Autoimmune diseases arise from an overactive immune response of the body against substances and tissues normally present in the body. In other words, the body attacks its own cells.

...are caused by errors in the genes of the cells that make up the immune system.

In patients with an autoimmune disorder, the immune system can't tell the difference between healthy body tissue and antigens. The result is an immune response that destroys normal body tissues.

There are more than 80 types of autoimmune diseases.
An Autoimmune Disease

IS NOT

- A Disease
- An indiscriminate attack on the body’s cells
- An immune system which can’t distinguish between the body’s healthy cells and antigens
- Solely genetic destiny

An Autoimmune Disease ….. IS

- A correct response of the body protecting you from additional toxins or inferior cells
- The body constantly replaces inferior or old cells…. If the raw materials that the body uses to make new cells are toxic or acidic, the new cells will also be toxic. That is why the immune system keeps attacking the cells.

Clean Bowel
Produces Healthy Cells

Toxic Bowel
Produces Less Than Healthy Cells
pH Out of Balance in the Bowel Produces Less Than Healthy Cells

Yeast Overgrowth in the Bowel Produces Less Than Healthy Cells

Chemicals and toxins NOT Filtered Out By The Liver Settle in Less Than Healthy Cells

A Place to Start

- Drink Good Water
- Eat a diet full of fiber, raw vegetables and fruits
- Do cleanses WISELY!!... Bowel first, Liver second
- Balance pH
- Keep Bowels Moving
- Flush out Eliminating system
- Quit consuming toxins... i.e. Processed food, coffee, tea, soda, sugar and chemicals and unnecessary medications

LEAKY GUT SYNDROME

Permeability of the intestinal wall... i.e. Leaky Gut Syndrome, where the toxins in the bowel are absorbed right into the bloodstream and surrounding tissue without being filtered through the liver.
To help combat Leaky gut syndrome
• Clean bowel
• Add Probiotic Eleven
• Fiber
• Build mucosal lining
• Helps bowel become less porous
• L-Glutamine

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