

Autoimmune Disease(s) which are in Direct Proportion to a “Sick” Gastrointestinal Tract (“The Gut”)

By Dr. Michael Badanek BS, DC, CNS, DACBN, DCBCN, CTP, MSGR./CHEV.,

One of the most important decisions a person can make is the direct distinction between a healthy Gastrointestinal Tract (Gut) and the total wellness of that person. We are going to jump right into the gut immune system connection and as you all know there's this long lumen that we have called the gut and it is **one cell layer** away from our immune system which is called our GALT or **gastrointestinal associated lymphoid tissue**. This tissue is about 70 to 80% of the total immune system depending on where you look and reference and there is a profound effect of the gut immune interface. And some famous researchers like Dr. Fasano have gone as far as to say 100% of autoimmunity has a gut link and I actually happen to agree with him. So we are going to talk about that as well as other triggers in this article.

So just a little brief background on autoimmune disease. It's a pandemic in this country and if we would take all the names of different autoimmune diseases and categorize them into one group it is in the top 10 leading causes of death among women and each of the estimates, it affects 23.5 million Americans at any given point of time. In contrast there's about 13 million active cases of cancer at the same time frames. So that puts it really in perspective. This is epidemic. It's increasing at a geometric progression and any health care provider is absolutely overwhelmed with patients coming to their offices with autoimmunity disease states. It is noted in the Medical Peer Review Literature that currently there is in excess of 120 known autoimmune diseases which have been identified. In fact it is starting to become one of the number one complaints that I get with my new patients. It develops over time and one of the concepts that I want to talk about is there's preclinical manifestation (warning signs) with auto antibodies and in the past when we had a positive ANA (Anti-Nuclear Antibodies), a simple blood test, seen by their primary doctor they would be send to a “Specialist” and if there were no clinical symptoms at the time of testing they (Specialists) would say “yeah you a positive ANA But there's no evidence of lupus so you can just come back in a year for a follow-up”.

Well, what I want to tell you is this predictive pre-clinical auto antibodies test can be very, very important marker(s) and we as health care providers MUST pay close attention to the laboratory results because that's telling us doctors that some sort of immune disruption is occurring that we need to be aware of and we need to look for **triggers** because we know now that 5 to 10 years before manifestation of a disease you can actually measure these auto antibodies in the blood. So we have this window into **pre-disease** and we have an opportunity to intervene and help prevent the full blown disease from ever occurring. The interesting thing is in clinical practice these patients often will present with very vague symptoms: such as non-specific fatigue, low-grade fevers, muscle pain and aches, joint pain, pre-diabetic sugar elevations, irregular heartbeats, and just not feeling well in general.

So are prudent health care provider should routinely test their patients for auto-antibodies as part of a good, through yearly or semi-annual examination. One of the most important symptoms a patient can tell their health care provide to give insight of probable auto-immune conditions in the early stages is cyclical fevers. So it's critical to assume that patients who present with this complaint are in the early to moderate stages of auto-immunity and this MUST be addressed!

Now we also know that if we (patients) remove the triggers we can put a reverse progression and that's exciting because we have control over this autoimmunity and the gut. Like I stated prior, there's a strong connection between your GUT integrity and your total health. There is huge amounts of intestinal microbes in the gut; greater than the total amount of cells that make up your entire body and as I mentioned earlier there's 70-80% of our total immune system lining the GUT.

Let's just briefly mention a few of the triggers that can set the patient up for auto-immune disease. Metals such as Aluminum in our deodorants and vaccines, Mercury, Cadmium, and Nickel in our dental amalgams, Silicone in breast implant, Tobacco, which is a known risk for rheumatoid arthritis, Infectious agents which provide molecular mimicry to viral persistence like in the cases Epstein-Barr or the Varicella virus or HHV6 which are known agents which can reactivate and create immune inflammation, Glyphosate (Round-Up), Bisphenol A (Plastics), and psychological and extreme physical stresses get to name a few.

Our office is equipped in the last in traditional and integrative testing procedures to accurately predict and find the causes of the auto-immune disease(s) and treat these causes with non-harmful alternative measures. Our goal is the caught the condition prior to a full blown disease and address the causes and treat the Gut and body to a normal state and the symptoms/diagnosis will respond with a favorable outcome.

So if you or a family member is currently or previously been under the care of a health care provider and are unsatisfied with your current health status due to misdiagnosis or improper treatment protocols we urge you to call the schedule an appointment to discuss with the doctor your pressing health issues. Unfortunately, most people (patients) are very disillusioned with health care providers in today's world; however our facility is like no other. That's because we care and work with our patients to give them the best care they can afford. Remember, knowledge is power and we instill knowledge to each patient for the best outcomes.

Call and schedule an appointment with Dr. Badanek at: 352-622-1151. You can also go to our website at: www.alternativewholistichealth.com or DrBadanek.com and view our office and read the countless published articles for your health and well-being.