



Wellbeing Clinic Newsletter

July 2022

Today's Focus:

AUTOIMMUNE DISEASE

Todays Newsletter is inspired by this very informative article from The Guardian: <https://www.theguardian.com/science/2022/jan/08/global-spread-of-autoimmune-disease-blamed-on-western-diet>.

As we learn from The Guardian, the medical and scientific community is currently undertaking major international efforts to find a solution for the worldwide surge of autoimmune diseases. The scientists believe that this growing trend is linked to the increased global consumption of western fast-food diet. Whilst conventional medicine practitioners are urgently trying to develop new cures, it is worth knowing that Traditional Chinese Medicine already offers efficient methods of treating this problem.

What is autoimmune disease?

There are **over 100 known types of autoimmune diseases** which include rheumatoid arthritis, inflammatory bowel disease, multiple sclerosis, celiac disease, psoriasis, lupus and many other chronic and debilitating conditions, which often necessitate lifelong medication or surgery. Some rare autoimmune diseases are very difficult to diagnose.

It is widely believed that certain genetic factors combined with number of adverse environmental exposures (such as diet, infections, exposure to certain chemicals, medications and pollutants) contribute to development of the disease, causing the immune system to attack itself, which results in an autoimmune reaction. This means that instead of protecting the body against an infection, the person's immune system attacks healthy cells of its own body, causing damage to tissues and organs.

What can we do?

It is considered that there is no permanent cure for autoimmune diseases, since the main underlying cause is related to person's genetical predisposition.

However, **Traditional Chinese Medicine is very effective in naturally maintaining a healthy function of the immune system**, thus stopping it from attacking its own body cells and eliminating the many undesirable symptoms of the disease. By means of acupuncture and herbal medication the immune system can be rebalanced so that its defensive reactions are no longer triggered against the cells and tissues of its own body.

Acupuncture offers a safe, efficient and non-invasive method of treating autoimmune disease, thus eliminating the symptoms of the disease, the need for more invasive medical procedures and greatly improving the individual's quality of life.

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