

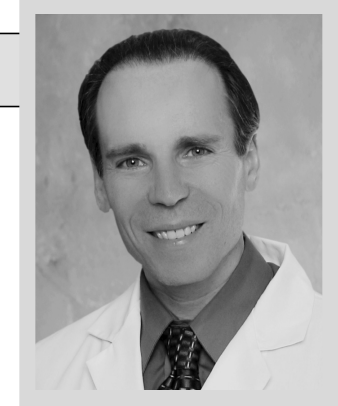
JOEL FUHRMAN, MD

Treating autoimmune conditions naturally

Autoimmune diseases affect 23.5 million Americans, and that number is rising. Autoimmune diseases are one of the top ten leading causes of death for women under the age of 64.1 In autoimmune diseases, the body undergoes an inappropriate immune response that causes excessive inflammation that becomes destructive to the body. Psoriasis is a chronic inflammatory skin condition-the most prevalent autoimmune disease in the U.S. affecting about 7.5 million Americans; and it is much more than a cosmetic concern. Depending on the severity of psoriasis, it can also cause skin cracking and bleeding, pain, and a significant disruption of quality of life. In addition, psoriasis is associated with increased cardiovascular risk. Even mild cases of psoriasis may increase the risk of heart attack by up to 29 percent. The chronic inflammation characteristic of psoriasis (and other autoimmune diseases such as rheumatoid arthritis and lupus) puts patients at risk. In addition to cardiovascular disease, psoriasis patients are also more likely to suffer from insulin resistance, depression, cancer, osteoporosis, and liver disease-also likely due to chronic inflammation. Nutritional intervention

should always be tried first, before powerful and potentially dangerous drugs are prescribed. Conventional treatments for autoimmune diseases suppress the immune system to halt the body's immune attack on itself. However, this makes the body more susceptible to infections and even cancers — one study found that autoimmune patients with the greatest exposure to immunosuppressive drugs had an almost 5-fold increase in cancer risk. The FDA has issued warnings on certain drugs used to treat autoimmune diseases because of increased cancer risk. Mild to moderate psoriasis can often be treated with topical medications only-these are safer than systemic medications, but still have significant side effects such as skin thinning, pigmentation changes, bruising easily, stretch marks, redness, and acne. They also may stop working over time. Nutrition is a powerful and safe tool for preventing and treating autoimmune diseases. Although there is a genetic component, autoimmune disease is also influenced by what we eat. For example, those with a high intake of green vegetables, carrots, tomatoes, and fresh fruits are less likely to develop psoriasis.

Oxidative stress, which can be lessened by these antioxidant-rich foods, is thought to contribute to skin inflammation in psoriasis. Furthermore, psoriasis symptoms have been shown to improve using dietary methods in several scientific studies. I have been recommending a high-nutrient (Nutritarian) diet combined with selected supplements and when needed, and episodic fasting to help the body to calm inflammation and remove cellular toxins. High nutrient plant foods supply substances that support immune system function, allowing the body to have proper defenses against infections and cancers. Supervised water fasting is another important component to autoimmune treatment-I have documented the contribution of fasting to remission of autoimmune disease in published case reports. The only side effects of nutritional treatment are positive ones-protective effects against heart disease, diabetes, and cancers. This health promoting protocol longevity as it normalizes immune function. Natural methods can help you calm the inflammation in your body and reduce or even eliminate your need for medications. I urge everyone with an autoimmune disease to try



these natural methods before resigning themselves to a life of dangerous medications and progressively worsening disease:

- 1) High-nutrient, vegetable-based diet rich in greens;
- 2) Fresh vegetable juices;
- 3) Fish oil or plant-based EPA and DHA supplements;
- 4) Probiotic supplement;
- 5) Avoidance of salt, wheat, and oils;
- 6) Assuring no micronutrient deficiencies are present.

Using these methods, many of my patients who once suffered from autoimmune diseases have now recovered and are free of illness as well as the toxic side effects of the drugs. Some of people with these recoveries have written me, but I have never actually met them. All they did was read one of my books and follow the protocols detailed online. Dr. Fuhrman is a New York Times best-selling author and board certified family physician specializing in lifestyle and nutritional medicine. Visit his website at DrFuhrman.com, or submit questions and comments to news questions@drfuhrman.com.

Poet, writer to host writing workshop at library

Poet and fiction writer, Lisa C. Taylor, will conduct a free workshop at the Siuslaw Public Library on March 17, beginning at noon. The theme of the workshop, Death Riding Shotgun: How Awareness of Our Mortality Impacts Our Writing, includes a discussion of poems that deal with mortality as well as an exploration of writing poems about death from different viewpoints. Taylor will wind up the workshop inspiring the audience by reading from her poetic writings. Taylor has been nominated for the prestigious Pushcart Prize and has also received many awards for her poetry and fiction writing. Her writings have been published in the United States and Ireland and include four poetry collections. The most recent collection, Necessary Silence, was published in 2013. A collection of her short fiction works, "Growing a New



COURTESY PHOTO Poet, author Lisa C. Taylor speaks at Nichols College, where she teaches creative writing.

and conducting creative writing workshops. Taylor has received much praise for her ability to capture meaningful bits of our humanness in her poetry, including this comment from Baron Wormser, a poet and former Poet Laureate of Maine: "At the core of her poetry resides an honesty of awe and a bitter-sweet awareness of how little we know and how much we care." This workshop is free and will be held in the Bromley Room at the main branch of the Siuslaw Public Library from noon to 2 p.m. Anyone who writes poetry or wants to explore his or her muse will certainly want to take advantage of this opportunity to discuss, read and write with this internationally published author. "I am looking forward to meeting the writing enthusiasts in Florence and nearby," said Taylor. Attendees are asked to bring

their own writing devices and materials, or electronic device to record their own eloquent and creative words. For more information about the workshop and reading, visit the Siuslaw Public Library, call 541-997-3132 or visit www.siuslawlibrary.org.

Voetberg concert Sunday at Florence Events Center

SEAcost Entertainment Association will present the Voetberg Family Band on Sunday, March 15, for a 2 p.m. show at the Florence Events Center. The Voetbergs virtually define "family entertainment." These eight siblings, ages 15 to 25, dazzle audiences with musical skills beyond their years, including many musical styles on a variety of instruments. The internationally acclaimed Voetberg Family Band brings clean, wholesome family fun to Florence. Tickets are \$30 for adults, \$10 for children under 18. A family package of two adult and two child's tickets is available for \$60. To purchase, visit www.SEAcostEA.org, the Florence Events Center box office, or call 541-997-1994.

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Tuesday, March 17th

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