



## http://en.wikipedia.org/wiki/Aut oimmune\_disease

Autoimmune diseases arise from an overactive immune response of the body against substances and tissues normally present in the body. In other words, the body attacks its own cells.

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http://www.nlm.nih.gov/medlineplus/ency/article/000816.htm

In patients with an autoimmune disorder, the immune system can't tell the difference between healthy body tissue and antigens. The result is an immune response that destroys normal body tissues.

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http://www.immunedisease.com/patients-and-families/about-pi/

...are caused by errors in the genes of the cells that make up the immune system

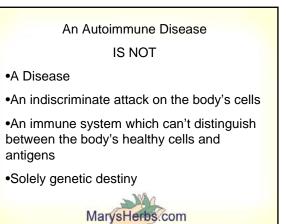
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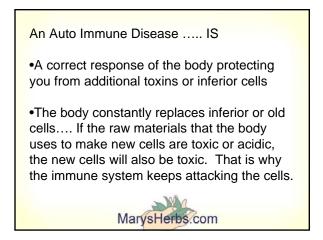
http://www.nlm.nih.gov/medlineplus/autoimmunediseases.html

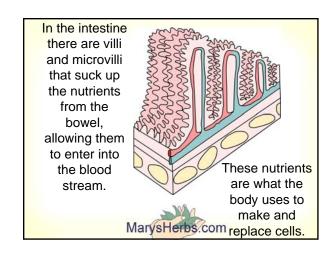
There are more than 80 types of autoimmune diseases

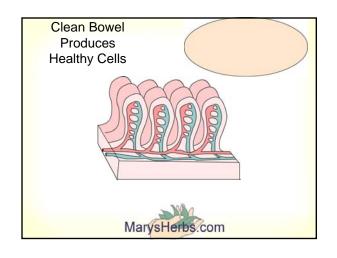
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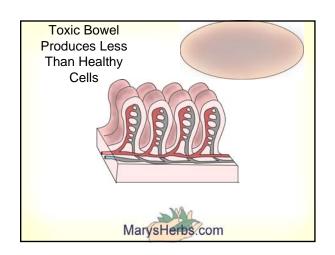


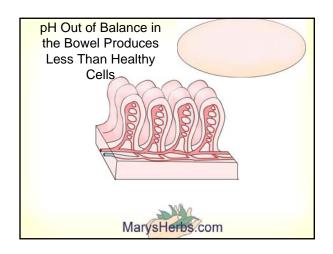


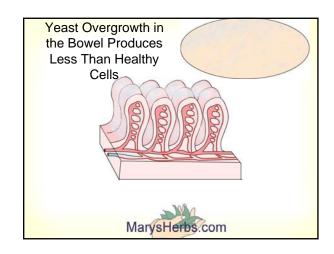


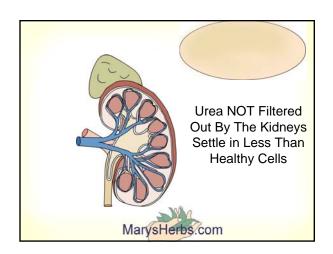


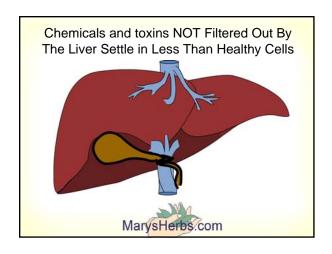












## A Place to Start

- Drink Good Water
- •Eat a diet full of fiber, raw vegetables and fruits
- •Do cleanses WISELY!!!... Bowel first, Liver second
- •Balance pH
- Keep Bowels Moving
- •Flush out Eliminating system
- •Quit consuming toxins... i.e. Processed food, coffee, tea, soda, sugar and chemicals and unnecessary medications

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