

# HUMAN FAQ

## What about . . . LUPUS?

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*L*upus erythematosus is a chronic auto-immune inflammatory disease. Discoid, or Cutaneous Lupus (DLE) is confined to affecting the skin (rashes, including the famous facial “butterfly,” mouth sores and photo-sensitivity) while Systemic Lupus (SLE) affects multiple systems in the body including joints, blood, lungs, kidneys, heart, brain & nervous system. Either of these can be chronic or acute with flare-ups (exacerbations) or periods of remission. Drug-induced lupus can develop after taking certain prescription medications such as *hydralazine* (for high blood pressure or hypertension) and *procainamide* (used to treat irregular heart rhythms) but symptoms generally disappear when the drug is discontinued.

Although there is no medical cure for lupus, the vast majority of people with the disease are prescribed a broad spectrum of medications aimed at minimizing symptoms, reducing inflammation, and attempting to maintain normal bodily functions. Frequently used medications include: Nonsteroidal Anti-inflammatory Drugs (NSAIDs) such as aspirin and ibuprofen for muscle/joint pain and arthritis; Acetaminophen for pain; Corticosteroids such as Prednisone to reduce inflammation and suppress activity of the immune system; Antimalarials such as Plaquenil for skin and joint symptoms of lupus; Immunomodulating Drugs such as Imuran and Cytoxan are to the corticosteroids; Biologic Drugs include agents that block production of specific antibodies, like those against DNA, or agents that act to suppress the manufacture of antibodies through other mechanisms.

Of course all such drugs can have profound side effects over a period of time while some people’s bodies reject them immediately. Rather than thinking those are the only answers, we would like to present some holistically oriented thoughts on the subject.

### Diet

Many holistic practitioners think that most allergies and other immune system challenges begin in the intestine and that many diseases, apparently not connected to “allergies” per se are actually a result of Leaky Gut Syndrome; see our HUMAN FAQ:DIVERTICULITIS for more information on this and our HUMAN FAQ:COLON CARE for other hints to keep this vital organ healthy.

The food group associated most closely with allergies in general and thus Leaky Gut Syndrome is the entire grain group which includes all breads, baked goods, cookies, corn products, etc. It is imperative to closely monitor all processed foods as various grain products, including corn syrup and thickeners, will be included. It is best to avoid such products as much as you can. The best book we have found on the subject is THE NO-GRAIN DIET by Dr. Joseph Mercola. Another food group which can be very irritating to the bowel is dairy products—at least the modern homogenized and pasteurized ones from grain-fed cows. Of course an overall basic alkaline diet [HUMAN BASICS:OUR PH BALANCE] is essential and in line with Dr. Mercola’s suggestions. You can also find dozens and dozens of hints and recipes in our SIMPLE SUSTENANCE handbook.

Along similar lines of bodily stressors can be amalgam fillings; HUMAN FAQ:AMALGAMS. These can have long-term

effects on the immune system which finds itself overwhelmed with dealing with the mercury vapors and other toxins emitted by such “silver” fillings.

### Supplements

As diet and toxins are addressed, we also believe it is vital to help support the body with the **DYNAMITE** human basics of **Elixir, Plus** (not **Regular** as it contains alfalfa and those with Lupus can be super-sensitive to alfalfa, especially the sprouts) and **TriMins**. They will go a long way towards nutrient balancing. However, with a challenge such as Lupus, many have found other **DYNAMITE** products also extremely helpful such as **SOD** which supports the body in producing the immune system mainstay *superoxide dismutase*. One lady lowered her ANA (Antinuclear Antibody) levels dramatically with this alone.

Also consider:

**Catalyst Water**—allows for greater cellular permeability for both uptake of all nutrients and removal of all wastes

**Cell Mend**—this silica (an important tissue and skin mineral) supplement appears to aid certain individuals

**Free and Easy**—containing a wealth of herbs plus Chondroitin, Glucosamine and even Hyaluronic acid for joint support

**Hiscorbadyne**—this Ester C®-based product with all the attendant bio-flavanoids, antioxidants and OPC’s, (*oligomeric proanthocyanadins*), we consider a must for immune system support; many individuals under severe stresses such as illness, take up to 8 capsules per day.

**Izmine**—this natural, chelated form of trace minerals seems to help strengthen the nervous system; while it is contained within the **Elixir**, some individuals with seizures have found taking more separately can make a difference for them

**Miracle Clay**—helps heal intestines dramatically in some cases; some individuals alternate days of **Clay** with **SOD** days, while others prefer to drink their **Clay** with some Aloe Gel although long-term aloe use can slow down peristalsis

**MSM**—has been known to aid inflammation

**Trace Minerals Concentrate**—can boost the immune system over the short term; one client undergoing both chemo and radiation took only **TMC** in a **Catalyst Water** dilution and found herself with no side-effects whatsoever, including keeping her hair

More information on individual supplements can be found under HUMAN:PRODUCT PROFILES. Remember that, generally speaking, “less is more” with **DYNAMITE**, so do not overdo supplementation!

WHEN DEALING WITH serious health challenges such as Lupus, we always suggest working with an holistic physician. This is especially important if weaning off a multitude of medications including prednisone. The above suggestions, however, have already helped numerous individuals; it is really quite amazing what the body can do when given proper nutrient support! ■