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Natural Support for Autoimmune Disease



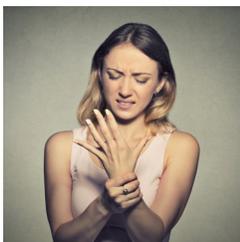
An autoimmune disease is a condition in which the body's immune system mistakenly attacks healthy cells and tissues. This leads to inflammation, damage, and various symptoms that can affect different parts of the body.

A recent study conducted by Mayo Clinic researchers estimates that approximately 15 million people in the U.S. have one or more of 105 autoimmune diseases. The study also concluded women were almost twice as likely as men to be diagnosed with an autoimmune

disease. Rheumatoid arthritis emerged as the most prevalent autoimmune disease, followed by psoriasis, type 1 diabetes, Grave's disease, and autoimmune thyroiditis.

Scientists are not entirely sure what triggers an autoimmune disease to develop. Genetics likely play a role in combination with external factors such as environment, lifestyle and even past infections. With the number of incidences rising, researchers suspect exposures to chemicals or solvents may be involved.

There are many effective natural approaches to easing the symptoms of autoimmune disease including, diet, food sensitivity tests, and supplements. Fish oil, vitamin D and vitamin C, ginger, curcumin and probiotics are just a few supplements helpful in reducing inflammation. In addition to supplements, lifestyle changes such as eating a healthy diet, exercise and getting plenty of rest may also contribute to easing the pain and symptoms of autoimmune disease.



[Omega Fatty Acid Profile is Associated with Disease Activity in Patients with Rheumatoid Arthritis](#)



[Combination of Selenium and Myo-Inositol Reduces Thyroid Stimulating Hormone Levels in Subjects with Hashimoto Thyroiditis](#)



[Understanding Methylation: A Vital Biochemical Process](#)



[The Effect of Saffron and Exercise on Depression and Quality of Life in Women with Multiple Sclerosis](#)

ICIM Conference - Reversing Autoimmune Disease



Taylor Woosley, NHR Science Writer and Antonella Matuszewski, NHR Supervisor



We had an absolute pleasure attending the International College of Integrative Medicine's (ICIM) conference focused on Reversing Autoimmunity. It was an informative experience with topics such as triggers of autoimmunity, infectious etiologies of autoimmunity, and optimizing terrain to support healing. Many thanks to ICIM and the incredible speakers for exploring these crucial topics to better comprehend the complexity of autoimmunity.

Recent Articles



Saffron Benefits for Eye Health, Neurodegeneration, and Mood Disorders

Written by Taylor Woosley Science Writer. Research suggests that saffron could boost your health and emotional well-being. Its bioactive compounds have been shown to have a wide spectrum of biological activities, including exerting anti-inflammatory, hypotensive, hypoglycemic, antihyperlipidemic, antidegenerative and antidepressant properties, among others. [Read more »](#)



Baneh (*P. atlantica*) Ointment Improves Pain Associated with Knee Osteoarthritis

Written by Chrystal Moulton, Science Writer. Pistacia atlantica Desf. (also known as Baneh or wild pistachio) has been used in Persian medicine to treat joint pain. This study demonstrated that Baneh ointment was more effective in reducing pain while improving physical activity and quality of life in patients with osteoarthritis of the knee. [Read more »](#)

Natural Health Research was established as a 501c3 nonprofit in 2008 with a mission to reduce the ten leading causes of death by cost-effective natural means. With your help, Natural Health Research will continue to provide the public with life-saving, peer-reviewed research that establishes the health benefits of natural foods and supplementation.

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