



Beat Fatigue



Gabriel Arruda

Author and Autoimmune Survivor

- **Why** autoimmune fatigue happens
- The **common thread** behind all autoimmune fatigue
- How to get your **energy back** like I did

GABRIEL ARRUDA

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Beat Fatigue

by Gabriel Arruda, Author and Autoimmune Survivor

Tired? No energy?

Do you feel like these people?

“Extreme fatigue ... no energy ... no anything ... !”

“That exhaustion and washed out feeling.”

“Fatigue!!! I could deal with the pain a lot easier if I weren't exhausted along with it!”

“You can't do anything — too weak.”

“I can deal with the pain but not the fatigue.”

“I HATE being tired all the time.”

“Unrelenting fatigue.”

These are real quotes from just a few autoimmune patients who suffer with fatigue. According to the statistics, this is what literally millions of Americans and others in first world countries are dealing with — fatigue. A tired that's not a normal late night kind of tired. This is a debilitating kind of tired.

Yet people say, you just need to get over it. Stop being a wimp, after all everyone's a little sleep deprived. Well, there is some truth to many of people being sleep deprived. According to the National Sleep Foundation, two out of every 10 Americans sleep less than six hours a night. That's a lot less than the recommended eight hours. Forty percent of adults report being sleepy during the day to the point that it interferes with their daily activities. And everyone's just hoping their bosses don't find out.

Unfortunately not everyone understands. Fatigue is more than “I ate too much greasy food at lunch” kind of sleepiness. This is needing to take multiple naps just to survive

until dinnertime kind of tired. This is a tired which makes you sleep 10 to 12 hours a night and you still wake up exhausted. A walking around feeling brain-fogged and wiped out kind of tired. Feeling like it's a huge chore just to get out of bed kind of tired. It's real, and it's seriously debilitating. This is chronic autoimmune fatigue.

Are you tired of being tired? Do you want your life back? Want your energy back? I felt the same way.

My Battle

I struggled with fatigue on and off during my battle with autoimmune disease that lasted for years. Needing to lay down all of a sudden. Staring at a computer screen and having the words mean nothing to you. Restless sleep and waking up multiple times throughout the night. I know what it's like.

One time I was so fatigued, I even had to curl up on the floor not far from my desk at work for about 30 minutes. Though fatigue wasn't the most frequent challenge I faced during my struggle with my autoimmune disease, it was pretty debilitating when it reared its head.

One of the many different lines of work I do is motivational speaking. I speak on overcoming both spiritual and physical challenges to public groups. Unfortunately, my fatigue hit its worst point when I was doing a series of presentations that required me to be speaking up in front of a community audience five nights a week for several hours a night. It would hit me the worst around 5:30 pm which was the exact time I needed to be getting ready to head out the door to publicly speak and talk to people for over two hours. It was absolutely horrible. But thankfully, with the blessing and wisdom from God and lots of help from my wife, I got through it. In this book I will be sharing many of the points that helped me overcome my autoimmune fatigue.

Dealing with Fatigue

So, how do you deal with fatigue? How do you get your energy and life back? Unfortunately, the best the medical community at large can do is to tell you, "We're not sure exactly why it happens, but we can help try to manage it." And sometimes they're prescribing you medication for other related issues that have guess what side effect? Fatigue.

But thank God there **are** answers! There is a very small group of holistic health-conscious professionals and avid health researchers who have been blessed to find

answers and reverse even debilitating fatigue. I can say this with 100% confidence because I'm a product of that community. My fatigue is now completely gone, along with my autoimmune disease. I'm going to tell you how I got rid of my fatigue.

First, we have to ask an important question. What is the **source** of your fatigue? There are 80 to 100 different types of autoimmune diseases effecting some 50 to 80 million people.¹ And a large number of these autoimmune diseases share the common symptom of fatigue. Every autoimmune disease is a bit different and everyone's situation is a little different too. Therefore, it's helpful for you to be educated as to how your specific condition contributes toward your fatigue.

Despite the fact that every autoimmune disease is a bit different, I will do my best to present the fact that I believe the medical studies show that there are just a few main underlying factors behind all autoimmune fatigue. We'll look at fascinating research pointing to even just one main issue that seems to be at the center of all the action. Or in the case of fatigue perhaps I should say no-action.

In this book we'll take a look at some of the more prominent autoimmune diseases and their various factors that contribute to fatigue. We're going to look at **rheumatoid arthritis, Graves' disease, Hashimoto's, fibromyalgia** and **lupus**. We'll see how they are all a bit different, yet also very much the same. If you don't see your exact condition mentioned in this list, don't worry, the material in this book is applicable and helpful to all autoimmune diseases since they all share several key foundational issues.

In this next section, we're going to do an overview of the five autoimmune diseases mentioned above. We're going to look at what the research is saying is causing the fatigue and at the end, compare all five and notice a common thread that is at the root of them all.

Even if you have only one of the conditions below or if your condition isn't even mentioned here, make sure to read the summary of every one. Since all autoimmune diseases share just a few common sources, reading about other conditions will shed more light about your situation since some of the same dysfunctions may likely be present with your condition.

¹ American Autoimmune Related Diseases Association, Inc., aarda.org

Rheumatoid Arthritis

Let's start with rheumatoid arthritis (RA). It's arguably the most prevalent autoimmune disease affecting over two and a half million people. Rheumatoid arthritis is a chronic autoimmune disease that causes joints to swell, often causing pain, stiffness, and loss of function. An extremely common symptom of rheumatoid arthritis is fatigue. Up to 98% of people with rheumatoid arthritis report fatigue.² That's almost all of them!

That's very high compared to the 50% or more of those with lupus or Sjögren's syndrome who report fatigue.

The culprit for fatigue in rheumatoid arthritis is often **anemia**. Anemia is a condition in which the number of red blood cells is lower than normal. When you don't have enough red blood cells, you can feel deathly tired.

Why do those with RA have anemia? Red blood cell (RBC) production takes place in the bone marrow and requires three main vitamins — iron, vitamin B12, and folate (B9).

Well guess what vitamins it's very common for RA patients to be deficient in? All three. This discovery was published in the *British Medical Journal*, one of the world's oldest and respected medical journals.³

In support of this, an *Oxford Rheumatology* study done in 2010 showed that anemia is common in RA and most often a reflection of iron deficiency.⁴ Secondly, according to the Arthritis Foundation, many RA patients are low in homocysteine which is a result of B12 deficiency.

RBC production will be hindered if just *one* of these vitamins is low. Can you image how seriously hindered RBC production would be if the body is lacking in two or all three of these vitamins?

² <http://www.arthritis.org/living-with-arthritis/pain-management/fatigue/beat-fatigue.php>

³ Vreugdenhil G, Wognum AW, van Eijk HG, *et al* "Anaemia in rheumatoid arthritis: the role of iron, vitamin B12, and folic acid deficiency, and erythropoietin responsiveness." *Annals of the Rheumatic Diseases* 1990;49:93-98.

⁴ Sarah L. Westlake, Alexandra N. Colebatch, Janis Baird, *et al* Rheumatoid Arthritis: Clinical Aspects [322–355]: 322. The Effect of Biologics on Cardiovascular Disease in Patients with Rheumatoid Arthritis: A Systematic Literature Review. *Rheumatology* (Oxford) 2010; 49 (suppl_1): i155-i167. doi: 10.1093/rheumatology/keq736

Additionally, the before mentioned *British Medical Journal* also found that many RA patients can have *multiple* forms of anemia, not just one.⁵ Now that's going to leave you *really* tired!

So why are rheumatoid arthritis sufferers so deficient in these vitamins that cause anemia? There are several reasons for why someone would be deficient in each vitamin:

B12 Deficiency

- Impaired absorption from a damaged small intestine
- Inadequate dietary amounts
- Age-related, decreased stomach acid secretion
- Autoimmune metaplastic atrophic gastritis (an autoimmune disease where the body attacks its own stomach)

Folate Deficiency

- Impaired absorption from a damaged small intestine
- Undernutrition: diet lacking raw leafy green vegetables or whole grains
- Alcohol toxicity
- Aggravated by increased demand due to pregnancy or lactation
- Prolonged cooking (destroys folate)

Iron Deficiency

- Impaired absorption from a damaged small intestine
- Gastrectomy

With all three vitamins, a common denominator is **malabsorption** due to **autoimmune conditions** damaging the digestive system, namely the small intestine and stomach. We're going to see that that is the foundation of almost all autoimmune fatigue.

Undernutrition was a factor in deficient B12 and folate, but not so much in iron. With undernutrition causing deficiency in two of the three vitamins, it should definitely get our attention. No doubt, not eating enough nutrient-rich, whole, plant foods is an issue with most Americans and contributes to overall fatigue.

⁵ ibid

We're going to see however, that this stomach and gut connection comes up over and over. It turns out that our digestive organs play a huge role in every autoimmune disease.

Sarah Ballantyne, Ph.D. and author of a New York Times best-selling book about autoimmune disease, positively states, "*A leaky gut (and gut dysbiosis) has been found, in **every** autoimmune disease in which its presence has been investigated.*"⁶

Wow! "Every autoimmune disease." So what is leaky gut and gut dysbiosis?

Leaky Gut

Leaky gut is the condition in which the villi (which are the finger-like projections that line our small intestine and absorb nutrients) become so damaged that holes begin to open up in the walls of the small intestine, literally making it "leaky."

This allows all kinds of toxins, bad bacteria, and viruses to get into our bloodstream and travel to every part of our body.

Gut Dysbiosis

Gut dysbiosis is a microbial imbalance inside the intestines. Your gut has a constant balance of good and bad bacteria. As long as the balance between the good and bad bacteria remains in favor of the good, outweighing the bad, everything is fine. This balance is around 85% good bacteria and 15% bad. The good will keep the bad in check as long as it's the majority. Gut dysbiosis is when the bad bacteria outweighs the good and begins to wreak havoc in the body.

By great care and design, the default state so happens to be that the good bacteria outweighs the bad. If this is the default state of our bodies, then how do the bad bacteria sometimes get the upper hand?

Here are common factors that contribute to this gut dysbiosis imbalance:

- Antibiotics
- Birth control pills
- Use of other hormones, especially immunosuppressants like steroids. (Hello? The exact medications given to manage autoimmunity.)

⁶ Sarah Ballantyne, Ph.D. *Lifestyle and Autoimmune Disease* (AHS14) <https://youtu.be/02szpuypkOg>

- Bad diet, especially one high in refined sugar
- Poor digestion
- Alcohol
- Stress

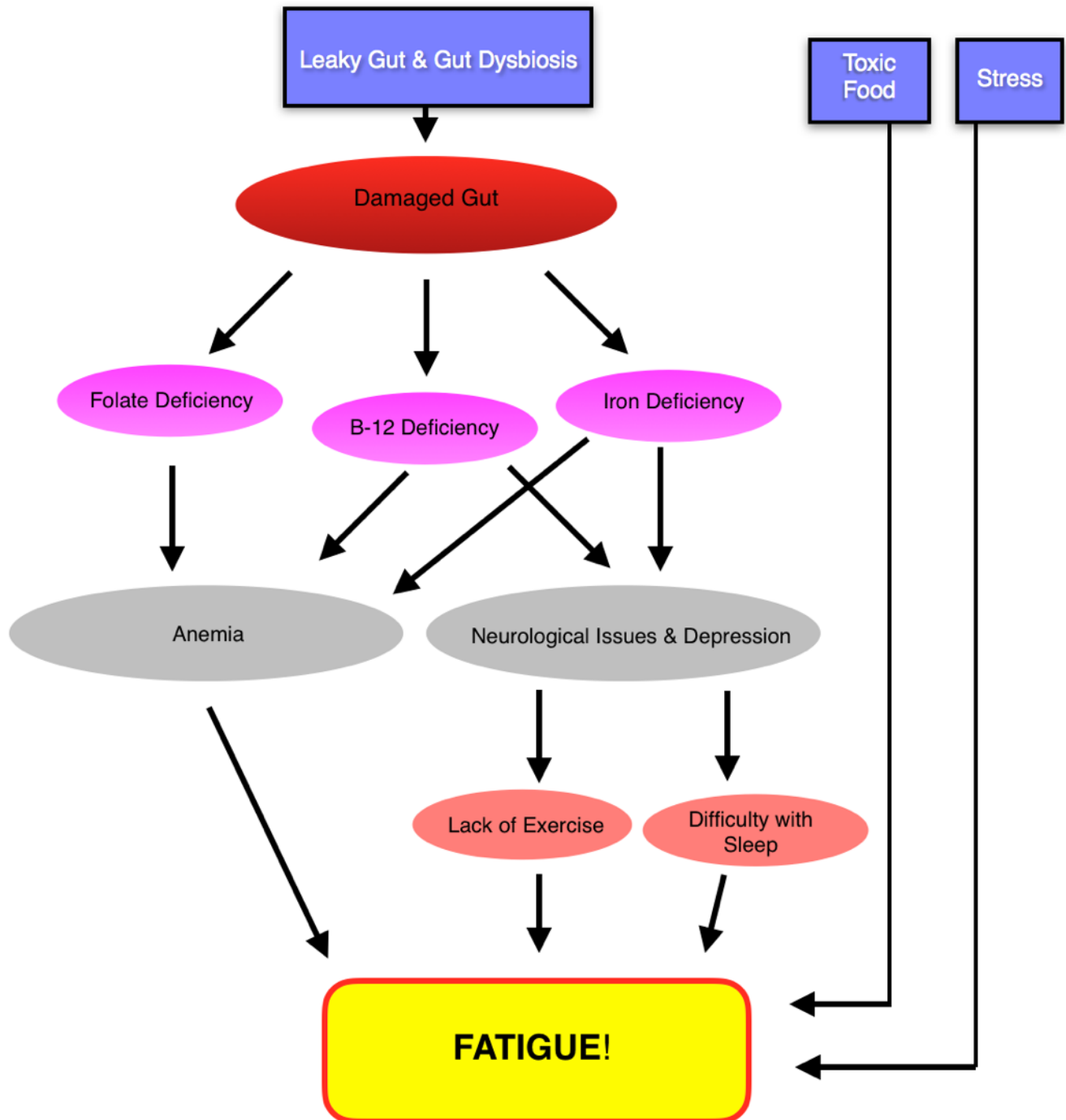
This is how your good gut bacteria is reduced or even wiped out, allowing the bad bacteria to dominate. Conditions that are often caused by dysbiosis are irritable bowel syndrome, acne, food allergies, chronic fatigue and depression.

The bad bacteria excrete many different types of waste byproducts in your gut. When the bad bacteria colonies get too large, the body gets overburden by the increased amounts of waste to remove. The body's pathways that eliminate toxins become overwhelmed and symptoms like headaches, rashes, and fatigue can result.

Think about it. What's an autoimmune disease? It's a disease of the immune system hence *autoimmune*. Did you know that 80% of our immune system is in the gut? So it's no wonder that an abnormal gut situation is going to be the foundation to every immune system disease like autoimmune diseases.

We've laid a good foundation to understanding autoimmune fatigue. Now let's move on to the other diseases. But before we do, I have an illustrated summary of what the possible chain of events leading to fatigue in rheumatoid arthritis might look like.

Rheumatoid Arthritis Summary



Graves' Disease

Fatigue and exhaustion is a massive problem with those who suffer from Graves' disease. Graves' (named after Dr. Robert J. Graves), is an autoimmune disease which affects the **thyroid** gland making it over active, hence the term **hyperthyroidism**.

Graves' is one of the most common forms of thyroid dysfunction and is more common in older adults. In contrast, Hashimoto's is **hypothyroidism** which indicates an under active thyroid. This tends to be more common in younger adults. Graves' also occurs in women seven to eight times more often than in men.

The thyroid is a small, butterfly-shaped gland that sits at the base of your neck. It produces key hormones called triiodothyronine (T3) and thyroxine (T4) which control your metabolism.

When the immune system discovers foreign invaders, its white blood cells (B cells) produce proteins called **antibodies** to attack and destroy the harmful pathogens. In autoimmune conditions however, the immune system gets confused and produces antibodies which attack certain parts of your own body instead.

With Graves', the immune system abnormally produces antibodies called *thyroid-stimulating immunoglobulins* (TSI). These antibodies bind to the thyrotropin receptor on the thyroid, mimicking *thyroid-stimulating hormone* (TSH). TSH is the hormone that tells the thyroid how much of the metabolism hormones to produce. The TSI antibodies cause the thyroid to make more T3 and T4 than the body needs. This results in very high levels of thyroid hormones circulating in the blood. This overproduction of thyroid hormones is **hyperthyroidism**.

The Graves' Fatigue Connection

Why do those with Graves' so often experience fatigue? Fatigue in Graves' can come from several different angles like insomnia, anxiety, or disrupted sleep patterns. Seeing how there are several issues going on with Graves', the question is what is causing what? What comes first, the insomnia, the low iron, the anxiety, or something else?

First, it's important to acknowledge that the body producing antibodies against the thyroid is unnatural. It's a dysfunction of the immune system. Why is the immune system being misdirected and confused?

It's interesting to note that Graves' shares a common factor with rheumatoid arthritis which is low iron, in particular, the stored form of iron known as **ferritin**. Being low in ferritin is usually the first sign of iron deficiency. We saw that with rheumatoid arthritis, malabsorption was the most common denominator with the three different vitamins and nutrients that cause rheumatoid arthritis anemia. Furthermore, this is likely connected to a damaged gut. Could it be the same with Graves'?

As previously mentioned, 80% of our immune system is found in the gut. So if you have a damaged gut you will also have a damaged... what? A damaged immune system. From this logic alone, we have a huge clue telling us where Graves' starts. But let's look further.

Looking into the iron deficiency also helps give an insight into what causes what. According to the *Merck Manual*, the most continually published and best-selling medical textbook in English, "*Iron deficiency is the most common cause of anemia.*"⁷ So we know what comes first there, — the iron deficiency then the anemia second.

But what is causing the iron deficiency? Again according to the *Merck Manual*, the top three reasons why someone has an iron deficiency is either bleeding, malabsorption, or a low dietary intake of iron.

Are you bleeding right now? Is there often blood in your stool from gastrointestinal bleeding? Most likely not.

What about the third possible cause, a low dietary intake? "*Rarely, absorption is decreased by dietary deprivation from undernutrition.*"⁸ Meaning, despite the fact that iron is poorly absorbed, people who eat a typical Western diet are not likely to become iron deficient due to dietary deficiency.

Since the first and third options are unlikely with most people, what about the second option, malabsorption?

Based on the same Merck Manual, if you haven't had a gastrectomy which is a removal of part of your stomach, low iron can stem from malabsorption conditions such as celiac

⁷ *Iron Deficiency Anemia (Anemia of Chronic Blood Loss; Chlorosis)* By Evan M. Braunstein, MD, PhD, Instructor of Medicine, Johns Hopkins School of Medicine <http://www.merckmanuals.com/professional/hematology-and-oncology/anemias-caused-by-deficient-erythropoiesis/iron-deficiency-anemia>

⁸ *ibid*

disease, atrophic gastritis (chronic inflammation of the stomach), and achlorhydria (low stomach acid).⁹

What are these? These are all conditions that center around autoimmune diseases that damage the stomach and intestines causing malabsorption.

Again, we're arriving back to the idea that it starts in the gut. A damaged gut causes low iron which in turn causes anemia that results in fatigue.

Anxiety and Sleep

What about anxiety and sleep disturbances? Low iron also causes neurological issues such as depression and confusion which lead to bad sleep and anxiety. It has been shown that there is a direct link with low iron increasing the risk of anxiety.¹⁰

Iron is also essential for helping red blood cells deliver oxygen throughout your body. Without iron, everything suffers. Less oxygen reaches your tissues when you are iron deficient so your body is deprived of the energy it needs.

Another factor that directly points to the root issue of Graves' starting in the gut is H. Pylori infections in the stomach. It's very common for those with autoimmune diseases to get other infections due to the gut being damaged and out of balance, along with the immune system being compromised.

H. Pylori itself is known to decrease the absorption of iron. Numerous studies have shown that H. Pylori infections can cause iron deficiency, and H. Pylori is also understood to be a common infection with those with guess what conditions? Autoimmune thyroid conditions.

If you have a thyroid condition, you may have an H. Pylori infection. In fact, H. Pylori can actually trigger thyroid autoimmunity itself by weakening thyroid hormone synthesis.¹¹

⁹ ibid

¹⁰ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3680022/>

¹¹ <http://www.naturalendocrinesolutions.com/articles/iron-deficiency-anemia-thyroid-health/>

As I quoted earlier, “A *leaky gut (and gut dysbiosis)* has been found, in **every** autoimmune disease in which it’s presence has been investigated.”¹² H. Pylori is a clear sign of a disordered state of the gut most likely from leaky gut and gut dysbiosis.

Why? A stomach infection would not be able to thrive in a balanced gut. But a gut that is imbalanced and associated with an immune system that is misdirected would be weak and therefore an invitation for infections. Imagine a castle that tore down its walls and got rid of most its army. That’s an invitation for invaders to capture that city. So it is with our gut when it’s leaky and imbalanced.

The Graves’ process seems to start with a damaged and inflamed stomach, a gut that absorbs low levels of iron that contributes to insomnia. Both low iron and insomnia in turn cause anemia and thus fatigue. This indicator is potentially telling us that Graves’ disease itself is a result of a damaged and inflamed stomach and gut.

On top of insomnia, anxiety, disrupted sleep patterns, and iron deficiency, since Graves’ negatively impacts your thyroid which controls your metabolism, other issues arise. A rapid pulse, higher blood pressure, diarrhea, tremors, depression — these are all very common symptoms of hyperthyroidism.

All of these high metabolism related issues puts tremendous stress on your body and this ongoing stress takes a toll on your energy.¹³ This heaps even more additional fatigue on top of what originally would be experienced with the low iron, disturbed sleep, and anxiety.

This isn’t even taking into account the toxic, processed, chemical-laden foods that most people commonly eat that contribute to them arriving to this condition to begin with. The standard American diet is known for taking its toll on our body’s energy levels.

It’s a massive downward spiral! But don’t worry. It’s completely possible to get your energy back just like I did!

Before we move on now to Hashimoto’s, take a look at the illustrated summary of what the possible chain of events leading to fatigue in Graves’ might look like.

¹² Sarah Ballantyne, Ph.D. *Lifestyle and Autoimmune Disease* (AHS14) <https://youtu.be/o2szpuypkOg>

¹³ <https://www.verywell.com/is-your-thyroid-making-you-exhausted-3231673>

Graves Summary



I'm also an artist by trade, so I'm very visual. Sometimes reading text about describing different medical factors contributing to some disease can be difficult to grasp. I'm hoping these illustrated summaries will help you better grasp the concepts of all the different factors contributing to fatigue.

Hashimoto's Thyroiditis

Hashimoto's thyroiditis is the most common cause of hypothyroidism in the United States.¹⁴ In contrast to Graves', Hashimoto's is an under active thyroid, originating from the underproduction of thyroid hormones. To produce energy, your body needs certain amounts of thyroid hormones. So having a drop in hormone production, as happens with Hashimoto's, will naturally lead to lower energy levels, making you feel weak and tired.

There are about 25 million people who suffer with hypothyroidism and the incredible part is that around half are undiagnosed.¹⁵ Seventy-five percent of those diagnosed with Hashimoto's are women, and it takes on average 4.6 years and five doctors to diagnose it.¹⁶

As we already learned, the thyroid hormones regulate metabolism. This means the thyroid has control of the way your body uses energy. Understanding this, it's a no brainier to see how the natural effects of an underproducing thyroid will cause fatigue.

On top of this, since the thyroid effects metabolism and energy, thyroid dysfunction will affect nearly every organ in the body. Not enough thyroid hormones will cause many of the body's functions to slow down. This could lead to a host of other side effects. Thyroid hormones not only affect metabolism but also breathing, brain development, heart and nervous system functions, body temperature, skin dryness, muscle strength, menstrual cycles, weight, and cholesterol levels. Have any issues with these lately?

Stress

Stress feels terrible, doesn't it? Stress not only *feels* terrible but IS terrible to our bodies causing damage that can induce Hashimoto's or severely aggregate it. The primary part of the body that deals with stress is the **adrenal glands**. You've probably heard of adrenaline. That is produced by the adrenal glands.

The adrenals are located on top of each kidney and kick in to help us manage stressful situations. These glands work hand-in-hand with the thyroid to produce and deliver hormones throughout the body. When they become overwhelmed and exhausted due to chronic stress, bad things happen.

¹⁴ Lee SL. Hashimoto thyroiditis. Medscape website. <http://emedicine.medscape.com/article/120937-overview> . Updated February 25, 2013. Accessed November 14, 2013.

¹⁵ <http://www.webmd.com/women/guide/fatigued-or-full-throttle-is-your-thyroid-to-blame#2>

¹⁶ <https://www.aarda.org/who-we-help/patients/women-and-autoimmunity/>

Adrenal stress weakens the body's disease blockades such as the GI tract and the blood-brain barrier. This allows toxins to damage and confuse the immune system contributing to Hashimoto's.

It's also been suggested that an overproduction of cortisol by the adrenals revs up the immune system causing it to become overaggressive (autoimmunity), leads to thyroid hormone resistance and reduces conversion of T4 to T3. Not good. This means repeated or prolonged stress can get you Hashimoto's disease in no time.

With thyroid dysfunctions and autoimmune diseases, it would be a mistake to *only* treat the thyroid, or the particular organ that's being effected by the autoimmune disease and not look at what stress and the adrenal glands are doing to the rest of the body. This goes with any autoimmune disease.

Dr. Eric Berg, a well-known author and doctor who treats autoimmunity, has seen hundreds of autoimmune patients, and when he asks them when their autoimmune symptoms started they *"always tell me that it happens after a stress event."*¹⁷

Usually after a loss of a loved one, a divorce, injury, or loss of a job. He said he's never seen an autoimmune condition where grief or stress wasn't a factor.

Look at your own situation. Did you notice symptoms starting immediately or soon after a major stress event in your life? If so, this may indicate adrenal fatigue being a factor in your situation.

Pregnancy

Pregnancy can be one of these stress-triggering events. This could be due to the stress of pregnancy and delivery itself. It also could be due to the fact that during pregnancy, hormones produced by the placenta mildly stimulate the thyroid to produce more thyroid hormones and thereby put an extra demand on it. Hashimoto's hypothyroidism occurs in every three to five women out of every 1,000 pregnancies.¹⁸ Graves' hyperthyroidism occurs in about one in every 500 pregnancies.¹⁹

¹⁷ Dr. Eric Berg, *Autoimmune Mysteries Revealed* Sep 21 2014, https://youtu.be/oNa9Q_7sQgs

¹⁸ Ogunyemi DA. Autoimmune thyroid disease and pregnancy. eMedicine website. www.emedicine.medscape.com/article/261913-overview . Updated April 23, 2010. Accessed August 11, 2011.

¹⁹ Komal PS, Mestman JH. Graves hyperthyroidism and pregnancy: a clinical update. *Endocrine Practice*. 2010;16(1):118–129

Don't underestimate stress! It's quite possible that high stress got you into your situation, and you can bet that stress reduction will have to be part of your healing protocol.

Cushing's Disease

There's also another less known autoimmune disease in which the body specifically attacks the adrenal glands called Cushing's, or hypercortisolism. The symptoms of this disease are very similar to that of Hashimoto's — weight gain, body temperature issues, fatigue, brain fog and confusion are common symptoms with Cushing's. Adrenal fatigue due to Cushing's could be an underlying root problem with Hashimoto's, and it may be worthwhile to be tested for it.

In case you are wondering how one would help fatigue in Cushing's, the protocols that heal the other autoimmune diseases will be very similar to what will help with Cushing's. I'll share more about the 5-step protocol I used to heal my own autoimmune disease and accompanying fatigue later in this book.

The Cause

So we've seen that fatigue in Hashimoto's largely has to do with the fact that the thyroid is compromised and underproduces hormones responsible for regulating energy and metabolism. But why is the thyroid compromised?

A Damaged Gut

We've seen stress is a factor, but here's another big clue. Remember this quote, *“A leaky gut (and gut dysbiosis) has been found, in **every** autoimmune disease in which it's presence has been investigated.”*²⁰

This leads to the idea that perhaps the thyroid being compromised starts with the gut being compromised.

In support of this gut-Hashimoto's connection, there is an autoimmune disease called **autoimmune metaplastic atrophic gastritis**, don't worry we'll just call it (AMAG). This condition attacks the **parietal cells** in the stomach.

The parietal cells are special cells lining the stomach wall and are responsible for acid-secretion namely, gastric intrinsic factor and hydrochloric acid (HCl). When the parietal

²⁰ Sarah Ballantyne, Ph.D. *Lifestyle and Autoimmune Disease* (AHS14) <https://youtu.be/o2szpuypkOg>

cells are damaged, there is naturally a lack of these stomach acids, and this leads to vitamin B12 deficiency.²¹

This B12 deficiency can cause anemia which results in fatigue. It can also cause demyelination of the spinal cord and brain resulting in neurologic symptoms such as muscle weakness and loss or lack of reflexes. Some patients may also feel irritable and mildly depressed.²²

It is not uncommon for patients with AMAG to develop guess what other autoimmune disease? Hashimoto's!²³

Also 50% of AMAG patients have thyroid antibodies, meaning the body is producing immune cells to attack the thyroid, hence thyroiditis. On the flip side, 30% of thyroiditis patients, also had parietal cell antibodies in their body.²⁴ Meaning the immune system was not only attacking the thyroid but also the parietal cells lining the stomach at the same time.

Many AMAG patients have antibodies attacking their thyroid, and thyroid patients show strong signs of AMAG. They seem to often go together. This evidence supports the gut-Hashimoto's connection because it shows us that a damaged gut and Hashimoto's often go hand-in-hand.

Also as just mentioned, a B12 deficiency leads not only to anemia but to neurologic issues. This is because B12 is needed for myelin synthesis and repair (the sheath surrounding the nerve fibers). Therefore if you're deficient in B12, it's going to set back the health of your nerves. Damaged nerves equals bad nerve flow, and loss of nerve flow can lead to terrible neurological issues such as:

- Depression
- Anxiety
- Brain fog
- Memory problems

²¹ [Autoimmune Metaplastic Atrophic Gastritis](#) By Nimish Vakil, MD, Clinical Adjunct Professor, University of Madison School of Medicine and Public Health

²² [Vitamin B 12 \(Cobalamins\)](#) By Larry E. Johnson, MD, PhD, Associate Professor of Geriatrics and Family and Preventive Medicine; Attending Physician, University of Arkansas for Medical Sciences; Central Arkansas Veterans Healthcare System

²³ ibid

²⁴ ibid

- Dementia
- A tingling sensation
- Pain and numbness
- Loss of sensation

Furthermore, these issues lead to loss of sleep and lack of desire or ability to exercise. This makes the fatigue problem even worse.

Bacteria and Viruses

Not enough B12 can also lead to an overgrowth of bacteria or fish tapeworm infestation. The bacteria or parasites can actually start using what little B12 you're ingesting so that even less is available for you.²⁵

This is terrible. It means a B12 deficiency leads to even more of a B12 deficiency! It just keeps compounding. And B12 deficiency leads to fatigue. Then consider that on top of this, there are the neurological issues which also lead to fatigue!

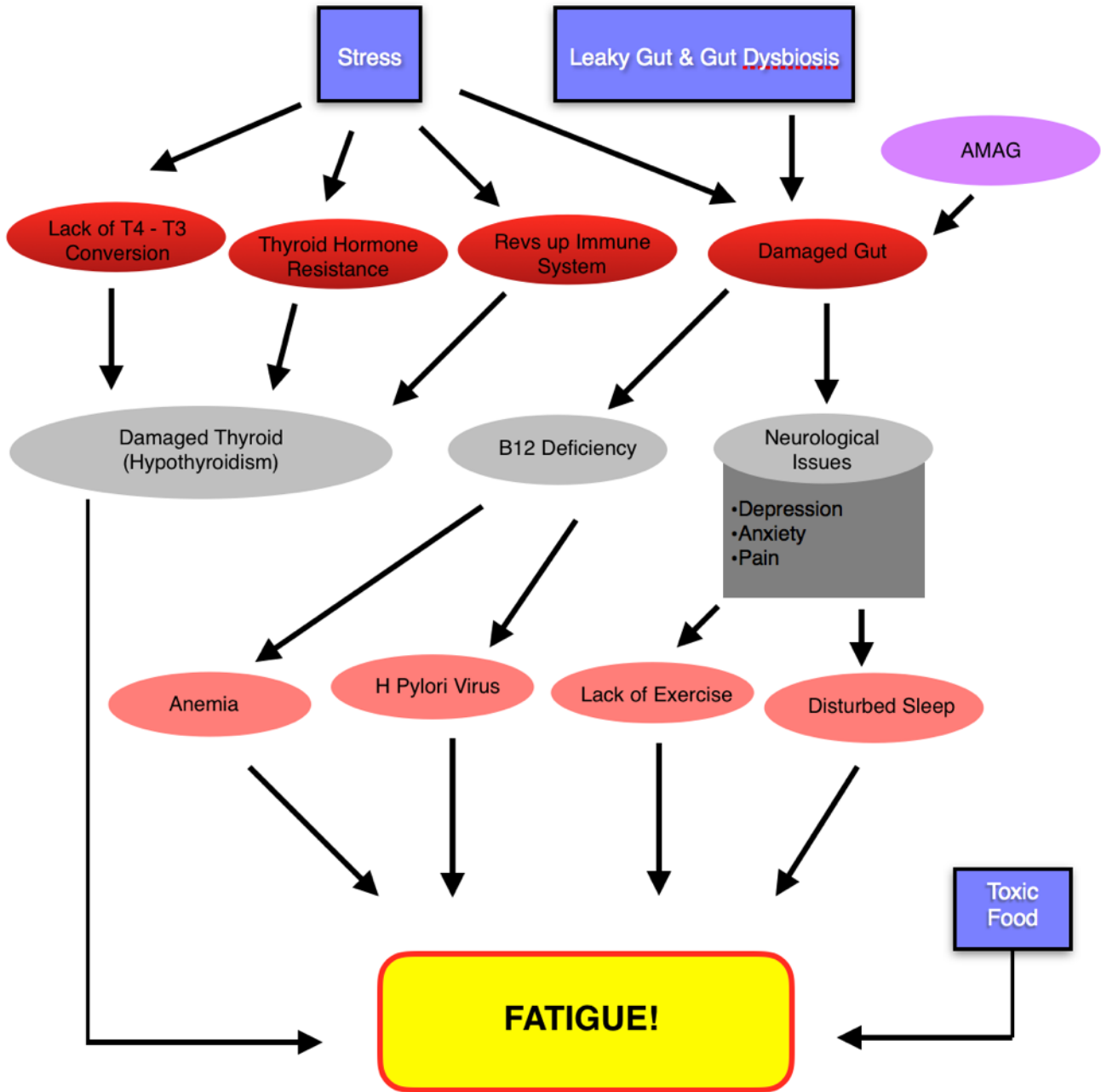
No wonder people with autoimmune are so tired. It's like a domino effect that just keeps getting worse in a downward spiral.

But there's hope because if you understand the root causes and you're motivated to do something about it (which you can), you're on track to getting your energy and health back!

The bottom line is that there is a strong connection between damage to the stomach and intestines with Hashimoto's disease. Simply put, a damaged gut may very well lead to acquiring Hashimoto's.

²⁵ ibid

Hashimoto's Summary



Fibromyalgia

Fibromyalgia is an autoimmune disease that results in abnormal, widespread pain throughout the body. This is no small issue with an estimated two to 10 percent of Americans suffering from fibromyalgia. Beside muscle pain and body aches, chronic fatigue is one of fibromyalgia's most common symptoms.

Why do fibromyalgia sufferers have chronic fatigue? There could be several contributing factors. However, one of the most prominent is sleep. Sleep disturbances are a core factor in fibromyalgia with three quarters of fibromyalgia sufferers having complaints about non-refreshing or non-restorative sleep. The incidence of sleep apnea in people with fibromyalgia is also high. Therefore, many of the medications used for fibromyalgia work by attempting to increase deep sleep.

In fact, there have been several studies done on totally normal sleepers in which their ability to fall into deep sleep was disrupted every night for seven to 14 days. The results? These normal sleeper developed symptoms "indistinguishable" from patients with fibromyalgia.²⁶ And conversely, it's become clear that successfully treating sleep disturbances improves the daytime symptoms of fibromyalgia.

If you are chronically deprived of deep sleep, it's not a stretch to imagine that it could have a big effect on your energy level. However, the lack of restorative deep sleep doesn't just effect the energy but is also linked to the pain.

It's been shown that regularly disturbed sleep is associated with lower levels of a very important and well-known neurotransmitter called **serotonin**. This could be a source of the anxiety and pain experienced by those with fibromyalgia since serotonin is associated with a calming anxiety, but below normal levels of it is linked with increased pain sensitivity.

Researchers have actually been able to create a lower pain threshold in women similar to what is seen in fibromyalgia by just depriving them of sleep.²⁷

Natural endorphin painkillers are also less effective in fibromyalgia sufferers. The lowered pain thresholds they experience are no doubt amplified by this. At the same

²⁶ <http://www.everydayhealth.com/columns/robert-rosenberg-sleep-answers/fibromyalgia-blame-sleep-problems/>

²⁷ *ibid*

time, they can have an increased presence of an inflammatory chemical called substance P which amplifies pain signals.²⁸ This bad combination further boosts the pain.

Insomnia

Back to the serotonin. Julia Ross, author of *The Mood Cure* and Director of the Recovery Systems Clinic and the Neuro-Nutrient Therapy Institute, has for almost 25 years said that low serotonin plays a huge role in insomnia. She states that her holistic clinic in the San Francisco Bay Area has provided nutrient therapy to at least 2,000 insomniacs.

She says that low serotonin levels is “*the most common cause of insomnia in our experience.*”²⁹

Why? The brain releases serotonin throughout the day effecting the hypothalamus, producing a reaction that encourages sleep at night.³⁰ But even more importantly, serotonin is used by the body to produce **melatonin**, which is often called the “sleep hormone.” Melatonin is a major regulator of our biological wake-sleep clock know as our **circadian rhythm**.

In short, if we don’t have adequate melatonin, it prevents our bodies from winding down and going to sleep when we should.³¹ At bedtime when you know you should be sleeping, you won’t be able to but instead will just lay there tossing and turning. Sound familiar?

Below is Julia Ross’s list that her clinic has insomniacs check of using a scale of 1 to 10 to determine if there’s a serotonin deficiency. Take a look.

- Night-owl, hard to get to sleep
- Disturbed sleep, premature awakening
- Negativity, depression
- Worry, anxiety
- Low self-esteem
- Obsessive thoughts or behaviors
- Hyperactivity/tics
- Perfectionism, controlling behavior

²⁸ <http://www.webmd.com/fibromyalgia/guide/fibromyalgia-causes#1>

²⁹ <https://www.moodcure.com/pdfs/Townsend-Letter-NNTI%20article.docx.pdf>

³⁰ https://www.howsleepworks.com/how_neurological.html

³¹ <http://chronicfatigueandnutrition.com/brain/melatonin-deficiency-insomnia/>

- Winter blues
- Irritability, rage (PMS)
- Dislike hot weather
- Panic attacks, phobias (fear of heights, small spaces, snakes, etc.)
- Fibromyalgia
- TMJ
- Migraines
- Afternoon or evening cravings for carbs, alcohol, or marijuana

How did you rate? Any of these hit home? If you're reading this book to help with chronic fatigue, I'm sure many of these rung true.

Well, guess where serotonin is produced? 90-95% of serotonin supply is produced by your gut. More specifically, it's produced by your healthy gut bacteria.³² The human gut has a system within the walls of the gastrointestinal tract called the enteric nervous system which is often called the body's "second brain." Hundreds of neurochemicals that the brain uses are produced here, and serotonin is one of them.

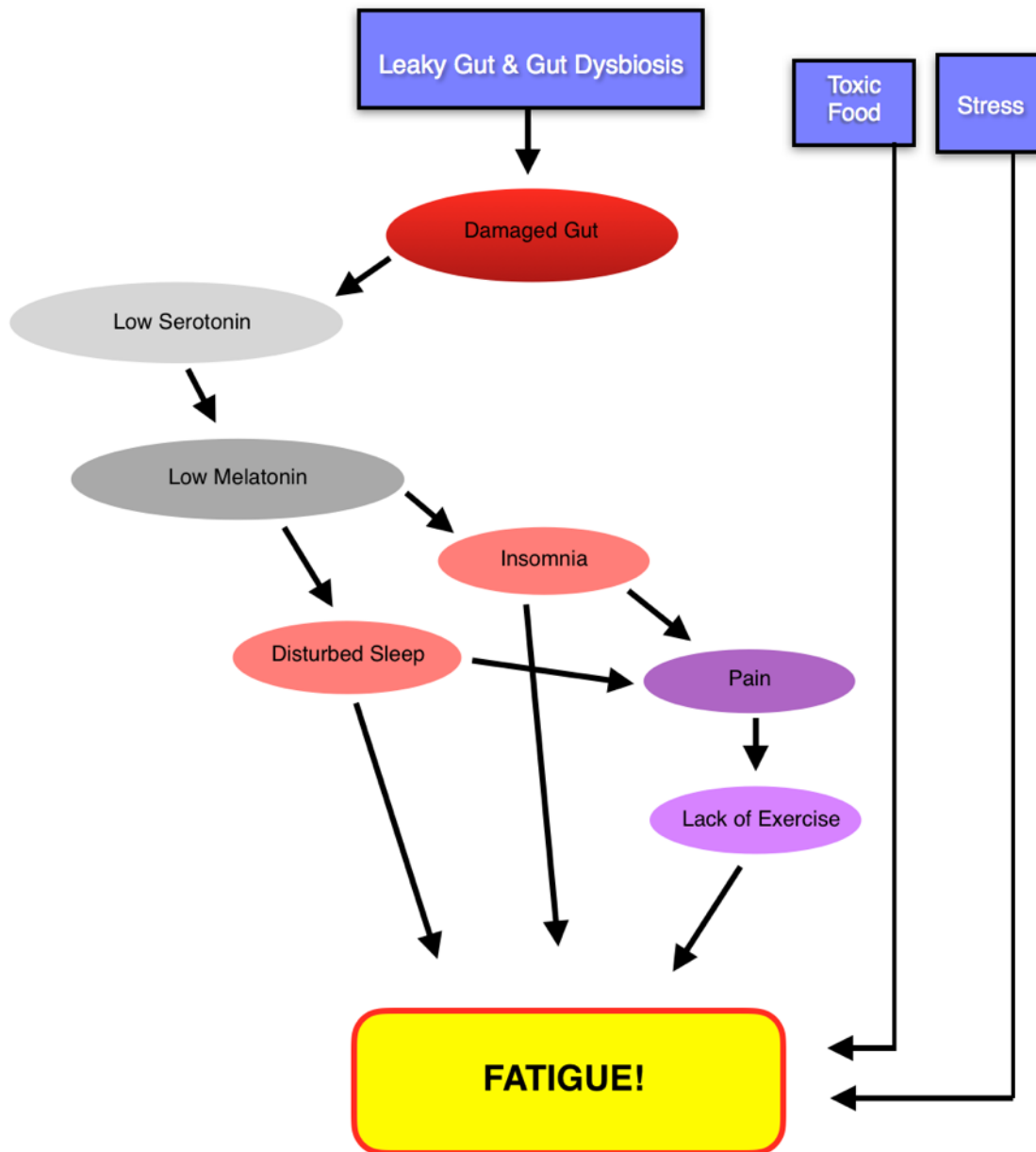
So if you have a damaged gut due to leaky gut and gut dysbiosis, do you think that could effect serotonin levels? Absolutely.

Here's what appears to be a potential chain of events with fibromyalgia sufferers. A damaged gut contributes to low serotonin and melatonin levels. Low serotonin and melatonin levels contributes to insomnia and disrupted sleep. Insomnia and disrupted sleep contributes to chronic fatigue and pain. Then the chronic fatigue and pain compounds the problem by inhibiting exercise and activity which would have given us more energy and feel-good endorphins.

There are multiple other factors involved that add to the momentum of these negative symptoms that we haven't even addressed such as genetics, stress, additional toxicity from food, medications, and other bad lifestyle habits. You have to understand and address each of these issues to reverse an autoimmune disease. If you are interested to learn more, I speak in detail about these other issues and how to deal with them in my 100-page eBook *How I Reversed My Autoimmune Disease*.

³² <http://www.apa.org/monitor/2012/09/gut-feeling.aspx>

Fibromyalgia Summary



Lupus

Several sources estimate that 1.5 million Americans are affected by lupus. Furthermore, it's believed that 5 million people have some form of lupus worldwide. That's a lot of people! The great majority of those who have lupus are female ranking in at 90% of the total lupus sufferers.³³

African American, Hispanic, and Native American women are actually two to three times more likely to develop lupus than Caucasians.

Lupus comes in several forms, but the most prevalent and serious of lupus is called *systemic lupus erythematosus* also known as (SLE). It's called systemic since it affects many different organs and systems in the body. It can effect the skin commonly on the face and hands, cause pain to joints and muscles, along with inflicting damage to the lungs, heart, kidneys, and even brain. No fun.

Fatigue

As many as 50 to 80% of people with lupus experience fatigue. For some who have lupus, fatigue is their main symptom, and most people with lupus will have fatigue at some point in their illness.

So what's the connection with lupus and fatigue? Based on what we've already seen with rheumatoid arthritis, Graves' disease, Hashimoto's, and fibromyalgia, do you have any guesses? You're smart, and I'm sure you know where this is going. And that's fantastic because that means you're learning.

A huge clue to discover the connection with lupus and fatigue lies in understanding the many deficiencies that are found in lupus patients. Let's look at a run down of common lupus deficiencies.

Vitamin D Deficiency

Vitamin D deficiency is very, very common in those with lupus. A study published in a journal called *Lupus* in 2001 revealed that **most** lupus patients are deficient in vitamin D and the level of deficiency seems to be directly related to how active the lupus was.³⁴

³³ <http://www.lupusny.org/about-lupus/who-gets-lupus>

³⁴ <http://www.livestrong.com/article/478370-vitamin-mineral-deficiencies-associated-with-lupus/>

Vitamin D is amazing. **Vitamin D actually acts as a steroid hormone, increasing your immune system's ability to differentiate between self and foreign invader.**³⁵ This is key in healing autoimmune. Therefore, being deficient in Vitamin D would obviously lead to issues in the immune system.

Mineral Deficiency

A 2005 study published in *Clinical Rheumatology* found that those with lupus can be deficient in important minerals like zinc, copper, magnesium, manganese, and iron.³⁶

A 2006 study found magnesium deficiency caused an inflammatory response in animals.³⁷ Another research study in the *Journal of Nutritional and Environmental Medicine* found that magnesium levels tend to drop in patients with chronic pain syndromes such as lupus and fibromyalgia.³⁸

Complement System Protein Deficiency

The body has a system called the **complement system** which is a system that plays an important role in immune function. The complement system is made up of approximately 30 proteins that perform many different functions like waste removal after immune responses, activation of B lymphocytes and other “adjuvant” functions (meaning functions that enhance the immune system's response to toxic invaders). A recent 2016 study found that deficiency of these 30 proteins is strongly associated with the development of systemic lupus.³⁹

The short end of this is that those deficient in these 30 complement system proteins will no doubt have impaired immune function, and this possibly contributes to lupus.

B-12 Deficiency

A 2004 study published in *Rheumatology International* found that patients who have lupus had much higher rates of B-12 deficiencies. This also correlated with higher rates

³⁵ Prietl B, Treiber G, et al. “High-dose cholecalciferol supplementation significantly increases peripheral CD4⁺ Tregs in healthy adults without negatively affecting the frequency of other immune cells.” *European Journal of Nutrition*. 2014 Apr;53(3):751-9.

³⁶ <http://www.livestrong.com/article/478370-vitamin-mineral-deficiencies-associated-with-lupus/>

³⁷ <https://www.ncbi.nlm.nih.gov/pubmed/16712775?dopt=Abstract>

³⁸ <http://www.wisconsinhyperbarics.com/research-pdf/magnesium-deficiency-in-systemic-lupus-erythematosus.pdf>

³⁹ Macedo ACL, Isaac L. Systemic Lupus Erythematosus and Deficiencies of Early Components of the Complement Classical Pathway. *Frontiers in Immunology*. 2016;7:55. doi:10.3389/fimmu.2016.00055.

of anemia and fatigue. It's interesting to note that this same study found very similar B-12 deficiencies in those suffering with rheumatoid arthritis and psoriatic arthritis.⁴⁰

As a matter of fact, many of the symptoms of lupus are almost identical to those of vitamin B-12 deficiency. Take a look at a list of common B-12 deficiency symptoms and tell me if it doesn't look like exact list of lupus symptoms.

B-12 deficiency symptoms

- Chronic fatigue
- Nerve damage
- Anxiety
- Depression
- Headaches
- Short-term memory loss
- Aching joints and muscular pain
- Shortness of breath
- Hair loss
- Mouth ulcers
- Skin rashes
- Anemia
- Heart disease
- Bone loss (osteoporosis)

Looks like a lupus symptoms sheet, doesn't it?

In summary, so far we've seen that those with lupus are commonly deficient in key vitamins like D and B-12, important minerals such as zinc, copper, magnesium, manganese, and iron, and the 30+ immune systems proteins of the complement system.

Where could all of these deficiencies stem from? And do the deficiencies cause the fatigue or is the fatigue causing the deficiencies?

To answer the first question, we saw that all of the prior autoimmune diseases we've looked at had common foundational issues of leaky gut and gut dysbiosis. This resulted

⁴⁰ <https://link.springer.com/article/10.1007/s00296-003-0323-2>

in malabsorption, the damaging of the nervous and immune systems, and many other complications. The situation is no different with lupus. I have personally seen individuals diagnosed with lupus improve rapidly as they focused on healing their gut.

Anemia and Lupus Fatigue

Anemia seems to make up a large factor in the fatigue that occurs in lupus patients. Anemia affects nearly 50% of those with lupus.⁴¹

This helps us answer the second question about whether it's the fatigue first or the deficiencies first. As already seen with the other conditions, anemia is virtually always a deficiency issue and we'll see this is a contributing factor with lupus also.

Why are those with lupus at such high risk for anemia? Several possible reasons. It could be low iron, it could be due to infections or antibodies being produced that attack the bone marrow where red blood cells are produced. Everyone's case is a little different. Some are deficient in erythropoietin, a hormone produced in the kidneys that helps with red blood cell production.⁴²

It can be overwhelming to consider all of the options, but don't be overwhelmed. Being overwhelmed will make you do nothing, and it's so important to be proactive and thoroughly educate yourself about your own particular situation. Ask your doctor for tests to find deficiencies. The good news is that when the foundations of autoimmunity are addressed and healed, the body starts working correctly again.

Fibromyalgia with Lupus?

Another startling factor is that about one-third of people with lupus have **fibromyalgia**.⁴³ It's not uncommon at all for those with an autoimmune disease to have two or three simultaneously. Autoimmune diseases are not always cut and dry and perfectly separated. Many different autoimmune symptoms overlap each other.

Sleep Issues

We just had a whole section looking at fibromyalgia. It has many similarities to lupus, two of which are pain and sleeping problems.

⁴¹ <http://www.belmarrahealth.com/lupus-patients-face-anemia-risk-from-inflammation-iron-deficiency-and-renal-insufficiency/>

⁴² ibid

⁴³ <http://www.webmd.com/lupus/features/boost-energy-lupus#1>

Paul Christo, M.D., a pain specialist and associate professor at The Johns Hopkins School of Medicine, says about 66% of patients in pain complain of sleep problems.⁴⁴ Not only can the pain itself contribute to fatigue, but the lack of sleep that results from pain adds to the lack of energy also.

Drugs!

Toxic overload is a key issue in every autoimmune disease. This comes from many different sources, however a main source is medications.

Remember gut dysbiosis being a factor in every case of autoimmunity in which its been researched? How does one get gut dysbiosis in the first place? One clear link is due to the continual use of medications since medications will wipe out your gut bacteria both good and bad. When the gut bacteria begin to repopulate, the bad often outrun the good. Keep in mind that the good bacteria need to keep a 85% dominant presence in the gut in order to keep the bad bacteria under control, but the bad bacteria only need to rise above 15% to start taking over. So when it comes to repopulating, who do you think is going to reach their finish line first? When bad bacteria repopulate fast enough to cross over their 15% threshold, gut dysbiosis begins to set in and many of the autoimmune symptoms may begin.

Some blood pressure drugs like hydralazine and procainamide can cause lupus-like symptoms.⁴⁵ Also, it's well known that fatigue is a common side effect of many medications that are prescribed for lupus patients.

Going back to deficiency. We saw that iron deficiency was a factor leading to the anemia that half of lupus sufferers have. A key reason for the iron deficiency in lupus women can be due to excessive menstrual bleeding which is usually due to medications.⁴⁶

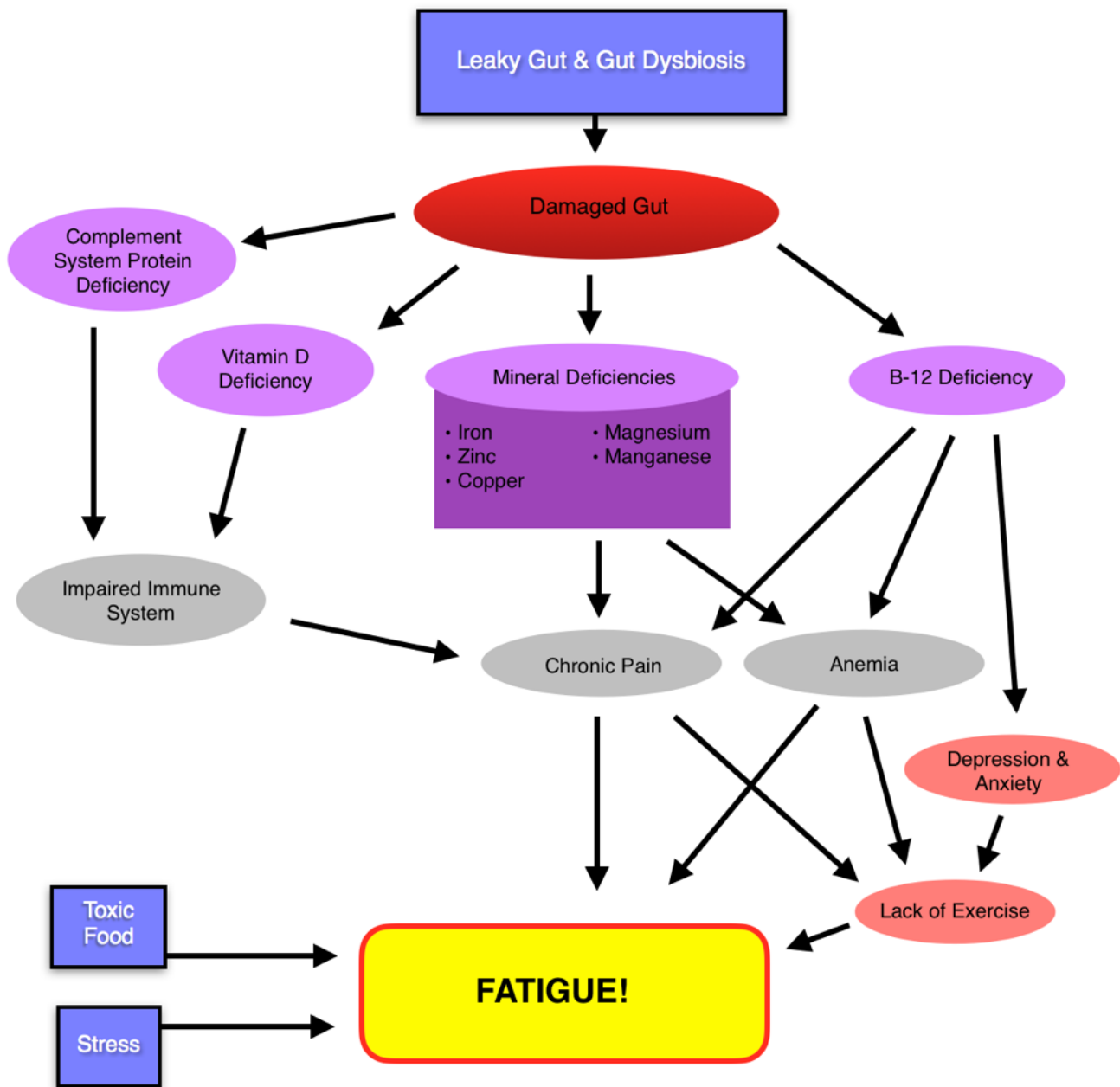
If you haven't seen it yet, check out my video called "[How Autoimmune Meds Can Hurt You](#)". In this video, I show the insanity of medications by pointing out how many of the side effects from several very popular drugs given for lupus are the EXACT SAME as the symptoms of lupus itself!

⁴⁴ -<http://www.resources.lupus.org/entry/ending-the-cycle-of-insomnia>

⁴⁵ <http://www.webmd.com/lupus/guide/understanding-lupus-basics>

⁴⁶ <http://www.belmarrahealth.com/lupus-patients-face-anemia-risk-from-inflammation-iron-deficiency-and-renal-insufficiency/>

Lupus Summary



In my opinion, it should be the goal of every person with an autoimmune disease (or any other disease for that matter) with the proper supervision and monitoring of their

doctor to wean themselves off their medications. The medications will never heal the core issue and only add additional toxic burden to the already sick body. When the foundational issues of autoimmunity are addressed, the medications will no longer be necessary since the body will be empowered to work properly again.

The Common Thread

Did you see the common thread? We've just covered a lot of information, so to help sum it up I'll give a brief recap of each autoimmune disease we've looked at and its own unique features that contribute to fatigue. After these summaries we'll discuss the common thread.

Rheumatoid Arthritis fatigue often involves anemia due to B-12, iron and folate deficiencies.

Graves' fatigue often includes insomnia, anxiety, and poor sleep due to low iron and H. Pylori infections as well as high blood pressure and rapid heart rate that stem from an overproducing thyroid.

Hashimoto's fatigue includes an underproducing thyroid due to stress and adrenal fatigue that's accompanied by neurological disorders proceeding from B-12 deficiencies and other possible viral infections.

Fibromyalgia fatigue is primarily linked to poor quality and quantity of sleep resulting from low serotonin and melatonin that causes a lower pain threshold.

Lupus fatigue includes a variety of vitamin and mineral deficiencies that in turn contribute to anemia, chronic pain, and impaired immune system functions.

Though we've covered the main features of each disease, this is not an exhaustive list. There are still more possible contributing problems not discussed here. However, I believe we have uncovered most of the main contributors as well as the common thread that lies at the foundation of every one of these diseases. The common thread is leaky gut and gut dysbiosis. Aka a damaged gut.

This ought to tell you where to focus your healing efforts in your march to overcome autoimmune fatigue. In my opinion, based on the research we've seen it will be very

difficult if not impossible to overcome autoimmune fatigue without addressing and healing the gut.

“Tips”

As you do research you'll find a lot of “tips” on blogs and medical sites to improve your autoimmune condition. Many are good, but some are not so good in my opinion. The good tips may decrease some symptoms for a time, but it's important to keep in mind that “tips” will not likely heal the root issue of autoimmunity. Don't depend on “tips” to heal you. It takes a multifaceted natural protocol plus lots of effort to heal autoimmunity. I'll talk more about that soon.

With that said, if integrating a few tips gives you enough energy to move forward with the real solution then they most certainly could be helpful. What I'm about to share below are several well known tips for the five diseases we've spoken about.

According to some clinical evidence, if you have a very damaged gut situation some of these supplements can have adverse reactions, especially the B vitamins. I believe priority number one with every person suffering from autoimmune fatigue should be to repair the gut, even before supplements. Along with doing your own research it's advisable to run these past your doctor.

Rheumatoid Arthritis

Supplement:

- **Iron**
- **Folate**
- **B12:** Methyl B12 also called sublingual methylcobalamin.

Regardless of what disease you have, whether it's rheumatoid arthritis or any of the others, if you're deficient you need to replenish.

It's important with supplements to try to find them in as much a natural state as possible. Many supplements are synthetic, meaning their nutrients came from a lab, not food, and can contain elements that actually perpetuate leaky gut. Watch out for citric acid which is in many supplements and is a common source of problems with those who have autoimmune diseases. It is almost always made from GMO corn in a lab.

Diagnostic Tests

You may want to ask your doctor for some testing to see if you are deficient in any of these nutrient or vitamins before supplementing. Or maybe you've already done blood work that's tested for these levels. Pull it out and take a look.

CBC blood test: For B12, iron, and folate levels ask to order this test.

Iron test: A separate blood test that can be done to look for iron.

MMA blood test: This tests for methylmalonic acid which is a substance produced in very small amounts in the body. This test can help detect early vitamin B12 deficiency. It's important to note that an elevated MMA due to deficient B12 could be a sign of kidney failure. MMA levels also remain normal in folate deficiency.⁴⁷

Homocysteine levels: Levels may be elevated with either vitamin B12 or folate deficiency.

Schilling test: Diagnosing intrinsic factor deficiency for pernicious anemia.

Graves'

Lugol's **Iodine** 5 % solution – 3 drops, 3x/day is a common remedy to help energy levels for those dealing with Graves'.⁴⁸

Hashimoto's

Selenium is a well known mineral involved in the formation of thyroid hormones. The best source is Brazil nuts.

Again, **iodine** is an important mineral for the health of the body thyroid glands. Iodine is needed for the production of T3 and T4. The best source is an unrefined mineral salt such as Himalayan pink salt, Celtic sea salt, or Real Salt.

You may want to take caution and speak with your doctor as some with Hashimoto's disease may be sensitive to the potential side effects from iodine.⁴⁹

⁴⁷ <http://www.merckmanuals.com/professional/nutritional-disorders/vitamin-deficiency,-dependency,-and-toxicity/vitamin-b-12>

⁴⁸ <http://jeffreydachmd.com/2014/04/graves-remission-iodine-case-report-jeffrey-dach-md/>

⁴⁹ <https://www.niddk.nih.gov/health-information/endocrine-diseases/hashimotos-disease>

Watch out for **lithium**. This drug has also been linked as a cause of hypothyroidism. Lithium toxicity may be avoided with the use of **flax seed oil** essential fatty acids, and **Vitamin E**.

Adrenal Glands: Ashwagandha and **Rhodiola Rosea** are two herbs that support adrenal function.^{50 51}

Fibromyalgia

Tryptophan (500– 2000 mg for adults) is said to help insomnia when it occurs.

Lupus

Research suggests treating the **Vitamin D** deficiency can reduce symptoms and disease activity.⁵²

Remember, these are just “tips” and not a comprehensive natural healing protocol.

The 5-Step Protocol That Healed Me

Now that we understand the common factors of fatigue in rheumatoid arthritis, Graves’ disease, Hashimoto’s, fibromyalgia and lupus and more importantly a main underlying cause being a damaged gut, we can actually start talking real healing.

Here is the 5-step protocol that healed me.

1. Remove foods and toxins that are damaging the gut
2. Heal the leaky gut
3. Nutrify
4. Cleanse/detox
5. Remove chronic stress

You probably noticed a major focus on gut health in the first few of the five steps. This and avoiding and cleansing of environmental toxins are two main issues that many well-meaning health professionals are simply missing.

⁵⁰ <https://www.drlam.com/blog/understanding-rhodiola-health-benefits/21333/>

⁵¹ <https://draxe.com/ashwagandha-proven-to-heal-thyroid-and-adrenals/>

⁵² <http://www.livestrong.com/article/478370-vitamin-mineral-deficiencies-associated-with-lupus/>

As I followed these steps **very strictly**, after only four months I saw major improvement and after just nine months the blood work was showing me that I had absolutely no more inflammation or autoimmunity occurring in my body! It feels really good to be free!

We have seen many people with autoimmune conditions improve after faithfully following these same five steps. A few natural-minded health professionals that are utilizing these same steps are finding great success and healing patients from autoimmune diseases.

I need to mention that there were many times after my healing that I unknowingly ate some foods that were contaminated with ingredients that I was not supposed to have. When this happened, some of my symptoms would reappear. I would get a headache and often break out with the same fungal skin rash I had struggled with during my illness.

When this would happen, I would simply continue the methods I learned during my months of healing along with making double sure to avoid foods I wasn't suppose to have and the autoimmune symptoms would soon go away again.

If you would like to learn how I actually put these steps into practice, I've written all about it in my 100 page eBook ***How I Reversed My Autoimmune Disease***. Just click the button below and you can learn how to get access to it.



Get Access!

How to Heal Your Gut

There are several safe, natural, and affordable methods to bring balance and healing back to your gut.

Aloe and Turmeric

Aloe and Turmeric are fantastic gut healers. I explain how to prepare them in my video, [“Methods How To Heal Your Autoimmune Disease At Home”](#).

Avoid Medications as Much as Possible

As already discussed, medications kill both the good as well as the bad bacteria giving the bad an open door to become dominant in the gut. Therefore, the less medication you take, the better.

Eat a Whole Foods, Plant-Based Diet

Fresh organic fruits and vegetables are the food that feeds the good bacteria the best making them strong and healthy. Eating an organic plant-based diet will provide you with **prebiotics**. Prebiotics are foods that feed the good bacteria. Prebiotics include garlic, onion, leafy greens and fruit (all in their fresh raw state).

Junk food like pizza, chips, cookies, and other processed products with refined flour and refined sugar feed the bad bacteria.

Probiotics

What are probiotics? Probiotics are the living bacteria and yeasts that live in your digestive system which are essential for maintaining good health. “Biotic” means life. So pro-biotic literally means pro-life. Without these probiotics, we will start losing both the quality and quantity of our life.

How do you get them? Thankfully you’ve been designed to come with them right from the get go. But if by stress, medications, or junk food they have been diminished, they need to be replaced. There are several ways to do this. The ideal is to just eat a plant-based diet which will start causing probiotics to repopulate naturally. However, if your good bacteria count is extremely low, it may take a little longer. In this, case commercial probiotics may be helpful to get a jumpstart. But what is even better is foods highest in probiotics which are **raw cabbage, sprouted seeds, and unheated honey**. Honey that is labeled “raw” can technically be heated up to 120F, so I look for “unheated” honey to find honey that has probiotics in it.

A Note on Commercial Probiotics

It's important to know that commercial probiotics are unregulated, so it is questionable whether or not you're actually getting the number and kinds of strains of good bacteria that are being advertised. Also, there may be specific strains of bacteria your body needs that are not present in these commercial probiotics.

Organic Soy Yogurt

Unless you have a soy allergy, organic soy yogurt can be another fast way to start repopulating your gut with good bacteria. There are also coconut and almond milk versions of yogurt also. I don't advise dairy yogurt since dairy is typically filled with federally allowed limits of hormones and chemicals that hurt the gut and thus perpetuate the very problem you're trying to heal. Also, studies are showing that animal fat actually *causes* leaky gut. Even a single meal containing saturated fat from animal foods causes a breakdown in the lining of the small intestine (leaky gut).^{53,54}

Conclusion

I hope this book has given you some helpful insight as to what's really at the foundation of autoimmune fatigue and how to start reversing it. My prayer for you is that this book is the beginning of a breakthrough in your health and in getting your energy back!

May you have hope for your journey, guidance in your research, and motivation to focus your efforts in the right areas to make the right changes.

God bless you in your pursuit of health!



Gabriel Arruda

⁵³ Deopurkar R, Ghanim H, et al. "Differential Effects of Cream, Glucose, and Orange Juice on Inflammation, Endotoxin, and the Expression of Toll-Like Receptor-4 and Suppressor of Cytokine Signaling-3." *Diabetes Care*. 2010 May; 33(5):991-7.

⁵⁴ Erridge C, Attina T, Spickett CM, Webb DJ. "A high-fat meal induces low-grade endotoxemia: evidence of a novel mechanism of postprandial inflammation." *The American Journal of Clinical Nutrition*. 2007 Nov; 86(5):1286-92.