

# Home Remedies For Lupus Page 1 of 2

Lupus is a chronic autoimmune disease in which the body's immune system attacks its own connective tissue. This causes inflammation and damage to the skin and other organs, and leads to more and more varied infections. Lupus is most frequently a disease of women in their thirties and forties. Genetic factors play a role. In a predisposed person, environmental factors such as a latent viral infection, the use of certain drugs, exposure to ultraviolet light, or bodily injury can provoke the onset of the disease.

Chronic cutaneous lupus erythematosus, or discoid lupus erythematosus (DLE), is a form of the condition in which only the skin is involved. Lupus is generally much less severe than SLE, which can affect not only the skin, but also the kidneys, blood vessels, eyes, lungs, nerves, and joints. Another form of the disease, subacute cutaneous lupus erythematosus (SCLE), is midway in severity between DLE and SLE. People with SCLE have a psoriasis-like skin rash and may also have joint pains and some blood-count abnormalities. However, they do not have the very serious problems that SLE sufferers can develop.

Typical lesions of Lupus are sharply defined red, scaly patches across the cheeks, nose, and outer ear canals. Other small red, scaly patches may also be seen on sun-exposed sites, such as the arms, legs, scalp, and upper body. Often there are also prominent blood vessels and large follicular openings in these patches. The lesions expand, become white and slightly sunken in the center, and heal with scarring and darkened or lightened pigmentation.

The rash is more common in the summer months, as it tends to flare up in response to sun exposure. Other factors that can make the rash worse include local trauma, menstruation, fatigue, and illness. Persons with Lupus may also suffer from oral and nasal ulcers and permanent hair loss.

#1: Anti-inflammatory herbs that can help to calm the inflammation of lupus include the following:

#2: Pine bark extract. Take 50 milligrams twice a day

#3: Grapeseed extract. Take 50 milligrams twice a day

#4: Turmeric. Take 300 milligrams three times a day.

#5: Reishi mushroom extract enhances immune function. Take 1 gram (1,000 milligrams) three times a day.

#6: Avoid the herb echinacea. It stimulates the immune system, and should not be used in an autoimmune disease such as lupus.

A low-calorie, low-fat diet, with only limited amounts of beef and dairy products that are high in saturated fat, is recommended. Look for any food sensitivities that may be worsening the disease, and eliminate those foods from the diet. Sensitivities to wheat and chocolate are often involved in causing flare-ups. Following a blood type diet maybe best.

Have plenty of green raw and steamed vegetables, chicken, and fish. Eating oily fish such as salmon or sardines packed in sardine oil three times a week helps to fight inflammation and heal the skin manifestations of lupus.

Drink eight glasses of pure water every day.

Avoid alfalfa, alfalfa seeds, and alfalfa sprouts. These foods contain an immune-stimulating compound, L-canavanine, and also interfere with protein metabolism. Researchers at the Oregon Health Sciences University first found that monkeys eating alfalfa or alfalfa sprouts became sick with a lupus-like infection within six months, the effects of which were partially reversible with the elimination of alfalfa products from their diet. L-canavanine fed directly to monkeys also caused lupus-like symptoms. These same results have been seen in individuals who eat large quantities of alfalfa products.

Avoid plants in the nightshade family, including tomatoes, eggplant, and peppers. These can also make the symptoms of lupus worse. Eliminate from your diet animal fats and oils high in omega-6 oils, such as corn, safflower, and sunflower oils. These promote inflammation.

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