Natural Remedy for Lupus

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Systemic Lupus Erythematosus

Lupus is classified as an autoimmune disease, since the person's immune system creates antibodies that attack their own body tissues. Lupus is usually distinguished by a butterfly-shape red rash that appears on the nose and cheeks and sometimes over the whole body. When exposed to the sun, the rash will get worse. Ninety percent of lupus occurs in women in their 30's. Systemic lupus can affect primary organs in the body like the lungs, which develop an inflammation in the lining, leading to chest pain. If this is ignored, it can eventually deteriorate into pneumonia.

Symptoms:

- Lupus usually begins suddenly with fever, fatigue, arthritis and/or joint pain, that's why individuals with lupus are frequently misdiagnosed as having rheumatoid arthritis.
- Rash that forms over the nose and cheeks which tends to intensify because of sunlight.
- Severe hair loss.
- Kidney disease is also present in 50% of those with lupus and low white blood cell counts are generally present.

Causes:

- Stress, fatigue, infection, chemicals, and certain drugs can cause lupus.
- Lupus may also result from faulty digestion. An inadequate digestive system will steal enzymes from the immune system to operate, therefore weakening immune function.
- Parasites are associated with lupus. The parasites excrete droppings which interfere with body function.

Natural Remedies:

Natural remedies work to strengthen the immune system and normalize the function the different organs of the body.

- A vegetable juice fast is very helpful in alleviating causes of lupus.
- The diet should be 70% fresh foods. Eat not fats other than flaxseed oil (because of its high-omega-3 content).
- Do regular meditation to relieve stress.
- Enough rest
- Moderate regular exercise can help relieve stress and rid the body of toxins.
- Physical therapy and massage for muscle weakness.
- Add vitamins and minerals such as calcium, vitamin D and folic acid to your daily diet.
- Helpful herbs includes: echinacea, yucca, red clover, pau d' arco and goldenseal.
Avoid:

- Avoid eating alfalfa sprouts, for they contain canavain. Canavain can itself produce a lupus-like syndrome. It is only found in the seeds and sprouts of alfalfa, not in the tops. (Alfalfa tablets help eliminates the disease).
- Do not eat sugar products or high starch foods.
- Do not take birth control pills; they can intensify the lupus.
- Do not take corticosteroid drugs. They weaken the bones and immune system.
- Avoid penicillin, allergenic cosmetics, and ultraviolet rays (especially fluorescent lighting and strong sunlight).

Related Articles

- Lupus Chronic Disease of the Immune System
- Lupus treatment discussion
- Tips for Living with Lupus

Reference website: http://hubpages.com/hub/Natural-Remedy-for-Lupus