

**The Role of Nutrition and
Functional Medicine to Alleviate
the Symptoms of Lupus**

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Objectives

- Learn which labs are critical for testing
- Interpret and manage vitamin and hormone deficiencies
- Identify underlying infections
- Discover which inflammatory foods to avoid
- Recognize symptoms of gut permeability
- Learn the latest in nutritional options
- Select the most useful supplements

Lupus

- Chronic autoimmune disorder
- 5 million afflicted worldwide
- Affecting mostly women ages 15-44
- 16,000 new cases diagnosed annually
- Symptoms vary but may consist of joint/muscle pain and fatigue
- Can affect all organ systems

Hormones

- **DHEA-S** 150-250 ng/ml. If low, start with DHEA 5-10 mg if female, 50mg or more if male.
- **Pregnenolone**- Master hormone, 20-250ng/ml, start at 10-25mg daily, alleviates memory issues
- **Progesterone**- draw blood on day 22-23 of cycle, if value low with symptoms such as irritability, spotting, irregular periods, start with cream 20mg and cycle it during days 15-25. Increase to 100 or 200mg per night, observe clinical S/S and blood levels. Stress decreases levels.

Hormones

- **Thyroid**- check complete thyroid panel
 - TSH levels between 1.0-2.0 uIU/ml
 - Check thyroid antibodies
 - Consider Armour thyroid- 9mcg of T3 and 38mcg T4
- **Adrenals**-optimal AM cortisol levels= 10
 - Prednisone will affect adrenal function
 - Elevated levels will affect thyroid and lead to fatigue and joint pain

Vitamins B12

- Necessary for neurological health
- Deficiency seen in vegans and vegetarians
- Optimal blood levels over 500 ng/ml
- If less than 300, severe deficiency, start with B12 injections 1000mcg weekly for 4-6 wks and recheck levels and adjust accordingly
- If severe deficiency consider malabsorption or gut permeability

Vitamin D

- Immune modulator
- Necessary for bone health esp with Prednisone
- Deficient due to lack of sun exposure
- Protects against common colds and flu
- Blood testing levels between 60-80
- Dosing between 2000-5000IU per day

Infections

- Viral panels IgG and IgM
- **CMV**- Cytomegalovirus
- **EBV**- Epstein Barr Virus
- **HHV-6**- Human Herpes Virus 6- known as roseola in children, may play a role in MS and Chronic Fatigue Syndrome
 - May reactivate as an adult

Infections- Candida

- Candida- 20 different species
- Difficult to eradicate
- Stool testing superior over blood testing, check sensitivity
- Treat for 4-6 weeks minimum
- Ketoconazole, check liver functions monthly
- Nystatin, not as effective, but non-systemic effects
- Candida diet strictly for 2 weeks, then maintenance for up to 3 months.

Infections- Parasites

- Stool testing superior and also check in bloods
- Treatment with prescription of anti-parasitic

Infections- Bacterial

- Stool testing is superior
- Also tests for beneficial bacteria levels-
Lactobacillus
- Genova/Metametrix Lab CDSA 2.0 or
Comprehensive Parasitology x 3 will test
for candida, bacteria, and parasites

Toxins

- Test for **Mercury** and other heavy metals
- Other option is hair analysis, urine and serum
- Mercury from dental amalgams accumulate in dig tract and attaches to gut epithelium
- **Hair testing**- shows organic mercury load, such as consuming fish
- **Urine testing** with DMPS or DMSA- inorganic mercury load from vaccines and dental amalgams
- Optimal kidney function necessary

Food Allergies

- Check IgG in foods in bloods
- Superior allergy testing with Alcat Lab
- Can test up to 200 foods
- Top 7 food allergens are eggs, dairy, gluten, soy, fish (shellfish), peanuts, tree nuts
- Multiple food allergies most likely from leaky gut syndrome

Inflammatory Foods to Avoid:

- **1. Sugar:** Linked with metabolic syndrome and Type 2 DM. Substitute with stevia or natural sugars found in fruit.
- **2. Cooking Oils:** Such as sunflower, grape seed, safflower, corn, and cottonseed. These contain more omega-6 than omega 3 fats.

Inflammatory Foods to Avoid

- **3. Trans Fats:** Found in fried foods and fast foods. In baked goods prepared with partially hydrogenated oil, margarine or vegetable shortening. Increases LDL and creates resistance to insulin.
- **4. Dairy:** Common allergen. Can cause acne, constipation, skin rashes, diarrhea and more.
- **5. Red Meat and Processed Meats:** Reduce eating meat to once a week but completely if possible

Leaky Gut Syndrome

- Also called Intestinal Permeability
- Consider if pt has multiple food allergies
- Consider if multiple vitamin deficiencies
- If total cholesterol is less than 150, consider leaky gut syndrome
- Consider if pt has fibromyalgia and chronic fatigue syndrome, joint pain, autoimmune disorder

Nutrition

- **Gluten free** diet a *MUST*- gluten found in pasta, breads, crackers, soy sauce, barley, malt
- A **Paleo diet** may be necessary
- Paleo diet consists of animal protein, fish, vegetables, fruit and quality fats like avocado, coconut, olive
 - **No** grains, no legumes, no sugar, no dairy, no vegetable oils

Nutrition

- **Autoimmune paleo**- also avoid eggs, nuts, seeds, nightshades, excess of fructose of 20g per day, alcohol, NSAIDS.
- Avoid processed foods
- Avoid artificial sweeteners, Splenda causes CFS
- Grass fed beef is best

Useful Supplements

- **Digestive enzymes-** Plant enzymes, 10 minutes prior to all meals
- **L-glutamine-** helps restore gut barrier function, use for 6 months, up to **2000-3000mg per day**
- **Probiotics-** preferably twice daily
- **Vitamin D 2000-5000IU** per day, bone health
- **B12 500mcg-1000mcg** for energy
- **Magnesium 400-800mg daily** for high stress, pain, and constipation
- **Vitamin C 500-1500mg daily** for high stress and constipation
- **Zinc 15-30mg daily** with food, hair growth

Useful Supplements

- **Omega 3 Fatty Acids** 1500-3000mg per day with meals
- Lubricates joints and decreases inflammation

Other Best Practices

Individuals with autoimmune disorders *must*:

- Sleep 8-10 hrs per night
- Manage stress: consider daily meditation
- Mild to moderate activity
- Avoid intense or strenuous activity
- Protect circadian rhythms
- Nurture social connections, make time for hobbies, relaxation

Summary

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Any Questions ?

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