

Autoimmune “Explosion”: AI 101 – Hand Out

Autoimmune Diseases/Conditions – result of autoimmunity causing harm in the body

- Upwards of 100 chronic illnesses which can impact almost every human organ system
- 23.5-50 million Americans (depending on classification system)
 - Est. 75% are in women
- Examples; Lupus, Crohn’s & Colitis, Hashimoto’s or Graves’ thyroid diseases, Celiac, Multiple Sclerosis



Associated to genetics and environmental exposures

Develops over time “manifestation”

Considerations;

- Family history, Ethnicity, Gender, “Unique genotype”
- Environmental exposures – chemicals, bacteria, viruses, mold, heavy metals, smoke/smoking, antibiotics, food
- Intestinal permeability and/or health of microbiome
- Inflammation

Protocol

- Behavior change and/or Lifestyle approach(es)
- Assess nutrition, sleep, stress, emotional health, toxic load

Assessing Information and/or Practitioners

- Consistent themes across data sources, Scientific backing
- Considerate of biases
- Understanding of how to consider practitioner knowledge from seeing patients (i.e. case studies)
- Medical specialties vs. Integrative approaches

Become a self-advocate, Take charge of your health

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