



AUTOIMMUNE DISEASE 自体免疫疾病

The human body is very complex and can be divided into 10 main systems as follows:

1. **Cardiovascular / Circulatory System:** Circulates blood around the body via the heart, arteries and veins, delivering oxygen and nutrients to organs and cells, while carrying their waste products away.
2. **Digestive System:** Processes that provide nutrients via the mouth, oesophagus, stomach and intestines. Eliminates waste from the body.
3. **Endocrine System:** Provides communications within the body using hormones.
4. **Exocrine System:** Skin, hair, nails, and sweat glands.
5. **Immune System:** The system comprising a network of lymphatic vessels that carry a clear fluid called lymph. Defends the body against disease-causing agents.
6. **Muscular / Skeletal System:** Enables the body to move using muscles. Bones support the body and its organs.
7. **Nervous System:** Collects and processes information from the senses via nerves and the brain and tells the muscles to contract to cause physical actions.
8. **Urinary System:** The system where the kidneys filter blood.
9. **Reproductive System:** The sex organs required for the production of offspring.
10. **Respiratory System:** The lungs and the trachea that bring air into the body.

Each system of the body works synergistically to sustain life as we know it. Although all of them are important, one of the systems above can wreak havoc by attacking the other systems causing a host of health problems. Can you guess which system? If you answered 'The Immune System', then you are absolutely correct.

The immune system – protector of the body.

The task of the immune system is to identify those things that belong in the body and those that are foreign or harmful, and then destroy the foreign material. The immune system is unlike other body systems, in that it is not a group of physical structures but a system of complex interactions involving many different organs, structures, and substances. Ideally, all of these components work together to protect the body against infections and diseases.

Marvellous as it is, the immune system can work as it should only if it is cared for properly. This means getting all the right nutrients and providing the right environment, plus avoiding those things that tend to lower immunity.

Many elements of the environment we live in today compromise our immune system's defensive capabilities. The chemicals in the household cleaners we use; the overuse of antibiotics and other drugs; the antibiotics, pesticides and additives present in the foods we eat; and our exposure to environmental pollutants; all place a strain on the immune system. Another factor that adversely affects the immune system is stress. Stress results in a sequence of events that suppresses the normal activity of white blood cells and places undue demands on the endocrine system, as well as depleting the body of needed nutrients. The result is impaired healing abilities and lowered defence against infection.

While inadequate immunity predisposes one to infectious illnesses of all types, it is also possible to become ill when your immune system is unable to tell the difference between self and non-self. When this happens, the body makes autoantibodies that attack normal cells by mistake. At the same time, special cells called regulatory T-cells fail to do their job of keeping the immune system in line. The result is a misguided attack on your own body. This causes the damage known as autoimmune disease. The body parts that are affected depend on the type of autoimmune disease. It can also cause abnormal organ growth and changes in organ functions.

人体机能构造十分复杂，可分为以下十大功能系统，分别是：

1. **心血管/循环系统：**通过心脏、动脉和静脉循环血液、将氧气和养分输送至所有器官和细胞，同时携带它们的废物排除体外。
2. **消化系统：**通过嘴巴、食道、胃部和肠道进行消化、吸收工作，为身体提供营养的过程。可清除体内废物。
3. **内分泌系统：**内分泌系统是一种整合性的调节机制。通过它分泌的特殊化学物质称激素（荷尔蒙）来进行对有机体的控制与调节。
4. **外分泌系统：**包括皮肤、头发、指甲和汗腺。
5. **免疫系统：**这个系统是由淋巴管网络组成。淋巴管是能让一种叫淋巴的透明液体流动的管道。免疫系统的功能是保护身体不受疾病因子侵害。
6. **肌肉/骨骼系统：**肌肉帮助身体行动；骨骼则支持身体和器官。
7. **神经系统：**通过神经和大脑接收和处理信息、传递讯号，指示肌肉收缩、控制身体动作。
8. **泌尿系统：**肾脏过滤血液的系统。
9. **繁殖系统：**生育所需的性器官。
10. **呼吸系统：**肺部和气管将空气带入体内。

我们都知道身体的每一个系统都必须协同运作才可维持生命。虽然每一个系统都很重要，但其中一个系统可严重破坏其他系统而引发许多健康问题产生。您猜得出是哪个系统吗？如果您的答案是“免疫系统”，那您答对了。

免疫系统 – 身体守护者。

免疫系统的任务是负责辨识哪些是属于自身的健康细胞及哪些是外来或有害的物质，然后消灭这些外来物质。免疫系统不同于其他的身体系统，因为它不是一组物理结构，而是一个与许多不同器官、结构和物质进行相互作用的复杂系统。在理想的情况下，这些所有的成分可共同作用，以保护人体免受感染和疾病的伤害。

免疫系统固然神奇奥妙，但也只有在适当照顾下才能持续正常运作。这意味着人体必需摄取适当足够的营养，身处的四周环境也必需安全健康，同时还要避开那些容易降低免疫力的物质。

可是现今的生活环境中，有许多元素破坏了我们免疫系统的防御能力。比如家用清洁剂中的化学物质、过度服用抗生素和其他药物、食物中所含的抗生素、杀虫剂和添加剂以及天天所接触的环境污染物，都可对免疫系统造成负担。另一个影响免疫系统的因素就是压力。压力会导致一系列的健康问题，如抑制白血球的正常功能、对内分泌系统造成不必要的需求以及消耗人体所需的营养物质。最终导致身体自愈功能受损，降低了防御感染的能力。

抵抗力的不足会导致一个人容易患上各种传染病，然而当您的免疫系统无法分辨出自体物或外源体时，也会对身体带来很大的问题。一旦这种情况发生，身体会产生自动抗体，将正常的细胞当成入侵者而进行错误攻击。与此同时，特殊细胞如调控T细胞无法维持免疫系统的正常工作。这些错误的攻击，从而引起自体免疫性疾病。受影响的身体部位是取决于自体免疫性疾病的类型。它还可导致器官成长异常和功能改变。

How do I find out if I have an autoimmune disease?

Getting a diagnosis can be a tedious and stressful process. There are more than 80 known types of autoimmune diseases: rheumatoid arthritis, lupus, psoriasis, etc. Although each autoimmune disease is unique, many of them share similar symptoms. Many symptoms of autoimmune diseases are the same for other types of health problems too. These make it hard for doctors to find out if you really have an autoimmune disease, and which one it might be. It's also possible to have more than one at the same time.

Because there are so many different types of autoimmune disease, the symptoms vary. However, common symptoms are fatigue, fever, and general malaise (feeling ill). Symptoms worsen during flare-ups and lessen during remission.

Autoimmune diseases affect the other systems in the body. The most common organs and tissues affected are:

- Joints
- Muscles
- Skin
- Red blood cells
- Blood vessels
- Connective tissues
- Endocrine glands

Common symptoms are fatigue, fever, and general malaise. 常见的症状包括疲劳、发烧或全身莫名不适。



How are autoimmune diseases treated?

Sadly, from a medical point of view, autoimmune diseases are chronic conditions that have no cure. Medical treatment can only do the following:

- **Relieve symptoms.** Drugs are prescribed to relieve mild or severe symptoms, like pain, swelling, depression, anxiety, sleep problems, fatigue, or rashes. While for others, it may involve surgery.
- **Suppress the immune system.** Some drugs can suppress immune system activities and control the disease processes. For instance, Corticosteroids are used to control inflammation in people with lupus. Medicines used to suppress inflammation include chemotherapy given at lower doses than for cancer treatment.

However, taking drugs to relieve symptoms and suppress the immune system will take its toll on the body. Sooner or later, secondary health issues will occur due to the side effects of the drugs.

如何诊断出是否患有自体免疫疾病？

自体免疫疾病的诊断是一个冗长累人的过程。目前自体免疫疾病超过80多种，例如：类风湿关节炎、红斑狼疮、牛皮癣等等。虽然每一种自体免疫疾病都具有独特特征，但其中许多都有类似的症状。自体免疫疾病的症状与其他类型的健康问题也相似。这因此导致医生更加难辨识您是否患有了自体免疫疾病或其他。另外也有可能同时患有几个不同类型的自体免疫疾病。

自体免疫疾病类型甚多，症状也许也不相同。然而，常见的症状包括疲劳、发烧或全身莫名不适。这些症状会在病发时突然恶化，在缓解期间则好转。

免疫疾病会影响人体其他系统。最常受影响的器官和组织是：

- 关节
- 肌肉
- 皮肤
- 红血细胞
- 血管
- 结缔组织
- 内分泌腺

自体免疫疾病的治疗

从医学角度上来看，自体免疫疾病是属于无法根治的慢性疾病。医治的过程也只能发挥到以下两个方面：

- **缓解症状：**使用药物来缓解轻微或严重的症状，如疼痛、肿胀、忧郁、焦虑、睡眠问题、疲劳或皮疹等。也有些患者可能需要进行手术。
- **抑制免疫系统：**一些药物可抑制免疫系统的功能，以控制疾病的进程。例如，皮质类固醇激素可用来控制红斑狼疮患者的发炎症状。其他用来抑制发炎反应的药物还包括化疗，但其剂量比给予癌症患者的较低。

然而，利用药物来缓解症状及抑制免疫系统会对人体造成伤害。由于药物带有副作用，长期服用迟早会导致身体出现继发性的健康问题。

5 steps to reverse autoimmune diseases naturally.

- 1. Avoid gluten.** It is best to avoid gluten. This protein, which is found in wheat, spelt, rye and barley, is linked to many autoimmune diseases. In order to find the intolerance level for gluten, remove gluten from your diet for 60 days, and then reintroduce it.
- 2. Go on a customised Nutritional Programme.** Ultimately, we would encourage people with autoimmune diseases to go on our Nutritional Programme which comprises of the **Detoxification & Rejuvenation Programme (DRP)** and the **NewLife™ Health Building Programme (NHBP)** together with an individualised list of supplements for a certain duration of time. This Nutritional Programme will help to rebuild the body and restore health to the immune system. It is a complete regime aimed at eliminating wastes, toxins and poisons from your body while rebuilding and restoring nutritional, hormonal and metabolic balance. It puts your body in a position to self-heal, self-repair, and self-rejuvenate, giving your body a new start.
- 3. Avoid additional sodium.** Too much sodium in the diet may aggravate and increase the symptoms of autoimmune diseases. Unfortunately, the modern diet overloads the body with sodium whilst depleting potassium, and eventually opening the door to acute and chronic diseases. Health experts recommend an intake of at least 5 times more potassium than sodium. To reconstruct healthy cells, we must replenish potassium levels in the body. Supplementing with natural, specially formulated potassium such as **K-Salt** is the perfect antidote for poor health.
- 4. Manage stress.** Stress has been noted as one of the causes in the development of autoimmune disease. Unfortunately, not only does stress cause disease, but the disease itself also causes significant stress, creating a vicious cycle.
- 5. Do coffee enemas regularly.** Substances in coffee promote the activity of the Glutathione S-Transferase (GST) enzyme by up to 700%. GST is an anti-oxidant that helps to prevent free radical damage and oxidative stress within the body. In addition, other substances in coffee dilate blood vessels and counter inflammation of the gut. **NewLife™'s Enema Coffee** is grown on the NewLife™ Organic Coffee Farm located in Sabah. The farm is certified organic by the Malaysian Ministry of Agriculture. Each individual tree-ripened bean is handpicked, then dried, roasted, ground, and packed by hand. A low heat, light roast helps retain high levels of caffeine, palmitic acids, antioxidants and other nutrients in order to maximise the health benefits of the coffee enema.

五种自然逆转自体免疫疾病的方法

- 1. 避免摄取含有麸质（谷蛋白）的饮食：**避免摄取含有麸质的食物。这种存在于小麦、斯佩尔特小麦、黑麦和大麦的蛋白质，与许多自体免疫疾病有关。如果要观察身体对麸质的不耐受程度，您可尝试在六十天内完全戒除麸质，然后再重新摄取。
- 2. 进行适合自己的营养保健计划。**基本上，我们都会鼓励患有自体免疫疾病的患者进行我们的营养保健计划。此保健计划包括**排毒与复健程序（DRP）**和**新生命健身养生计划（NHBP）**以及在期间摄取我们为客户个人健康状况所推荐的营养补充品。这营养保健计划将有助重建身体，恢复免疫系统的健康。它是一个完整的疗愈程序，旨在帮助您将身体所有废物和毒素排出体外，让您重建和恢复关于营养、荷尔蒙和代谢等方面的平衡，以达到身体可有效发挥自我修复、愈合的状态、给您一个全新的开始。
- 3. 少吃盐。**饮食中摄入过多的钠会加重和增加自体免疫疾病的症状。不幸的是，现代的饮食都是高钠高盐，结果消耗体内的钾存量，最终也导致急性和慢性的疾病衍生。健康专家建议钾的摄取量必须至少是钠的五倍。为了重建健康的细胞，我们必须补充身体的钾含量。摄取天然、独特配制的钾补充品如**新生命钾质**，是改善健康最有效的解决方法。
- 4. 调节应对压力。**压力已被证实是导致自体免疫疾病的其中因素之一。不幸的是，不单只是压力会造成疾病，而疾病本身也会明显地增加压力，形成一种恶性循环。
- 5. 定期进行咖啡灌肠。**灌肠咖啡中的物质可增加谷胱甘肽转移酶的活性功能高达700%。谷胱甘肽转移酶是一种抗氧化物，能防止身体受自由基损伤及减少氧化应激对健康的有害影响。此外，咖啡中的其他物质也具有扩张血管和抑制肠道的发炎情况的功能。新生命灌肠咖啡来自在沙巴的新生命有机咖啡园（获得马来西亚农业部发出的有机认证）。每一颗成熟的咖啡豆都是用手挑选，然后用手工进行烘干、烘烤、研磨及包装。低温、浅烘焙有助保存咖啡豆的咖啡因、棕榈酸、抗氧化剂和其他营养素的高含量，以发挥咖啡灌肠的最大的健康效益。

