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Podcast Episode #30

**Psoriasis and Other Auto-Immune
Conditions: Solutions that Start with
Your Emotions**



the

BEYOND THE FOOD

Show

WITH STEPHANIE DODIER

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Podcast Transcript

Stephanie: Welcome to episode 30 of the Beyond the Food Show and today's episode we answer Melissa's question about her struggle with weight loss but also her psoriasis and how it can impact her weight loss.

So I'm going to take this opportunity to talk globally about auto immune condition, what they are and how they can affect you pursuing your own individual health goal. And I received this question face to face from Melissa at the Low Carb USA conferences. Melissa actually recognized me and came over to chat with me and I'm so happy when I get to meet podcast listeners like you face to face, because let's face it right now I'm alone recording this and I don't have idea what you look like so if you ever see me somewhere, by all means come over, ask me questions and talk to me. I like that and it motivates me.

So Melissa wanted to really understand, is there something else that can help her? And what I find very interesting with people desiring to know more is that they have this intuition inside of them. They know that there is something else but they just don't have the information in front of them to answer their question. And when you do have this intuition, this feeling inside of you that there has to be more in your situation, whatever it is go on forum, come to professional healthcare fan page like mine and ask questions. We will always direct you in a safe place where you can go get some more information.

My highlight here is follow your intuition and the only tidbits that I'm going to give you from the show today, because I want everyone to understand that what I'm going to talk about today in regard to auto immune condition is likely not what you're hearing in mass media because the real trigger to auto immune condition is not something we can solve with the pill, because the real trigger to auto immune condition is actually within our emotion. It is linked to how we perceive life and trauma that we may have had in our life.

Podcast Transcript

Stephanie: So the root cause of auto immunity is likely in your emotion and some people that practice energy medicine will recognize that as the root chakra. So emotion that have affected us in our early years, in our developmental years that now could be triggering our immune system to attack a certain part of our body creating an auto immune condition.

So I promise, you don't want to miss this episode that you are somebody who is suffering from auto immune condition or somebody that you know, and that's the important piece, somebody that you know you may want to show this podcast with them.

Now before we move on to the podcast, I want to take this opportunity to share a review I received on iTunes from one of you guys and her name is Elisia and I'm hoping I'm pronouncing her name right. Elisia says, "I hope you know that you are empowering everyone around you that listen to your podcast, not only teaching us to understand our own mind and our own body, but helping us fight what the lies we're hearing from society giving us tools to overcome our fear. I met you through Periscope and you have absolutely changed my life. Literally, I was on my way to stoop dieting but after my third whole thirty that didn't really worked for me, I learned the elimination diet for you and how integrate it to my normal life. Seriously, everything you do and say nourish me, absolutely love your podcast, your work is amazing and inspiring. I hope you know how important the work you do is. Don't give up."

As you can probably tell, my voice is shaking right now because what Elisia is saying is what I'm hoping I can put out to the world and having this feedback tells me that that's what I'm doing. So help me get this message across to more people particularly women, I mean the podcast has been on now for two months, we need to get more listeners because we need to get this message out to the world. ourselves.

Podcast Transcript

Stephanie: As Elisia said, many of us are stuck in fear because of the message we're getting from the various media or books we're reading that keeps us in fear but there's a way for us getting out of that fear and empowering ourselves and healing ourselves.

So help me share this message, share the podcast, share the blog post. Maybe you got this from Facebook, share the Facebook post so more people can hear my message. Or leave me another review on Facebook so I can get motivated and keep pumping out those great podcasts for you.

So are you ready to understand auto immune condition and how it can affect your ability to reach your health goal? Let's do this.

So Melissa asked me at the conference I was attending, how her psoriasis could be affecting her weight loss? She has been on a journey of losing weight which the first 20 pounds were easy but now she's got another 30 pounds to lose and things don't move. And hearing me talk particularly on episode 26, she was wondering if her psoriasis had any effect on her ability to lose weight.

Although she's eating real food and is low carbohydrate high fat person, things are not heading up for her. So she was asking me about my professional opinion which I gave to her but I thought that would be a perfect show, so let's dive into this.

Now we're going to first understand what psoriasis is. Psoriasis is a skin condition often described as peeling skin. So in the case of Melissa, she has that on her neck and on her chest and also around her lower back. So psoriasis is a auto immune disease that cause that scaling, that redness, that white sheet patch on the skin and it typically affect necks and knees and elbows and joint and it itches and it burns and sometimes even sting.

Podcast Transcript

Stephanie: Now psoriasis is an auto immune condition and so some of you may say what the heck is an auto immune condition? An auto immune condition develop when your own immune system attack a single part or multiple part of your own body. Your immune system instead of protecting you from the outside is attacking you.

Now this is in result of this regulation that triggers the immune system to attack healthy part of your body instead of defending them. Now depending on the different types of immune condition, there could be attack in the case of Melissa to her own skin but there could also be rheumatoid arthritis, another form of auto immune condition. Multiple sclerosis, type 1 diabetes, inflammatory bowel disease, lupus, Guillain-Barre syndrome, Grave's disease which is a form of thyroid condition, Hashimoto, all of those are auto immune condition that are attacking specific part of the body.

Now what causes auto immune condition and its development? As I said earlier, an auto immune condition is a dysregulation of the immune system. Now what thus far we know on auto immune condition because what's important to understand is that auto immune condition are fairly new, they're fairly new even research because we didn't discover the causes of those condition until recently so the research is only beginning its journey in understanding auto immune condition, so that's something to be aware of.

Second of all, there is currently, over the last 15 to 20 years, an explosion, a literal explosion of auto immune condition and again research is only beginning its journey so there's no real understanding scientifically of why it's exploding and why there's so many auto immune condition. But what we know is that there is a genetic disposition to having a specific auto immune condition. So in your DNA and your genes, you have the disposition to create an auto immune condition in your body.

Podcast Transcript

Stephanie: However, many people carry the genes DNA coding but do not develop an auto immune condition. Why is that?

Well, but we also know of genetic condition is that there has to be a trigger, there has to be a trigger that activates the genetic predisposition to develop in your body. So for an example of that, myself in my family genetically, we carry the genes – most of us, of a condition called Paget's disease. It's a bone condition, I'm not going to get into details but it's a bone condition that genetically is predisposed in our family. Now I have never developed this condition thus far, however my father has. So there was something in his environment that triggered the genes to create the Paget's disease in his bone but in my case, it hasn't.

Now, I'm going to come back to Melissa and her auto immune condition. What could be the trigger? Well, science again is beginning its journey in there but one thing that has been demonstrated and I've linked to the study in the show note, is that often, the stress, the emotional stress is the trigger that activated this predisposition to this particular auto immune condition that she has so often psoriasis is a family genes, is a family disposition and you see many members of the family having it. Although there could be more, only a certain number activated and stress is at the root, is the trigger, is a great trigger. Now what's the percentage of it? We don't know, but we know stress is at the base of it and often, it's an event, it's a trauma, it's a stress that has happened in the youth.

And then I'm going to link the energy medicine for those that are familiar with that. For those that aren't, energy medicine is when we treat the energy of the body, the emotional body, the spiritual body of an individual alongside with the physical as a mean of healing a condition. So we are an energy body as much as we are flesh body. So in energy medicine, we call that a root chakra imbalance because the root chakra is the first energy center that we create, regulate and modulate as an individual that happens usually before the age of eight or nine years old.

Podcast Transcript

Stephanie: So what's funny is that science demonstrated the trauma early in life is at the base of an auto immune condition which we have know thousands of years that auto immune condition are actually linked to our root chakra. So parallel here for those that practices energy medicine.

So stress and emotion scientifically demonstrated to be a trigger to auto immune condition. Bacterial and viral infection combine with stress are also a trigger. So for an example of that, I have a client of mine that has lupus, lupus being an auto immune condition. She worked with a holistic doctor and they found under two root canal in her teeth, obviously, bacterial infection underneath the root canal in her teeth. She had to had the teeth removed, treated, remove the bacterial symptom and the lupus symptom significantly reduced by simply doing that so bacterial and viral infection are a second trigger.

And then also something called leaky gut or permeable intestinal membrane, more scientific term here. But when we have a poor health in our digestive system, so "leaky gut" which drives food and tolerance, which drives in certain case food allergy, which then puts a load on the immune system, which then render the immune system to be more sensitive to any other triggers such as stress, such bacterial viral infection. So although leaky gut is not a trigger, it is an added consequence that will render the trigger to be more sensitive and then create an auto immune condition.

So those are three main areas where we can say causes and helps develop auto immune condition. Now, what does this has to do with weight gain because that was the question from Melissa? Well if you have an auto immune condition, you have a very stressed body because of the deregulation in your immune system you're body is in constant fight mode. Your body is consistently trying to defend you in this invader and trying to attack itself. When the body is stressed, it cannot release weight because it's likely the body is keeping on the weight as a mea of protecting you, as

Podcast Transcript

Stephanie: a mean of having reserve to help you fight the disease that is in your body. So if you have an underlying condition to your weight gain or your inability to weight loss such as auto immune condition or can be many other condition, it's likely the reason why you aren't able to achieve your health goals.

So next, we're going to dive in to solutions that are particularly centered around any auto immune conditions. But before we go there, I want to take a moment to thank our sponsor for today's show, otherwise we wouldn't have today's show and the sponsor is FBomb where fat is a smart fuel. FBomb is a family run business that was created by husband and wife in attempt to help people finding solution to snack on the go. And they have created those magnificent low pouches and you will see me in Instagram snapping pics of those every time I travel because that's what I carry with me. I carry MCT oil, coconut oil, their fabulous macadamia nut butter pouches and that's what I have when I'm on the go. I always have one on my purse and always have plenty in my backpack. So if you want to find out more about FBomb, go to their website www.dropanfbomb.com and use coupon code "Beyond the Food" to get 10% off your first order.

Now back to the show, so what have we learned so far? Melissa wants to lose weight, she has psoriasis which is an auto immune condition. Auto immune condition is when your own immune system attacks different parts of your body and although Melissa's been low carb high fat, she can't lose the last 30 pounds she wants to lose. So we've learned that we need to heal the root cause of our weight gain which is auto immune condition in order for her to achieve her health goal. So what is the solution? We always have to address the root cause, right? So the root cause of overweight is likely auto immune condition. The root cause of auto immune condition is likely stress, so that's the first place we need to go. We need to understand – for Melissa, Melissa needs to understand what are the various element of stress in her life?

Podcast Transcript

Stephanie: So Melissa needs to go on an internal journey trying to understand that could have happened when she was younger that led her to trigger this auto immune condition in her life and she needs to go into that journey not as a mean of blaming but as a mean of compassion towards the event, the people or even towards herself. And some cases that may mean working with therapists or simply doing some spiritual works such as meditation, journaling work that will help you understand how those events and why those events have happened in your life and how to be compassionate and to process those events.

We also need to reduce current stress in our life so we need to look at what type of movement she's doing. Is she in a place of slow movement or in a place where she's creating stress in her body with movement? So you know I'm a big fan of mind body movement and one of the partners for the podcast is Gaia so I would direct Melissa and I had directed Melissa to Gaia so she can do more slow based movement that won't create stress in her body. We need to have stress management technique in our life and it's even more important for people who suffer from auto immune condition.

And I say stress management because ultimately we need to remove the stress but that is a long journey, that is months and years of us modeling our life to have less stress. I mean it took me six years to get to where I am now so I'm not going to expect for people to remove their stress in one month so what do we do in the meantime, we put a stress management technique in our life. And that could be breathing techniques, that can be again, meditation and there's another partner to the podcast called ZivaMind. So I directed Melissa there to learn to meditate in eight days online, in the comfort of her home. It's in the show note so you can go check it out, it's there. So we need to learn to manage the stress until we can remodel our life so we have less stress in our life because it's possible. That's a totally different show.

Podcast Transcript

Stephanie: Number one place, number one solution is looking at stress when it comes to auto immune condition. The second place to look at is food but not simply in the context of real food and low carb high fat but in the context of therapeutic diet that is modeled specifically for auto immune condition and there's a great therapeutic diet called AIP, auto immune protocol. We use that in clinic as a mean of modulating and managing auto immune condition. So I've put resources in the show note and probably the best place for people to go is what I call Paleo Mom, she is a scientist that has actually created this protocol AIP. I'm not going to take you through all the details because she's got a ton of totally free resources on which food you should focus on, which food you should avoid and why, talks about a ton on stress piece also so the links are all in the show note for you to go there and that's where I directed Melissa but at a very high level, the auto immune protocol is a low carb high protocol but that will look at how the food interact with the immune system.

So for an example of that is nightshade. Nightshade is a family of vegetable that is known to irritate the immune system so for 30 days we will remove the nightshade family of vegetable so we're thinking here of eggplants and tomatoes, for example, we're going to remove them and give a break to the immune system for that 30 days to see if it can reduce the flare up of the auto immune condition, in the case of Melissa, is that going to help her have a healthier skin?

Now there's a bunch of food that we're going to eliminate – again, I'm not going to go through into the details but go to the link in the show note for a period of 30 days. The symptoms of the auto immune condition should lower, sometimes it take more than 30 days, I've seen some people having to do the strict auto immune protocol for two months to see this symptom reducing to where we want them to be and slowly reintegrate the food attempting to find which one is your individual trigger and that's the key. There's not one diet for everyone, there's individual diet based on how your body is.

Podcast Transcript

Stephanie: So that's the project for an auto immune protocol and then we're going to remove what irritates your own individual body and that's going to go into our turn root causes which is digestive health and leaky gut. When you consume food that irritates your immune system, irritates your digestive system and it leads you to have a permeable intestinal membrane called leaky gut. So in the process in finding out which food irritates your immune system, you also need to heal your gut and to heal your gut you need to remove the food that irritates you, number one. And then you need to integrate what we call healing food. Food such as [0:24:25] and fermented food and pro biotic food and pre biotic food that will allow you to heal the lining of the gut so no longer having the leaky gut which leads to irritation on immune system.

So it's more than just a low carb Keto diet here, we're talking about therapeutic diet and that's where Melissa needs to go so she can a, modulate her auto immune condition which will lead to weight loss in the future.

Now the third part is the bacterial and viral infection, so this is where if point number one and number distressing the food did not work for you and or not got you to where you wanted to be, you will need to go seek a professional healthcare that can diagnose that bacterial or the viral infection for you and give you the proper resources to eliminate those bacterial infection or those viral infection from your system. And in the case of holistic doctor or functional medicine practitioner, we will use natural resources so we will use herbs, we will use nutrients, we will spices that will help us tone down the bacterial infection or the viral infection from our patients.

So to resume the situation in case of Melissa, she did a good job with the low carb high fat but because of her underlying condition, that wasn't sufficient to help heal her body hence, why she could not lose the weight.

Podcast Transcript

Stephanie: So the AIP protocol and stress management piece will likely give her a result. So I want to hear from you Melissa, be sure to reach out again either via our iTunes review or via our private community and I want to see how you are doing.

There you have it, everything about auto immune condition and how it can affect the pursuit of your health goal. All the links and the reference that I talked about will be in the show note which you can find at stephaniedodier.com/030. That's where you can also pick up the transcript of today's show and the link to join the private community so you can ask me your questions. You can also pick up in the show note the Keto Connector program which is my unique program that will allow you to move forward from worrying about food and move on to healing your mind and your body.

Now, the show note is also the place and I refer that in the show, where you can visit ZivaMind which is a partner of the show, to learn to meditate in eight days in the comfort of your home. And also Gaia is an online fitness studio that will cost you \$10 a month and you can do fitness, Pilates, yoga, tai chi and learn to meditate as well in the comfort of your home. So there's no more excuses as to why we can't meditate or we cannot move.