

13 AUTOIMMUNE REMEDIES & FINDINGS

What's an Autoimmune Disease?

Autoimmune diseases result when your immune system is overactive, causing it to attack and damage your body's own tissues.

Normally, your immune system creates proteins called antibodies that work to protect you against harmful substances such as viruses, cancer cells, and toxins. But with autoimmune disorders, your immune system can't tell the difference between invaders and healthy cells.

Doctors have identified more than 100 different autoimmune diseases, which together affect over 24 million people in the U.S. It's not clear exactly what causes or triggers them. Treatment usually focuses on reducing immune system activity.

Types of Autoimmune Diseases

Some examples of autoimmune diseases are:

- **Rheumatoid arthritis (RA)**. Your immune system produces antibodies that attach to the linings of your joints. Your immune system cells then attack the joints, causing **inflammation**, swelling, and pain. If left untreated, **RA** gradually causes permanent **joint damage**. **Treatments** include various **medications** that reduce immune system overactivity. You might take them by mouth or as a shot. See charts that list **rheumatoid arthritis drugs and their side effects**.
- **Systemic lupus erythematosus (lupus)**. When you have lupus, you develop autoimmune antibodies that can attach to tissues throughout your body. This disease most often attacks your joints, **lungs**, **blood cells**, nerves, and **kidneys**. Treatment often includes

daily oral [prednisone](#), a [steroid](#) that reduces immune system function. Read an overview of [lupus symptoms and treatments](#).

- [Inflammatory bowel disease \(IBD\)](#). Your immune system attacks the lining of your [intestines](#), causing bouts of [diarrhea](#), [rectal bleeding](#), urgent [bowel movements](#), [abdominal pain](#), fever, and [weight loss](#). [Ulcerative colitis](#) and [Crohn's disease](#) are the two main forms of IBD. Immune-suppressing medicines, taken by mouth or as a shot, can treat IBD. Learn about the [differences between ulcerative colitis and Crohn's disease](#).
- [Multiple sclerosis \(MS\)](#). Your immune system attacks nerve cells, causing symptoms that may include pain, blindness, [weakness](#), poor coordination, and [muscle spasms](#). Your doctor can use medicines that suppress your immune system to treat it. Read more on [multiple sclerosis drugs and their side effects](#).
- [Type 1 diabetes](#). Your antibodies attack and destroy [insulin](#)-producing cells in your [pancreas](#). People with type 1 diabetes need insulin shots to survive. Learn about the [symptoms to look for in type 1 diabetes](#).
- [Guillain-Barre syndrome \(GBS\)](#). Your immune system attacks the nerves controlling the muscles in your legs and sometimes those in your arms and upper body. This leads to weakness, which can sometimes be serious. Filtering the blood with a procedure called plasmapheresis is the main treatment.
- [Chronic inflammatory demyelinating polyneuropathy \(CIDP\)](#). Similar to Guillain-Barre, this disease also involves the immune system attacking the nerves. But the symptoms last much longer. If it's not treated early, about 30% of people with this condition will eventually need to use a wheelchair. Treatment for CIDP and GBS are essentially the same. Find out [what the treatment options are for CIDP](#).

- **Psoriasis.** When you have **psoriasis**, immune system **blood cells** called T-cells collect in your **skin**. Your immune system stimulates skin cells to reproduce quickly, producing silvery, scaly plaques on your skin. See a photo of **what psoriasis looks like**.
- **Graves' disease.** In this disease, your immune system produces antibodies that cause your **thyroid** gland to release too much **thyroid** hormone into your blood (**hyperthyroidism**). Symptoms can include bulging **eyes**, weight loss, nervousness, irritability, rapid **heart rate**, weakness, and brittle **hair**. Your doctor usually needs to destroy or remove your **thyroid** gland using medicines or surgery. Learn more about **treatments for Graves' disease**.
- **Hashimoto's thyroiditis.** Antibodies from your immune system attack your thyroid gland, slowly destroying the cells that produce thyroid hormone. You develop low levels of thyroid hormone (**hypothyroidism**), usually over months to years. Symptoms include **fatigue**, **constipation**, **weight** gain, **depression**, **dry skin**, and sensitivity to cold. Taking a synthetic thyroid hormone pill every day restores normal body functions. Find out more on **treatments for an underactive thyroid**.
- **Myasthenia gravis.** Antibodies bind to your nerves and make them unable to stimulate your muscles properly. The main symptom is weakness that gets worse with activity. A drug called pyridostigmine (**Mestinon**) is most often used to treat myasthenia gravis. Read an overview of the **symptoms of myasthenia gravis**.
- **Scleroderma.** Also known as systemic sclerosis, this chronic connective disease causes inflammation in your skin and other places in your body. As a result, your body makes too much collagen. This leads to visible hardening of the skin and damage to your blood vessels and organs, such as your heart, lungs, and kidneys. There's

no cure. Treatment aims to relieve symptoms and stop the disease from getting worse.

- **Vasculitis.** In this group of autoimmune diseases, your immune system attacks and damages blood vessels. Vasculitis can affect any organ, so symptoms vary widely and can happen almost anywhere in your body. Treatment involves reducing immune system activity, usually with prednisone or another corticosteroid. Learn more about [vasculitis symptoms and treatments](#).

5 Lifestyle Changes to Help Reverse Your Autoimmune Disease

- Stop Eating Junk Food! ...
- Fuel Your Mitochondria. ...
- Address Your Stress And Calm Your Nervous System. ...
- Sleep More. ...
- Exercise Often.

CHINESE HERBS FOR AUTOIMMUNE 👍 **Celastrol, a Chinese herbal compound, controls autoimmune inflammation by altering the balance of pathogenic and regulatory T cells in the target organ.**

Natural Chinese Herbs to Boost Immunity

- Astragalus root.
- Siler root.
- Bai-zhu atractylodes rhizome.

AUTOIMMUNE SUPPORT HERBS FROM SOUTH AMERICA:

mullaca, anamu, macela, fedegoso, cat's claw, samambaia, clavillia, Brazilian peppertree, erva tosta, picao preto, pau d'arco, velvet bean, nettle, suma, sarsaparilla.

CHINESE HERBS: Chinese Skullcap.

Rheumatoid Arthritis:

Best Spices for Arthritis

- Anti-inflammatory Spice Basics. When you have arthritis, your joints and sometimes other parts of your body become inflamed, and many spices inhibit certain inflammatory pathways in the body. ...
- Garlic. ...
- Turmeric. ...
- Ginger. ...
- Cinnamon. ...
- Cayenne. ...
- General Tips for Using Spices.

ALSO Boswellia, Evening Primrose, Fish Oil, Thundergod Vine, Bromelain, Aloe Vera, Frankincense, Fever Few, Thyme, Willow Bark, Eucalyptus, Borage Seed Oil, Capsaicin, Tripterygium wilfordii Hook F.

Chinese practices to help autoimmune issues (RA):

Various herbals and herbal formulas or extracts, such as Guizhi-Shaoyao-Zhimu decoction, Wu-Tou Tang, and extracts of the herb Tripterygium wilfordii Hook, F., are proved to be beneficial for alleviating RA progression.

Saposhnikovia divaricata Turcz. Schischk (root), Ephedra Sinica, Cinnamomum cassia Presl. (bark), Atractylodes macrocephala Koidz. (rhizome), Angelica sinensis Oliv. Diels (root),

Scientific name (part) ¹	Chinese traditional name	Frequency (n)	In contemporary pharmacopoeia ²
<i>Glycyrrhiza uralensis</i> Fisch. (root)	Gan cao	286 (3 sheng gan cao, 26 zhi gan cao)	No

<i>Zingiber officinale</i> Rosc. (rhizome)	Jiang	209 (115 sheng jiang, 28 gan jiang, 6 pao jiang)	No
<i>Angelica sinensis</i> Oliv. Diels (root)	Dang gui	183	Yes
<i>Paeonia lactiflora</i> Pall. (root)	Shao yao	182 (28 chi shao yao, 43 bai shao yao)	No
<i>Saposhnikovia</i> <i>divaricata</i> Turcz. Schischk (root)			

MINERAL OPTION's: Curcumin, Omega-3s, Chondroitin, Magnesium, Vitamine D, Vitamine E, Methylsulfonylmethane, Folate, Bromelain, SAMe, Selenium, Glucosamine, Calcium, Vitamine C, Collagen, Zinc.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7206865/>

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LUPUS:

TCM monomers such as *Tripterygium wilfordii* also have significant anti-inflammatory and immunosuppressive properties (Song et al., 2020) and are useful in the treatment of systemic lupus erythematosus, rheumatoid arthritis, ankylosing spondylitis, systemic sclerosis-associated interstitial lung disease (SSc ILD), and chronic urticaria have definite clinical efficacy (Liu et al., 2018; Chen et al., 2020; Yang et al., 2020; Zhang et al., 2021a; Zhang et al., 2021b); Triptolide is an extract of *Tripterygium wilfordii*, which exerts its anti-inflammatory, immunosuppressive and anti-tumor activities by regulating cellular autophagy, apoptosis, antioxidant and other multiple pathways, and is now widely used in the clinical treatment of immune diseases, tumors, kidney diseases and other immune diseases and has become a popular research direction (Qin et al., 2018; Wei et al., 2019; Ren et al., 2020; Yu et al., 2021a).

MINERALS: Vitamin D

Vitamin D is an essential nutrient, and the precursor to the active form is produced in the skin after absorbing ultra-violet light. Other sources of

vitamin D include fatty fish like salmon and mackerel; fortified foods like margarine, milk, and breakfast cereals; and vitamin D supplements.^{.66}

Studies have shown that vitamin D may be important in reducing the risk of lupus.^{.67} It has been shown that higher blood levels of vitamin d are associated with less severe lupus disease activity.^{.68}

Two observational studies found that women with systemic lupus erythematosus have significantly lower levels of 25-hydroxy vitamin D.^{.2,69} Another study found that, while 22% of healthy control women had a deficiency in vitamin D, 69% of women with lupus exhibited a deficiency in this vitamin.^{.5}

Reduced levels of vitamin D in people with lupus may be due to one or both of two possible scenarios:

1. The deficiency is related to the disease itself; or
2. The deficiency is caused/exacerbated by avoiding sun exposure due to increased photosensitivity of individuals with lupus.

As previously discussed, lupus and some of its treatments can cause bone loss and lead to osteoporosis. Healthy levels of vitamin D are necessary to help the body absorb calcium and keep bones as strong as possible and this is especially important in individuals with lupus.

Life Extension suggests that 25-hydroxyvitamin D levels be kept between 50 and 80 ng/mL for optimal health. This usually necessitates supplementation with 5,000–8,000 IU vitamin D daily for most individuals. However, supplemental doses should always be determined based upon blood test results.

Fish Oil

The oil from fatty fish, such as mackerel, tuna, salmon, and halibut, is especially rich in omega-3 fatty acids.^{.70} Fish oil is rich in two types of omega-3 fatty acids: docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA).

Omega-3 fatty acids, also sometimes referred to as polyunsaturated fatty acids (PUFAs), promote health in a number of ways. EPA and DHA are of particular interest in autoimmune diseases, including lupus.

Similar to vitamins, the body needs EPA and DHA, but can only produce them in very limited quantities. Therefore, these fatty acids must be included in the diet in adequate amounts.⁷¹

Recent evidence has revealed a critical role for EPA and DHA in establishing balanced immunity in autoimmune disease. Experimental studies found that EPA was able to induce immune cells into a regulatory phenotype, thus countering the action of aggressive effector immune cells.⁷²

Two clinical studies found that taking fish oil reduced lupus severity.^{73,74} Another study found that taking fish oil reduced the level of serum lipids in people with lupus,⁷⁵ which may be useful as they are at a greater risk of developing heart disease.

The ratio between inflammatory omega-6 fatty acids and anti-inflammatory omega-3 fatty acids in the blood is of critical importance in autoimmune diseases. If the ratio is too high, disease activity may increase.⁷⁶ *Life Extension* recommends that everyone strive to maintain an *omega-6 to omega-3 ratio of 4:1 or lower*. Readers can learn more about the importance of the omega-6 to omega-3 ratio and how to test it in the *Life Extension Magazine* article entitled "[Optimize Your Omega-3 Status](#)."

Vitamin E

There are several forms of vitamin E, four tocopherols and four tocotrienols, each of which has different levels of activity in the human body. Vitamin E has been shown to reduce several different markers of inflammation in the body, including inflammatory cytokines.⁷⁷ Since inflammation is responsible for the widespread tissue damage in lupus, antioxidant vitamins may aid in prevention or delay of the disease.

Vitamin E helps stabilize membranes of lysosomes, or immune cells that contain destructive enzymes used to fight intruders. When membranes are unstable, these enzymes cause damage to surrounding healthy tissue. Vitamin E can help prevent the onset of autoimmune attacks by stabilizing membranes of lysosomes.⁷⁸ The symptoms of mice with lupus that were treated with vitamin E greatly improved. The mice lived longer, immune cell activity was normalized, anti-DNA antibodies were reduced, and kidney function improved.⁷⁹

One study indicates that vitamin E can reduce the level of autoantibodies in lupus patients,⁸⁰ but further studies are needed to confirm these effects. A case report of two patients indicates that a topical formula containing vitamin E improves the health of skin in people with discoid lupus erythematosus.⁴⁵

Vitamin A

The active form of vitamin A, called retinol, is important for healthy skin, bones, and soft tissues,⁸¹ and supports healthy immune function.⁸² Since people with lupus have an abnormally functioning immune system and a higher risk of osteoporosis, healthy vitamin A levels are especially important for this population. Interestingly, one study showed that people with lupus consumed less vitamin A in their diets than age-matched healthy controls, which may contribute to a vitamin A deficiency.⁸³

Consumption of beta-carotene, a vitamin A precursor, is an ideal way to ensure that vitamin A levels are sufficient while simultaneously avoiding vitamin A toxicity. The body will convert beta-carotene into active vitamin A as necessary and excrete any excess.

Plants and Herbs

Curcumin. Curcumin, a bioactive derivative of the spice turmeric, has been tested over the last several years for its antioxidant, anti-cancer, and anti-inflammatory clinical properties. Curcumin decreases the ability of lupus autoantibodies to bind their specific antigens an average of 52%.⁸⁴ The damaging inflammation of lupus-mediated injury is facilitated by the

binding of autoantibodies to protein and nucleic acid antigens. Therefore, successful blocking of antigen/autoantibody binding suppresses inflammation before it even begins.

Experimental studies have revealed a considerable role for curcumin in modulating inflammatory cross-talk between cells of the immune system by suppressing cytokines such as IL-1beta, IL-6, IL-12 and tumor necrosis factor-alpha (TNF- α).⁸⁵ Moreover, a recent animal model of an autoimmune disease identified nuclear factor-kappa beta (NF- $\kappa\beta$) suppression as a key mechanism behind curcumin's anti-inflammatory action.

A clinical trial tested the effects of curcumin in 24 patients with the lupus-associated kidney disease lupus nephritis. One group of patients took 500 mg of turmeric daily over a 3-month period, which is equivalent to a daily curcumin dose of 22.1 mg. Compared with the placebo group, the turmeric group exhibited significant improvement in proteinuria.⁸⁶

Although some clinical studies have been conducted showing some signs and symptoms are reduced in some autoimmune diseases such as multiple sclerosis and rheumatoid arthritis, clinical studies have not yet been conducted to determine if curcumin has a similar effect with lupus.⁸⁵ However, these results are promising and suggest potential beneficial effects of curcumin in people with lupus.

Ginkgo. *Ginkgo biloba*, or more simply "ginkgo," is an herb that has been used for thousands of years in traditional Chinese medicine. This nutrient is often prepared by making an extract from the dried leaves. These extracts contain high concentrations of molecules called flavonoids and terpenoids, which are antioxidants and improve blood flow, respectively.⁸⁷

A clinical study revealed that taking 120 mg of *Ginkgo biloba* extract three times per day for 10 weeks significantly reduced the number of Raynaud's phenomenon attacks, a set of symptoms that often affect people with lupus.⁸⁸

Pine bark extract. There is evidence that extract from the bark of the pine tree (*Pinus pinaster*) helps improve lupus inflammation, although more information is likely needed to make definite conclusions about this ingredient.

One study found that administration of pine bark extract reduced oxidative stress and improved lupus signs and symptoms in six patients that received the supplement in addition to prescription medications compared to a placebo group.⁸⁹ Specifically, the patients who took pine bark extract exhibited a reduction in SLEDAI score, meaning that disease as a whole was decreased.

White peony extract. White peony (*Paeonia lactiflora*) root is a traditional Chinese medicinal herb that contains bioactive compounds called glucosides. A water and alcohol extract of the peony root, known as total glucosides of peony, has more than 15 identified compounds. The most active and abundant of these is paeoniflorin, which represents more than 90% of the total glucosides of peony.^{90,91} A number of studies have shown paeoniflorin and total glucosides of peony have immunomodulatory, anti-inflammatory, and pain-relieving properties, and provide supportive evidence for peony's historical use in the treatment of autoimmune conditions, including lupus.⁹⁰⁻⁹²

One study that examined case histories of lupus patients treated with total glucosides of peony found that consistent treatment for five years or more was associated with lower medication dosages and lower disease activity compared with patients who had not used peony extract.⁹³ In a mouse model of lupus, levels of lupus antibodies decreased significantly and disease-associated kidney damage was reduced after 15 and 30 days of treatment with total glucosides of peony.⁹⁴

Laboratory and animal investigations indicate in conditions of immune over-activation, total glucosides of peony strengthen immune regulation and quiet immune over-activity.⁹¹ Total glucosides of peony was found in a laboratory study to induce the differentiation of immune cells affected by lupus into regulatory cells capable of quieting immune over-activity.⁹⁵

Paeoniflorin alone has also demonstrated immune-regulatory effects in immune cells.^{96,97}

Other Natural Therapies

Dehydroepiandrosterone. Dehydroepiandrosterone (DHEA) is a hormone naturally produced by the adrenal gland and is converted into sex hormones. In addition to being produced in the body, DHEA can be derived from the Mexican yam.⁸¹

Low levels of DHEA-s, a plentiful metabolite of DHEA in humans, have been observed in patients with lupus and other inflammatory diseases.⁹⁸ DHEA and its various metabolites exert considerable influence over immune system activity by regulating production of multiple cytokines including IL-2, IL-1, IL-6 and TNF- α .⁹⁸

In a clinical trial, when individuals with lupus took 200 mg of DHEA daily for 24 weeks, the number of patients who experienced lupus flares was significantly reduced.⁹⁹ In another study, the same investigators showed that taking 200 mg of DHEA daily for 24 weeks reduced blood levels of the cytokine IL-10, which enhances antibody production.¹⁰⁰ This reduction in IL-10 may have contributed to the reduced incidence of lupus flares seen in the first study.

Another double-blind, randomized, controlled trial involving 41 women found that six months treatment with 20–30 mg DHEA daily improved mental and emotional well-being in lupus patients.¹⁰¹ Also, at a dose of 200 mg daily, DHEA improved bone mineral density in postmenopausal women with lupus.¹⁰²

Life Extension suggests that DHEA-s blood levels be kept between 350–490 $\mu\text{g/dL}$ for men and 275–400 $\mu\text{g/dL}$ for women in order to achieve optimal immunomodulatory action.

Plants to Avoid

Plants to Avoid

Alfalfa

The seeds of the alfalfa plant have the potential to cause transient lupus-like symptoms, including autoimmune-related anemia, in certain people and primates.^{103,104} Alfalfa seeds are rich in the amino acid L-canavanine, which was shown to be the responsible triggering agent in humans, and in certain types of mice.^{103,105} Due to these potential effects, people with lupus should avoid alfalfa seeds.

Echinacea

Echinacea is an herb that has long been used to promote a strong immune system to prevent and/or infections like the flu and colds.¹⁰⁶ Considering that lupus is a disease characterized by an overactive immune system, people with lupus would likely benefit from staying away from echinacea, which has been shown to be an immune system stimulant. While studies have not yet been conducted to determine the effect of echinacea specifically on lupus, case studies have shown that taking this herb can exacerbate the severity of other autoimmune diseases.¹⁰⁷ Additionally, a number of studies have shown that echinacea can induce human immune cells to secrete proinflammatory cytokines that are known to play a role in lupus disease.¹⁰⁸ People with lupus should avoid echinacea.

Tripterygium wilfordii (Thunder God Vine)

Some reports exist in the scientific literature suggesting that using Thunder God Vine, a Chinese herbal, may ameliorate symptoms associated with autoimmune diseases.¹⁰⁹ Due to these reports, Thunder God Vine is sometimes suggested by alternative health resources to those with lupus. However, Life Extension has reviewed the available scientific literature and concluded that, in most cases, the risk outweighs the potential benefit with this plant.

Several reports of severe toxicity and even death associated with the use of Thunder God Vine are available, and it appears that the dose required for clinical effectiveness is very close to that required to cause toxicity.^{110,111} Another report linked Thunder God Vine use with low bone mineral density in women.¹¹²

Life Extension does not suggest that use of *Tripterygium wilfordii* outside of a clinical setting. If a healthcare practitioner decides to use this therapy with patients, only a standardized extract of the skinned root should be used, as other parts of the plant are highly toxic.¹¹³

IBD:

<https://www.mindsethealth.com/matter/10-best-natural-home-remedies-for-ibs>

Peppermint. The flavour of peppermint alone can bring relief from nausea, so it's no wonder that this herb pops up on a list of herbs for diarrhea relief. Randomised trials have shown that peppermint oil can reduce cramping, pain, and other IBS symptoms. In these trials, the oil was taken in the form of a capsule.

South American Herbs: cat's claw, ayapana, macela, sangre de grado, boldo, artichoke, jurubeba, simarouba, tayuya, anamu, abuta, fedegoso, gervao, guaco, mullaca.

Chinese herbs: Tongxie Yaofang.

- Shugan Jianpi Zhixie.
- Shenling Baizhu.
- Xia Yao San.
- Huoxiang Zhengqi.
- Banxia Xiexin.

Several studies have shown that polyphenols may be effective in improving IBS symptoms. Minerals, such as magnesium, zinc, and selenium, have also been shown to have potential benefits for IBS

Probiotics are efficient catalyst to help recover from IBS.

Multiple Sclerosis:

Basic herbs know to help MS symptoms:

Ginkgo Biloba - The study of Noroozian et al. (2011) showed that 8 weeks of Ginkgo biloba (G. biloba) treatment can improve memory and QoL in people with MS. Derived from one of the oldest tree species and used in China for thousands of years, ginkgo biloba may improve fatigue in people with MS.

Valerian - Several studies show that valerian may help you fall asleep, so some people with MS take it to get a better night's sleep.

Chamomile -

Bilberry Leaf-

Cannabis -

Asian Ginseng-

Turmeric-

Dandelion-

Boswellia-

Echinacea-

Ginger-

Cannabis Sativa-

Nigella Sativa-

Green Tea-

The medicinal plants and their derivatives; Ginkgo biloba, Zingiber officinale, Curcuma longa, Hypericum perforatum, Valeriana officinalis, Vaccinium macrocarpon, Nigella sativa, Piper methysticum, Crocus sativus, Panax ginseng, Boswellia papyrifera, Vitis vinifera, Gastrodia elata, Camellia sinensis, Oenothera biennis, ..

Zinc plays an important role in suppression of potentially harmful immune reactions against T lymphocytes, and predisposing inflammatory responses of MS. Zn also has an antioxidant effect protecting myelin and cell membranes

The effects of zinc supplements are not well understood. Due to possible harmful effects and the lack of proven therapeutic effect, it may be reasonable for those with MS to avoid zinc supplements. If supplements are taken, it is probably best to take low doses, such as 10 to 15mg or less daily.

There have been studies that suggest Vitamin D deficiency may play a role in immune system function and the development of auto immune disorders such as Multiple Sclerosis.

CHINESE MEDICINE: In addition, as one of the most well-known medicinal herbs, Ginseng (the root of *Panax ginseng*) with yin-yang balance effects is an immune-enhancement agent and is also widely used for MS, which has been extensively reported to increase serum IL-4, reduce interferon-gamma (IFN- γ), IL-1 β , and IL-17, promote Th2 shift

MS Clinical Nurse Practitioner Miranda Olding writes on her blog that magnesium can be effective as a relaxant in the nervous system, and so can assist with reducing spasm and nerve pain.

SOUTHAMERICANHERBS: jergon sacha, mullaca, macela, sangre de grado, tayuya, iporuru, manaca, pau d'arco, amor seco, mulungu, bitter melon, clavillia, vassourinha, gervao.

What is the miracle drug for MS?

That medication was ocrelizumab. Although it's not clear how the drug works, scientists know that it deletes circulating B cells and with that, prevents the abnormal T cell immune response that attacks the myelin

TYPE 1 DIABETES:

SOUTH AMERICAN HERBS: pata de vaca, pedra hume caa, bitter melon, chanca piedra, stevia, annatto, chuchuhuasi, embauba, guava, macela, mullaca, mutamba, vassourinha, carqueja, anamu.

**** DIABETIC KIDNEY PROBLEMS** - chanca piedra, erva tostao, sarsaparilla, also see Kidney Diseases (General)

**** DIABETIC MACULAR DEGENERATION** - chanca piedra, pedra hume caa, chuchuhuasi, annatto

**** DIABETIC NEUROPATHY** - sangre de grado, chanca piedra, pedra hume caa, chuchuhuasi, tayuya, annatto

CHINESE HERBS: *Panax ginseng* (Korean ginseng), which has a long history of use as a hypoglycemic agent. At least five constituents of this herb have been

shown to exert hypoglycemic effects. In one study, treatment with ginseng lowered blood glucose levels and improved mood and psychological performance as compared with placebo. Recommended dosage is 100–200 mg/day.¹⁴

1. Momodica charantia (balsam pear), which is dried, powdered, and made into pills. A dosage of 18 g/day has been shown to reduce blood glucose.¹⁵
2. Lagenaria siceraria (bottle gourd), given as a decoction or pills. The recommended dose is 3 g/day. This, too, has been shown to reduce blood glucose levels.¹⁵
3. Psidium gnajava, taken in the form of fresh leaves or as an infusion and drunk as a tea. The dosage is 9 g/day. It acts to reduce blood glucose levels

The above herbs do not appear to increase insulin levels, but rather enhance carbohydrate utilization.¹⁵ Patients should have their type of diabetes and any other diagnoses confirmed before initiating any herbal treatment.

MAJOR MINERALS OF BENEFIT:

Chromium is a trace mineral that helps the body use glucose efficiently and may be beneficial for insulin sensitivity and blood glucose control. Research suggests that chromium supplements, often at high doses of up to 1,000 micrograms (mcg), may be helpful for diabetes. Chromium improves the glucose/insulin levels in subjects with hypoglycemia, hyperglycemia, diabetes and hyperlipidemia, with no detectable effects on control subjects.

People with type 1 diabetes tend to have low magnesium levels and supplementing with magnesium may reduce the risk of deficiency-related problems, such as eye damage and neuropathy.

It goes without saying a huge mineral and amino acid supplementation is highly suggested with recovery from type 1 & 2 diabetes.

Other possible beneficial supplements are: Cinnamon, Acetylcarnitine, Bitter melon, Vanadium, Zinc, Niacin, & Vitamines E, C, D, & B12.

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Guillain-Barre syndrome (GBS): Is when the immune system attacks the nerves.

Consumption of essential nutrients for nerve health, such as omega-3 fatty acids, vitamins B12 and E, and antioxidants through a balanced diet of whole foods is preferred over supplements due to better absorption and bioavailability, helping in the recovery process of GBS.

When thiamine deficiency occurs due to strict malnutrition, there is often involvement of cranial nerves (tongue, facial, and laryngeal weakness), but progressive motor-predominant neuropathy mimicking Guillain-Barré syndrome has also been reported.

The clinical manifestations of GBS are highly similar to the category of flaccidity disease in TCM theory, which might be caused in part by lack of Qi and Yin, as well as “evil heat”, and could be treated by the tonifying-Qi herbs (e.g. astragalus, licorice and Poria cocos) and the removing-damp-heat herbs (e.g. atractylodes, cork, coix seed, radix paeoniae and salvia miltiorrhiza).

I can address the various aspects of the disease and your recovery from it with a simple concentrated herbal extract mixture containing the ingredients as follows;

Maritime Pine Bark: This is a powerful antioxidant which works at the fundamental levels of the immune system offering the best chance to turn the autoimmunity back around from attacking your own nerve fibres.

Wheat Grass: This is a second antioxidant which I am experimenting with in autoimmune cases.

Hypericum which has specific positive effects on the myelin sheath of nerve fibres and is a great help in the case of Parkinson's and Bells Palsy both of which involve physical degeneration and or inflammation of the nerve fibres.

Mugwort which is another nervous system tonic which is used to support healing of any physical nervous system injury.

Elecampane which is a well known support for healing of bones and connective tissue but also works to normalise other tissue in the body.

Saw Palmetto which has a particular function in rehabilitating wasted muscle tissue resulting from prolonged immobility illness or loss of nerve supply.

To this mixture I will be adding some homeopathic remedies besides and I can confidently predict that we can speed up your recovery dramatically.

The dose rate will be 20 drops three times per day in water. For the purposes of your case I would ask that you change nothing else at all either in terms of diet or other treatments for the first four weeks of the program to give us an idea of the effect of the mix.

<https://www.mcdowellsherbal.com/nervous-system-conditions/199-guillain-barre-syndrome>

mullaca, anamu, macela, fedegoso, cat's claw, samambaia, clavillia, Brazilian peppertree, erva tosta, picao preto, pau d'arco, velvet bean, nettle, suma, sarsaparilla for autoimmune disorders. For neuropathy issues - sangre de grado, chuchuhuasi, cat's claw, muira puama, annatto.

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Chronic inflammatory demyelinating polyneuropathy

(CIDP):Chronic inflammatory demyelinating polyneuropathy (CIDP) is a disorder that involves nerve swelling and irritation (inflammation) that leads to a loss of strength or sensation. The central nervous system comprises the brain and spinal cord.

<https://www.jeffclarknd.com/cidp-journey>

Nine TCM formulas involving 44 herbs were reported, with Huang Qi (Astragalus membranaceus) being the most important herb. In conclusion, the case and literature demonstrated that TCM treatment might be a more effective, low-cost, and safe option for treating CIDP.

Minerals like magnesium and potassium support nerve function and transmission, and may help with chronic inflammatory demyelinating polyneuropathy (CIDP) symptoms. Other nutrients that may help with nerve function include:

- Vitamins C and E: Powerful antioxidants that prevent nerve cell damage**
- Fruits and vegetables: Contain natural anti-inflammatory properties and vitamins and minerals**
- B vitamins: Support healthy nervous system function, and vitamins B-1, B-6, and B-12 have been found to be especially beneficial for treating neuropathy**
- Amino acids: Including tryptophan, phenylalanine, tyrosine, and taurine**
- Glucose: May help protect the nervous system**
- Selenium and zinc: May help protect the nervous system**

Similarly, the overall health of your nerves is also supported by minerals like potassium and magnesium. In addition to supporting nerve function, these minerals also facilitate nerve transmission.

What are the 7 vitamins repair nerve damage?

8 Great Vitamins for Neuropathy

- Acetyl-L-carnitine. Also known as ALC, Acetyl-L-carnitine is naturally produced by the liver and kidneys and can often be supplemented to treat a variety of symptoms. ...
- B-Complex Vitamins. ...
- Alpha-lipoic acid. ...
- Magnesium. ...
- Calcium. ...
- Glutamine. ...
- Glutathione. ...
- N-acetyl cysteine.

Nine TCM formulas involving 44 herbs were reported, with Huang Qi (Astragalus membranaceus) being the most important herb. In conclusion, the case and literature demonstrated that TCM treatment might be a more effective, low-cost, and safe option for treating CIDP.

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PSORIASIS:

Chinese Herbs for Psoriasis

- Sheng di huang.

- Mu dan pi.
- Chi shao.
- Zi cao.
- Hauai hau mi.
- Bai mao gen.
- Xuan shen.
- Shi gao.

Conventional herbs: Oregon grape. Oregon grape (*Berberis aquifolium* and *Mahonia aquifolium*) has anti-inflammatory properties. ...

- Qing Dai. Qing Dai (*Indigo naturalis*) is a plant used in traditional Chinese medicine. ...
- Aloe vera. ...
- Turmeric. ...
- Female ginseng. ...
- Capsaicin. ...
- Other herbs. ...
- Potential risks.

Psoriasis patients have used the following herbal topicals with some success: aloe, apple cider vinegar, capsaicin (a natural ingredient found in cayenne peppers), emu oil, evening primrose oil, oats, and tea tree oil.

SOUTH AMERICAN HERBS FOR PSORIASIS:

samambaia, pau d'arco, fedegoso, sarsaparilla, cat's claw, suma, mullaca, boldo, bitter melon, cashew, jaborandi, andiroba (topical), copaiba (topical)

Psoriasis patients are increasingly turning to the use of alternative and complementary medicine to manage their psoriasis. Patients often inquire about what dietary supplements may be beneficial, including the use of oral vitamin D, vitamin B12, selenium, and omega-3 fatty acids in fish oils.

Selenium is a vital nutrient that has antioxidant properties. It also helps regulate the immune system and control inflammation. Food sources of selenium include shellfish, poultry, and grains. Research suggests people with psoriasis have lower than average blood selenium levels than people without psoriasis.

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Graves Disease:

Other articles have demonstrated that patients with Graves's disease also have low levels of Vitamin D. Importantly, both vitamin D and thyroid hormone bind to similar

receptors called steroid hormone receptors. Iodine is an essential component of thyroid hormones and its deficiency is considered as the most common cause of preventable brain damage in the world.

The 9 best known supplements (minerals) for graves disease: Selenium, Iodine, Vitamine B12 & D, Magnesium, bugleweed, zinc, iron, lemon balm.

CONVENTIONAL HERBS: Two herbs, lemon balm (*Melissa officinalis*) and bugleweed (*Lycopus europaeus*), have been shown in limited studies to reduce hyperthyroid symptoms and to block or reduce thyroid hormones. In one study, bugleweed was shown to be as effective as beta-blockers for protecting the heart from damage from hyperthyroidism. *Lycopus europaeus*, also known as bugleweed, is an herb that has been shown to help reduce the symptoms of mild hyperthyroidism in human studies published in 2013. ² It may also reduce the symptoms of Graves' disease, an autoimmune type of hyperthyroidism.

Yingliu mixture: A combination of this herbal formula and methimazole has been found in studies to improve thyroid function and decrease levels of autoimmune antibodies associated with Graves' disease more effectively than methimazole alone. Gan Jiang (*Zingiberis rz*) is one of such herbs used in the treatment of most patterns of hypothyroidism.

A gluten-free nutrient dense diet supports immunity and provides the nutrients required for optimal thyroid function. The best Graves' disease diet is a plant-rich,

whole food diet that has been personalized to your individual nutrition needs and food sensitivities.

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- Hashimoto's thyroiditis:

Ranking probability analysis indicated that Yiqi Huayu Recipe, Liqu Xiaoying decoction, and Shugan Sanjie therapy reduced thyroid antibody levels the most, including TPOAb (100.0%, 90.9%, and 90.3%, respectively) and TGAb (98.3%, 94.4%, and 87.3%, respectively).

The Top Herbs for Supporting Hashimoto's Disease

- Nigella Sativa (Black Cumin) ...
- Withania Somnifera (Ashwagandha) ...
- Hemidesmus Indicus (Indian Sarsparilla) ...
- Bacopa monnieri (Brahmi) -GotuKola/Waterhyssop-

Proper supplements: Selenium, magnesium, vitamine B12, probiotics, fish oil, inositol, quality multivitamine, ashwaghandha, iodine, zinc, vitamine D, iron, curcumin, thiamine, vitamine A.

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- **Myasthenia gravis:** A weakness and rapid fatigue of muscles under voluntary control.

- The condition is caused by a breakdown in communication between nerves and muscles.
- Symptoms include weakness in the arm and leg muscles, double vision, and difficulties with speech and chewing.

- Medications, therapy, and surgery can help.

- In myasthenia gravis, antibodies (immune proteins produced by the body's immune system) block, alter, or destroy the receptors for acetylcholine at the neuromuscular junction, which prevents the muscle from contracting.

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- The most frequently used herb was Astragali Radix,⁶ which was often used as the sovereign drug (main drug) in the prescription. The common minister drug (adjuvant drug) included Ginseng Radix et Rhizoma, Atractylodis Macrocephalae Rhizoma, Angelicae Sinensis Radix, Lycii Fructus⁶ etc. Some integrative therapeutics, such as vitamin D3, astragalus, and creatine may provide benefits or ease symptoms of myasthenia gravis.

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- **Scleroderma:** Chronic hardening and tightening of the skin and connective tissues.

- Scleroderma is a group of rare diseases that more often affects women. It commonly occurs between the ages of 30 and 50.

- Symptoms include tightening of the skin, joint pain, exaggerated response to cold (Raynaud's disease), and heartburn.

- Treatments include medication, physical therapy, and surgery.

- The cause of scleroderma is unknown. However, researchers think that the immune system overreacts and causes inflammation and injury to the cells that line blood vessels. This triggers connective tissue cells, especially a cell type called fibroblasts, to make too much collagen and other proteins.

Consider taking an over the counter multivitamin/mineral supplement containing 15 mg zinc, 10-18 mg iron, vitamins A, D, E, and K, folate, and B-12. If specific nutrient deficiencies have been identified, extra supplementation may be required. Turmeric (*Curcuma longa*). Lab studies show that turmeric reduces inflammation. ...

- Gotu kola (*Centella asiatica*), for blood vessel health and circulation. Some purified extracts of gotu kola seem to reduce symptoms of scleroderma.

mullaca, anamu, macela, fedegoso, cat's claw, samambaia, clavillia, Brazilian peppertree, erva tostao, picao preto, pau d'arco, velvet bean, nettle, suma, sarsaparilla.

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- **Vasculitis**: Vasculitis is a rare autoimmune disease that causes inflammation in the blood vessels, which can affect any size or type of blood vessel in the body. This inflammation can thicken the walls of the blood vessels, restricting blood flow and damaging organs and tissue. Over time, damaged vessels can cut off blood supply to organs, leading to organ damage. A swelling of the blood vessels that causes changes in the blood vessel walls.

- Vasculitis is a swelling, also known as inflammation, of the blood vessels that can cause vessel walls to thicken and narrow. This cuts off vital blood supply to tissues and organs. The condition can be short term or long lasting.
- Symptoms include fever, fatigue, weight loss, and muscle and joint pain.
- Some forms of vasculitis improve on their own. Others require medicines to control the inflammation and prevent flare-ups.

SOUTH AMERICAN HERBS: gervao, guaco, cat's claw

The omega 3 fats in oily fish such as salmon, mackerel, trout and sardines are beneficial in autoimmune disease. Also omega 3 can be found in flaxseed, walnuts and green leafy vegetables. Omega 3 fish oil supplements containing EPA and DHA can be helpful.

Eat a rich anti-inflammatory diet. Take immune boosting and medication side effect reducers. These include anti-viral herbs or foods like raw garlic, turmeric, echinacea, calendula and adaptogen herbs like ashwaganda, holy basil and medicinal mushrooms. A variety of herbs contain anti-inflammatory, antiviral, antibacterial and astringent properties that support the immune system and lymphatic drainage. It may be a good idea to visit an herbalist or naturopath to discuss which types might be most helpful based on your symptoms.

- Calcium — According to the Vasculitis Foundation, “All patients treated with prednisone should be on supplemental calcium (1,000-1,200 mg daily) and vitamin D (800 IU daily) therapy unless contraindicated.” While calcium supplements might not be appropriate for the general public, they are needed by patients

taking steroids long term due to how these drugs interfere with bone mineral density.

- Vitamin D — Many people are [deficient in vitamin D](#), which takes a toll on the immune system, skeletal system and mental health.
- B vitamins — To help with reducing fatigue or brain fog, B vitamins can be helpful. Most multivitamins contain the daily recommended amount of B vitamins; however, it's best to take a whole foods-based vitamin to ensure they're absorbed well.
- [Apple cider vinegar](#) (ACV) — Some find that taking ACV helps to decrease digestive symptoms. It's also beneficial for alkalizing the body and balancing the pH level within the digestive tract.

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ALL REVIEWS & STUDIES LISTED ABOVE have been proven through other biochemist and doctors in trial session studies and backed by medical fields. All above information is a hodge podge of resources from private studies and some info from sites such as healthline, ncm, erowid, and more.

Written and revised on April 26, 2024 by John C. Barlow III