

INFLUENCERS ON AUTOIMMUNE



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Infections In The Gut

- Fungal (yeast, Candida) (can be caused by producing less IgA from stress)
- Viral (covid, epstein barr, lyme, cytomegalovirus)
- Blastocystis hominis (parasite)
- H pylori
- SIBO
- Histamine Intolerance/high histamines

Hormone Imbalances

- Estrogen dominance (which is also tied to gut issues) (estrogen dominance and sometimes estrogen itself leads to activation of candida by suppressing immune response to fungal and can lead to high histamines and create estrogen histamine loop)
- Low progesterone
- Low DHEA
- Adrenal fatigue (can lead to gut issues, receptor issues)
- High cortisol (blocks liver from converting T4 into T3)
- Pregnancy
- Postpartum
- Puberty

Mouth Issues

- Gum disease
- Use of fluoride
- Overuse of mouthwash
- Infections in teeth, along gum line

Nutrient Deficiencies

- Vitamin D
- Vitamin A
- Vitamin K2
- Selenium
- Iron/ferritin
- Iodine
- zinc

Additional

Blood sugar abnormalities (including low blood sugar), Insulin imbalances resistance, Trauma, Metal toxicity, Mold toxicity, Obesity, Sleep apnea & Sleep deprivation