


A Closer Look at AutoImmune Conditions
PRINCETON INTEGRATIVE HEALTH CENTER
MONTHLY SESSIONS



PRESENTERS

- ✘ Helen Law, Ph.D, L.Ac, Dipl. NCCAOM, FAAIM
 - + Ph.D in Natural Health
 - + Licensed Acupuncturist - NY & NJ
 - + Fellow, American Association of Integrative Medicine
 - + NJ Top Docs in Acupuncture for the last 5 years

- ✘ Laura Keiles, ND, CTN, CNW, BCIH, DAAIM
 - + Doctor of Naturopathy, Board Certified Traditional Naturopath and Nutritional Wellness
 - + Board Certified in Integrative Health
 - + Diplomate, American Association of Integrative Medicine
 - + Certified in Clinical Homeopathy

AGENDA

- ✘ Introduction
- ✘ Auto Immune Diseases (ADs) is everywhere
- ✘ How TCM deals with ADs
- ✘ Complementary & Integrative Therapies
 - + Benefits
 - + Cautions
- ✘ Next Steps

AUTOIMMUNE DISEASE ARE EVERYWHERE

- ✦ It has been an alarming increase in recent years of autoimmune diseases
- ✦ Total different kinds of autoimmune are more than 70
- ✦ Ranging from allergies to serious disorders, such as multiple sclerosis, lupus, thyroid disease, diabetes, Crohn's disease and scleroderma.
- ✦ 75% of autoimmune diseases occur in women, most frequently during the childbearing years. Some occur more frequently after menopause, others suddenly improve during pregnancy, with flare-ups occurring after delivery, while still others will get worse during pregnancy.

WHY WOMEN HAS HIGHER RISK FACTOR

- ✦ Gender differences in immunity - women have stronger inflammatory responses than men when their immune systems are triggered
- ✦ Sex hormones - many autoimmune diseases tend to improve and flare along with female hormonal fluctuations
- ✦ Genetic susceptibility - women have 2 X chromosomes in contrast to men's X and Y chromosomes
- ✦ History of pregnancy - fetal cells can remain in circulation in a woman's body for years after a pregnancy

AUTO IMMUNE DISEASES ARE EVERYWHERE

- ✦ 23.5 Million people suffer from AutoImmune Diseases – which cover the key 24 conditions that are well documented.
- ✦ This number could be as high as 50 million when adding in the additional 50-70 ones not as well documented.⁽¹⁾
- ✦ About 25 percent of patients with autoimmune diseases have a tendency to develop additional autoimmune diseases.⁽²⁾
- ✦ It's estimated that 5 to 8 percent of people in the United States are living with an autoimmune disease.

⁽¹⁾ <https://www.aarda.org/autoimmune-information/autoimmune-statistics/>
⁽²⁾ <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3150011/>

PROBLEMS WITH AUTO IMMUNE CONDITIONS

- ✘ Symptoms cross many specialties and can affect all body organs.
 - + Medical education provides minimal learning about autoimmune disease.
 - + Specialists are generally unaware of interrelationships among the different autoimmune diseases or advances in treatment outside their own specialty area.
 - + Initial symptoms are often intermittent and unspecific until the disease becomes acute.

WHAT IS AUTO IMMUNE DISEASE

- ✘ The function of your body's immune system is to protect you against disease and infection.
- ✘ In a healthy person, the immune system will recognize infectious organisms like bacteria and viruses as foreign invaders and attack them. But in some people, the immune system doesn't function correctly, and it mistakenly misidentifies healthy tissues as being foreign, and attacks them as well.
- ✘ This can lead to a variety of conditions, known as *autoimmune diseases*, which can affect different areas of your body.

THE NAMES OF THE ATTACKERS

- ✘ One's you know
 - Celiac disease
 - Crohn's disease
 - Hashimoto thyroiditis
 - Inflammatory bowel disease
 - Fibromyalgia
 - Lupus (also known as systemic lupus erythematosus or SLE)
 - Multiple sclerosis
 - Myasthenia gravis
 - Rheumatoid arthritis
 - Sjögren's syndrome
 - Systemic sclerosis (also known as scleroderma)
 - Type 1 diabetes
 - Ulcerative colitis
 - Vitiligo

THE NAMES OF THE ATTACKERS

- × One's you may not know
 - + Alopecia areata
 - + Ankylosing Spondylitis
 - + Graves' disease
 - + Endometriosis
 - + Narcolepsy
 - + Pernicious anemia (vitamin B12 deficiency)
 - + Primary biliary cirrhosis
 - + Psoriasis
 - + Sarcoidosis
 - + Vasculitis

RISKS FOR AUTO IMMUNE DISEASE

- × GENETICS
 - + Specific genes that are passed down (e.g. DQ2/DQ8 for Celiac Disease)
 - × ENVIRONMENTAL
 - + Weakened immunity and area of body - sarcoidosis
 - × SITUATIONAL
 - + Lupus weakened state promotes Sjogren's, Reynaud's
- To see all the known autoimmune conditions go to <https://www.aarda.org/descriptions-of-diseases/>

RISKS FOR AUTOIMMUNE DISEASE

- × Hormonal
- × Viral or other infectious agent

RISKS FOR AUTOIMMUNE DISEASE

- ✘ It may have a genetic component, but mysteriously, they can occur in families as different illnesses. For example, a mother may have lupus, her daughter diabetes and her grandmother rheumatoid arthritis.
- ✘ The autoimmune diseases almost always have a significant genetic component; in addition many of the diseases in this category appear to have a viral or other infectious agent as a trigger for onset of the autoimmune status.
- ✘ Autoimmune diseases are chronic disorders that have been difficult, and often impossible, to cure.

WHAT ARE THE CURRENT MEDICAL METHODS

- ✘ Anti-inflammatory Medications
- ✘ Immune-inhibiting Medications
- ✘ These drugs are only meant to be used short-term
- ✘ So far the medical research is far away from finding reliable treatments, and even where some success has been attained, there are limitations.

WHY ARE SUFFERERS SEEK OUT CHINESE MEDICINE TREATMENTS

- ✘ 1) Standard anti-inflammatory medications cease to be effective
- ✘ 2) or, they must discontinue due to side effects
- ✘ 3) or, when the medicine fail to address the issue of sub-clinical infection and toxic chemical exposure as a root cause of autoimmune disease.

TCM AND AUTOIMMUNE DISEASES

- ✘ The closest concept in TCM regarding autoimmune diseases is the idea of a pathogenic force was trapped inside the body, or by providing conditions that would invite such a pathogen to remain in the body, so that a disease would continue far longer than it should.
- ✘ Body's own qi merges with that of the pathogen; analogy: oil poured into flour, can't be separate.
- ✘ The underlying contributor to disease is the body deficiency prior to the initiation of the autoimmune disease.

TCM AND AUTOIMMUNE DISEASES

- ✘ All diseases are very different and must be treated according to their specific pathology and patterns
- ✘ Chinese medicine classifies diseases in two broad categories:
 - + 1) external contractions caused by exterior factors: wind, cold, damp, heat, summer heat, and dryness; and
 - + 2) internal damage: caused by emotional excesses and taxation from poor diet, lack of rest, overwork and immoderate sexual activity.

TCM AND AUTOIMMUNE DISEASES

- ✘ **Lifegate fire (Ming Men Huo)** is like the pilot light that maintains the metabolic heat of the organism. It is the fire of the lower burner.
- ✘ If this fire is too weak, **Kidney Yang and/or dual Sp/Kyang deficiency** may develop, leading to cold and sore Lower back and legs; clear copious urination, and diarrhea with undigested food.
- ✘ This Lifegate fire is disturbed by overexertion, overwork, alcohol, smoking, recreational drugs, prescription drugs, excessive sexual activity and late-night partying.
- ✘ When this Lifegate fire is disturbed, it attacks the Original Qi (like your savings bank account). This Original Qi = Da Qi (lungs) + Food Qi (Spleen) + Jing/essence (Kidney)

TCM AND AUTOIMMUNE DISEASES

- ✦ This Yin Fire slowly wastes Qi, Blood and Fluids over time.
- ✦ In addition, the harmonious interaction of the Defense is lost, leaving the exterior unstable and exposed to attack by external pathogens.
- ✦ Since there is no Yang Qi to sustain the defense, the body cannot withstand wind and cold.
- ✦ The strategy of treatment now is to supplement the Spleen and Stomach to treat seasonal allergies, rhinitis, sinusitis and frequent colds as well as for the treatment of the 'modern' conditions as MS, ALS, and Parkinson's disease.

TCM AND AUTOIMMUNE DISEASES

- ✦ The core of this approach involves healing the Spleen and Stomach, specifically the function of separating the clear and turbid, restoring the normal ascending function of the Spleen and descending function of the Stomach and Intestines.
- ✦ It also involves eating a proper diet, called the 'clear-bland' diet, based on natural foods with no artificial additives or excessive condiments or flavor, and regulating lifestyle and emotions to emphasize peace in one's life.

TCM AND AUTOIMMUNE DISEASES

- ✦ Chinese medicine can be very helpful in the long-term management of patients.
- ✦ For the long-term treatment strategies, we need to determine the location, strength, duration and direction of the autoimmune disorder.
- ✦ The strategies would be to 'change the direction' of the disease.
- ✦ We need to direct the disease outwards, away from the yin interior, and towards the yang exterior to prevent the disease from lodging itself in the blood, fluids and/or yin viscera.
- ✦ According to TCM, diseases have 'exit routes' through the yang channels, and their associated bowels, and most treatment strategies are designed to take advantage of these exit routs, as diseases cannot directly exit from the yin viscera, blood or fluids.

TCM AND AUTOIMMUNE DISEASES

- ✘ Chronic diseases transform according to natural cycles, such as seasonal changes. They transform, aggravate, worsen or move towards remission. When the correct qi is strengthened, it can keep the disease in check, leading to a more optimum level of functionality and stability.
- ✘ It is possible to help our patients with autoimmune diseases return to a healthier, normal life with Chinese medicine, but we need to be very detailed and observant in our diagnosis and treatment strategies. The reward of effective Chinese medical treatment is to create a better quality of life for our patients, and increased recognition of the efficacy and safety of Chinese Medicine.

THE LINK BETWEEN THE MICROBIOME AND AUTOIMMUNE DISEASE

- ✘ Dr Perlmutter, author of "Grain Brain" and "Brain Maker"

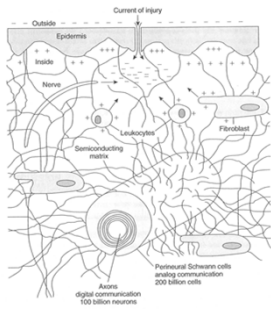
HEALTH IS NOT JUST THE ABSENCE OF DISEASE

- ✘ Your doctor's blood work showed all tests are normal = Healthy?
- ✘ But feeling fatigue, lack of energy, insomnia, achy all over
- ✘ Pain is an important signal
- ✘ Warning light in your car
- ✘ Body's warning light, don't ignore it
 - + Especially when it comes to immune issues

WHAT IS ACUPUNCTURE ?

- + Affects every major system of the body
 - + It relieves pain and reduces intensity of chronic pain
 - + It reduced inflammation
 - + It restores homeostasis and balances hormones
 - + It promotes blood flow and increases circulation
 - + It stimulates healing mechanism and restores function
 - + It releases natural painkillers
 - + It relaxes the whole body and regulate serotonin in the brain
 - + It reduces stress and calms the anxiety
- TCM treats disease from the root cause not merely the symptoms

HOW DOES IT WORK



- Acupuncture points are areas of designated electrical sensitivity
- Inserting needles at these points stimulates various sensory receptors that, in turn, stimulate nerves that transmit impulses to the hypothalamic-pituitary system at the base of the brain
- Hypothalamus-pituitary glands are responsible for releasing neurotransmitters and endorphins (the body's natural pain-killing hormones)
- It is estimated that endorphins are 200 times more potent than morphine

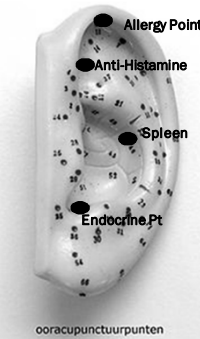
Article in Discover Magazine (**Needles & Nerves**, Sept 01, 1998)

FREQUENCY SPECIFIC MICROCURRENT

- × Pairs of frequencies of microampere-level electrical stimulation are applied to acupuncture points as well as myofascial trigger points on the skin of a patient via probes or gel electrode patches.
- × **For systemic issues pads and or probes are placed on hands and feet and signals are sent to neutralize the inflammation.**
- × **Injuries to bone, ligament, tendon, cartilage, muscles, connective tissue, or scar tissue are addressed similarly.**



AURICULAR THERAPY FOR IMMUNE ISSUES



Key points on the ears can help manage immunity through out the body:

- Allergy Point
- Anti Histamine Point
- Spleen
- Endocrine Point

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FOODS THAT CAN IMPACT AUTO IMMUNITY

- ✘ Glutens – Grass family plants
 - + Biggest Culprits - Wheat, Rye, Corn, Barley
 - + Least likely culprits – Millet, Rice
 - + Pseudo-grain options – Quinoa, Amaranth, Buckwheat
- ✘ Dairy
- ✘ Salicylates – found in fruits and vegetables
- ✘ Histamines – e.g. fish, strawberries
- ✘ SUGARS!

NEXT STEPS

- ✘ Talk to your orthopedist or primary practitioner if you are interested in adding complementary therapies.
- ✘ Do your homework
 - + Update your blood work/tests
 - + Keep a weather log as we can be 'barometers'
 - + Keep track of your food/supplements/medicines and how effective it is

NEXT WORKSHOPS ARE

- ✦ JUNE 27 – A closer look at Autoimmune Conditions
- ✦ JULY 25 – All about Aromatherapy
- ✦ AUGUST – Men’s & Women’s Health

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