

Tips for Women Suspecting BII/ASIA as a Medical Cause for Autoimmune Decline

Consult with a Specialist: Seek guidance from a healthcare professional experienced in autoimmune diseases. If you're not finding a doctor who understands your needs, reach out to me for a patient coaching session. I promise I can help and point you in some right directions.

Balanced Diet: Maintain a well-balanced diet rich in fruits, vegetables, and whole grains. Avoiding processed food and eating "real" food seems to be a key to wellness.

Omega-3 Fatty Acids: Include sources like fatty fish or flaxseeds to reduce inflammation. (Medical cannabis is known to reduce inflammation, this is because it has the Omega-3 fatty acids, consider cannabis therapy as a treatment to manage pain and inflammation. Reach out to me for more information or a patient coaching session).

Hydration: Stay adequately hydrated with water and herbal teas. Avoid sodas and caffeinated drinks.

Manage Stress: Practice stress-reduction techniques like meditation or yoga. It's not easy to manage stress, but if you need added support, again reach out to me for a patient coaching session.

Quality Sleep: Prioritize good sleep hygiene for optimal rest. Sleep improves when one avoids technology just before bed (phones, TV, tablets, etc.). Set a regular routine and follow it for improved sleep.

Gluten and Dairy: Some find relief by avoiding gluten and dairy products. It is a process of excluding these elements and then slowly reintroducing them to determine if you have some intolerance (or not).

Food Sensitivity Testing: Consider food sensitivity tests to identify triggers if you've suddenly begun to experience a change in food sensitivities.

Limit Alcohol: Consume alcohol in moderation, if at all. It is known to increase inflammation in the body.

Mind-Body Connection: Explore practices like tai chi or mindfulness. It is important to develop a growth mindset and remain positively focused in difficult times.

Support Network: Build a strong support system with friends and family. Don't be afraid to ask for help.

Track Symptoms: Keep a journal to monitor symptom patterns, flares, and changes in your health.

Educate Yourself: Stay informed about your condition and treatment options. Reach out if you need additional support.

Remember, these tips are general guidelines. Always consult with your healthcare provider for personalized advice tailored to your specific autoimmune condition. Your well-being is a priority, and taking a proactive approach can make a significant difference in managing autoimmune illnesses.

