

LUPUS NEWS

TASMANIA

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Committed to understanding and supporting people with Lupus, Sjögren's,
Scleroderma & Fibromyalgia or any autoimmune disease

Autoimmune Diseases And Diet



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We would like to acknowledge the Hon Mr. Michael Ferguson MHA for the printing of our Newsletter and his continued support.

The Lupus Association of Tasmania, Inc. does not recommend or endorse any drugs, treatments or procedures reported in this newsletter. The information is intended to keep you informed and we recommend that you discuss any information mentioned with your Doctor.

Donations over \$2 are tax deductible

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From the Editor's Desk

Dear Lupus Association friends and fellow members.

In October we had LAW launch and our theme was diet and the effect the gut can have on autoimmune diseases.

We can all take part in sharing awareness of autoimmune diseases. Even one person made aware may mean save a life. Spread the word about our Association and make public our aims and what we are about.

- Write a letter to the local newspaper
- Contact your members of parliament to urge funding.
- Share with someone an issue of our newsletter. (Whether old or new)
- Attend our meetings and communicate with fellow sufferers.
- If you have the ability to use the internet visit our web site
www.lupustasmania.org.au

We left Queensland at the end of October hoping for some nice warm spring days. However, perhaps the weather missed us and decided to remind us why we travel north every year. I do hope that the weather warms up soon as I get "decidedly cranky" when it's cold and windy.

I would like to wish everyone a Healthy, Happy Christmas and New Year. Don't forget our Christmas Luncheon on Sunday ? of December.



President's message

It has been a challenging six months for me, with a third autoimmune disease being diagnosed. So I have been busy modifying my diet to cope with eliminating wheat and gluten from the diet. I now find I have to shop in about six stores instead of one to get a decent variety of food stuffs. It is like a treasure hunt, you never know where the gluten free items are going to be hidden. I have found that the bottom shelf is popular; maybe they think we need the exercise, or that no one who is not gluten free wants to crawl around the floor. I may have to start carrying a huge magnifying glass for these expeditions as the pint sized and colour background on the nutrition panels are impossible to read. It is a steep learning curve and life has certainly improved with the new diet.

The following quote by Robert Louis Stevenson seems appropriate:

As yesterday is history
And tomorrow may never come,
I have resolved from this day on,
I will do all the business I can honestly,
Have all the fun I can reasonably,
Do all the good I can willingly,
And save my digestion by
Thinking pleasantly.

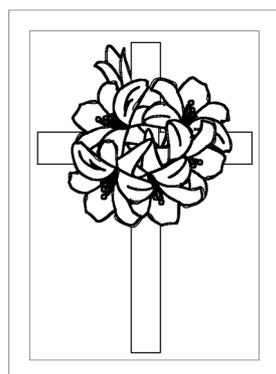
Vale Aart van der Hec

Aart Marius van der Hec was the last of our foundation members. He held the positions of past president and treasurer. His late wife Sari was a long time sufferer of Lupus and following this she suffered a stroke. Aart retired to become her primary carer.

Rather than go into the family business, on leaving school, Aart pursued a career in the Dutch Merchant Navy and rose to the rank of Captain.

When they migrated to Tasmania Aart worked for the Port of Launceston Authority for a number of years and then moved into local government, his last position was council clerk of the Lilydale Municipality until the merger with Launceston City.

The family nominated Lupus as the beneficiary of donations made at the funeral service for which we offer our sincere thanks.



Aart Marius van der Hec

18th January 1920 - 5th September 2019



Regional reports

West Coast Group

My group were small again, just two members turned up even though more had said they would come. I get in touch with them personally a couple of days before hand, and put a message on the Facebook Community notice board and I get good response at the time, but still a lot of no-shows. I have 8 members in total, and I'll keep urging them all every month! The weather has improved slightly, but we are still getting storms with hail, so I guess people are still afraid to venture out. Our next meeting will be on Tuesday, December 3rd. 11.00am at JJs coffee shop, so fingers crossed.

West Coast Co-ordinator
Barbara Gruner

Southern Group

The Southern Group met on November 18th for the last time this year for a chat and a cuppa. On behalf of the group I wish everyone a safe and happy holiday season.

Proposed Dates for 2020:

- February 17th
- May 18th
- August 17th
- November 16th

We meet at 12 midday on the third Monday of the month at Mather's House, 108 Bathurst St. Hobart. BOOKINGS ARE ESSENTIAL. NO EFTPOS, CASH ONLY.

Southern Co-ordinator
Heather Cowled
Phone 62723096 or email: hcowled@bigpond.net.au

North West Group.

The North West group have been in semi recess owing to Leanne and Robbie being interstate. They had one meeting earlier but found it difficult to organise another. It is with a sad heart that we need to pass on to Wendy Shephard our sincere condolences, her husband passed away recently. We share with her in her grief of her loss.

North West Co-ordinator
Leanne Collins

Northern Group

Our next meeting is on Thursday 28th November, the fourth Thursday of the month, at the Kings Meadows Health Centre. We have a core group who are keen to meet up with members who have been away. See you at 10.30 am with your morning tea contribution.

Best Regards
Lois Beckwith
Northern Co-ordinator

What is a Microbiome?

Insight from a layman

The microbiome, is the community of organisms living in and on your body. Every person's microbial community is unique and includes an individualised balance of both desirable and less beneficial micro-organisms. The balance may play a significant role in the over all health and wellbeing.

Microbiome testing and analysis is now offered beyond the research labs with tests readily available with online companies. Research which is well structured is needed to determine the significance of different microbiomes and how they impact on health. For example Dr Silvia Caballero has discovered natural bacteria with in the gut that can potentially fight off drug-resistant bugs.

Diet is considered one of the most important and potentially adjustable factors when considering the composition and function of the gut microbiome. Anyone with an overactive immune system is more likely to experience sensitivities and allergies, with medication and food intake likely to be involved. Research is currently determining the allergic responses and incidence level amongst people with immune diseases. Intolerance to specific foods can lead to an inflamed gut which implicates the gut microbiome. So it would be relevant to research microbial patterns in Lupus patients and compare them to the general population. Some people with autoimmune diseases may have stomach upsets due to other causes such as the amount of soluble fibre they ingest. Improving microbiome diversity and gut function can reduce inflammation, but evaluating diet and specific foods is difficult.

If we can identify any differences in the microbiomes of people living with auto-immune disease, it would form the foundation of an intervention plan to improve the microbiome to an anti-inflammatory environment.

The Lupus Association of Tasmania is currently assessing a research study in this area. There are numerous questions that could be addressed; here are just a few:

- What connection exists between gut microbiome, inflammation, auto-immune diseases and metabolic disease?
- What effect , if any, has alcohol, obesity and anti-biotics on the gut microbiome?
- Is gut microbiome changes linked to inflammatory bowel disease?
- What is the role of probiotics in modulating the gut microbiome and their influence on health?
- Is it a fad that there is an increased incidence of intolerances to different foods such as milk or wheat, or are such foods pro-inflammatory and make a significant impact on health?
- Can an inflamed gut respond to a short term low FODmap diet to reset the gut system?
- Is it gluten intolerance that affects some people or is it another protein in wheat?

Article researched and written by Dr Lois Beckwith

Savvy methods to wellness worth observing

Most individuals agree that good nutrition is important. As we were growing up, we heard versions of “it’s good for you”, usually when we refused to eat our vegetables. Now, as adults, we are a little more receptive to that advice. In fact, nutritionists and others are advising that a proper diet— including those vegetables and “savvy methods to wellness” can be of utmost importance to the care and treatment of auto-immune disease.

Consider the case of one autoimmune disease, multiple sclerosis and its related fatigue. Terry Wahls, M.D, clinical professor of medicine, nutritional epidemiology at the University of Iowa, says that research suggests that fatigue in the multiple sclerosis (MS) patient is a reflection of brain inflammation. Thus, removing foods that drive up inflammatory cytokines (inflammation molecules) may be very helpful. She says that, for example, people who are genetically vulnerable to having a severe immune response to gluten or casein may find a marked improvement in energy after adopting a meticulously gluten-free and casein-free diet.

Dr Wahls teaches clinicians about using therapeutic diet and lifestyle to treat autoimmune disease, and she believes that doctors could be helping their patients by setting a proper course of action. “We rely on the food we eat to have the building blocks to make the proteins that are necessary for cellular structures.” She says, “We also rely on the foods to speak to our genes and our microbes to create the cellular environment— which leads to a healthy-promoting environment or disease-promoting environment.”

Dr. Wahls explains that diet quality impacts gene expression and one’s microbiome (gut), both of which have a huge impact on risk of developing autoimmune problems. Leaky gut, for instance, is an early step that leads to leaking of the incompletely digested food proteins into the blood stream.

“Eating very little fibre starves the health-promoting bacteria that live in the bowels, which speak to our immune cells and create a pro-inflammatory environment or an anti-inflammatory environment,” Dr Wahls says.

“Furthermore, the bacteria breakdown the foods and help digest food, make vitamins, and help to absorb our food so that we utilise the food we consume.”

Dr Anne Zauderer, of Riordan Clinic, in Wichita, Kansas, writes: “Our bodies’ first line of defense is the cells that line our digestive tract. These cells, called epithelial cells, provide a strong barrier against crossing into the bloodstream that our body doesn’t want there. Proteins cement these cells together; this is like building an impenetrable wall.”

Dr Zauderer points out that our immune system makes up another one of our body’s defences against outside invaders, and we wouldn’t last a day without our immune system. She says that approximately 80 percent of our immune system surrounds the gut. She advises, “It just makes sense to put the greatest number of guards around one of the most vulnerable areas of the body.” Dr Zauderer comments that “the gut plays a significant role in the development and management of autoimmune conditions.”

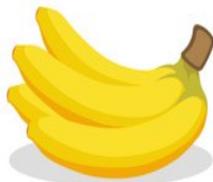
Dr Zauderer says, “The key with the immune system is BALANCE.” She adds, “The good news is there are many ways you can help promote balance and support for the immune system.” Among those ways are probiotics, diges-

tive enzymes, vitamin D, and others.

Also in line with a savvy method of wellness, Dr Wahls recommends a sound exercise program.

Sources: Excerpted from a "Wellness Approach to MS-Related Fatigue," Keith Loria, Autoimmune Diseases, Health Management, Medical Health Executive Articles, January 4, 2019; "How Your Gut Affects Your Immune system...And Makes You Sick," Dr Anne Zauderer, Health Hunters Newsletter, Vol. 28, No 8, Riordan Clinic, Wichita, Kansas.

Re printed with permission of the American Autoimmune Related Diseases Association. Taken from the Infocus Newsletter, Vol 27, No.1 March 2019.



Some Wise Words

Forget not that the earth delights to feel your bare feet,
And the wind longs to play with your hair.

Kahlil Gibran

Cultivate an open mind
A happy heart and a free spirit.

Anonymous

A Christmas Wish

It was Christmas Eve and the Lord looked down from above at all His children. It had been nearly two thousand years since the birth of His son and turning to His youngest angel the Lord said: "Go down to earth and bring back to me the one thing that best represents everything good that has been done in the name of this day." The angel bowed to the Lord and spreading his wings, descended from heaven to the world of man, all the while contemplating his mission. So much had been done in the name of honouring the birth of the Christ Child. For this day, wars had temporarily ceased, cathedrals had been built and great novels had been written. With so little time, what could he possibly find to represent all this?

As he soared above the earth, he suddenly heard the sound of the church bells below. Their tone was so beautiful that it reminded him of the voice of God. Looking down, he saw a small church whose bells were ringing out the carol Silent Night. As the final note died away, it was replaced by one lone voice singing inside the church. It was shortly joined by a second voice that embraced the first in perfect harmony, and then another until a choir of voices rose through the night. Enchanted by the magic of what he was hearing, the angel found himself listening until the song was finished. As he resumed his flight through the night, he was delighted to hear these sounds everywhere, from the largest cities to the smallest villages. He heard melodies from massive orchestras and in the voices of single soldiers alone at their post. And any place where he heard these songs, he found hope in the hearts of men.

Grasping a song out of the air, he held it in his hand (angels are able to do this) and thought maybe, these songs could be the one thing that best represented Christmas. They seemed to give voice to man's greatest joys as well as hope to those in deepest despair. But, though at first glance it appeared to be the answer he sought, his heart told him that music alone was not enough. There had to be something more. So, he continued his flight through the night until he suddenly felt the touch of a father's prayer on its way to heaven. Once again looking downward, he saw a man who was praying for his child whom he had not heard from in a long time and who would not be home that Christmas.

Seizing upon the prayer, the angel followed it until it reached the lost child. She was standing on a corner, in a quiet snowfall, looking very small in a very large city. Across from her was an old city bar, the kind that only the lost seemed to know how to find. The patrons of this establishment rarely looked up from their drinks and so seemed not to notice the young woman. Now, the bartender in this bar had been working in there longer than anyone could remember. He believed in nothing except his bar and his cash register. He had never married, never took a vacation and as a matter of fact, had never been seen out from behind the counter by most of his patrons. He gave no credit and for seventy-five cents, served shots of unwatered whiskey to people who used their drinks like a moat around their lives.

For them he provided a safe, unchanging world.

Suddenly, the door opened wide into this world walked a small child. The bartender could not remember the last time that a child had been in this place, but before he could ask the child what he was doing there, the child asked him if he knew that there was a girl outside the door who could not get home.

Continued on the bottom of page 12

The 4 best Diets to Try If You Have an Autoimmune Disease

By Amanda Gardner October 01, 2018

If you have an autoimmune disease like celiac disease, Crohn's, or rheumatoid arthritis, eating or avoiding certain foods really can make a difference in your symptoms.

There's no one accepted definition of an "autoimmune diet," one which can help quell the symptoms of different autoimmune diseases like multiple sclerosis, rheumatoid arthritis, and lupus.

There is, however, some research to suggest that certain foods may benefit people with an autoimmune condition, which occurs when your immune system mistakenly attacks your own body.

"In general, most autoimmune diseases show a response to some changes in diet, whether [the disease is] Hashimoto's, rheumatoid arthritis, celiac disease, or Crohn's," says Sonya Angelone, RDN, a spokesperson for the Academy of Nutrition and Dietetics and a nutritionist in private practice in San Francisco Bay area.

Although there are some common threads to so-called autoimmune diets (for example, most include anti-inflammatory food), specific dietary changes need to be tailored to the person.

"There will be generalizations that always require individualization," says Alicia Romano, RD a clinical registered dietitian at Frances Stern Nutrition Center in Boston. Here's a snapshot of some of the more popular autoimmune diets, what they are, and what we know about them.

RELATED: 9 Autoimmune Diseases Every Woman Needs to Know About

Best for IBD

The autoimmune protocol diet (AIP)

Sometimes called the Paleo autoimmune protocol diet, The AIP is an extreme version of the popular Paleo diet, which advocates a return to the types of foods our Paleolithic ancestors ate.

Foods to potentially avoid include grains, legumes, dairy, processed foods, refined sugars, gum, alternative sweeteners, emulsifiers, and food thickeners, says Romano.

The AIP follows an elimination protocol where different food groups that might contribute to inflammation are taken out of the diet, then slowly added back in.

"We don't have a reliable marker or test [for which foods are best], so we have to work with the patient, starting with the cleanest diet and slowly adding things back," says Zhaoping Li, MD, PhD, professor of medicine and director of the Center for Human Nutrition at UCLA's David Geffen School of Medicine of elimination diets in general. "Everyone is different. We have to live and learn."

There's no standard about how to actually implement these elimination protocols—and some protocols are Draconian, pulling out multiple food groups at one time, says Romano.

Such a restrictive approach may not be helpful for all people with autoimmune diseases, who, as a group, tend to be at risk of nutritional deficiencies and malnutrition, Romano cautions. But at least one study showed for folks with inflammatory bowel disease or IBD—thought to be autoimmune or at least Immune-related—this type of diet specifically reduced markers of inflammation in the gut. That inflammation is a hallmark of both Crohn's disease and ulcerative colitis, the two conditions that make up IBD.

RELATED: What an RD Really Thinks of the Paleo Diet

The anti-inflammatory diet

Best for: Rheumatoid arthritis

This diet is similar to the much-touted Mediterranean diet, which has been shown to lower the risk of chronic disease, extend lifespan, and reduce the symptoms of some autoimmune diseases like rheumatoid arthritis. The focus is on anti-inflammatory foods like fish, olive oil, fruits, vegetables, legumes, nuts and seeds.

Foods should be as natural as possible, such as ocean-caught fish. Dr. Li says. And homemade meals even better, because then you know all the ingredients that have been used.

Some people also find dairy to be problematic. “I would recommend limiting dairy to start. It can be added in later on,” says Dr. Li. Some people with autoimmune diseases may react to lactose, a sugar in dairy products, or proteins in dairy, Angelone adds.

RELATED: [5 Things That might Happen to Your Body When You Give Up Dairy.](#)

A plant-based diet

Best for: All around

There is evidence that plant-based diets can benefit people with autoimmune diseases. Plus, both AIP and anti-inflammatory also focus strongly on fruits and vegetables.

If you have an autoimmune disease, you might find you tolerate vegetables better when they’re cooked, though. “Large molecules can provoke the immune system, but when you’re cooking you’re breaking the molecules down,” explains Dr. Li.

RELATED: [What Is a Plant-Based Diet —and How Is It Different From Going Vegan?](#)

A gluten-free diet

Best for: Celiac Disease

Gluten is the name for proteins in wheat, rye, and barley, and it damages the small intestine of people with celiac disease, another autoimmune disease. “Gluten is [another] large molecule that can provoke an immune response,” says Dr. Li.

The only way to manage celiac disease is to avoid gluten, which is found not just in bread, but also pasta, soups, sauces, salad dressing and a range of other products.

Because many people with celiac disease also have other autoimmune diseases, going gluten-free may benefit others as well. “I have found that more people [in addition to those with celiac disease] do well without gluten,” says Angelone. One small recent study found benefits to a gluten-free diet in women with autoimmune thyroid issues, for example.

In some cases, Romano says, simply improving the overall quality of someone’s diet might help. Then, “if patients have a strong suspicion that foods may be the triggers, I will typically have them keep food and symptom logs, so we can get a better idea of patterns,” she says.

While the “best” autoimmune diet will be different for each patient, she says, “the patients that are willing to take time to investigate their symptoms and improve their overall diet quality seem to do the best.”

“Lots of time people use the terms ‘autoimmune’ or ‘anti-inflammatory’ diets to mean lots of different things with a varying degree on how restrictive the diet is,” adds Katheryn Fitzgerald, ScD, of Johns Hopkins University, and a former National Multiple Sclerosis Society fellow. “However, a lot of the time there are many aspects of these diets that are common to a generally healthy diet like high intakes of fruits and vegetables and low intake of processed food. It may be that these aspects are the critical component rather than adhering to stricter dietary protocol.”

Printed from internet: www.health.com/rheumatoid-arthritis/autoimmune-disease-diet

A Christmas Wish continued from Page 9

Get home. Glancing through the window, he saw the girl standing on the street. Turning back to the child, the bartender asked him how he knew this. The child replied “That on this night of all nights, if one could be home, they’d be already there”.

The bartender looked back toward the young woman as he reflected on what the child had said. After several seconds of thought, he slowly went over to the cash register and removing most of the money, came out from behind the bar and followed the child across the street. Everyone in the bar watched as he spoke with the girl. After a few moments he called over a cab, put the girl inside and told the driver: “JFK Airport.” As the cab pulled away he looked around for the child, but the child had gone. An what was stranger still, even though his own tracks leading from the bar were still clearly marked in the snow, the child’s were nowhere to be found. Returning back inside, he asked if anyone had seen where the child had gone, but like himself, no one had, for they also had been watching the departing cab. And then, some would later say that the most miraculous thing of all happened, when for the rest of the night, no one paid for a drink.

Later that night, the angel returned back to heaven and placed in the Lord’s hand the wish of a soul for the happiness of another. And as the heavenly host looked on the Lord smiled.

By Trans-Siberian Orchestra (Christmas Eve and other stories.)







For your Diary



Christmas Luncheon. December 15th 2019 at Joan Marshall Wing, Kings Meadows Health Centre 11.00 am
Lunch approximately 12 noon
Please bring a salad to share. Meat and Pudding supplied

Southern Dates for 2020

February 17th

May 18th

August 17th

November 16th

All at Mather's House 108 Bathurst St. Hobart at 12 midday
Pay for self. Cash only, as there is no EFTPOS

Northern group meets on the fourth Thursday of the month at Kings Meadows Health Centre approx. 10.30 am . Please bring some morning tea to share.

North West Group

First Tuesday in the month at Lillico Fuschia Farm, Midday.

West Coast Group

JJ's Coffee Shop 11.00 am Please ring Barbara for information.