

## LUPUS

Lupus (also referred to as SLE, Systemic Lupus Erythematosus) is a protean autoimmune disorder, usually diagnosed by the presence of antinuclear antibodies. It occurs predominantly in women (90% of cases), tending to affect younger women including children in some cases. It also disproportionately affects African Americans, in which group it is frequently under- or misdiagnosed. Emerging studies suggest that it may also be more common in Africa than previously supposed, suggesting a genetic predisposition rather than a psychosocial cause. Lupus can lead to autoimmune-mediated inflammation of any tissue, though it shows a strong predilection for the joints and may be mistaken for rheumatoid arthritis. It is also common, though not essential, for patients to present with a photosensitive rash. Discoid Lupus (DLE) is a less serious, non-systemic form of the disease which primarily affects the skin and rarely involves other organs. It usually presents with a characteristic “butterfly” rash over the malar aspect of the face. The cause of Lupus is unknown, though some experts believe it may be a reaction to an unidentified virus. Others have theorized T-cell dysfunction originating in the thymus or bone marrow. Additional symptoms of lupus may include anemia, sores or lesions in the mouth, progressive dysfunction of the heart, lungs or kidneys, recurring infections, and neurological disorders. The condition is usually chronic and in some cases may follow a relapsing-remitting course.

### Homeopathics

**Arthritis HP™**- high-potency formula for persons with joint pain, indicated for relief of symptoms due to joint inflammation and swelling.\*\*

**Free Radistat™**- homeopathic detoxifier for free radical damage, indicated for relief of weakness, tiredness, and general exhaustion.\*\*

\* **Genstat™**- homeopathic detoxifier for states of general toxicity, indicated for sudden desire to urinate, weakness and fatigue, increased mucus leading to cough or hoarseness, abdominal bloating, constipation alternating with diarrhea, muscle stiffness, soreness, and pain.\*\*

**Hemotone™**- tonifier for the blood, indicated for weakness, anemia, lack of appetite, and pale skin. Up to half of patients with lupus are affected by anemia.\*\*

**Osteotone™**- tonifier for the bones, indicated for pain in joints and bones and low back pain. Patients with lupus are at increased risk of osteoporosis.\*\*

\* **Regen HP™**- high-potency formula for relief of various sensitivities, indicated for sore throat, extreme fatigue, glandular swelling, and mucous discharge.\*\*

**Rheumatism HP™**- high-potency formula for persons with rheumatism or arthritis, indicated for relief of joint aches and pains and swelling.\*\*

**Rheumatone™**- tonifier for persons with rheumatism or arthritis, indicated for relief of pains throughout shoulder, arm, finger, and small joints, swelling and tenderness of the fingers and toe joints, and inflammation.\*\*

*\*Denotes primary remedies*

## THERAPEUTIC GUIDE

### LUPUS (CONTINUED)

\* **Thymupar™**- homeopathic glandular remedy to support the thymus gland. The thymus is crucial to maintaining central tolerance and preventing autoimmunity.\*\*

**V HP™**- high-potency formula indicated for symptoms from recurring viral infections, such as chronic fatigue, headache, and sore throat.\*\*

**Virustat™**- homeopathic detoxifier for chronic viral infections, indicated for relief of fever, rash, and achiness.\*\*

#### Herbals

**Anacom A.M.™** or **Anacom P.M.™**- fortifiers for the nervous system, indicated for pain relief.

**Arthricom™**- fortifier for the musculoskeletal system, indicated for gout, arthritis, rheumatism, joint aches, and stiffness.

**Astragalus**- single spagyric herbal indicated for chronic disorders of the immune system.

**Bayberrycom™**- fortifier for the kidneys, indicated for kidney inflammation related to lupus.

**Burdocom™**- fortifier for smooth muscles, skin, and liver, indicated for arthritis, rheumatism, and skin disorders.

**Dandecom™**- fortifier and detoxifier for the liver, indicated for joint pain and to promote detoxification.

**Diuretic Formula**- Rainforest Botanical formula for kidney and bladder support, indicated to help eliminate excess body fluid and discourage inflammation and infection.

**Gencom™**- blood purifier and detoxifier for the general system, indicated for arthritis and rheumatism.

**Inflammacom™**- fortifier for the immune system, indicated for arthritis, rheumatism and ulcers.

**Joint Formula**- Rainforest Botanical joint inflammation formula that eases pain and stiffness, inhibits swelling, and encourages pain-free motion.

**Lomacom™**- topical ointment to fortify the skin, indicated for infections or fungal conditions.

**Osteocom™**- fortifier for the bones. Patients with lupus are at increased risk of osteoporosis.

**Propolicom™**- fortifier for the immune system, indicated for chronic viral conditions.

\* **Regencom™**- fortifier for the immune system, indicated for lowered immune response, viral infections, free radical damage, and as a general system detoxifier.

**Suma**- single spagyric herbal known for its high germanium content, a trace mineral which may be useful in the treatment of lupus.

\* **Trifolocom™**- fortifier for the lymphatic system and spleen, indicated for inflammation, arthritis, and skin disorders.

**Una de Gato**- single herb from the Amazon Rainforest known for its immune supporting, antioxidant, anti-microbial, anti-viral, and anti-inflammatory benefits. Also known as Cat's Claw and available in liquid or capsules.

#### Nutritionals

**7-Keto®**- this steroid pro-hormone may be effective in treating mild to moderate symptoms of lupus.

**D-3 25 mg. or 5,000 I.U.**- this vitamin and hormone plays an essential role in regulated the immune system.

**Digestizyme**- digestive enzyme replacement, indicated for patients with impaired digestion, common in patients with lupus.

### LUPUS (CONTINUED)

\**Denotes primary remedies*



## THERAPEUTIC GUIDE

**Enervimin™ Digestion Focus**- full-spectrum vitamin and mineral supplement for those with digestive disorders, common in patients with lupus.

\* **Enervimin™ Joint Focus**- full-spectrum vitamin and mineral supplement formulated to support healthy joints.

**Flax Seed Oil**- flax seed-based essential fatty acid supplement, reduces inflammation and joint stiffness.

**G.L.A. Borage**- borage-seed based essential fatty acid supplement, reduces inflammation and joint stiffness.

\* **Marine Omega 3 Pro**- fish oil supplementation has showed promise in clinical settings.

**Mineral Magic Concentrate**- highly concentrated natural source of minerals and colloidal trace minerals.

**Zinc**- this essential mineral is required for immune system regulation, and may be deficient in patients with autoimmune disease.

### Additional Considerations

\* **Life Choice**- a nutritious formulation that can aid in removing toxins and boosting one's immunity.

An anti-inflammatory diet such as the Swank diet may help control symptoms by lessening the overall burden of inflammation in the body.

Daily exercise, hot baths, and massage are extremely beneficial for controlling musculoskeletal pain. Hot castor oil packs have also been recommended for relief.

Constitutional homeopathic treatment has achieved clinical remission in patients with lupus. The relapsing-remitting course of the disease, its predilection to affect people of African heritage, and its photosensitive skin rash (possibly indicative of porphyrin accumulation as a result of excessive hemolytic activity) have intriguing correlations with malarial infection, suggesting the possibility that lupus is an expression of the malarial miasm.

\*\*Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

\*Denotes primary remedies