

Autoimmune Disease and the Immune System

When the body turns its immunity defenses on its own tissues, an autoimmune disease is often diagnosed. These diseases result in a breaking down of the tissues and organs of the body due to prolonged exposure to the healing reactions that are supposed to save the body from harm. When the immune system thinks the body is the foreign substance, it will work day and night to fight off the "disease" in hopes of restoring good health. But, the opposite actually occurs leading to further health problems.

When the immune system kicks in, inflammation is the first response. This is commonly seen with the smallest nick of the finger. That red hue the injury takes on is due to the rush of white blood cells to the area for healing. Swelling will begin immediately to block the healthy tissues from the injury causing the immune reaction. With an autoimmune disease, this inflammation can be chronic or long-term. The longer the body stays inflamed, the more damage done by the immune system.

Aging and Immune System Function

It was once thought that aging was synonymous with inflammation. A study completed by The Lancet in 1992, seems to negate that thought. Researchers compared the body conditions of healthy 100 year olds with unhealthy 60 and 70 year olds. The primary difference in their bodies was the presence, or lack, of autoantibodies. The healthy 100 year olds had fewer autoantibodies than the unhealthy participants which means age had nothing to do with the health concerns. The immune system function, however, could be the root cause.

One of the main reasons for autoimmune disorders is the inability of the body to heal. Exposure to environmental factors like stress, smoking, drinking and polluted air leads to free radical damage in the body. Free radicals take over control of healthy cells and multiply. When this occurs, the body seeks out these foreign substances and the immune system kicks in. Inflammation occurs and unless the free radicals are stopped, that inflammation will continue as will the immune system battle.

Free radicals work on the cells in an oxidative manner. Imagine a piece of metal that is left to rust. Eventually, the metal will not work as well as it once did and the surface will deteriorate; eventually turning to dust. Anti-oxidants work to stop rusting of the body.

Fighting Off Free Radicals

Free radicals are present in everyone, but in some people the effect is muted due to healthy food and supplement choices. Fish oil, vitamin E and DHEA are all supplements that work to corral free radicals and stop the deterioration of healthy cells. These supplements are referred to as anti-oxidants.

Other anti-oxidants include vitamin C, green tea, beta-carotene, grapeseed skin, CoQ10 and selenium. Recently, super fruits and super foods have been promoted as the optimal source of anti-oxidants due to their anti-inflammatory characteristics. One of the most popular is the Acai Berry.

The immune system and inflammation are best friends in the body. While much negative press has been given to the effect of inflammation, without this response the body would not be able to fight off disease. Working with the body to control the immune response to environmental factors could be the key to eliminating certain types of diseases and cancers.

Check out the Resource box for more info.

About the Author

Jason Cadwell is a successful representative for Sonoran Bloom Nopalea, the Anti-Inflammatory Drink. Take the Nopalea Challenge and Get A FREE Bottle to try. Get more info on the product at <http://www.nopaleasuperfruit.info>

Source: <http://www.articlegods.com>