

INFLUENCERS ON AUTOIMMUNE

Your Check Sheet for Addressing Autoimmune Associated Imbalances



Most people have more than a few coexisting imbalances. Not all can be addressed and resolved in a short period of time. Finding the balance in the process is important.

Infections In The Gut

- Fungal (yeast, Candida) (can be caused from stress)
- Viral (covid, epstein barr, lyme, cytomegalovirus)
- Blastocystis hominis (parasite)
- H pylori
- SIBO
- Histamine Intolerance/high histamines
- Long Covid, Chronic Lyme or Chronic EBV

Hormonal and Blood Sugar 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 (may block liver from converting T4 into T3)
- Pregnancy
- Postpartum
- Puberty
- Blood Sugar Abnormalities
- Insulin Imbalance or Insulin Resistance

Trauma and Toxicity

- Trauma
- PTSD
- Childhood Abuse
- Chronic high level stress
- Metal Toxicity (Mercury, Lead)
- Mold Toxicity

Nutrient Deficiencies

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

Mouth Issues

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