

## Autoimmune Conditions

### Examples:

- Chronic Fatigue
- Fibromyalgia (Connective Tissue)
- Lupus
- Type 2 diabetes (Insulin)
- Scleroderma (Skin, Tissue)
- Hemolytic anemia (Blood)
- Hashimoto's disease (Thyroid)
- Addison's disease (Adrenal)
- Autism (Brain)

### AUTOMMUNE INDICATORS

1. Vaccinations: any, including for pets
  - a. MMR (measles, mumps and/or rubella), hepatitis, rabies, tetanus, flu, DPT, etc
2. Mycoplasma - reference Leonard Horowitz
  - a. Biowarfare, irritant to nervous system
3. Lyme, protozoa, Quintana roo, malaria, rickettsia, spirochete, rocky mountain spotted fever, trench fever, glandular fever, borrelia, burgdorferi, amoeba, plasmodium, leishmania – can reside in brain and spinal fluids and are not detected by bloodwork or stool samples; protozoa eat bacteria, often found together
4. Estrogen dominance
  - a. Cold at T2 in thermal imaging
  - b. Address hormones and liver
5. Birth – Incompatible blood types, Rh negative
6. Immune system words – immunoglobulin, neutrophils, monocytes, basophils, eosinophils, lymphocytes, natural killer cells, B-cells, T-cells, cytotoxic T-cells, T-suppressor cells, regulatory T-cells, T-Helper cells, macrophages, antigens, cytokines, interferons (IFN), Interleukin-2, Interleukin-4, Interleukin-6, Interleukin-10, Interleukin-1, Interleukin-12, Interleukin-5, Interleukin-6, TH-2 dominance, TH-1 dominance, colony stimulating factors (CSF), tumor necrosis factors (TFN), interleukin, (IL), interferon gamma, T3 positive cells, immunocompetent NKHT3, IgG, IgM, IgE

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7. Heavy metals
  - a. Mercury
  - b. Lead
  - c. Nickel
  - d. Aluminum
  - e. Cadmium
  - f. Usually related to dental problems or vaccinations
  
8. Dental work
  - a. Root Canals
  - b. Fillings
  - c. Dental Materials
  - d. Specific Teeth/Quadrants
  
9. Emotional issues
  - a. Do not like self
  - b. Do not like aspect of self
  - c. Do not like physical feature of self
  - d. Do not like something you did
  
10. Spinal injury
  - a. Specific with vertebra, nerves
  - b. Spinal energy flow
  - c. Cranial-sacral
  
11. Autonomic nervous system
  - a. Parasympathetic aspects of nerves or nervous system
  
12. Hyper conditions
  - a. Hyperactivity of any organ, system
  - b. IBS
  - c. ADHD
  - d. Anxiety
  - e. Etc
  
13. Hyperplasia
  - a. Swelling or inflammation of any organ or gland
    - i. Thyroid – Hashimoto's
    - ii. Pituitary
    - iii. Skin – Eczema
    - iv. Adrenal – Addison's
    - v. etc

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14. Systemic or chronic influences - not exclusive to autoimmune disorders
  - a. Yeast
  - b. Parasites
  - c. Bacteria
  - d. Protozoa
  
15. Adrenal Exhaustion or Dysregulation – see adrenal stressors handout
  
16. Steroid use – Prednisone, Deltasone, Corticosteroids
  
17. Allergies – Chronic
  - a. Common foods
  - b. Increasing number of allergies
  - c. Hemolytic anemia – allergy to own blood
  - d. Allergy to own body parts, hormones, or secretions
  - e. Allergies to foods eaten regularly (use rotation diet on autoimmune clients)

#### **Four Priorities of Endocrinology**

1. Balance adrenal and blood sugar abnormalities – steady and balanced supply of glucose and adrenal hormone precursors
  
2. Normalize gastrointestinal function and decreasing antigenic exposure – many intimate connections between gut metabolism and hormone metabolism, inflammatory bowel conditions and loss of intestinal permeability increase system inflammation which promotes adrenal stress responses
  
3. Balance essential fatty acid metabolism – metabolized into prostaglandins, imbalances between pro-inflammatory and anti-inflammatory prostaglandins alter healthy hormone receptor site responses
  
4. Enhance detoxification capacities – hormones that are not efficiently cleared from the body have the potential to inappropriately bind and compete with active hormones. In addition, many environmental compounds such as xenoestrogens, dioxins, benzenes, and other compounds may increase oxidative damage, alter feedback loops and alter hormone signaling.

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