

# TOP 21 *Natural* REMEDIES

For Autoimmune Disease  
and Inflammation



NATURAL MEDICINE  
**SECRETS**

# NATURAL MEDICINE SECRETS

*brought to you by* HEALTH SECRET

## Top 21 Natural Remedies for Autoimmune Disease and Inflammation

by Jonathan Otto and the Health Secret Team

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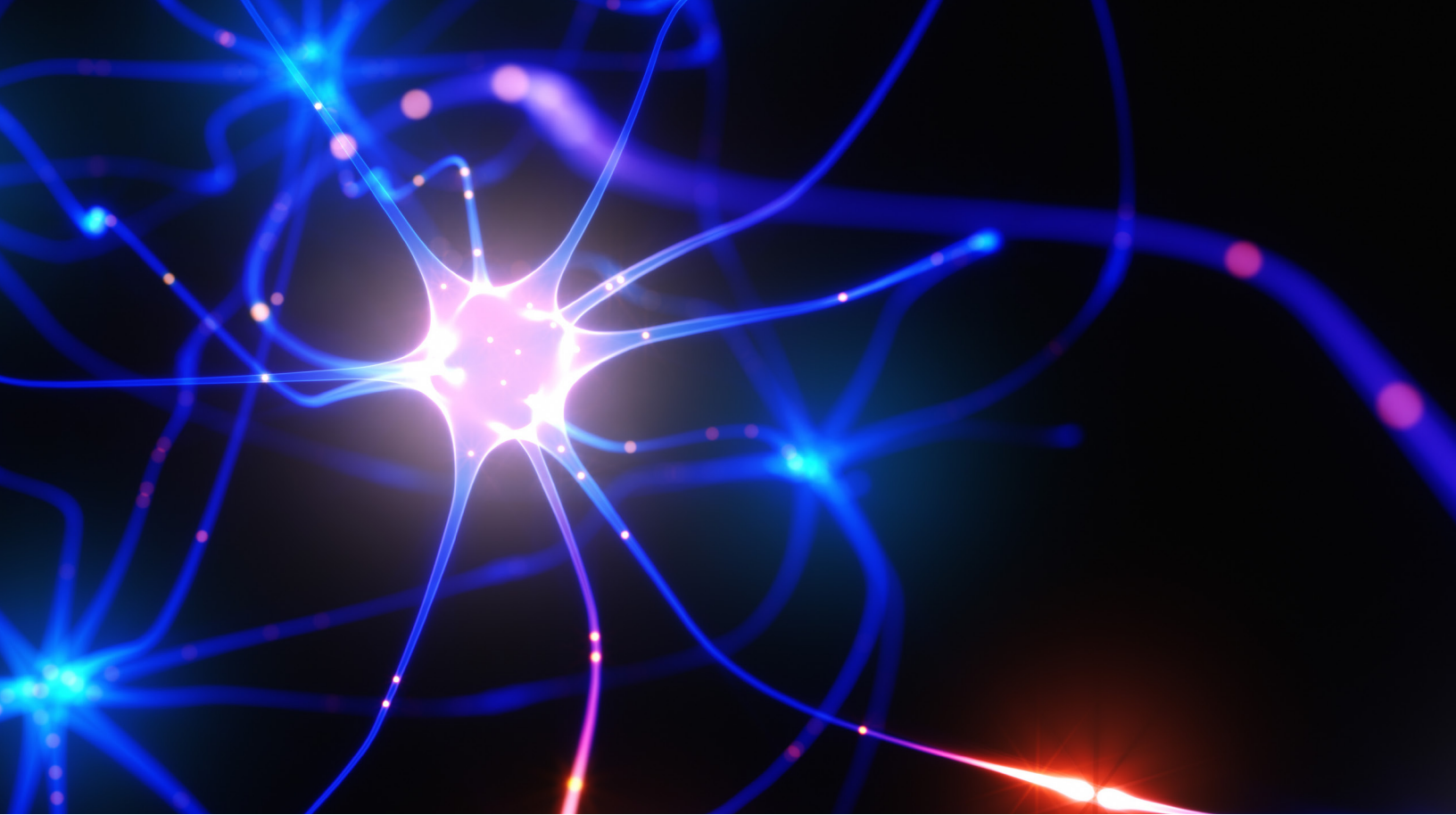
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# INTRODUCTION

Are you one of the 50 million Americans living with an autoimmune disease? According to the *American Autoimmune Related Diseases Association* (AARDA), if you have one autoimmune condition, there is a 1 in 4 chance you will develop another one.<sup>1</sup> As if one wasn't enough!

Perhaps you are not even sure that you have an autoimmune issue, but you suspect it.

After all, there are 80-100 identified autoimmune diseases, and at least another 40 thought to be autoimmune related.<sup>1</sup> Yet, many autoimmune conditions can be incredibly difficult to get diagnosed. They are often identified only after multiple, sometimes random, symptoms are clustered together, and after other common causes are ruled out by process of elimination. It can be a frustrating and confusing process, to say the least.

Once you are diagnosed with an autoimmune disease, and sometimes simply because your doctor is addressing individual symptoms, you may be given a prescription for very potent pharmaceuticals, with a list of side effects that are truly terrifying... And your worry is justified.

A lot of drugs prescribed for more common autoimmune issues are known to have devastating long-term effects. Many of these drugs inhibit the immune system in order to stop inflammation, rather than deal with the root cause of the immune system fighting itself, whether that is toxins, allergies, leaky gut, or another source of inflammation.



One such drug contains *adalimumab*, which is prescribed for a variety of autoimmune and inflammation-based illnesses. In terms of side effects, the pharmaceutical company's website lists possible side effects of: <sup>2</sup>

- ▶ Serious infections, including TB and infections caused by viruses, fungi, or bacteria
- ▶ Hepatitis B infection (in carriers)
- ▶ Allergic reactions
- ▶ Nervous system problems
- ▶ Blood problems
- ▶ Heart failure
- ▶ Immune reactions (including a lupus-like syndrome)
- ▶ Liver problems
- ▶ Psoriasis (which it's sometimes prescribed to stop, incidentally!)

If you dig a little deeper on their site you will find a document providing their “full prescription information” that declares in all caps:



#### WARNING: SERIOUS INFECTIONS AND MALIGNANCY

It goes on to list even more side effects, such as increased risk of serious infections leading to hospitalization or death, including tuberculosis (TB), bacterial sepsis, invasive fungal infections (such as histoplasmosis), and infections due to other opportunistic pathogens. Lymphoma and other malignancies—some fatal—have been reported in children and adolescent patients.<sup>3</sup>

With ‘medicine’ like that, it is no wonder more and more people are searching for natural solutions. But natural remedies for health issues are nothing new, nor simply a fad.

The World Health Organization (WHO) reports that 80 percent of the world's population still rely on folk medicine.<sup>4</sup> That may be largely due to economics (prescriptions are expensive), but in reality, nature has always been our pharmacy. Of some 121 prescribed in the USA, 90 come from or are derived from plants and other natural sources.<sup>5</sup>

Since so many natural healing remedies have been around for thousands of years, in recent times scientists have made efforts to prove their efficacy. Happily, time after time the ancient ‘folk’ remedies from traditional medical practices demonstrate their ability to help us heal, given the right combination and preparation, proving the validity of natural supplements in the quest for optimal health.

Before we get into the list of substances that can help heal autoimmune diseases we must take a closer look at one of the root causes—inflammation.

## Which Comes First—Inflammation or Autoimmune Disease?

If you're reading this, you are probably aware that most, if not all, of disease is now thought to be connected to inflammation. Autoimmune diseases are no exception, and in fact, inflammation is thought to be the 'rule' when it comes to these complex conditions. It is the classic 'chicken or the egg' question—which came first, the inflammation leading to autoimmune issues, or autoimmune issues leading to inflammation?



Inflammation affects the body on various other levels, including mood, brain function, and even aging. In a 2016 review published in *Current Nutrition Reports*, researchers at Tufts University defined aging as being “a chronic low-grade pro-inflammatory state <sup>6</sup>”, that in turn contributes “to the onset and progression of chronic aging diseases including cardiovascular disease, osteoarthritis, and other chronic diseases<sup>7</sup>.”

Causes of inflammation range from:

- Environmental toxins: including pollution, heavy metals, pesticides, molds, chemicals in cleaners, furniture fabric and rugs, and even personal hygiene products
- Infection: low-level infection or viruses
- Food sensitivities or allergies
- Leaky gut
- Hormone imbalances
- The typical American diet—including overconsumption of omega-6, and too much sugar, salt, fat, and animal protein
- Overindulging in alcohol
- Parasites
- Medications
- Genetically Modified Foods (GMOs)
- Stress (especially cortisol)

And that is not even a full list! The truth is, nearly anything can be a trigger for an inflammatory response. The key is finding the triggers (which can be highly unique to an individual), protecting from their damage, and ideally correcting any damage.

That said, two of the most powerful triggers of inflammation and autoimmune disease are stress, especially as it relates to the hormone cortisol, and oxidative stress caused by free radicals. Thus, any attempt at healing or preventing inflammation and autoimmune disease must aim to lower cortisol and be highly antioxidant.

With that in mind, we should look at the top supplements that can help support you in healing or preventing autoimmune issues and inflammation.





# VITAMIN K

This is the most important vitamin you have probably never heard of: Vitamin K.

The “K” stands for the Danish word, koagulation—coagulation—in English. This gives a clue to one of its main roles—it is essential to blood clotting.

Other benefits of Vitamin K include supporting: <sup>8-16</sup>

- Heart health
- Vascular health
- Bone density
- Brain function
- Healthy metabolism
- Insulin sensitivity
- Liver function



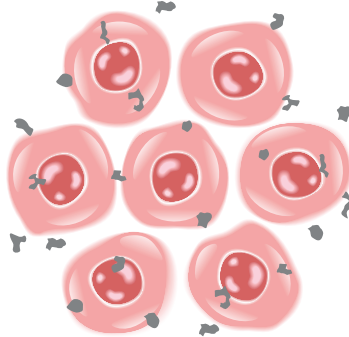
In addition, evidence is growing that Vitamin K has anti-inflammatory actions that are separate from its better-known roles in supporting bone health and blood clotting. In fact, Vitamin K has demonstrated the ability to reduce inflammation and its aging effects..<sup>17</sup>

**Vitamin K also protects your brain from free radical damage and the resulting oxidative stress.**

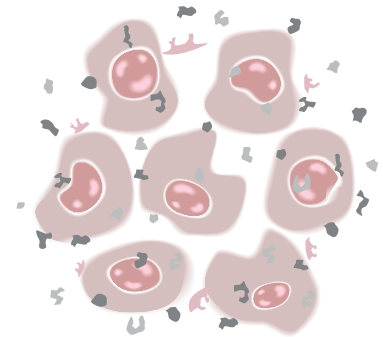
**This damage is recognized as being a key to inflammation in general, and also as being present in the development of both Alzheimer's and Parkinson's.<sup>8</sup> The medical community is moving towards seeing both these diseases as autoimmune disorders.<sup>18-19</sup>**



Cell



Free Radicals Attacking Cell



Oxidative Stress

Of note is a 2008 study that found consistently low intake of Vitamin K in people diagnosed with early-stage Alzheimer's.<sup>20</sup>

That is of great concern, especially when you realize an estimated 80 percent of Americans are deficient in this vital compound.<sup>21</sup>

Unfortunately, it is easy to be deficient in Vitamin K if you have chronic gastrointestinal disorders (especially if you have issues with absorption), take or have taken a lot of antibiotics, have poor gut health in general, or take medications for lowering cholesterol.

When looking to increase your intake of Vitamin K, through food or supplements, it is worth noting there are three types of Vitamin K: K1, K2, and K3.

K1 is derived from plants, and K2 is from fermented soy and animal products. K3 is synthetic and should be avoided, as it can have several negative effects.<sup>22-23</sup>

**K2 is the most beneficial K vitamin for avoiding deficiency.**

There is a special form of K2 called MK-7 that science is finding to be even more powerful. Its composition stays in your body longer, so you benefit from smaller amounts.<sup>24</sup>

Potentially the most important role of Vitamin K is in helping your body absorb our next natural supplement for autoimmune disease and inflammation, Vitamin D.



# VITAMIN D

The health value of this little ‘sunshine’ vitamin is greatly underestimated.

Did you know that nearly all of the cells in your body have a receptor specifically for Vitamin D? That shows how essential Vitamin D is to your body—it is used in nearly all of your cells.<sup>25</sup>

Lack of Vitamin D increases your risk of hypertension, asthma, cancer, insulin resistance and autoimmune disease (including diabetes and multiple sclerosis).<sup>26-30</sup> It is also associated with impaired mental function in adults.<sup>31</sup>

Not getting adequate Vitamin D also increases the risk of several autoimmune conditions and other health challenges. These include:<sup>32-36</sup>

- Metabolic syndrome
- Type 2 Diabetes
- Heart disease
- Depression
- Insomnia
- Arthritis
- Chronic pain and fibromyalgia
- Psoriasis
- Osteoporosis
- Estrogen or testosterone imbalances

**An estimated one billion people worldwide are deficient in Vitamin D. That is high on its own.**

Consider then that 50 percent of the global population and 46 percent of Americans are thought to not be getting enough Vitamin D.<sup>237-38</sup> They may not be at dangerous levels of deficiency, but their body is not efficiently using enough of this vital nutrient.

With so many people not getting enough Vitamin K, this is not surprising since little wonder Vitamin K is vital in order for your body to properly utilize Vitamin D.



**You see, Vitamin K activates the proteins created by Vitamin D. Those proteins ensure calcium is used correctly, including ensuring it doesn't build up and clog your arteries.<sup>39</sup>**

Of course, you know how important calcium is to bone health. However, Vitamin D does more than make strong bones. It is also essential for muscle function, a strong immune system, cell growth, and protection from inflammation.<sup>40</sup>

Some exciting studies are even showing Vitamin D also helps with insulin resistance—a core component to several of the most frustrating autoimmune issues.<sup>40</sup>

Conditions that can be indicators you are deficient in Vitamin D are:

- Anxiety
- Broken (or weak) bones
- Chronic fatigue
- Depression
- Inflammation (or swelling)
- Insulin resistance (or Type 2 Diabetes)
- Sleeping issues
- Weakened immune system
- Weakness

Unfortunately, you are more at risk for Vitamin D deficiency if you already have autoimmune issues, such as Crohn's disease, celiac disease, chronic pancreatitis, or cystic fibrosis. Other health conditions that leave you vulnerable are being obese, having limited sun exposure, having dark skin pigmentation, having fat absorption issues, a compromised immune system, or lower liver and kidney function.<sup>41</sup>





# CHLORELLA

Chlorella is coming into its own as a “superfood”.<sup>42-44</sup> One of the main reasons for this is that this fresh-water, single-celled organism is a nutritional powerhouse, containing extremely high levels of iron, thiamin, riboflavin, and Vitamin A.

**In addition, not only is chlorella one of the rare plant sources of Vitamin B12, it is provided in a form that is highly absorbable to humans.<sup>45, 46</sup>**

This is significant because Vitamin B12 deficiency has been linked to autoimmune disorders.

An abstract submitted at the 2012 annual meeting of the American College of Rheumatology outlined a 6-month study of patients at a rheumatoid clinic. They looked for correlations between low levels of B12 and autoimmune markers. They found these patients had: rheumatoid arthritis, Graves’ disease, diabetes, hypogonadism, osteoarthritis, Hashimoto’s, lupus, primary Sjogren’s, primary Raynaud’s 4; polyarticular CPPD; tophaceous gout, vasculitis, ankylosing spondylitis, and pyoderma gangrenosum.<sup>47</sup>

A 2006 study published in the *American Journal of the Medical Sciences* had similar findings. They found 28 percent of patients with thyroid disease had clinically low levels of Vitamin B12.<sup>48</sup>

Chlorella also contains proteins, omega-3, polysaccharides, and several antioxidants.<sup>49, 50</sup> Of course omega-3 (see below) and antioxidants are well-known for their inflammation-fighting properties.

These are just two reasons why chlorella is also considered anti-inflammatory.<sup>51</sup> One example of this is a 2014 study that demonstrated that chlorella increased antioxidant enzymes, and decreased enzymes associated with inflammation.

In 2016, researchers in India experimented with varying formulas and concluded chlorella could *“be a potential source of developing anti-inflammatory agents and a good alternate for conventional steroidal and nonsteroidal anti-inflammatory drugs.”*<sup>52</sup>

A 2009 human study demonstrated that not only does chlorella offer protection from the damage of free radicals and oxidative stress, it can repair cells and cell DNA.<sup>53,54</sup>

**In fact, chlorella may help prevent dementia and Alzheimer’s.<sup>55</sup> Researchers believe this is due to its highly absorbable lutein content. Alzheimer’s and dementia patients have both been observed to have “significantly lower” levels of lutein in their blood.<sup>56,57</sup>**

It is important to note that despite the findings on lutein, they did not find that supplementing with lutein alone yielded improvements. It is normally too difficult for the body to absorb in a way that is useful.<sup>55</sup> Not so with chlorella, as a 2013 Japanese study reported.



These researchers found the lutein from chlorella easily passed through into cells, and this in turn lowered the previously recorded markers of inflammation and damage.<sup>55,58</sup> Their patients started out with low lutein blood levels, and after just a month, they saw the numbers increase fourfold and stay there, as long as they continued with the chlorella supplementation.

Another Japanese study published in 2009, also found the tremendous value in chlorella, concluding, *“These findings suggest that prolonged consumption of chlorella has the potential to prevent the progression of cognitive impairment.”*<sup>59</sup>

It pays to be very choosy when looking for chlorella. Organic is a must. So is a ‘broken cell’ powder. This is where the single-cell’s super-hard outer shell is crushed, making the intrinsic value and benefits of chlorella available to you.





## OMEGA-3 (FISH OIL)

Nevermind omega-6 and omega-9. There is a lot of fanfare about these but that is mainly from marketing ploys and scare tactics.

Like most Americans, your diet likely contains far too many harmful omega-6s already. The problem with that is that omega-6s have been connected to inflammation.

Meanwhile, far too many Americans consume inadequate levels of the essential fatty acid, omega-3. And this has repercussions to your health.

An essential fatty acid means that your body must have it to function properly, you must consume it, because your body cannot manufacture it. Thankfully, it is really easy to get...

**There are several sources of omega-3 to choose from. A quality fish oil can definitely help you receive an abundance of anti-inflammatory and antioxidant benefits. Vegan alternatives include DHA/EPA from algae, and omega-3 from plant foods such as chia, flax, and hemp seeds..<sup>60, 61</sup>**

Two of the most important benefits of omega-3 are heart and brain health.<sup>62</sup> It is common knowledge now that omega-3 is vital for heart health. We need to increase awareness on how omega-3 is extremely effective...



tive at helping with mood, anxiety, depression, and calming inflammation in both the brain and body.<sup>63-65</sup> It actively reduces oxidative stress, cortisol, and immune response.<sup>66, 67</sup>

Good news for the brain, in particular—as a report from Harvard Medical School explained, omega-3s “can easily travel through the brain cell membrane and interact with mood-related molecules inside the brain.”<sup>64</sup>

But inflammation affects many systems and can lead to several autoimmune disorders, and also things like dementia and Alzheimer’s. Omega-3 has been seen to decrease the plaques, associated with dementia and Alzheimer’s, which cause inflammation that blocks blood flow in the brain.<sup>65-68</sup>

Additional benefits of supplementing with omega-3 to fight brain inflammation, include improved memory and cognitive function..<sup>68</sup>



**In a 2002 paper, the American Journal of Nutrition noted: “there have been a number of clinical trials assessing the benefits of dietary supplementation with fish oils in several inflammatory and autoimmune diseases in humans, including rheumatoid arthritis, Crohn’s disease, ulcerative colitis, psoriasis, lupus erythematosus, multiple sclerosis, and migraine headaches. Many of the placebo-controlled trials of fish oil in chronic inflammatory diseases reveal significant benefit, including decreased disease activity and a lowered use of anti-inflammatory drugs.”<sup>66</sup>**

One of the most exciting studies around omega-3’s role in curbing both inflammation and autoimmune disease specifically comes from *The Norwegian University of Science and Technology* (NTNU). In 2017 they published an article about their extended study into the exact cellular responses to omega-3, and proved it “specifically inhibits the secretion of inflammatory factors” involved in several inflammatory and autoimmune diseases.<sup>69</sup>

As mentioned above, omega-3 fish oil also helps lower cortisol levels. A small, 3-week study tested seven men. The men that took fish oil had reduced cortisol levels in response to stress.<sup>70</sup> Yet another three-week study showed similar results, comparing a placebo to fish oil. Participants were asked to carry out a stressful task. Those taking the fish oil had reduced cortisol levels and stress response.<sup>71</sup>



## TURMERIC (CURCUMIN)

If we were to put this list of natural supplements for autoimmune and inflammation in order of effectiveness, turmeric would probably claim the number one spot. Ancient civilizations knew of its power as a medicine and their healing practices have included it as a central prescription for thousands of years.<sup>72</sup>

The medicinal properties of turmeric were so valued, some believe that the gold the three wise men gifted to Jesus was actually turmeric—the “golden” spice!

Curcumin is the highly anti-inflammatory extract that comes from the turmeric root and powder. Some will use these terms interchangeably, but it is important to know the difference. If you are looking for the most direct medicinal value, you want to use a really good curcumin extract.

**Naturally, it's the curcumin that science has focused on the most, in their attempts to prove what the ancients already knew—curcumin possesses powerful anti-inflammatory properties.<sup>73, 74</sup>**

Just one of the ways it does this is by preventing the brain from receiving signals from NF-kb, a molecule that is central to immune and cellular response.<sup>75, 76</sup>

Curcumin has actually been found to have as much antiinflammatory effect as several popular NSAIDs, including aspirin, ibuprofen, and naproxen. A 2004 study demonstrated curcumin was as powerful as these, and other pharmaceutical anti-inflammatories, when taken at far smaller amounts. That is to say, it took less curcumin to get the same benefits.<sup>77</sup>

Another example, when compared to the pain and antiinflammatory drug diclofenac, a 2012 study showed that patients who were given curcumin showed the most improvement.<sup>78</sup> As the paper published in *Phytotherapy Research* noted, this improvement came without adverse effects—so no negative side effects.

In comparison, diclofenac has a long list of side effects, including raised blood pressure, shortness of breath, weight gain, liver and kidney problems, and anemia... and is not safe for those with certain health conditions.<sup>79</sup>

Like most natural healing supplements, curcumin doesn't usually have any adverse side effects, so it is a wonderful addition to an autoimmune and inflammation healing regiment.<sup>80</sup>

This powerful anti-inflammatory has also been shown to restore cortisol balance and return adrenal glands to their normal function. Studies on mice demonstrate that curcumin decreases the energy-restricting and oxidative effects of stress. In fact, a 2015 study found that curcumin is able to both stop the death of brain cells, and promote new brain-cell connections, which can become damaged due to chronic stress.<sup>81</sup>

Even in healthy people, a regular dose of curcumin was found beneficial.<sup>82,83</sup>

Curcumin also has extremely high antioxidant value, which of course helps your body free itself from free radicals that are known to create inflammation and be part of autoimmune responses.

Have you heard that blueberries are full of antioxidants? Well on the scale that measures antioxidant levels in substances (ORAC), blueberries score 9621. To compare, curcumin has a whopping high score of 127,068!<sup>84</sup>

That is twice the antioxidant score of cocoa, and triple that of broccoli.<sup>85</sup>

**Turmeric is also something to consider for depression. A 2013 study published in the peer-reviewed journal, *Phytotherapy Research*, examined the effects of curcumin on depression over the leading antidepressant. Daily doses of curcumin of 1000mg, and 20g of the pharmaceutical's active chemical, fluoxetine were administered to participants for six weeks.<sup>86</sup>**

This study found that not only does their work demonstrate curcumin is effective in treating depression... but that it is far safer.<sup>86</sup>



A review of this study by the American Botanical Council wrote, "This study showed curcumin to have similar efficacy."<sup>87</sup> The current thinking is that this ability to act as an antidepressant comes from curcumin's effects on neurotransmitters, like serotonin.<sup>88</sup>

Of special note, researchers reported that high doses (up to 12g) are well-tolerated by the body, and can be taken for depression without one of the most worrying side effects of many antidepressants—suicidal thoughts and inclinations.<sup>86-88</sup>

One important thing to note about getting the most out of turmeric (curcumin) - it can be hard to absorb. That is one reason why when cooking, combining it with healthy oils and fats is beneficial. Another trick is to harness the power of black pepper, which helps absorption. With cooking that is easy, and in supplementation, form look for a formula that contains piperine (black pepper extract), or even better, BioPerine®—a super form of piperine extract.<sup>89</sup>





## GINGER

Ginger and turmeric are cousins. No surprise then that this flavorful spice shares several characteristics. For one, ginger has also been a central part of ancient healing practices for thousands of years.

**Also in common with turmeric, ginger is proven to reduce oxidative stress and has well-known anti-inflammatory abilities.<sup>90,91</sup> In fact, in folk medicine, ginger has been long-used to treat inflammation and conditions caused by inflammation, like autoimmune diseases.**

And, like Vitamin K and chlorella, scientists are finding ginger can help inflammatory conditions such as dementia and Alzheimer's. Also, just like its cousin turmeric, researchers are demonstrating time and again that ginger can decrease chronic inflammation.<sup>92-96</sup> It does this by inhibiting several key factors in both the inflammatory and immune processes.<sup>91</sup> Ginger has also been observed to decrease the stress hormone, cortisol.<sup>97</sup>

Not surprisingly, the combination of turmeric (curcumin) and ginger has proven even more powerful than taking either alone.<sup>98</sup> As with curcumin, including black pepper or the black pepper extract (BioPerine®), will improve the effectiveness and absorption of this anti-inflammatory spice.



24

Cr

Chromium

51.9962



## CHROMIUM

Chromium is a mineral we require for optimal health, as it helps regulate blood sugar and insulin,<sup>99</sup> as well as assist with the metabolism of protein, carbohydrates, and even controlling cravings.<sup>100-105</sup>

**The main benefits for autoimmunity and inflammation come from the assist chromium provides in weight loss and improvements in blood sugar regulation, especially that of decreasing inflammation and oxidative stress.<sup>106,107</sup>**

*Note: Chromium can interfere with medications. Consult your health professional.*





## PROBIOTICS & PREBIOTICS

By now you are likely aware of the importance that gut health plays in your quest to heal autoimmune disease and/or inflammation. But just in case, here are some important general facts:

- ▶ Your gut contains trillions and trillions of organisms that are not only part of your digestive system, but contribute to mood, hormone balance and even brain function. This environment is called your microbiome. The organisms are known collectively as *microbiota*.<sup>108, 109</sup>
- ▶ The symbiotic balance of these organisms in your microbiome is essential to overall health, but in particular a healthy immune response, and inflammation.
- ▶ Probiotics is the term used for a variety of beneficial bacteria that are essential for a healthy set of microbiota and microbiome.
- ▶ Prebiotics are fundamentally food for your microbiota. They usually come in the form of soluble fiber and resistant starches that encourage a healthy balance in your microbiome, by feeding the probiotics.
- ▶ While many people know that getting good probiotics is important, they often overlook the value of prebiotics. Optimal health is achieved with a balance of both.

***Why is this balance of probiotics and prebiotics so vital?*** There are so many answers to that question!



However, in the context of autoimmune disease and inflammation, here are just a few ways a balanced microbiome can help:

- ▶ 70 percent of your immune cells are found in your microbiome.
- ▶ Your microbiota are at the core of immune response, and thus at the center of any deviation from a healthy response, such as in the case of autoimmune disease.
- ▶ A gut that is not functioning optimally may not absorb Vitamin K, or other vital nutrients.
- ▶ An inflamed gut often leads to gut permeability, or “leaky gut”, now thought to be at the root of several autoimmune diseases.
- ▶ Your gut has been found to directly influence anxiety levels.<sup>110-112</sup>
- ▶ Both probiotics and prebiotics help reduce cortisol.<sup>113</sup>
- ▶ Researchers have observed that Alzheimer’s patients frequently demonstrate unhealthy microbiota patterns.<sup>114</sup>
- ▶ As early as 100 years ago, doctors believed an unhealthy gut led to chronic infection, stress, and inflammation.<sup>115</sup>
- ▶ A 2015 study showed *Lactobacillus acidophilus* could reduce gut inflammation.<sup>116</sup>
- ▶ Probiotics are known to quicken healing in gastrointestinal infections, as well as the cold or flu, decrease blood pressure, and provide relief from ulcerative colitis, IBS, and Crohn’s disease.
- ▶ The Arthritis Foundation lists probiotics as “crucial” to both health and supporting a life with arthritis.<sup>117</sup>





There are countless benefits to probiotics and prebiotics. After all, “probiotic” means “for life” or “pro” life. Keeping your microbiome filled with happy, and balanced microbiota is the foundation of all healing.

*So how do you do that?*

**The easiest and surest way to keep your microbiome happy is to eat a healthy, diverse, and high fiber diet. But if you are out of balance, you may have to increase the balance of ‘good’ bacteria.**

**In fact, experts recommend daily supplementation with really good prebiotics and probiotics.**



One challenge consumers face is that most probiotics sold in foods come from dairy, which is often a trigger for yet more inflammation and/or autoimmune issues. These types of foods are also notorious for having far less probiotics in them than advertised.

Unfortunately the same applies to many store-bought probiotic supplements, as well. Even with the more expensive, refrigerated probiotics, you have no way of knowing how many live bacteria are present, simply because there are so many environmental factors in transit, storage and stocking shelves that can compromise (or completely kill) them!

A plant-based probiotic is more stable and doesn't need refrigeration.

Prebiotics are much more stable. They easily survive the long journey from your mouth to your intestines. Probiotics are more of a challenge in this way, so finding a formula that has a high number of bacteria (often called CFUs, for Colony Forming Units) and that offers some kind of capsule protection is ideal. The number of CFUs will ensure you get the most ‘soldiers in the field’ as it were, and a capsule that has a shielding that will allow it to travel to your gut will make sure they arrive ready to make a home in your microbiome.

You should look for a variety of organisms in a good probiotic and prebiotic formula, including *Lactobacillus plantarum*, *Lactobacillus paracasei*, *Lactobacillus acidophilus*, *marine polysaccharides*, *fructooligosaccharide* (FOS), and *Bifidobacterium lactis*.<sup>118, 119</sup>

Get your microbiota in balance, keep them happy and healthy with continued supplementation and a top-notch diet, and you can witness the antianxiety, antistress, autoimmune and inflammation support yourself.



# FULVICS

Another gut peacemaker comes in the form of fulvic and humic acids, often referred to as just “fulvics”.

These ancient compounds come from the earth and sometimes water. In nature, fulvics allow plants to absorb minerals and nutrients completely.<sup>120,121</sup> They pass this benefit on to humans, when ingested, energizing and restoring cells.<sup>122</sup>

**In a way, fulvics are a form of probiotic and prebiotic in one, in that they promote a healthy gut balance.<sup>123,124</sup>**

They do this in several ways:

- ▶ Fulvics are powerful antioxidants, that rid your body of oxidative stress from free radicals.
- ▶ Fulvics are not just antioxidants, they are free radical scavengers that protect your cells from the damage of free radicals.
- ▶ They are a source of detoxifying enzymes called superoxide dismutases (SODs)<sup>125-127</sup>
- ▶ Oxidative stress from free radicals is indicative of several autoimmune diseases, and also Alzheimer's, in particular.<sup>128</sup>
- ▶ Good nutrition helps inflammation, and helps your gut stay healthy. Fulvics help your body absorb the right nutrients, and even assist cells in knowing which and what level of nutrients are needed.<sup>129</sup>
- ▶ Fulvics dissolve silica, an essential nutrient that also binds toxins and helps remove them from the body.<sup>130-132</sup>
- ▶ In general, fulvics are chelators, binding toxic metals and ushering them out of your body and harm's way.<sup>133-135</sup>
- ▶ Fulvics help prevent leaky gut by stopping gut permeability. This, in turn, helps to detoxify your body, decrease immune response, and lower inflammation. Leaky gut has been associated as a foundation of autoimmune disease.<sup>136</sup>

While there is still some debate, many experts do now include Alzheimer's in the list of autoimmune diseases. Nearly all experts agree inflammation is a key component to this condition. In addition, fulvics have been seen to not only prevent the plaques and tangles associated with this devastating disease, but to actually UN-tangle them.<sup>137</sup>

It is clear that fulvics are beneficial for overall health, as well as being great allies in supporting both inflammation and autoimmune healing.



# OTHER NATURAL REMEDIES

More on the list of top natural remedies that help in healing autoimmune disease and curb inflammation include:

- Glutathione
- Milk Thistle (Silymarin)
- Dandelion Root
- Rhodiola Rosea
- Goldenseal
- Aloe Vera
- L-taurine
- Zinc
- Banaba leaf
- Astragalus
- Piperine (BioPerine®)
- Cordyceps Mushroom





# IMPORTANT THINGS TO CONSIDER WHEN BUYING SUPPLEMENTS

Like everything you put in your body, when you are considering a supplement, you must make sure it will do you good, not harm. Let's examine some specific things to avoid, and positive information to look for.

What to Avoid:

- ▶ **Gluten** - whether you think you are gluten sensitive or not, this protein (lectin) is a known inflammatory agent and contributes to leaky gut.<sup>136-138</sup>
- ▶ **Hidden Sugars** - Sugar intake is shown to be a cause of inflammation. Further, high sugar intake is connected to insulin resistance, leaky gut, and obesity.<sup>139</sup> It makes sense you'd want to avoid it in a supplement designed to better your health!
- ▶ **Allergens & Fillers** - If you have an autoimmune disease, you know that you may be super-sensitive to allergens. Read labels carefully and avoid known triggers, or common inflammatory ingredients, such as corn-derived fillers.
- ▶ **GMO (Genetically Modified Organisms) Ingredients** - There is much controversy about the detriments of eating GMO foods. Whichever way you look at it, they are not fully 'natural', that being from the 100 percent pure, unaltered state of nature. And the kind of GMO products we are referring to are modified way beyond the levels of other historical alterations to plant life, such as creating hybrid flowers or fruits. If you have an autoimmune condition, or want to decrease inflammation, it is probably better to stay on the safe side and avoid GMO products, whenever possible. If nothing else, they contain more pesticides than other plants, and there has been research showing their inbred 'pesticide' creates leaky gut. [140] There is growing evidence they do, in fact, cause health issues.<sup>141</sup> Even the American Academy of Environmental Medicine (AAEM) has warned that "it is biologically plausible for Genetically Modified Foods to cause adverse health effects in humans."<sup>142</sup>
- ▶ **Carrageenan** - This popular vegan thickener is derived from red seaweed. However, studies indicate it can contribute to severe gastrointestinal distress and inflammation. It is found in many health supplements and products these days, so keep an eye out. Probably best to avoid it if you can.<sup>143</sup>



What to LOOK FOR:

- ▶ **Vegetarian capsules** - gelcaps or others are made from gelatin, derived from animal by-products.<sup>144</sup> Vegetarian capsules are derived from vegetable cellulose, which is a pretty inert substance. In fact, it is actually a soluble fiber, so may offer incidental prebiotic benefits.
- ▶ **FDA Approved Facilities** - The Food and Drug Administration (FDA) has very strict standards for supplement production. Look for supplements that are made in a US-based, FDA-registered facility.
- ▶ **Vegan Friendly** - Even if you are not vegan, you may prefer to stick to vegetable-based capsules and ingredients, wherever possible.
- ▶ **Organic Ingredients** - Organic is the best option: avoiding pesticides, food irradiation, and GMO makes the organic choice a wise one.
- ▶ To drive the point home even further, you want to look for supplements that are free of allergens, fillers, GMO products, and hidden sugars.



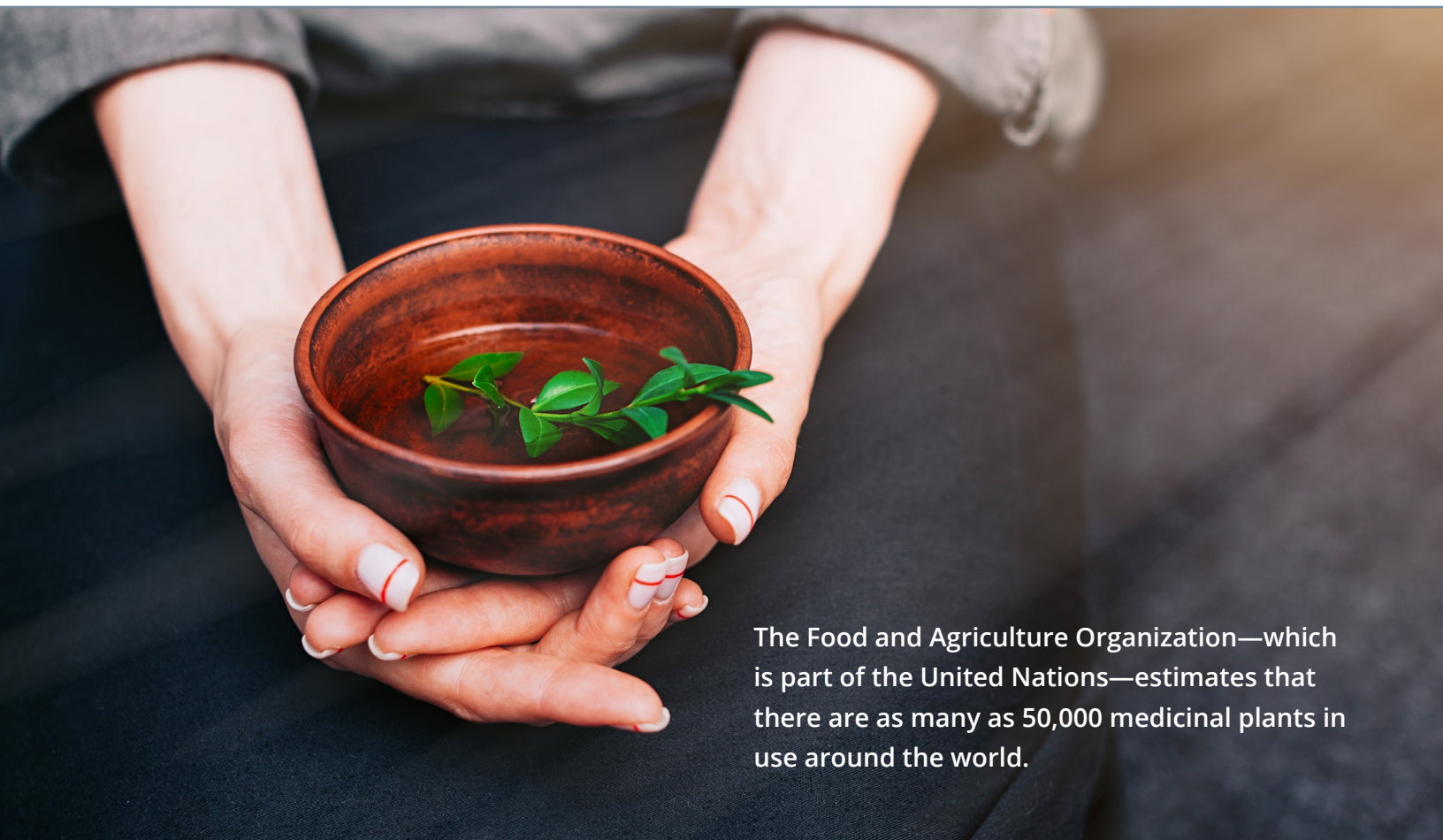


# CONCLUSION

## Find Out More About Natural Remedies for Autoimmune Disease and Inflammation

Our eBook has explored a tiny fraction of the thousands of healing remedies used by billions of people every day.

The World Health Association estimates 80% of the world's population depend mainly on traditional medicine (including, but not limited to healing plants). Of those, two billion people rely upon medicinal plants as their primary treatment option.



The Food and Agriculture Organization—which is part of the United Nations—estimates that there are as many as 50,000 medicinal plants in use around the world.

So, why don't we hear more about natural medicines and remedies? Good question. But the answer may lie with the TRILLION dollar-a-year Big Pharma industry. It is a global pharmaceutical juggernaut that spends billions of dollars each year advertising their products.

There is absolutely no profit for them in natural, plant-based medicines. It is largely through word of mouth that we are able to reach people, and share safe, effective, natural remedies.



## Be part of the solution.

This information is too valuable to keep to yourself; so, please share this knowledge with your friends and family members. Send them a link to our website, [www.naturalmedicineseries.com](http://www.naturalmedicineseries.com). Ask them to join our mission. Together, we will educate people about safe, natural alternatives to the toxic chemical concoctions that Big Pharma creates for us.

There are so many natural ways to combat chronic illness and improve our overall physical and mental health. While we cannot expound on all the methods here in this eBook, they will be covered in the informative 9 Episode Docuseries, ***Natural Medicine Secrets***. This groundbreaking docuseries features interviews with 57 well-respected natural medicine doctors and other experts who focus on autoimmunity, brain health and natural medicine.

Some of these topics and protocols include:

- ▶ Stress & Anxiety
- ▶ Mental Clarity / Brain Health
- ▶ Hormones & Fertility
- ▶ Detoxing
- ▶ Chronic Serious Illness
- ▶ Triggers For Disease
- ▶ More Nutritional Therapies



## Do not be in the dark any longer.

Discover the key ingredients that can help reduce inflammation, balance blood sugar, assist in weight loss, remove harmful toxins, promote healthy digestion, boost energy, improve joint function, reverse neurodegenerative decline, promote optimal brain health and so much more in our exciting, NEW ***Natural Medicine Secrets*** docuseries.

# NATURAL MEDICINE SECRETS

*brought to you by* HEALTH SECRET

The first episode will have its world premier screening on **June 29, 2020**, so keep an eye on your email for a free link to begin your healing journey that will revolutionize your overall health, combat chronic disease, and destress your life.



## ABOUT JONATHAN OTTO

**Jonathan Otto** is an investigative journalist, filmmaker, and humanitarian. His life narrative is characterized by his unceasing desire to uncover truth and alleviate suffering. He volunteers his own time overseas, especially in Africa where he has sometimes faced life-threatening situations, and continually draws finances from his own pocket whenever necessary.

In more recent years, Jonathan has turned his attention to seeking truth and exposing error and deceit in the area of health and wellness. This has led him to create and collaborate as an editor and producer on many health films and projects, such as the docuseries, *The Truth About Cancer* and *The Truth About Vaccines* (with Ty Bollinger), *Diet Against Disease with Dr. Joseph Mercola*, and more recently in Jonathan's self-hosted docuseries, *Depression, Anxiety & Dementia Secrets*, *Bible Health Secrets* and *Autoimmune Secrets*. These groundbreaking docuseries represent his unceasing global quest to find truth, gathering stories and protocols from world-renowned experts and their patients. Jonathan has been featured in international TV broadcasts, print media, national news, and radio broadcasts.



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