

Quick lesson on Autoimmunity

When you have an autoimmune disease, that means that your body has attacked itself in some way and the result is a disease or condition affecting one or more parts of your body. For example, Hashimoto's Thyroiditis is autoimmune disease of the thyroid gland causing low levels of thyroid hormones. Crohn's disease is an autoimmune disease of the digestive tract causing anything from pain, indigestion to chronic diarrhea. Type I Diabetes is an autoimmune disease that attacks the Islet Cells of the pancreas rendering them unable to produce insulin. The autoimmune disease develops in response to a trigger that may be genetic or environmental, which could be the food you eat, chemicals in the carpet in your workplace, a bout of food poisoning, chronic stress and on and on. All autoimmune disease begins in the gut when proteins leak out into the body and the body sees those proteins as invaders and mounts an attack. The body's attack is just misguided and the end result is your disease.

Because all autoimmune disease begins in the gut, the first step toward healing your disease is healing the gut. On the next page, we'll take a closer look at what's happening in your digestive tract that allows autoimmune disease to develop in the first place. Then we'll talk about how to fix it.