

# Factors Involved In Auto-Immune Disorders

## Effective, Natural Treatment Protocol

by John Claydon D.Hom

Two of the worlds best herbs for balancing the Immune system in auto-immune conditions have been found and put together in a combination called Immucalm The herbs are Kalawalla and Liquorice

[For full details click here](#)

For persons with *extremely* high blood pressure or if pregnant, it is advised to avoid liquorice, more details of this are given in the [liquorice article](#). If you decide to avoid liquorice, [Kalawalla herbal capsules are available](#)

### **Vitamin D.**

Essential to aid the immune system and many biochemical processes including the utilisation of calcium and magnesium. Its deficiency is almost universal in northern climates and even more so since the introduction of sun screen. Its deficiency has been linked strongly to auto-immune diseases. Furthermore the dose recommendations in the past were grossly underestimated. At least 2000IU a day is recommended. Introducing this will have a general calming, strengthening and healing effect allowing any other remedies to work more completely [For article click here](#)

Vitamin D Safety Issues

In the past there were reports of toxicity of higher doses. Further investigation has found that most or all of these were for Vitamin D2, ergocalciferol. Vitamin D3 or cholecalciferol is the form natural to the body. And is not toxic, in doses below 10,000 IU.

**In very rare cases persons can be hypersensitive to Vitamin D**, and is usually confined to persons with such conditions are sarcoidosis, oat cell carcinoma of the lung, and non-Hodgkin's lymphoma—although other illness, such as primary hyperparathyroidism, can cause the syndrome. Periodic measurements of 25(OH)D levels and serum calcium will alert the physician to the need to do more tests, such as 1,25(OH)2D3 or PTH. For full details of safety, dose and therapeutic potential see full product information [click here](#)

**Colloidal Silver.** Infections of various types, known and unknown (Usually Candida fungal infection) contribute to auto-immune disorders. Eliminating chronic infections is essential to achieve freedom or at least amelioration from your auto-immune disorder. Colloidal silver will, if used over a sufficient period of time wipe out the chronic infections that go along with virtually all cases of auto-immune disorders. It also has its own calming effect on auto-immune reactions. [Colloidal Silver](#) comes as a water based spray, and by spraying in the mouth every hour or so, the need to purchase large amounts is eliminated.

### **[Olive Leaf Extract Capsules](#)**

These also eliminate most infections including Candida. They work more actively on the bowel than colloidal silver, so we suggest 2 to 4 weeks use of these and longer term use of colloidal silver. They may be taken in combination with each other.

### **Iodine**

Iodine is a tremendous therapeutic agent for all health supplement programs, and this definitely includes auto-immune disorders. It has the ability to destroy pathogenic micro-

organisms of all types, fungi, bacterial, viral and parasitical that support the continuation of auto-immune disorders as discussed below (Dr Truss and Walter last excerpts)

All the Iodine information is taken from the article that is recommended reading for details of safety of use , dosage, and range of therapeutic action. [For the full Iodine article click here](#)

*" Iodine is able to penetrate quickly through the cell walls of microorganisms. Iodine is a deadly enemy of single cell microorganisms thus it can be our best friend. Iodine was not available to these life forms at the beginning of evolution and it was not until seaweed concentrated it did it become involved in higher life forms. It is for this reason that the simplest level of life cannot tolerate iodine. Iodine kills single celled organisms by combining with the amino acids tyrosine or histidine when they are exposed to the extra-cellular environment. All single cells showing tyrosine on their outer cell membranes are killed instantly by a simple chemical reaction with iodine that denatures proteins. Nature and evolution have given us an important mechanism to control pathogenic life forms and we should use it and trust it to protect us in ways that antibiotics can't. As we shall see directly below, so powerful is iodine in a protective sense that it also helps us rid the body, not only of harmful chemicals and heavy metals, but also rids the body of abnormal cells meaning it qualifies as an anticancer agent. "*

### **(1) Dr Orian Truss**

In 1953 Dr Orian Truss discovered the devastating effects of antibiotics in an Alabama (USA) hospital. During a hospital round Truss was intrigued by a gaunt, apparently elderly man who was obviously dying. However, he was only in his forties and in hospital for four months. No specialist had been able to make a diagnosis. Out of curiosity Truss asked the patient when he was last completely well. The man answered that he was well until six months before when he had cut his finger He had received antibiotics for this. Shortly afterwards he developed diarrhea and his health deteriorated. Truss had seen before how antibiotics cause diarrhea. It was known that Candida was opportunistic and thrived in debilitated patients, but now Truss wondered if it might not be the other way round, that Candida actually caused the debilitated condition.

He had read that potassium iodide solution could be used to treat Candida infestation of the blood. So he put the patient on six to eight drops of Lugol's solution four times a day and soon the patient was again completely well.

Soon afterwards he had a female patient with a stuffy nose, a throbbing headache, vaginitis and severe depression. To his amazement all her problems immediately cleared with Candida treatment. Some time later he saw a female patient who had been schizophrenic for six years with hundreds of electroshock treatments and massive drug dosages. He started treating the woman for sinus allergies with a Candida vaccine. Soon she had recovered mentally and physically, and remained well.

From then on he treated his patients against Candida at the slightest indication of its presence. Many of his patients made remarkable recoveries from most unusual conditions including menstrual problems, **hyperactivity, learning disabilities, autism, multiple sclerosis and auto-immune diseases such as Crohn's disease and lupus erythematosus.**

### **(2) Walter Last**

Lack of energy and digestive disturbances, arthritic joint pains, skin disease, menstrual problems, emotional instability and depression. All symptoms of what I call the 'antibiotic

syndrome' which have greatly increased in frequency in recent years. On further examination, more symptoms may be discovered. Most of the gastro-intestinal tract is tender when pressed, especially the small intestine, liver and gall bladder. There may even have been a gall bladder operation that failed to improve the condition, sometimes even worsening the symptoms. There could be a history of thrush or oral, anal or vaginal itching. When these are present the diagnosis of Candida is obvious but it may also be present in the absence of these manifestations and that can be somewhat confusing. The yeast or fungus *Candida albicans*, of course, thrives during antibiotic treatment. I regard it as reckless negligence to prescribe antibiotics without simultaneous fungicides and replacement therapy with lactobacilli afterwards. I believe that this practice has greatly added to our vast pool of a chronically sick population.

However, the 'antibiotic syndrome' is not just due to Candida. I regard it more generally as a 'dysbiosis' where the wrong kind of microbes inhabit the intestinal tract, not just Candida and other fungi, but many types of pathogenic bacteria including coli bacteria which are normal in the colon but become disease-forming when they ascend into the small intestine. If the problem has existed for years, there is usually a lack of gastric acid (One consequence of Iodine deficiency ed.) which then allows the stomach to be colonised by microbes, causing inflammation with pain and later, ulcers. The toxins released by the microbial overpopulation cause in addition chronic inflammation of the liver, gall bladder, pancreas and intestines. I regard it as rather likely that a chronic inflammation of the pancreas is a major contributing factor in the development of insulin-dependent diabetes.

### **Bacterial attack**

"Specific types of pathogenic bacteria appear to cause or contribute to specific auto-immune diseases".

One variety of coli bacteria, for instance, produces a molecule that is very similar to insulin. When the immune system becomes activated against this molecule it may then also attack related features at the **beta cells of the pancreas**. (Diabetes)

Another type of bacteria, *Yersinia enterocolitica*, induces an immune response that attacks the thyroid gland and leads to **Grave's disease** with a serious overproduction of thyroid hormones. **Ulcerative colitis** is linked to overgrowth with pathogenic microbes, the same as **Crohn's disease, osteoporosis and ankylosing spondylitis**. In ankylosing spondylitis the vertebra of the spine fuse together causing stiffness and pain. Other joints may in time become affected.

*Klebsiella*, another type of pathogenic bacteria, produces a molecule that is similar to a tissue type found in people with this disease. When *klebsiella* numbers in the gut decrease, related antibodies in the blood decrease and the condition improves.

**Rheumatoid arthritis** is linked to other bacteria, called proteus. Proteus is also a common cause of urinary tract infections. Women suffer **urinary tract infections** as well as rheumatoid arthritis twice as often as men, while men usually have higher levels of *klebsiella* and three times more ankylosing spondylitis than women.

In addition microbial overgrowth damages the intestinal wall so that only partly digested food particles can pass into the bloodstream, causing **allergies**. In this way all auto-immune diseases can be linked to food allergies. While rheumatoid arthritis is a frequent feature of the antibiotic syndrome, and I regard it as relatively easy to cure, not many sufferers of this disease seem to be interested in this natural approach.

Other auto-immune diseases that have so far been linked to dysbiosis are **psoriasis, lupus erythematosus and pancreatitis**. When remedies are given that bind bacterial endotoxins, these conditions usually improve. A further consequence of dysbiosis is susceptibility to food poisoning as with salmonella bacteria, while a healthy intestinal flora prevents these from multiplying and causing trouble.

Staphylococcus aureus or golden staph cause serious infections in hospital patients. It has been found that not only golden staph but also other infections are greatly potentised when they occur with a Candida overgrowth. As Candida overgrowth is a natural outcome of the standard hospital treatment, it is easy to see why golden staph is so deadly in hospitals.

I also see the antibiotic-induced dysbiosis in babies and infants as the main cause of their frequent infections, glue ear and greatly contributing to cot death. While it used to be uncommon for children to have more than one or two infections a year, now more than six is the norm.

In the 1940's Candida was found in only three per cent of autopsies, now the figure is nearer thirty per cent. There are, of course, other factors that can cause dysbiosis - the contraceptive pill, steroids and other drugs, radiation treatment and chemotherapy - but the main culprit is, without doubt, antibiotics.

Closely related to Candida are the mycoplasmas or pleomorphic organisms. These have been shown to be a main factor in the causation of cancer.(Also many other health problems including M.S.) Therefore, antifungal therapy has also major benefits in cancer treatment.

[See also Cancer Winning the Battle](#)

### **Auto-Immune-Dr. David Derry**

#### **Iodine Inactivates the Autoimmune Mechanism**

Derry explains that autoimmune diseases are related to damage to the cells of the thyroid gland, pancreas and other glands. He says that when dead cells enter the blood stream, the proteins are foreign to the body, causing the body's immune system to manufacture antibodies that are capable of attacking normal tissue. With enough iodine in the blood stream, the discarded cells are rendered non-allergic by a coating of iodine.

Editors Note: The use of Lugol's solution to eliminate Candida, and other infections (we also have reports of Iodine eliminating malaria symptoms) may be the most elegant way to treat Candida and other infections. See Regenerative Nutrition's article on [Treating Infections](#) for a more through discussion of the subject, and other options. The concurrent use of [Immunocomplex](#) and [Vitamin C](#) is also suggested whilst clearing infections and beyond, one effect of these are to help the body to detoxify more efficiently and with less unpleasant symptoms. Furthermore [Immunocomplex](#) would appear to be a good complement to Iodine supplementation as it provides selenium, B vitamins and respiratory (mitochondrial) enzymes, these are all complementary to Iodine to restore the metabolism, and help to Organify Iodine so it can be used to normalise thyroid and metabolism. In fact some persons with Thyroid problems will not respond to Iodine alone as they need such complementary nutrients. Unrefined salt such as [Celtic salt](#) and [magnesium](#) are also foundation supplements to help normalise thyroid and the general health and well-being.

#### **For Chronic Infections, including Candida.**

[Lugol's 7%-](#) 24 drops daily for one week, thereafter 12 drops daily until cleared. However take into account considerations such as basal metabolic rate discussed in- [For the full Iodine article click here](#) if continuing 12 drops or more daily for more than two weeks. For

support during Infections and detoxification reactions companion product is [Live cell Immunocomplex](#)

Acute infections may be resolved in shorter periods of time.

See also article concerning the [Non-Toxic treatment of Infections](#)

Iodine in the form of Lugol's reagent has been in use for over a 100 years. It's use is well known in conventional medicine today as an external anti-septic. Unfortunately the truth about its safety, used internally, at amounts sufficient to kill germs and harmful micro-organisms of all types has been suppressed. Iodine used internally is a 'God-send' in the sense it has supportive roles for the human physiology that are second to none. So it's use as an anti-septic will be complimented by it's many health enhancing properties. Every cell in the body uses Iodine. Iodine in the thyroid gland, not only regulates the thyroid to guard against over and under activity but also serves as a kind of disinfectant store, since a large amount of blood passes through the thyroid, thereby the blood is cleansed of harmful micro-organisms.

[For the full Iodine article click here](#)

[To order Iodine: 7% Lugol's click here](#)

To help strengthen the correct side of the immune system, help cell oxygenation (by normalising mitochondria) and provide broad-spectrum nutritional support, in turn helping to prevent the return of the chronic infections, we recommend (live cell) [Immunocomplex for full article click here](#)

Next to infection, the other most important and prevalent underlying cause of auto-immune disorders that should be eliminated is heavy metal toxicity, [Click here for article: Health Implications of Heavy metal toxicity](#) These can be eliminated with a combination remedy called [Deep Cell Detox click here for details](#). [See also](#)

The above measures may be introduced incrementally or more than one at a time. If we introduce them all at once the detoxification and impetus for general metabolic change may be too strong for weaker, sensitive, and more toxic individuals. On the other hand, one of the functions of Immunocomplex is to make detoxification more efficient and easier, so for example whilst detoxifying from the 'die-off' of harmful micro-organisms such as Candida, the combined use of Immunocomplex can ease and speed the detoxification process. On the other hand the very sensitive person may choose to introduce Immunocomplex slowly into the above regime.

In general we suggest starting with Immucalm and Vitamin D. After about two or three weeks add colloidal silver and Immunocomplex. These are approximate guidelines and many persons will choose their own time for the incremental additions of the treatment programme. Proper salt and Ionic minerals can also be introduced from day one. (Discussed below)

Beside these targeted measures for auto-immune disease, there are basic nutritional factors that should not be overlooked. The whole modus-operandi of combined herbal and nutritional healing is to provide targeted *and* holistic support. This means that overcoming basic nutritional deficiencies and errors, alongside providing the targeted approach will provide the very best therapy. The aim is to get as completely well as possible. Why miss out of something as simple as the correct oils and salts for basic functioning of the body? The biggest stumbling block here is misinformation about oils and salts from the mass media and that includes the vast majority of mainstream Doctors who do not receive any independent nutritional education.

**Correct Oils.**

One of the most disruptive things one can do for ones health is to ingest the wrong type of oils as oils are so essential to the bodies correct functioning. These unhealthy oils include all heated vegetable and seed oils, all hydrogenated and processed oils, margarine etc. These harden in the blood vessels and within the delicate oily cell membranes, interfering with basic cell biology. It is raw oils and fats that the body requires for its basic functioning. Oils of different types can be used as long as they are unheated. The most important oils come from nuts and seeds, e.g. sunflower seeds, walnuts, brazil nuts. A handful a day will gradually feed into the cell membranes, and if there are hardened (Trans-fats) fats/oils around the cell membranes, raw oils will gradually dissolve them. If you purchase bottled oils then [Black Seed Oil](#) or Hemp oil may be used, however Black seed Oil has special deep cleansing effects, and also helps to balance the immune system. For more information see: [The Dramatic Importance of Essential Fatty Acids \(EFAs\) and Facts that May Contradict What You Have Already 'Learned'](#)

## **Salt**

You have probably heard that too much salt is bad for the health and we should avoid it as much as possible, maybe you feel a little guilty when adding salt to food.

There is gross miss-information about the value of salt consumption, most of this stems from ignorance- highly refined table salt can in fact be toxic or at least irritating to the body, this however is not 'true' salt in its most complete unprocessed natural form, this type of salt is in fact essential for the metabolism to work properly. The way to identify a complete salt is its magnesium content; this should be at least 0.7%. Unfortunately, virtually all 'natural sea salts' fail in this regard, and contain only about 0.1%. As sea water evaporates, the first of the many salts and minerals to crystallise out is almost pure sodium chloride. This is usually scooped up and put aside for drying. The more soluble salts and minerals, collectively termed the bitterns, containing largely magnesium chloride and then followed on in lesser amounts all the minerals and trace elements in the planet, totaling up to about 90 in all are, by in large, left behind. All these minerals and trace elements have a balancing effect on the sodium chloride, and many of them have important regulatory functions on the metabolism. This is hardly surprising when you consider that we have about three times as much extra-cellular fluid as the blood and the mineral and salts composition of the extra-cellular fluid closely matches the amitotic fluid and sea water from where our species evolved.

A concentrate of sea water is available as Ionic minerals and trace elements, 5 mls daily added to water is a good stabiliser, supports hydration and general wellbeing. [Click here for details](#) And for the most complete unprocessed natural form of salt: [Celtic Sea salt click here for more info](#)

Indecently, the vast majority of persons who take full spectrum salts, if they have high blood pressure it goes down and if low blood pressure it goes up. The magnesium in Celtic salt and even more so in Ionic minerals, tends to remove excess refined sodium chloride trapped in the tissues.

## **Simple dietary Guide.**

To achieve optimum health the diet needs to be healthy. However there are many conflicting ideas about what is a healthy diet. It is a shame that the many years of research on the diet and related health of groups of individuals around the world, and their subsequent rapid deterioration of health when they changed to modern foods i.e processed foods, has not been made more widely known. There are many theories and ideas about what foods are healthy or unhealthy, much of which is propagated by the food industry. Theories are one thing, but real life is the revealer of truth. This monumental work was undertaken in the 1930's by Dr Western Price [for more information click here](#).

Having tried various diets for health over the years and looked at all the contradictory advice, I feel the main thing is to consume only unprocessed whole food. If consuming grains in any form they should be whole grains, i.e. not white. Processing should be minimal and traditional, e.g. butter is a traditional food. [Click here for a discussion about the cholesterol myth](#) Cooking methods should also be adjusted to maximum nutrient retention and minimal damage [for more information click here](#).

Also bear in mind that the ideal diet for you is dependent to some extent on your blood group and your constitution and the climate and time of year. Don't adopt set diets, it is up to yourself to find what suits you best, taking into account what is wholesome food and what is the best cooking (or raw) method for health.

Food intolerances, due to habitual consumption of certain foods are often important to identify and eliminate. This is discussed in the article [The Herbal & Naturopathic Treatment of Digestive Disorders](#)The information contained in that article about food intolerances is pertinent to most chronic disease, and not just to digestive disorders.

### **How Long Before An Improvement Can Be Expected?**

This depends very much on the length of time you have had the condition (But not necessarily the severity) and your individual health profile such as the amount of internal toxemia, organ degeneration etc. Some individuals will start to improve within about a week, typical cases should begin to improve in about a month. Cases with complications, such as rheumatoid and osteo-arthritis will take longer due to damage of the joints, however the disease will often stop progressing within a few weeks. These issues are affected by the quality of the diet, the existence of ongoing stress and the amount of rest, sleep and exercise. Once improvement has set in, it is vital to continue with the main thrust of the programme to remain at optimum health.

There is more information concerning individual auto-immune (and other health disorders) disorders in the health disorders of the regenerative Nutrition Website [for more information click here](#)Examples are: Arthritis both osteo and especially rheumatoid are now considered auto-immune disorders. Boron and other nutrients are useful in resolving these conditions. Multiple Sclerosis is a auto-immune disorder, and as there is scar tissue damage in many cases, [Serrapeptase](#) can be used to help remove the scar tissue, and help reduce inflammation, along side the rest of the auto-immune protocol of course.

For an article on suggestions of how to combine nutritional supplements to provide full-spectrum supplementation see the [Core Regime click here](#)

### **List of Auto-Immune Disorders**

Auto-immune diseases include, but are not confined to; Osteo-arthritis, Rheumatoid Arthritis, also the rarer forms of arthritis e.g. Reiter's, Behcet's and Sjogrens Syndromes, Ankylosing Spondylitis, (for all arthritic diseases Boron has been found to be very effective therapy; see the article [The Wonder of Boron](#)), various types of back pain that may be related to an arthritic process, migraine and cluster headaches, Carpel Tunnel Syndrome, Fibromyalgia, M.E. (Chronic Fatigue syndrome) Lupus, painful jaw syndrome, Neuralgia, back and foot pain of undetermined origin, silicone breast disease, Crohn's Disease, Myasthenia Gravis, Multiple Sclerosis, Asthma, Psoriasis, Scleroderma, Macular Degeneration, Hypertension, Sciatica, Diabetes, prostrate inflammation, Emphysema, Cystitis especially Interstitial Cystitis, Reynard's disease. Many other chronic health disorders are increasingly being recognized as

having an auto-immune component, including diseases traditionally recognized as 'degenerative' such as Alzheimer's and circulatory disorders.

For any queries you have about overcoming auto-immune disorders please feel free to contact us. [enquires@regenerativenutrition.com](mailto:enquires@regenerativenutrition.com)

Medical herbalist Gerald Green has recently published a book "Breaking Through The Untouchable Diseases" that is now available through Amazon. Please click [here](#) to go directly to the information page about the book at the Amazon website.

If you use artificial sweeteners, then please read the article "sweet poison" [here](#)

*Disclaimer: Regenerative Nutrition advocate a holistic approach to natural health and wellbeing. The body's ability and power to heal depends upon the totality of diet, nutrition, lifestyle and environmental factors. No claims for the cure of any disease is intended, or implied. Always consult a health care practitioner when combating disease states. The statements in this article have not been approved by the FDA*

**Reference website:** <http://www.regenerativenutrition.com/content.asp?id=93>