

## Auto-Immune Disorders and Weight Loss Programs

a

*Gifts of Nature Publication*

by

Zona Jackson

Those people with auto-immune disorders such as Rheumatoid Arthritis, Fibromyalgia, Lupus, MS and Chronic Fatigue Syndrome should approach weight loss programs with caution.

Most weight loss programs have as part of their regimen, a high protein shake or drink. Some of them even recommend a high protein diet. Two of the known and well documented side effects of these diets are: First, too much protein depletes the calcium in the body and the lack of calcium produces many health challenges. Second, most people with autoimmune disorders do not digest protein well and the undigested protein in the blood strips the myelin shield from around the nerve endings. This is what causes much of the pain which people with autoimmune disorders experience.

It is for this reason I developed our product *Super Aloe*. The purpose of this product is to provide enzymes and assist the body to break down the undigested protein into finer amino acids. In that form, the body can assimilate them, and accomplish this without stimulating the T cells that attack the immune system.

So again, if you have an autoimmune disorder, you should be very cautious about the amount of protein you eat. Eat more vegetables both raw and steamed. Also include nuts and legumes with dark leafy green vegetables.

Other things to be wary of are stimulants and herbs that are not good for the body, or have time limits on how long they could be used safely. Some of them are ginseng, licorice, kava kava, ginko biloba, guar gum, gurana and ephedra. Be sure to read product labels and thoroughly understand what effect every ingredient has on the body.

I hope these things will help you to find a regimen that will work for you. I wish you health and happiness in all your endeavors in attaining good health.

### **Herbal Information Bibliography:**

- (1) Back to Eden, by Jethro Kloss
- (2) Prescription for Nutritional Healing, Second Edition, by James F. Balch, MD, and Phyllis A. Balch, CNC
- (3) Plant Foods & Nutritional Immunology, by Jan Fei Clan, PhD
- (4) Nutraceutical by Arthur J. Roberts, MD, and May E. O'Brien, MD
- (5) Elements of Health.