



Knowledge is
your secret
weapon to good
health.

IMMUNE HEALTH

Auto-Immune Conditions

Autoimmunity occurs when your immune system mistakes your own tissues as a threat and attacks itself. Essentially, your body is fighting something- an infection, a toxin, an allergen, a food, or the stress response- and attacks on your joints, brain, thyroid, gut, skin, and so on. Examples include Rheumatoid Arthritis, Type 1 Diabetes, Multiple Sclerosis, Psoriasis, Celiac Disease, Crohn's Disease and Hashimoto's, among others.

Contributing Factors

Poor gut health, stress, insomnia, poor diet (high in refined foods/sugar/allergens), nutrient deficiencies, lack of exercise, poor hygiene, dehydration, overexposure to toxins, aging

Lifestyle Recommendations

- Check for hidden infections such as yeast, viruses, bacteria or parasites. They are very common in those who develop auto-immune conditions.
- Minimize sugars, excess caffeine, alcohol, trans/hydrogenated fats, and refined/processed foods.
- Avoid common food allergens/sensitivities such as gluten, dairy, eggs and soy or consider getting a food sensitivity test done through a naturopathic doctor to determine which foods may be contributing to the autoimmune disease.
- Focus on gut health. This is a MAJOR underlying factor in all auto-immune diseases.
- Minimize exposure to chemicals in food and body care/cleaning products. Choose natural options as much as possible.

Product Recommendations

- Support the digestive system: Probiotics (verify with doctor which strains are acceptable, some cannot be used with auto-immune conditions), Digestive Enzymes, Betaine HCl (if stomach acid is low), Fibre
- Repair the gut lining: L-Glutamine, Zinc L-Carnosine, N-Acetyl Glucosamine
- Ensure basic nutrition: Multivitamin, Protein, Vitamin C, Vitamin D
- Fight inflammation: Essential Omega Fatty Acids (Fish (EPA)/Plant Oils (GLA)), Turmeric/Curcumin, Proteolytic Enzymes (Serrapeptase, Pancreatic Enzymes, Bromelain, Papain), Antioxidants (Quercetin, Resveratrol, Pycnogenol)
- Modulate (not stimulate) the immune system: Plant Sterols, Beta Glucans, Mushroom Blends
- Consider a whole- body cleanse (with plenty of fibre) to help clear toxins and inflammation.

Book a free 15 minute consult with a GNN Product Advisor!

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