

Haatiishaa aaldi nei? (Autoimmune Disease)

Written by By Greg McNeil
Friday, 07 July 2017 10:25



Before delving into the mystery of autoimmune disease, let's make a few things clear.

First, human beings were not designed to be sick.

Second, illness is not the natural condition for human beings or any native creature on the planet. Every living creature has a “spring, summer, fall and winter” season of life but disease as we have come to know it today should not be considered a normal part of the life cycle.

What is it?

Autoimmune represents a broad spectrum of diseases with over 89 million people affected. At the time of this column there are at least eighty-eight (88) different diagnosis for autoimmune conditions that affect different tissues in the body. Lupus, colitis, multiple sclerosis, diabetes, psoriasis, cardiovascular (heart), seizures, chronic fatigue syndrome, Hashimoto, inflammatory bowel and rheumatoid arthritis are just a few of the diseases associated with autoimmune conditions.

Haatiishaa aaldi nei? (Autoimmune Disease)

Written by By Greg McNeil
Friday, 07 July 2017 10:25

When food comes out of the stomach and into the small intestine that doesn't belong in your body your immune system gets activated and triggers inflammation. The key thing to understand is your body's reaction to something you consumed that has proved harmful.

Haatiishaa aaldi nei?

Diabetes is a disease of the technological world and for many; particularly the poorer among us find it difficult to understand. Let me use diabetes as an example of an autoimmune disease and shed more light on the subject. First, the body has a natural defense system that keeps it healthy and alive against, disease, viruses and bacteria. If we take in food or other substances from our environment that our bodies are allergic to our self-defense or immune system kicks in.

Second, once the immune system kicks in the body will produce symptoms (coughs, stuffy nose, headache, weight gain etc) associated with the food, medicines, and other substances consumed as an early warning signal to the individual. If we ignore the body's warning signals sickness, illness and disease will occur. The elevated sugar level is the early warning signal that the body is under attack.

What can we do about autoimmune disease?

Correct and useful information is always the best place to start. Since the majority of autoimmune diseases that impact our area (diabetes, obesity, cardiovascular disease, kidney and liver) can directly be attributed to what we consume, gaining a better understanding of how food and artificial substances affect the body is critical to our health.

For instance, weight gain is often attributed to excessive calories when the real culprit is the chronic inflammation triggered by foods the individual is unaware they are allergic to.

The great news about autoimmune diseases such as diabetes we have the power to stop it.

Haatiishaa aaldi nei? (Autoimmune Disease)

Written by By Greg McNeil
Friday, 07 July 2017 10:25

Coach G

Greg McNeil is a StrongFirst Instructor, Professional Strength & Conditioning coach, Licensed Clinical Counselor (LPCC), Life Coach, Author, and the owner of Gallup School of Strength (www.gallupschoolofstrength.com)

By Greg McNeil