



Scleroderma

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Scleroderma is Auto-immune:

1. Support the immune system to balance itself and stop being overactive:

Antioxidants (I really like defense maintenance for this), Probiotic Eleven, Adaptogen herbs like SUMA combination, Mineral Chi Tonic or Eluethero (siberian ginseng)

2.) Support digestion, follow the blood type diet. Most auto immune is tied into food allergens and sensitivities due to poor digestion or blood type incompatibilities. Add digestive enzymes with meals.

3.) Essential Fatty acids are considered very important for autoimmune. 3-4 fish oil per day

4.) The herb Gota Kola is specific to Skin conditions and in particular has been shown to help stop the progression of scleroderma. Gotu kola can reduce hardening of the skin, decrease joint pain, and increase finger movement. I would use 6 -9 per day.

I was reading some notes on Scleroderma and remembering a client I had with it many years ago. I remember that vitamin C is very important and it does play a role in normal collagen production. I think I would make sure she had at least 3000 mg. per day of C.

Also, calcium is out of solution with this disease and raynauds syndrome is one of the first symptoms. this would indicate a major magnesium deficiency.

With any auto-immune disease i like to include glyco-essentials to help the immune system begin to communicate properly again. I always use 6 per day for the first month and slowly decrease after taht.

Here is a link to read more about it:

<http://www.answers.com/topic/scleroderma-causes-and-symptoms>

Scleroderma is a progressive disease that affects the skin and connective tissue (including cartilage, bone, fat, and the tissue that supports the nerves and blood vessels throughout the body). There are two major forms of the disorder. The type known as localized scleroderma mainly affects the skin. Systemic scleroderma, which is also called systemic sclerosis, affects the smaller blood vessels and internal organs of the body.

Description

Scleroderma is an autoimmune disorder, which means that the body's immune system turns against itself. In scleroderma, there is an overproduction of abnormal collagen (a type of protein fiber present in connective tissue). This collagen accumulates throughout the body, causing hardening (sclerosis), scarring (fibrosis), and other damage. The damage may affect the appearance of the skin, or it may involve only the internal organs. The symptoms and severity of scleroderma vary from person to person.

Scleroderma occurs in all races of people all over the world, but it affects about four females for every male. Among children, localized scleroderma is more common, and systemic sclerosis is comparatively rare. Most patients with systemic sclerosis are diagnosed between ages 30 and 50. In the United States, about 300,000 people have scleroderma. Young African-American women and Native Americans of the Choctaw tribe have especially high rates of the disease.

â€” Rebecca J. Frey, P

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