

Autoimmune Disease Wellness Plan

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You may ask, what exactly is Autoimmune disease? Autoimmune disease can be explained in many ways. This is how Autoimmune disease was explained to me through an interview. This disease is when you're allergic to different foods, and these foods don't sit well with you. Once you partake in these foods the antibodies in your body attack the healthy cell. So, you may say what leads to Autoimmune disease? For my Girlfriend's mother she has Crohn's disease, and if she eats Gluten which is a mixture of proteins in bread, certain beans, shellfishes, and even chicken, this can trigger this disease. The cause of this disease remains unknown to us. However, research does say that bacteria, Viruses or even drugs can trigger the immune system. You may ask what is Crohn's disease? Crohn's disease causes inflammation of your digestive tract.

This disease can come with many health problems both short term, and long term. This disease can affect one organ or many. It was said that having this disease at times you can feel real sick causing you to throw up and have real bad stomach aches while also running back and forth to the bathroom. If you don't pay close attention to this disease it can have long term effects. The article that I used to get my information from said that you can get "type one diabetes, and it can even damage your pancreas. "You may be having a wow moment right now," but this disease can bring about other diseases and damage your whole body. Starting off

you can have pain's, and diarrhea. Then long term you can experience weight loss, and even life threatening complications.

How can you improve your health while having this disease? Let's first do our research, and then go to the doctor. At first you may start to get mild symptoms. I know for my Girlfriend mom her face started getting red and breaking out. By going to the doctor, you understand something's wrong, and the doctor can help you with this health concern. After going to the the doctor now let's treat it. Like I said before the cause for this disease is unknown, so the cure is also. Don't be worried there is ways to control this disease though. You can take medicines the article said you can take ibuprofen, Motrin, Advile, Naprosyn. I was told, and studies have shown that what can help treat it is by only eating gluten free foods, exercise, drink water and maintain a good diet can help keep this disease under control. You can also get "medications to calm the overactive immune response and bring down the inflammation in the body"

Now you may ask what exactly my plan of action is! I will first start by asking my family to have they experience any of these symptoms. Then I will continue my research on this disease. I believe that we should watch what we eat, and always exercise. You should also identify the problem. Next, I will go to the doctor and get tested. By getting tested you can see what autoimmune disease you will have. Then the doctor can give you a treatment plan. Also, you can change over your diet and how you exercise. My girlfriend mom also can't have certain medicine so you should also what you take. So, here's a goal for those having this disease, and something I shared with my girlfriend. She can have her mom watch she eats and exercise through the week.

At the end of the week my girlfriend will reward her mom with a gluten free treat. In this example you see that the daughter is her support system. It will be mostly family and care givers serving in this role. In order to improve the Crohn's disease, the two evidence strategies to improve it would be testing, and treatment. If you think you have the Crohn's the doctor will run multiple tests on you to be able to say yes or no. There are two types of test that the doctor can suggest the first one is test for anemia or infection, and the doctor can do this by blood work. This blood tests is to check for any sign of infections. The next test is the Fecal Occult blood test, and the doctor will ask for a stool sample. This sample is used to find hidden occult. The next thing to improve this disease is treatment like I said there's not really a cure, but what we can focus on is the inflammation. There is a few anti-inflammatory drugs one you can use long term, and short term. This is my Autoimmune Disease Wellness Plan.

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