Leaky Gut

- ~80% of your immune system lives in your gut to protect you from "foreign invaders"
- An unhealthy gut barrier leads to overactivation of the immune system

Nutrient Deficiencies

 Most people with autoimmunity are deficient in basic nutrients to regulate the immune system such as vitamin D3, omega 3s and glutathione

Insulin Surges

 Underlying issues with regulating blood sugar commonly contribute to inflammatory insulin surges regardless of diabetes diagnosis

Chronic Infections

 Underlying infections are not always symptomatic and can reactivate leading to immune stress and autoimmune attack

Immune Upregulation

Toxins/Chemicals

 Our environment and lifestyle is often full of hidden toxins and chemicals that impact our immune systems and ability to detox

Mental/ Emotional

 Mental emotional stress and trauma have been identified as common underlying predisposing factors for developing autoimmunity

Estrogen Dominance

- Hormones are the chemicals that tell our cells what to do and imbalances lead to the wrong signals
- Excess estrogen in particular is very inflammatory and can impact the immune system

Food Sensitivities

- Sometimes the biggest culprits are what we eat on a regular basis
- Most people react to inflammatory foods such as grains, dairy and sugar

Adrenal Fatigue

 Chronic stress leads to chronic inflammation and immune upregulation especially when the adrenals can no longer adapt to all the stress our bodies encounter on a daily basis

Common Underlying Triggers to Autoimmunity

Caplan Health Institute

The following questions can help you determine how many risk factors you may have for developing or triggering an autoimmune response.

Yes	No	
		Do you experience any symptoms after eating (gas, bloating, diarrhea, constipation, itching, fatigue, etc)?
		(Females) Do you experience worsening symptoms around your cycle or at certain times of the month?
		When did you first start noticing symptoms (pregnancy, stress, trauma, a move/life change)?
		Are you tired after you eat, or do you experience an afternoon energy slump?
		Do you have issues sleeping (trouble falling asleep or staying asleep)?
		Do you get sick easily or stay sick longer than others around you?
		Do your symptoms tend to get better then get worse (cyclical pattern)?
		Did you have any trauma growing up (physically, mentally, emotionally)?
		(Females) Do you feel your hormones are imbalanced (mood issues, PMS, heavy bleeding, fibroids, PCOS)?
		Do you use plastics in your home or workplace (water bottles, containers)?
		Do you get exposed to conventional cleaning products in home or workplace?
		Do you feel stressed out, overwhelmed or suffer from chronic fatigue?
		Do you supplement with vitamins and minerals on a regular/daily basis?
		Do you eat a variety of veggies, fruits, plant foods and proteins on a daily basis?
		Do you drink at least half your body's weight in ounces of water per day?
		Do you have exposure to Wi-Fi on a regular basis?
		Do you suffer from recurring infections (sinus infections, UTIs, cold sores)?
		Do you experience allergies or asthma?
		Have you lost tolerance to chemical smells or fragrances or other scents in your environment?

You can learn more about how to identify your underlying hidden triggers and how to address them naturally in the book:

The Lupus Solution: Your Step-By-Step Functional Medicine Guide to Understanding Lupus, Avoiding Flares and Achieving Long-Term Remission

For more information and resources head to www.CaplanHealthInstitute.com