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***Systemic Lupus Erythematosus and Other Autoimmune Diseases***

This is an important subject matter for a number of reasons, first being the limited number of safe treatments and second because presently there are no known cures.

On March 9, 2011, The New York Times science writer Andrew Pollack article announced that the Federal Drug Administration had just approve a new drug after 56 years that could help Systemic Lupus Erythematosus or SLE. The article states the first drug approved was Aspirin in 1948, and in 1955, corticosteroids and Plaquenil, a malaria drug. The new drug, Benlysta was first developed by Human Genome Sciences, and marketed by Glaxo-Smith-Kline. I will speak about these drug and alternative therapies later in this newsletter.

Lupus is classified as an autoimmune or connective tissue disease along with some 67 other conditions some of which you have heard of before such as Sacroidosis, Alopecia areata, Coeliac Disease, Diabetes mellitus Type I, Fibromyalgia, Gullian-Barre Syndrome, Hashimoto's Thyroditis, Multiple Sclerosis, and Colitis just to name a few.

The under lying problem is the same with all allergic conditions, which is the overactive immune response of the patient's body against substances and tissues normally in the body. The causes for these responses are not well know or understood. The treatment is mainly palliative reducing the effects or symptoms of a medical condition without curing it. There is a special chiropractic technique known as Nambudripad Allergy Elimination Technique (NAET), which I will explain later.

Medical treatment for allergy such as environmental and food is usually done by an Allergist a medical specialist. They may prescribe drugs such as anti histamine or in more serious cases cortisone. Their other method is to give shot of very diluted concentrates of the irritant and gradually increase the amount till the patient can tolerate this substance. The NAET work even better because it allows the Chiropractor/Applied Kinesiologist to expose the patient to the allergen and then find the acupuncture circuit that allows the communication directly to the persons brain and nervous system and tell it to not react to this material.

If we look at the allergy patient we will see very seminar biochemical and organ systems weakness that are causative of the allergic response and symptoms. This is very true in food and environmental allergies but also carries over to the autoimmune diseases. There are four major organ systems involved, the stomach, liver, and the adrenal gland and the central nervous system. By taking a holistic approach, which includes Chiropractic Spinal Manipulation and Applied Kinesiology Techniques, which included Meridian Therapy-Acupuncture, Though Field Therapy, Nutritional evaluation.

I have treated all forms of autoimmune diseases over four decades and have had a very good response for Lupus, Sacroidosis, Multiple Sclerosis, Colitis, and Fibromyalgia etc. With the holistic methods that I have described I have been able to stabilize these patients and prevent further deterioration of their disease. The main key is to start treatment early to prevent and limit the disabilities that these disorders can cause.

Benlysta is supposed to be a new breakthrough drug? I am using the word breakthrough very loosely. This drug is a type of monoclonal antibody that blocks the binding receptor sites on B cells lymphocytes. The article states that this drug is marginally effective and was approved by the FDA for the treatment of Lupus. In the double blind study against a placebo, Benlysta was only 43.2 percent effective, compared to 33.8 percent with the placebo. The statistical method known as number needed to be treated or (NNT), if we give the drug to 11 lupus patients one might feel some benefit. The other problem is the cost for this treatment, which is given by infusion once every 28 days, is \$35,000 a year for 13 treatments. It is very unlikely that the insurance companies will pay for this drug.

A comprehensive nutritional therapy is just as effective and has no deaths and side effects. In autoimmune diseases the body is attacking organs, joints, and skin as if it virus or bacteria and tries to destroy the tissue. A special nutritional supplement made by Standard Process Laboratories known as a Protomorphogen, which is nucleoprotein extract that gives the body the tissue building blocks to repair itself. These protomorphogens theoretical basis work as an antigen-antibody reaction which takes place in the body following cellular damage and which interferes with the rebuilding process of the cells and tissues involved in these disorders. This can be checked and verified by using manual muscle testing, which will show a weakness in the muscle associated with the organ/tissue and will strengthen the weak muscle when the correct protomorphogen is placed in the patient's mouth.

Other nutritional aids to reduce the inflammatory process are Quercetin, Curcumin, Turmeric, Ginger, and Bromelain (pineapple enzyme). Essential Fatty Acids (EFA) are three, Linolenic, and Linoleic acid these lead to the prostaglandin 1 and 3, which are anti-inflammatory. Arachidonic Acid, which leads to prostaglandin 2 and 4, these are known to be pro-inflammatory and is found in red meats. Other anti-inflammatory factors are Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA) and MSM, which is known as Methylsulfonylmethane, its other name is DMSO. Also the proper balance between the Omega3 and Omega6 Oils which should be on a 1:1 ratio will combat destruction of these disorders. All these nutrient and supplements can be obtained through our office at a discount so why not call us today?