

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 dis-

ruption 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.

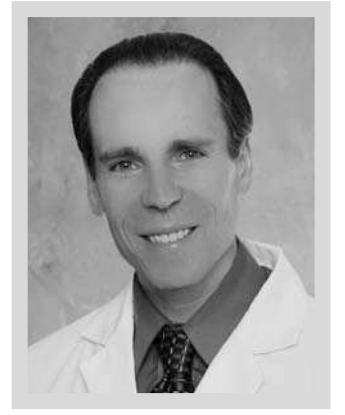
Nutrition is a powerful and safe tool for preventing and treating autoimmune diseases. Although there is a genetic component, autoimmune disease is also influenced by what we eat. For example, those with a high intake of green vegetables, carrots, tomatoes, and fresh fruits are less likely to develop 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.



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FRAA offering memoir writing workshop March 19

The Florence Regional Arts Alliance will be offering a workshop titled "Memoir: From Real Life to Real Story" on Saturday, March 19, from 10 a.m. to noon.

The workshop will be at the FRAA Arts Center, 120 Maple Street in Old Town Florence.

Come live your creative passion and celebrate your love of words by telling your story.

Everyone has a special story to share and this fun, experiential workshop will show participants how to:

- Capture their precious memories and unique experiences on paper, easily and naturally
 - Turn life lessons and anecdotes into compelling stories... regardless of writing experience
 - Structure a story outline that will uplift, humor, heal, inspire and entertain readers
 - Leave a legacy of courage, strength, wisdom and love for families and friends
- Writers of all levels are welcome to attend. Space is limited and pre-registration is required.

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Cost is \$20 for members or \$25 for nonmembers, payable at the door.

Call instructor Catherine J. Rourke at 541-708-2120 or email CJReditor@gmail.com for more information or to register

Rourke is an award-winning writer, author, editor, journalist, columnist.

After serving 30 years as a staff editor and writer for newspapers, magazines and publishers, she works as a contractual book editor and jacket cover copywriter for major publishing houses including Amazon, Kirkus and Random House, specializing in memoir in both print and digital formats.

The former New Yorker has received more than two dozen industry awards and now resides in Florence, where she is writing a memoir about her experiences as an investigative reporter titled "And Forgive Us Our Press Passes."

...need a friend?

Meet Tyler

I see you...with my copper colored cats eyes! Are you looking back at me? Well you should be because I'm a catch! I'm the dashing dark handsome type. I have a kind personality but I am also very quiet and shy. I get along with other kitties and am very bonded with my brother Theo. He's quite handsome as well. He's usually always by my side or not far off. We would love to find a forever home that would take us both! Our shelter offers a better with a buddy deal, did I mention we're a catch?



If you would like to meet Tyler any of his friends, please visit us at:

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