The Role of Nutrition and Functional Medicine to Alleviate the Symptoms of Lupus
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- Private practice *From Lupus to Living in NYC*
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 digestive 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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• Learn the latest in nutritional options
• Select the most useful supplements
Any Questions?
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