

# Lupus

## **Possible Causes and Contributing Factors:**

- Immune insufficiency with subsequent inflammation
- Allergic reaction to medications or vaccines
- Viruses/bacteria (especially streptococcus)
- Extreme prolonged physical and emotional stress
- Estrogen disruption related to pregnancy or birth control pills
- Synthetic hormones
- Deficiency of certain hormones (especially DHEA, progesterone, testosterone, growth hormone) – most women have high testosterone levels
- Food allergies (almost all sufferers)
- Candida
- Poor digestion and detoxification (All sufferers lack digestive enzymes)
- Heavy metal toxicity
- Occurs predominantly in females and begins frequently before the fourth decade of life
- Often the first system to fail is renal function
- Often confused with rheumatoid arthritis in the early phase

## **Suggested Dietary Changes:**

- Look for food allergies, especially wheat
- Vegetarian diet is best
- Water Cure

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*