr virus-

Herpes, shingles, chicken pox, mononucleoisis, EBV, CMV, Karposiâ??s sarcoma

There are nine distinct herpes viruses which cause disease in humans:

default watermark

HHVâ??1 Herpes simplex virus-1 (HSV-1) oral
HHV-2 Herpes simplex virus-2 (HSV-2) genital
HHV-3 Varicella zoster virus (VZV) shingles & chicken pox
HHV-4 Epstein-Barr virus (EBV)
HHV-5 Cytomegalovirus (CMV) mononucleosis-like symptoms
HHV-6A Roseolovirus
HHV-6B Herpes lymphotropic virus
HHV-7 Pityriasis Rosea
HHV-8 Kaposiâ??s sarcoma-associated herpesvirus cancer of lymphatic epithelium

Source: Boundless. â??Double-Stranded DNA Viruses: Herpesviruses.â?• Boundless Microbiology Boundless, 03 Jun. 2016. Retrieved 19 Jan. 2017 from https://www.boundless.com/microbiology/textbooks/boundless-microbiology-textbook/viruses-9/dna-viruses-in-eukaryotes-127/double-stranded-dna-viruses-herpesviruses-652-7104/

EBV symptoms are often chronic fatigue syndrome, fibromyalgia, & autoimmune disorders.

Weariness, weakness and tiredness
Nasal congestion
Mild muscle aches
Sciatica
Neuritis
Disorders of the nerves
Insomnia
Nervousness
Anxiety
Irritability

http://hubpages.com/education/Lysine-for-Treating-Epstein-Barr-Virus-and-Chronic-Fatigue-Syndrome-Symptoms
http://www.sparkpeople.com/myspark/team_messageboard_thread.asp
http://www.healthy.net/Health/Article/Chronic_Fatigue_Syndrome/910

default watermark

Lysine

The herpes virus needs arginine, an amino acid found in a lot of foods, to grow. The amino acid that kills the herpes virus is lysine, also found in a lot of foods. Killing the herpes virus appears to be a balance of lysine vs arginine intake. During an outbreak, avoiding foods with arginine should slow viral replication.

Foods that have more arginine than lysine:

nuts: peanuts, walnuts, hazelnuts, Brazil nuts, pecans, almonds may have the most arginine
seeds: sesame seeds, pumpkin seeds may have the most arginine
Grains: wheat, oats, rice may have the most arginine
fruits: grapes/raisons/wine/grape juice, blackberries, blueberries, tomatoes, grapefruit and oranges (including juice)
soy/tofu

Caffeine
Chocolate
Onions and garlic

During an outbreak, eating foods with lysine should help kill the herpes virus.

Foods that have more lysine than arginine:

Yogurt
Fish (not shellfish)
Meat including beef, lamb, chicken, turkey
Organic cheese and milk
stone fruit: (mango, apricots, cherries, avocados, papaya), apples, pears, figs and pineapples

default watermark

http://www.livestrong.com/article/280245-shingles-and-lysinearginine-foods/
http://www.eatdrinklivewell.com/the-chicken-pox-diet-2/

Alkalyzing the diet

Making the body more alkaline may help. Fruits (except citrus), vegetables, grains, beans (including tofu), lean poultry and fish can make the body more alkaline vs acid-producing foods like alcohol, coffee, refined sugars, citrus fruits, refined flour products, oils and fats.

http://www.healthy.net/Health/Article/Chronic_Fatigue_Syndrome/910/

Lysine powder/capsules

Internal:
There is no larger or more concentrated source of lysine than lysine powder. Taking 1/4 ts or 500mg in a lysine capsule every one to two

hours has killed my & people I knowâ??s cold sores (HHV-1) in a day & peopleâ??s shingles (HHV-3) in a day that I know.

Topical:
Breaking open a capsule & mixing it just a little with the solvent DMSO (in the DMSO cap), which used topically also carries it very fast through the skin, killed my latest outbreak in a few hours. Vegetable oil may be an effective if slower substitute for DMSO.

Lysine safety

To treat EBV people have reportedly taken 1000mg of lysine three times a day for six months safely. Parkinsonâ??s patients have taken over 4000mg per 100lbs body weight daily safely. Side effects of too much lysine can be diarrhea, nausea, and stomach pain. Lysine supplementation increases absorbtion & retention of calcium if taken together. People should see their doctor before taking lysine if they already have too much in their blood or urine from a special condition, or have kidney or liver impairment. For these people, treating lesions topically with the very small amount of lysine needed with the DMSO might be the safest treatment.

default watermark

Lysine should not be taken with these drugs for safety reasons:

gentamicin (Garamycin);
tobramycin (Nebcin, TOBI);
amikacin (Amikin);
kanamycin (Kantrex);
netilmicin (Netromycin);
neomycin (Mycifradin, Neo-Fradin, Neo-Tab);
netilmicin (Netromycin);
streptomycin; or
tobramycin (Nebcin, Tobi).

http://hubpages.com/education/Lysine-for-Treating-Epstein-Barr-Virus-and-Chronic-Fatigue-Syndrome-Symptoms
https://www.drugs.com/npc/lysine.html
http://www.emedicinehealth.com/drug-lysine/page3_em.htm
http://aminoacidstudies.org/l-lysine/

Lysine. Review of Natural Products. Facts & Comparisons [database online]. St. Louis, MO: Wolters Kluwer Health Inc; February 2011.

So how many of these types herpes viruses does lysine work against?

default watermark

Perhaps all of them. Lotâ??s of blogs & research studies show lysineâ??s efficacy against most of these herpes virus types. Taking up to 4g/day as Parkinsonian patients have done safely might kill an outbreak of any of the herpes viruses, if they are all as vulnerable as HH1, HH3, & HH4 have shown.

Chronic fatigue syndrome

As some of the side effects of EBV are similar to chronic fatigue syndrome, taking very inexpensive lysine capsules- as long as there are no of the above contraindications- may help if it is EBV.

http://hubpages.com/education/Lysine-for-Treating-Epstein-Barr-Virus-and-Chronic-Fatigue-Syndrome-Symptoms
http://www.healthy.net/Health/Article/Chronic_Fatigue_Syndrome/910
http://www.vitality101.com/health-a-z/Infections-treating_hidden_viral_infections_cfs
https://www.victoriahealth.com/category/L-Lysine/302

Daily lysine supplementation? Avoid arginine?

Both lysine & arginine are needed for our immune system, recovering from injuries and reducing anxiety. If taking lysine & avoiding arginine works to immediately stop an occasional herpes outbreak, then people may be able to choose to avoid unnecessary lysine supplementation or arginine avoidance when not in an active infection maintain the essential balance of these two necessary amino acids.

For people whoâ??s immunity is lower because of AIDS, other diseases, or medications, taking lysine prophylactically may prevent life threatening infection outbreaks & complications.

default watermark

If an outbreak usually happens at the end of fighting a different viral or bacterial infection, then it makes sense (to me) to stop eating nuts when I get sick and to start taking lysine preventively, for at least a couple days after the infection is over.

Singh BB, Udani J, Vinjamury SP, Der-Martirosian C, Gandhi S, Khorsan R, Nanjegowda D, Singh V. â??Safety and effectiveness of an L-lysine, zinc, and herbal-based product on the treatment of facial and circumoral herpes.â?• Altern Med Rev. 2005 Jun;10(2):123-7.

http://pharmascope.org/ijrps/downloads/Volume%202/Issue%204/25-121.pdf

Meenu Singh, D. Muralidhara Rao , Shivansh Pande , Sowjanya Battu , Mahalakshmi. K , K. Rajeswar Dutt Medicinal Uses of L-Lysine: Past and Future Int. J. Res. Pharm. Sci., 2(4), 2011, 637-642

www.thepharmajournal.com/vol2Issue4/Issue_june_2013/2.1.pdf Ms Radhika Devi M R, Prof. Dr. Yellina Haribabu, Mrs. Sheeja Velayudhankutty, Mrs. Sosamma Cicy Eapen, Ms Sujitha R Review on: Shingles, Its Complications & Management THE PHARMA

INNOVATION â?? JOURNAL Vol. 2 No. 4 2013

http://www.drwhitaker.com/treating-shingles-naturally/

http://www.wholehealthchicago.com/205/shingles/

http://healthwyze.org/index.php/component/content/article/370-how-to-eliminate-shingles-quickly-and-naturally-using-alternative-holistic-methods.html

http://pharmascope.org/ijrps/index.php/announce/download/209

http://www.webmd.com/vitamins-supplements/ingredientmono-237-lysine.aspx?

default watermark

Psoriasis

This my notes on research through the years on psoriasis & its treatments. You can use it as a
starting point for your own research. Iâ??d research & try the most effective ones first, then the
ones that have so many health benefits they should be taken every day anyway, then the rest.
You never know what will work best for you.
Psoriasis can be life threatening. It can cause a significant increase in heart & kidney problems.
Using topical, local treatments can minimize side effects.

Causes
People with high blood pressure have a 27% greater incidence of psoriasis.

People who take betablockers for six years- 40% higher.

Possibly Avoid?
Use no fragrance sunscreen
Avoid deet
Chlorine may aggravate
Candida, a fungal infection often found in the stomach (lecithin liposomal vitamin C or Candex)
Gluten especially in wheat

Sugar
Dairy
Caffeine

default watermark

What may help in order of possible effectiveness-

Vitamin D3-5000-10,000 IU under the tongue with a meal or vegetable oil (fat soluble) is an immune modulator.

Vitamin D3 topical

R lipoic acid (better than alpha) is an immune modulator and anti-inflammatory that can be used internally as can the anti-inflammatories turmeric (with a little black pepper), inger, astaxanthin, boswellia.

Diatamaceous earth (ingested) may help

Low dose naltrexone is an immune modulator that helps with autoimmune diseases

Royal jelly

Barberry, also called Oregon grape

Pine bark

Olive leaf

Best topical

B & W Burn & Wound ointment (Amish)

DMSO pharmaceutical grade 70%/30% aloe vera (DMSOstore one option)

Oâ??Keeffeâ??s Working Hands hand cream

default watermark

Alpha lipoic or R lipoic acid topical cream

Black seed oil topical rub

Bentonite clay (topical rub)

https://draxe.com/10-bentonite-clay-benefits-uses/

Aloe Vera

Apple Cider Vinegar (ACV) (if skin is not cracked)

Capsaicin

Tea Tree Oil

Bentonite clay

https://draxe.com/10-bentonite-clay-benefits-uses/

Put heavy pressure on skin with palm of hand for minute, then heavy pressure on opposite side
of body

60% increase in eczema if child is given antibiotic amoxicillin or acetominophen (Tylenol) before
one years old, greater if allergies

Eczema (see psoriasis)

default watermark

Eczema is an autoimmune skin condition causing redness & irritation.

Topical treatment?

B & W Burn & Wound ointment (Amish)

Comfrey (allantoin is extract)

Witch Hazel w/rosemary
Baking soda for eczema and rashes
Blood purifying tea
Coconut and Vitamin E Skin treatment
Forskolin Extracts
Safflower Sunshine Psoriasis and Dry Skin Ointment

Internally-

Chamomille 60% as effective against eczema as hydrocortisone cream

http://articles.mercola.com/sites/articles/archive/2015/05/04/chamomile
tea-lowers-thyroid-canc
er-
risk.aspx?e_cid=20150504Z1_DNL_B_art_2&utm_source=dnl&utm_m
ntent=art2&utm_campaign=20150504Z1_DNL_B&et_cid=DM74119&e

Sarsaparilla root blood purifier tea

Topical lemon balm has been shown to reduce redness and itching from infections and eczema.

Eczema can co-occur with heart attacks, strokes, afib, angina.

default watermark

Oral antihistamines are useful for pruritus.

steroids weaken bones & antihystamines increase falls
If antibiotics or acetaminophen is given to a baby under the age of 16 months they have a 60
percent chance of getting eczema
Probiotics
Oatmeal

Ceramides
Licorice root extract
Eucerin

Category

1. Uncategorized

Date Created
December 28, 2021
Author

biggs

default watermark