



2001 W. Kenosha * Broken Arrow, OK , 74012 * Naturalhealthclinic.biz *
For mail order of supplements and vitamins call: 1-800-798-4372

Home Remedies For Lupus

Foods that Make Lupus Worse

Some foods that can contribute to lupus and make autoimmune disease symptoms worse include:

- **Gluten:** Gluten is a type of protein found in wheat, barley, rye and most flour-containing products. **Gluten intolerance** is common because it's difficult for many people to digest properly. This can increase leaky gut syndrome, inflammation or trigger a lupus flare-up.
- **Trans fat and sometimes saturated fats:** These fats are found in fast food, many fried foods and packaged/**processed foods**, and can lead to inflammation and heart problems. Some people with lupus have a hard time metabolizing saturated fats and should limit cheese, red meat, creamy foods and packaged foods.
- **Added sugar:** Too much sugar can overstimulate the immune system and increase pain.
- **High-sodium foods:** Because lupus can damage the kidneys — in fact, lupus nephritis is a type of kidney disease caused by systemic lupus erythematosus — it's best to try to keep sodium and salt levels low to prevent fluid retention, worsened swelling and electrolyte imbalances.
- **Alcohol and too much caffeine:** These can increase anxiety, worsen inflammation, damage the liver, increase pain, and cause dehydration and sleep-related problems.
- **Certain legumes:** Alfalfa seeds and sprouts, green beans, peanuts, soybeans, and snow peas contain a substance that has been shown to trigger lupus flare-ups in some patients (although not all). Negative reactions in certain patients are believed to be caused by the amino acid L-canavanine. (4)

It's also very important to avoid smoking cigarettes and using recreational drugs. These can worsen lung damage and inflammation significantly, leading to complications, such as infections.

Natural Lupus Treatment

According to the Lupus Foundation of America as well as Lupus Research Institute (LRI), people turn to diverse natural therapies and alternative medicines to help manage their symptoms. Which are best to treat lupus? Well, looking at lupus research, these can include **homeopathy** and use of herbs, chiropractic care, traditional Chinese medicine (such as **acupuncture** and tai chi), Ayurveda and yoga, naturopathy, massage therapy, meditation, and prayer/spirituality.

Here are some of the most effective natural lupus treatment options:

1. Anti-Inflammatory Diet to Heal Gut Issues

Research shows that a healthy, unprocessed diet is very important for managing lupus because it helps control inflammation stemming from poor gut health, reduces risk for complications like heart disease, helps build strength and energy, and reduces side effects of medications.

The best foods for lupus include:

- Organic, unprocessed foods: help reduce exposure to synthetic additives, toxins or pesticides in non-organic foods
- Raw vegetables: promote an alkaline body, reduce inflammation and improve digestion
- Wild-caught fish: provide **omega-3 fats** to help reduce inflammation, risk for heart disease and pain. Sources include salmon, sardines, herring, mackerel, tuna and halibut.
- **High-antioxidant foods** (vegetables and fruit): include leafy greens, garlic, onions, asparagus, avocado and berries. These foods are high in fiber, vitamin C, selenium, magnesium and potassium to help prevent free radical damage, repair possible damage to the joints and lower fatigue.
- **Bone broth**: can reduce autoimmune and inflammatory symptoms that are associated with lupus. Consume eight to 16 ounces of bone broth daily as a beverage or as part of a soup.

Certain foods can also help relieve skin irritation and dryness that's very commonly associated with lupus. Foods to help moisturize skin from the inside out include:

- avocado
- nuts and seeds like chia, flax, walnuts and almonds (also great sources of fiber and omega-3s)
- **coconut oil** and olive oil
- wild-caught fish
- raw milk
- cucumbers and melon
- drinking plenty of water and herbal tea and green tea

2. Exercise

According to a study published in the *Journal of the Arthritis Health Professionals Association*, getting regular exercise is important to treat lupus for many reasons. Exercise lowers stress, helps with sleep quality, makes your heart and lungs stronger, strengthens bones, **lowers joint pain**, improves flexibility and range of motion, and lowers risk for complications. Research done by the National Institute of Physical Activity and Sport Science in Spain has found that “physical exercise is a useful tool for improving cardiovascular fitness, reducing metabolic abnormalities and fatigue, and improving quality of life in people with lupus.”

This means you can add lupus treatment to the list of **exercise benefits**.

Because lupus can cause chronic fatigue, **electrolyte imbalances** and anemia, it’s crucial to start slowly and not overexert yourself. Give yourself enough **rest between workouts** to recover and eat within a short window after exercising. Activities that can be beneficial for people with lupus include about 20–30 minutes of the following exercises at once: brisk walking, swimming, water aerobics, tai chi, yoga, cycling, Pilates or using an elliptical machine.

3. Stress Reduction

Research shows that psychological and emotional stress can set off lupus (and other autoimmune diseases) or bring about a lupus flare-up by increasing inflammatory responses. Systemic lupus erythematosus can also be very unpredictable and cause changes to the central nervous system, which leads to severe psychological distress and anxiety.

Different **stress relievers** work for different people, so keep in mind this might take some experimenting. Many people have found meditation, yoga and acupuncture to be treatment modalities worth considering since they have numerous benefits for both body and mind. Other ways to help manage stress include spending time in nature, breathing techniques, exercising, praying, keeping a journal, reading, joining a support group, seeing a therapist and using **Calm By Nature for anxiety**.

4. Getting Enough Sleep and Rest

Studies published in the *International Journal for Clinical Rheumatology* have shown that 53 percent to 80 percent of lupus patients have identified fatigue as one of their primary symptoms. Because fatigue is a big obstacle for most people with lupus, taking measures to make sure you’re getting enough quality sleep every night and also rest during the day is important.

Most people with lupus need to sleep at least eight to nine hours every night, and some need to also take a short nap during the day to keep their energy up. One problem is that **insomnia** can also be a side effect of lupus, sometimes due to increased anxiety levels, but also due to oversleeping during the day.

Tips for reducing and dealing with fatigue caused by lupus include:

- Try going to bed before 10 p.m. every night.
- Stick to a regular sleep/wake schedule in order to regulate your **circadian rhythm** and fall asleep more easily.
- Sleep in a cool, very dark room, and avoid artificial lights from electronics at least one to two hours before bed.
- Give yourself 10–15 minutes in the morning to breathe and be still in order to wake up calmly.
- Always eat a substantial breakfast to give you energy in the morning.
- Cut back or eliminate caffeinated drinks.
- Try doing something active in the morning to get your heart rate up.
- Make a schedule for the day to stay organized and calm, leaving yourself time for short breaks.

5. Protecting and Healing Sensitive Skin

Cutaneous lupus erythematosus is the type of lupus that encompasses a wide range of dermatologic symptoms. Studies show that up to 90 percent of people with lupus develop skin rashes and lesions, including a “butter-fly shaped” rash that covers the cheeks and nose. It’s possible to develop coin-sized skin lesions, red skin, itchiness, peeling and a very high level of sensitivity to sunlight (photosensitivity). In the case of skin lesions, patients might find that as one lesion/patch goes away another one starts to appear and form a scale, usually at the same time that symptoms like fatigue and joint pain increase.

Skin **rashes** associated with lupus are caused by an underlying inflammatory response. It’s important to protect sensitive skin from irritants and also the sun if skin starts to show signs of a rash, hives or redness. Certain chemicals in household or beauty products (like lotions, detergents, washes and makeup) can worsen skin inflammation and make dryness and itchiness worse. Tips for helping to heal and protect sensitive skin caused by lupus include:

- Avoid direct sunlight during peak hours of the day, especially from 9 a.m.–3 p.m.
- Wear **non-toxic sunscreen** with an SPF of 50 or higher.
- Wear sunglasses and a hat.
- Use a humidifier in your bedroom to help keep skin moist.
- Switch from conventional beauty and household products to those that are organic and made with natural ingredients like coconut oil, jojoba oil, shea butter and essential oils.
- Avoid very hot showers, and instead make the water lukewarm.
- Take baths with colloidal oatmeal powder for extra moisture and then lubricate skin right away afterward.
- Spritz dry skin throughout the day with mineral water.
- Consume plenty of **vitamin E** or take a supplement.
- Avoid wearing antiperspirants, perfumes, scented lotions and chemical-containing makeup.

6. Treating Pain and Inflammation Naturally

- Essential oils and aromatherapy: Essential oils for lupus include frankincense essential oil (effective at reducing **inflammation**, take three drops three times daily in water, in honey or in capsule form), helichrysum oil (supports the nervous system and can help reverse autoimmune reactions, take internally or applied to neck area), lavender and geranium oils (used to treat skin inflammation, add three drops to carrier oil and rub into skin), and ginger oil (used for digestive issues, take three drops internally two to three times daily).
- **Chiropractic adjustments:** can help correct spinal problems, treat headaches, and reduce back pain or joint pain
- Yoga and stretching: improve flexibility, can help lower joint pain and improve range of motion. According to John Hopkin's University, "Yoga also encourages a meditative focus, increased body awareness and mindfulness and some evidence suggests yoga may help decrease inflammatory mediators including C-reactive protein and interleukin-6."
- **Detox baths** using Epsom salts
- Acupuncture: effective for treating chronic pain naturally
- Massage therapy: can help reduce stress, muscle stiffness, soreness and swelling

Lupus is a chronic autoimmune disease in which the body's immune system attacks its own connective tissue. This causes inflammation and damage to the skin and other organs, and leads to more and more varied infections. Lupus is most frequently a disease of women in their thirties and forties. Genetic factors play a role. In a predisposed person, environmental factors such as a latent viral infection, the use of certain drugs, exposure to ultraviolet light, or bodily injury can provoke the onset of the disease.

Chronic cutaneous lupus erythematosus, or discoid lupus erythematosus (DLE), is a form of the condition in which only the skin is involved. Lupus is generally much less severe than SLE, which can affect not only the skin, but also the kidneys, blood vessels, eyes, lungs, nerves, and joints. Another form of the disease, subacute cutaneous lupus erythematosus (SCLE), is midway in severity between DLE and SLE. People with SCLE have a psoriasis-like skin rash and may also have joint pains and some blood-count abnormalities. However, they do not have the very serious problems that SLE sufferers can develop.

Typical lesions of Lupus are sharply defined red, scaly patches across the cheeks, nose, and outer ear canals. Other small red, scaly patches may also be seen on sun-exposed sites, such as the arms, legs, scalp, and upper body. Often there are also prominent blood vessels and large follicular openings in these patches. The lesions expand, become white and slightly sunken in the center, and heal with scarring and darkened or lightened pigmentation. The rash is more common in the summer months, as it tends to flare up in response to sun exposure. Other factors that can make the rash worse include local trauma, menstruation, fatigue, and illness. Persons with Lupus may also suffer from oral and nasal ulcers and permanent hair loss.

THE LUPUS TREATMENT DIET

FOODS TO EAT



Organic,
unprocessed foods



Raw vegetables



Wild-caught fish



High-antioxidant
foods



Bone broth



Avocado



Nuts and seeds



Coconut oil



Olive oil



Raw milk



Cucumbers



Melon



Water



Herbal tea
and green tea

FOODS TO AVOID



Gluten



Trans fat & some
saturated fats



Added sugar



High-sodium
foods



Alcohol &
caffeine



Certain
legumes
