

Autoimmune Conditions

Do you suffer from an autoimmune condition?

By Joshua J. Redd, DC, MS, MAPHB

Chiropractic Physician
MS Human Nutrition & Functional Medicine
MAPHB – Johns Hopkins

Amazon #1 Bestselling Author

www.redriverhealthandwellness.com



RED RIVER
HEALTH AND WELLNESS CENTER
CHIROPRACTIC PHYSICIANS

Autoimmune Conditions

Do you suffer from the following?

- A wide variety of “mystery” symptoms doctors can’t explain
- Feeling fatigued all the time
- Brain fog
- Depression
- Energy “crashes” that last days or weeks

If so, you may have an autoimmune condition. Although symptoms vary depending on the tissue affected, most autoimmune sufferers share these common symptoms and more.

What is autoimmunity?

An autoimmune condition occurs when your body’s immune system attacks its own tissue¹. This leads to a wide variety of “mystery” symptoms as well as inflammation throughout the entire body. The chronic inflammation also continually stresses the body, causing further imbalances and symptoms, such as anxiety², sleep issues³, and hormonal imbalances⁴.

How likely is it that you have an autoimmune condition?

The National Institute of Health estimates that as many as 23.5 million Americans suffer from an autoimmune disease, and that number is on the rise⁵. The American Autoimmune Related Diseases Association reports that researchers have identified between 80 and 100 different autoimmune diseases, with the potential for at least 40 more in the near future⁶.

These diseases are chronic and can be life-threatening. Autoimmune disease is one of the top 10 leading causes of death in females from adolescence through age 64⁷. Autoimmune disease is more prevalent than cancer and heart disease combined.

Autoimmune disease is typically genetic — if someone in your close family struggles with autoimmunity, your likelihood of risk is higher⁸.



Conventional medicine must wait until late stages to treat autoimmunity

Conventional doctors are not taught to diagnose or manage autoimmune disease until it is in the advanced stages and symptoms are severe. At this point, surgery or pharmaceutical interventions, such as immunosuppressant drugs, may be used. Doctors tend to have specialties, focusing on a specific area of the body⁹. However, autoimmune diseases can affect tissue in any area of the body. Conventional autoimmune disease treatments are designed to suppress symptoms. While these measures may be necessary and life-saving, they can also lead to devastating long-term side effects. However, if diagnosed in the early stages, your autoimmune condition can be addressed before it progresses too far.

If the underlying cause of autoimmunity is not addressed, the disease will continue to progress uninhibited. This is why patients suffering from autoimmune diseases may feel little to no improvement with treatment.

Diagnosing and Managing Autoimmunity

At RedRiver Health and Wellness Center, we identify the specific triggers that cause your autoimmunity to flare. By reducing these triggers and improving your physiological function, we can help you find relief from your symptoms and improve your overall health and well-being¹⁰.

We use comprehensive testing and evaluation to address the root causes of your autoimmune condition. An individual may have as many as seven to 10 triggers for their autoimmune condition, including, but not limited to:

- Insulin surges in response to sugars and refined carbohydrates¹¹
- Food intolerances¹²
- Hormonal imbalances¹³
- Stress hormone dysfunctions¹⁴
- Chemical sensitivities¹⁵
- Gut disorders¹⁶
- Nutrient deficiencies¹⁷
- Lifestyle traits¹⁸

Managing your autoimmunity prevents the development of more autoimmune diseases

Although most people who seek treatment simply want to feel better, there's an important reason you should manage the underlying causes of your autoimmunity — it will lower your risk of developing other autoimmune diseases.

It's not uncommon for people to have multiple autoimmune diseases.¹⁹ That's because autoimmunity stems from an immune system that has become overzealous and imbalanced. Once you develop one autoimmune disease,

you're at increased risk for developing more. You may even already have another autoimmune reaction happening, it's just not advanced enough to produce symptoms yet.

For example, at RedRiver we work primarily with Hashimoto's patients. When we tested 100 Hashimoto's patients for other autoimmune reactions, 50 percent of them came back positive for myelin basic protein antibodies, the marker for multiple sclerosis!

The top 10 most common autoimmune diseases are:

- Hashimoto's
- Rheumatoid arthritis
- Celiac disease
- Graves' disease
- Type 1 diabetes
- Psoriasis
- Lupus
- Irritable bowel syndrome
- Vitiligo
- Multiple sclerosis



Autoimmune disease affects brain health

The inflammation from an unmanaged autoimmune disease often causes brain inflammation. As a result, the brain's neurons slow down²⁰ and becomes less efficient, causing depression²¹, fatigue²², brain fog, and worsened cognitive function²³. If left unmanaged, brain inflammation accelerates degeneration of the brain and raises the risk of dementia²⁴, Alzheimer's²⁵, Parkinson's²⁶, and other neurodegenerative diseases. Managing your autoimmune condition is vital to protecting and improving your brain health.

Pregnancy, menopause, and female hormone imbalances can trigger low thyroid

Did you notice your autoimmune symptoms started not long after pregnancy? This is common and has to do with the immune shifts that naturally occur during and after pregnancy²⁷. If there is an underlying immune imbalance, these shifts can trigger autoimmune diseases.

In our clinics, we surveyed more than 500 of our patients with autoimmune Hashimoto's and asked when they first began experiencing symptoms. More than half—58 percent—said their symptoms began during pregnancy or immediately after they gave birth. They all remembered specifically when and with which child. At the same time, perimenopause and menopause are other common times for autoimmune diseases to manifest²⁸. That's because not everyone can maintain sufficient healthy estrogen levels. The resulting estrogen deficiency is extremely inflammatory²⁹, predisposing the body to autoimmune development.

On the other end of the spectrum, we see elevated estrogen and hormonal imbalances such as polycystic ovary syndrome (PCOS) play a role in autoimmunity³⁰. High estrogen promotes inflammation and autoimmunity.



Empowering you through one-on-one time and education

Many doctors are so busy that they don't have time to thoroughly explain your condition or your medications to you.

We work differently: your education and knowledge are a big factor in your success. Throughout your care, we educate you about healthy and unhealthy behaviors associated with your disease. This removes the mystery that can be such a demoralizing part of so many autoimmune conditions. If you're like most of our patients, you will go from being confused, frustrated, and hopeless to knowledgeable, empowered, and optimistic about your health. In fact, our patients typically go from having 0–5 good days a month to 20–25 good days a month.

What types of lab testing do you typically order?

We pride ourselves in staying up-to-date with medical research and keeping our fingers on the pulse of cutting-edge diagnostics. Comprehensive testing allows us to profile your health and create the most efficient and effective strategy to help you feel like yourself again. The testing we use includes the following:

- Detailed blood tests
- Comprehensive hormone panels
- DNA tests
- Cortisol tests
- Adrenal stress tests
- Food intolerance tests
- Urine tests
- Saliva tests

These tests provide a detailed profile of your health, and our doctors are trained and experienced at analyzing the results. You may have the same condition and symptoms as someone else, but a unique set of hormonal and physiological imbalances. At RedRiver, we customize a management plan tailored to you and utilize efficient and effective strategies to help you feel like yourself again.

Evidence-based clinical nutrition and supplements

Although medications are sometimes necessary, they may only address the symptoms and not the underlying causes. They may also inhibit physiological functions and cause side effects.

At RedRiver Health and Wellness Center, we use evidence-based clinical nutrition designed to assist physiological function and address imbalances. We then track the progress of our protocols through follow-up testing and patient symptom reports. This is a scientific and evidence-based approach to improving the imbalances for each patient.



So, how do I get help?

■ Call (801) 446-2822 now for a consultation.	South Jordan, UT
■ Call (435) 767-9355 now for a consultation.	St. George, UT
■ Call (435) 787-4000 now for a consultation.	Logan, UT
■ Call (505) 247-1000 now for a consultation.	Albuquerque, NM
■ Call (480) 970-5555 now for a consultation.	Phoenix, AZ
■ Call (702) 367-3600 now for a consultation.	Las Vegas, NV
■ Call (208) 888-4646 now for a consultation	Boise, ID

Do you have autoimmunity?

“Many patients are not diagnosed with an autoimmune disease until they have suffered with symptoms for several years and have seen multiple doctors. It can be a demoralizing journey, which is illustrated in my book through the real-life stories of patients from my practice. Managing an autoimmune disease like Hashimoto’s goes far beyond using thyroid medication, as you must work to stop the immune system from attacking the thyroid. For more information on identifying and managing Hashimoto’s low thyroid, please contact my office.”

Do not discontinue medication or hormone replacement therapy without consulting with your prescribing physician. If you know that you have Hashimoto’s disease and/or permanently low thyroid, stopping medication can be dangerous. Your tissues are damaged and you may need the support of life-sustaining hormones for proper function.

We focus on addressing the root cause of the disease. By co-managing your care with your prescribing physician, we are able to get the best results.

We look forward to dramatically improving your health, well-being, and quality of life. To hear what our patients have to say about our clinics, please visit the testimonials page on our website.

Joshua J. Redd, DC, MS, MAPHB

Utah, Arizona, New Mexico, Nevada, and Idaho
Functional Medicine



Joshua J. Redd, DC, MS, MAPHB author of **The Truth About Low Thyroid: Stories of Hope and Healing for Those Suffering with Hashimoto's Low Thyroid Disease**, is a chiropractic physician and the founder of RedRiver Health and Wellness Center with practices in Utah, Arizona, New Mexico, Nevada, and Idaho. He sees patients from around the world who suffer from challenging thyroid disorders, Hashimoto's disease, and other autoimmune conditions. In addition to his chiropractic degree, Dr. Redd has a BS in Health and Wellness, a BS in Anatomy, an MS in Human Nutrition and Functional Medicine, and a Masters in Public Health Biology at Johns Hopkins, with a graduating thesis titled *Underlying Mechanisms Driving Hashimoto's Thyroiditis*. He is currently in his last year of Naturopathic Medical School. He speaks across the nation, teaching physicians about functional blood chemistry, low thyroid, Hashimoto's, and autoimmunity.

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