

A Guide to Understanding and Healing an Autoimmune Disorder*

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***Abstract**

OVERVIEW:

An autoimmune disorder is a disease that occurs when the body mistakenly attacks normal healthy tissue instead of a pathogen or other infectious agent. The immune system can no longer detect the difference between healthy and hostile body tissue. Our normally beneficial immune system becomes hypersensitive (similar to an allergic response) thus, destroying healthy tissue in varied parts of the body. According to autoimmune statistics, over 50 million people in the U.S. have an autoimmune disease with 80+ variations. It is 78% more common in women than men, making it the 8th leading cause of death in women.

WHO AND WHY:

The first step in finding a cure is to understand how an autoimmune disease works. Generally, all autoimmune diseases have similar components that work together to manifest symptoms in some people, while others can have the gene and never become symptomatic. There are four pre-existing conditions that must all exist together for autoimmune diseases to develop.

1. GENETIC PREDISPOSITION

Over the past 50 years, researchers have made a strong correlation between human leukocyte antigens (HLA for short) and autoimmune disease, which may determine who develops an autoimmune disorder and who does not.

Examples are:

Celiac disease, the genes are HLA DQ2/DQ8.

Rheumatoid Arthritis, Type 1 Diabetes and Graves disease: HLA-DRB1, DQA1-DQB1

Multiple Sclerosis is linked with Epstein Barr Syndrome and HLA-C

Hashimoto's is associated with various HLA genes that differ in populations.

Ankylosing spondylitis is associated with HLA-B27

There are many more.

2. EXPOSURE TO ENVIRONMENTAL TRIGGER

Only 20-30% of people manifest an autoimmune disease. It depends on the amount of toxins your system is subject to. Genes determine how sensitive your immune system is but doesn't mandate its effects.

Autoimmune specific examples are: In Celiac disease, the environmental trigger is gluten. In Rheumatoid Arthritis and Ankylosing Spondylitis there is a strong correlation between cigarette smoke and the onset of diseases. Systemic Sclerosis has been associated with occupational exposure to silica dust that arises from crystalline quartz/silica. There are many more.

3. LEAKY GUT

80% of the immune system resides in the gut. The gut has more neurotransmitters than the brain. You might be genetically susceptible AND be exposed to a host of environmental triggers, but in most cases, you won't develop an autoimmune condition unless you also have a leaky gut. When there are unintentional openings in the intestine, toxic food particles and waste enter the bloodstream and trigger immune responses which then can trigger an autoimmune response.

4. CHRONIC STRESS

Research has found chronic mental stress and/or extreme emotional distress to be a trigger for autoimmune diseases. Many people noticed the onset of their health problems during a rough time in their life. Caring for an aging parent, the loss of a loved one or a divorce can be the tipping point for an autoimmune response.

In my personal case, it was being a self-employed Holistic Health practitioner, teacher of Traditional Chinese Medicine, single mother of a teenage daughter, straight A student at UC Davis AND going through a divorce with a house in foreclosure. Life happens, and we must keep happening with it. Sometimes all we can do is keep up with the challenges. However, it is times like these that our health suffers. I learned that despite all my knowledge and study, I was not immune to chronic illness. Since this time, I have taken my health into my own hands and developed a healing protocol that cured me, despite my doctors' protestations that it couldn't be done. I look forward to using my years of study and pain to help you heal in a fraction of time. Click [here](#) for a personal consultation to free you from pain, AND receive a free copy of the entire Guide to Understanding and Healing an Autoimmune Disorder!