

THE AUTOIMMUNE HANDOUT

Determine with our functional approach whether you are impacted by any or many of the following to understand and address imbalances associated with your autoimmune immune system.

- Infections in the Gut
 - Fungal (yeast, Candida, other) does not need a diet high in sugar to exist
Can be present for other reasons including chronic stress.
 - Viral (history of COVID, Epstein-Barr, Lyme, cytomegalovirus and more)
 - H. pylori
 - Small intestinal bacterial overgrowth (SIBO)
 - Histamine intolerance/high histamines
- Hormonal Imbalances
 - Estrogen dominance (can impact yeast overgrowth and histamines)
 - Low progesterone
 - Low DHEA
 - Adrenal fatigue (can impact gut issues and vice versa)
 - High cortisol (can impact T3 and T4 levels)
 - Prenatal and postpartum imbalances
 - Puberty
- Blood Sugar Imbalances
 - Elevated A1C or glucose
 - Elevated fasting insulin or insulin resistance
- Trauma
 - PTSD, trauma incident, childhood or domestic abuse, chronic high stress
- Heavy Metals or Mold Toxicity
- Biofilm
- Nutrient Deficiencies
 - Vitamin D, iron, ferritin to name a few
- Mouth Issues
 - Gum disease or infections along gum line
 - Overuse of mouthwash
 - Use of synthetic fluoride vs natural fluoride. Use calcium fluoride instead of sodium fluoride.

Handout courtesy of www.optim8healthandwellness.com