

Autoimmune Diseases

Autoimmune diseases usually begin long before symptoms manifest. Most people have a genetic predisposition for autoimmune disease and with environmental triggers like poor diet, gut inflammation and altered gut organisms, the intestines become “leaky”. Food proteins pass through the gut barrier into the bloodstream. These proteins start a systemic immune response which triggers the onset of symptoms. In functional medicine, we aim to heal your gut lining and seal up those leaky points so proteins cannot get through the normal barrier. We put an emphasis on low inflammatory foods and incorporate anti-inflammatory vitamins and botanicals. This will ameliorate symptoms and prevent further destruction of normal tissue. Food allergies, eczema and asthma have a similar mechanism of action and treatment.

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