

The background of the image features a dark blue, almost black, field with several large, bright green, spiky, spherical structures that resemble microscopic organisms or cells. These structures are distributed across the frame, with one particularly large one in the upper left and another in the lower left. The overall aesthetic is scientific and naturalistic.

**MANAGING
AUTOIMMUNE
DISEASES**
Naturally

Managing Autoimmune Diseases Naturally

Disclaimer:

The author is not a doctor or mental health professional and cannot be held liable for the information written here.

This book is meant to provide information that helps to manage symptoms associated with autoimmune disorders.

It is not intended to provide medical advice. Do not use it as an alternative to seeking help from a medical or mental health professional.

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Introduction

Autoimmune diseases, such as Crohn's, Hashimoto's, lupus, and Celiac disease can have a large impact on your life. When you suffer from one of these diseases, it causes chronic pain, fatigue, constant flare-ups, diet restrictions, and mental issues in many cases as well.

Any time you are dealing with chronic pain, it is important to use a combination of medical and natural remedies to help manage the symptoms. Like many diseases, there isn't a cure for autoimmune disease, but there are many ways to manage and reduce the symptoms.

Why Go Natural?

The information you will read in this eBook are not 100% natural, but they are going to provide some alternative options when it comes to reducing flare-ups, avoiding triggers for those flare-ups, and just feeling better overall.

They include a combination of options like diet, fitness, healing herbs, and everyday lifestyle changes you can make.

Going natural is not something you will do to replace your medical treatments, but instead enhance your quality of life. You are merely adding to the medical treatments your doctor has prescribed for your autoimmune disease.

Keep reading if you want to learn how you can start managing some of your autoimmune disease symptoms naturally.

Chapter 1 - Lifestyle Changes for Autoimmune Diseases



Autoimmune diseases are life-changing and require cooperation from those who have been diagnosed. Autoimmune diseases cause the body's own immune system to attack itself, leading to a wide range of ailments and illnesses.

Some of the most notorious autoimmune diseases include Lupus, Hashimoto's, AIDs, and even Rheumatoid Arthritis. Most patients diagnosed with an autoimmune disease often suffer from additional autoimmune diseases, as they tend to work together to actively destroy the body.

While cures are not always available for autoimmune diseases, there are a few lifestyle changes that help to drastically improve the quality of life for those who struggle with a variety of diagnoses.

1. Improve Diet and Nutrition

The first thing to discuss in terms of changing your lifestyle to help manage the symptoms of an autoimmune disease is with your diet. This might not be what you want to hear, but it is very important in order to be successful.

In the next chapter, we will cover more specific diets you can try, but first here is some general information.

Why Diet?

Diet and nutrition are extremely important for those suffering from an autoimmune disease. Foods that are high in carbohydrates and refined sugar help to feed inflammation and trigger pain throughout the joints and muscles of the body. If you are eating a standard diet with a lot of bread, rice, pasta, baked goods, and other sources of sugar and carbs, it is only making your symptoms worse.

Diet Options for Autoimmune Diseases

Some of the most popular ways of eating for those with autoimmune diseases include the Paleo and Ketogenic diets. While Paleo allows for whole grains and foods, the ketogenic lifestyle requires an increase in your fat intake, prompting the system to work using ketones from the brain rather than relying on glucose. The ketogenic has had wild success within the autoimmune community as it helps to regulate the body's functions while decreasing pain, memory loss, brain fog, and inflammation.

More Dietary Recommendations

Avoid sugary drinks such as soda or juice and instead, opt for naturally-flavored water. Increase your water intake to keep your body flushing toxins. Steer clear of eating out or stopping at fast food joints unless you are familiar with the ingredients used in your chosen meal.

Prep your meals at home at least one day each week to eliminate cravings and feeling tempted to fall back into previous eating habits which led to negative side effects with your autoimmune disease.

When you have an autoimmune disease, speak to your doctor about a diet that is best for you based on your condition and whether or not you have struggled with kidney disease or insulin resistance in the past. One of the best ways to avoid inflammation, brain fog, and the inability to live without pain is to move towards a low-carb way of eating.

2. Avoid the Sun and Excessive Heat

Moving on from diet is ways to protect your skin and overall health. Autoimmune diseases are often triggered by exposure to the sun and excessive heat. When an individual with an autoimmune disease spends an afternoon in the hot heat and sun, they are much more likely to experience a "flare", or a crisis within the body triggered by the autoimmune disease itself.

Flare-ups last anywhere from a few days to more than a month, and are entirely unpredictable. Flare-ups also trigger a wide range of symptoms and attack various parts of the body ranging from the eyes and brain to the heart, lungs, and kidneys. Protect yourself by spending time outdoors only once the sun has gone down or in cooler weather, where there is less risk of experiencing a flare.

Wear Sunproof Clothing and Use High-Quality Sunscreen

It is not always easy for a patient with autoimmune diseases to spend all of their time indoors feeling cooped up. When you want to go outdoors or spend some time in the sun with family and friends, invest in sunproof clothing that is specifically designed for those with autoimmune afflictions.

Purchase a sunhat and invest in sunscreen that is high-quality and meant for those who have serious reactions to the sun. It is also important to limit your time in the sun and to retreat to shade or an indoor area if you begin to experience fatigue, respiratory issues, or feelings of nausea.

These small changes can protect your skin from the sun, and hopefully keep some of those uncomfortable and often painful flare-ups from occurring.

3. Listen to Your Body

Listening to your body is one of the most important lifestyle changes autoimmune patients need to make in order to better their overall quality of life. When you feel tired, tend to your body and take rests and naps as needed. If you are struggling with inflammation and pain, rest and evaluate your eating habits or the possible causes of your symptoms.

Seek out specialists ranging from endocrinologists and dermatologists to nephrologists, rheumatologists, and neurologists to build a support group of physicians who understand your diagnosis.

Autoimmune patients have a weakened immune system which requires additional attention that is not always necessary for individuals living with a healthy body. If you are unable to attend an event, explain your situation and find comfort in friends and family members who are caring and truly understand your health issues.

4. Keep Track of Symptoms and Flare-Ups

If you have been suffering from an autoimmune disease for a while, this will probably not be a big surprise for you. But it is imperative that you understand your own symptoms and triggers for flare-ups.

What is a Trigger?

You already know what a flare-up is – it is when your symptoms return, whether that is redness and acne on your face, joint pain, fatigue, or other forms of chronic pain. You might experience some of these at all times, but with a flare-up, they tend to worsen and are often more difficult to manage.

The trigger is what *caused* the flare-up. Depending on your body and type of autoimmune disease, this could be the aforementioned sun exposure, or something wrong with your gut that then causes other symptoms to flare up.

Foods are often causes of flare-ups as well, with these being the most common trigger foods:

Chocolate
Gluten
Nightshade vegetables
Dairy (if you have an allergy)

How to Track Your Symptoms

Keep track of symptoms and flare-ups you experience by using a journal or an online blog. Track your diet with a daily food log and write other physical activities or outings you partake in to determine what is most likely triggering flares. Because autoimmune impacts all individuals differently, it is essential to know how your body responds to outside environments and lifestyle changes.

What to Track – You should be as meticulous as you can with your tracking journal. For each entry, write the date and time, including when the symptoms started and when they were relieved (if at all). You also want to track what you think the trigger could have been, such as eating a certain type of food, and what symptoms you ended up with.

5. Find Support Groups

When you are first diagnosed with an autoimmune disease, it feels daunting and overwhelming. Friends and family are unlikely to understand and have a difficult time empathizing with how you feel each day. Reach out to both local and online support groups to meet others who struggle with autoimmune diseases to feel less alone and less isolated from those in your life.

While it often takes time to share how you are feeling with close friends and loved ones, those who are truly there for you will take the time to learn more about your situation. Share research papers, blogs, and useful tidbits to others on your social media to bring awareness to your cause and to help spread the word of how autoimmune impacts daily life.

It is never easy living with an autoimmune disease, especially due to the lack of research and awareness of autoimmune throughout the world. While autoimmune patients are not likely to ever feel 100% healthy again, the right lifestyle changes and adequate support provides a positive outlook and the ability to maintain control over most aspects of your life.

Chapter 2 - Diet Options for Alleviating Autoimmune Diseases



When you have an autoimmune disease, your immune system attacks your body, which can cause a long list of problems. Many people with autoimmune diseases like Crohn's or Celiac disease experience physical discomfort, pain anywhere from a scale of 1-10, fatigue, joint and muscle soreness, nausea and vomiting, and so much more.

While autoimmune diseases do not have a cure, they are treatable in most cases. This often requires finding the right treatment protocol for you and the type of disease you are suffering from.

Changing Your Diet

Aside from medical intervention, like medications prescribed for pain and managing other symptoms, diet is often the first recommendation you will get. This is because diet has a very high probability of causing flare-ups, where your symptoms return or get worse.

Trigger foods might vary based on the type of autoimmune disease, but many are common, like dairy, gluten, and nightshade vegetables.

Certain foods can trigger greater pain or discomfort while other foods seem to have the opposite effect. Determining which is which can be one of the toughest parts of your all-important self-care plan.

You might not want to change your diet, but if you are looking for a natural way to manage your autoimmune disease, this really is a great place to start.

Let us break down just a few the diet options available to lessen the symptoms of an autoimmune disease.

1. The Gluten-Free Diet

Over the past decade, the Gluten-Free diet trend has skyrocketed in popularity. Thanks to celebrity endorsement, Gluten-Free alternatives line the shelves of even the smallest grocery stores. Celiac patients are not the only ones that can benefit from going Gluten-Free.

Going gluten-free will be mandatory if you have Celiac disease, but even other autoimmune diseases also find that foods with gluten can trigger painful flare-ups, so it might be a good idea to at least remove gluten from your diet for a little experiment.

Looking for a Gluten Sensitivity

To determine whether you have a non-Celiac gluten sensitivity, you will need to give up all gluten for about thirty days and then reintroduce it gradually. It is important to pay attention to how you feel throughout this process. If you have a gluten sensitivity you will feel worse when you reintroduce gluten to your diet.

If this is the case, studies recommend that you give up gluten altogether because continuing to consume gluten with a non-Celiac gluten sensitivity may irritate or awaken autoimmune diseases within your body. This area of nutritional science is being actively explored so it may be beneficial to keep up with the latest research as you determine which diet is most likely to benefit your autoimmune condition.

Types of Foods with Gluten

This can be a big change in the beginning, because so many of your normal food staples will contain gluten. You probably know a lot of the main culprits, including wheat, rye, barley, couscous, and many other grains and starches.

However, you also have to be careful for packaged and processed foods, baked goods, and snacks like chips and crackers. Many of these will have gluten as well. Even dips, sauces, and salad dressings often have traces of gluten. To be successful, you will need to read your food labels and do research before cutting out all gluten.

2. The Vegan Diet

Another diet that can help some autoimmune disease sufferers is a vegan, plant-based diet. There is a little controversy over switching to a plant-based diet, so this is really based on personal preference. Like a gluten-free diet, you can try it for a few weeks and track your symptoms to see if it helpful or not.

There are some things to think about in terms of nutrition, ensuring you get enough nutrients like protein and iron. In order to follow a vegan diet, you will need to get rid of all animal products in your diet. Not only does this include meat, poultry, fish, and dairy, but also bone broth, beef or chicken broth, eggs, and any foods with dairy added to it.

Tips for Following a Vegan Diet the Right Way

A well-balanced plant-based diet has protein from grains, legumes, and leafy vegetables; fat from beans, vegetable oil, and nuts, and carbohydrates from potatoes, carrots, and most other plants. You really want to make sure each meal and snack is properly balanced – don't just load up on fruit all day, as they are filled with sugars.

It is okay to have some packaged vegan food, but don't rely solely on that. Use this as an opportunity to eat more whole, fresh foods.

Beyond that, a plant-based diet also contains a wealth of micronutrients like calcium, beta-carotene, and vitamin C. At the very least, veganism increases your chances of getting all your essential vitamins from your diet alone.

A well-nourished body will be more capable of responding to inflammation and external stressors.

3. The Low FODMAP Diet

Next, let's look at the Low FODMAP diet. FODMAP stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols. These are components of food that cause gastrointestinal distress and bloating because they are difficult to break down. While this diet is aimed primarily at reducing gastrointestinal pain it has been shown to be beneficial for a wide variety of diseases.

Why Does the Low FODMAP Diet Work?

Much like the Gluten-Free diet, the FODMAP diet is designed to be a kind of diagnostic tool as well as a symptom-relief tool. You begin by giving up all high FODMAP foods like Garlic, Onions, Broccoli, and Cauliflower for about thirty days.

Then you slowly reintroduce these foods back into your diet one by one. Pay attention to how you feel during the elimination period and as you reintroduce individual foods, this will tell you which foods are your trigger foods and which are safe.

High FODMAP Foods to Avoid

Here is a closer look at the types of foods you will eliminate from your diet while tracking symptoms to see if it helps. Typical high FODMAP foods include:

- Garlic
- Onions
- Cauliflower
- Bananas
- Mushrooms
- Pears
- Peaches
- Apples
- Sausage
- Most Grains
- Most Condiments
- Most Dairy

Low FODMAP Foods to Enjoy

Don't get intimidated yet! There are also plenty of foods you already enjoy that you can keep on eating while on the low FODMAP diet. Here are some examples:

- Nut milk
- Coconut milk
- Some cheese – cheddar, brie, goat, swiss, parmesan, cottage (limited quantities)
- Most herbs and spices (no garlic or onion)
- Oatmeal
- Wheat-free bread
- Most fish and seafood
- Most meat and poultry
- Pineapple
- Grapes
- Blueberries
- Lettuce
- Potato
- Tomato

These food lists are very short in comparison to all the foods you can have on a low FODMAP diet. Be sure to research and meal plan!

4. The Autoimmune Protocol (or AIP) Diet

Last is the Autoimmune Protocol (AIP) diet. This is definitely one of the most popular options as far as changing your diet to help manage your autoimmune disease.

About the AIP Diet

The autoimmune protocol diet combines some of the ideas of the diets listed above with the popular diet called “Paleo.” The ultimate idea is to heal the gut by providing it with digestible and anti-inflammatory foods. Followers of this diet believe that many, if not all, autoimmune diseases are tied to intestinal permeability which allows food to leak out of the gastrointestinal system and into the rest of the body.

This is said to cause an autoimmune reaction resulting in inflammation and discomfort. Like FODMAP, the AIP diet advises complete elimination of all possible trigger foods for the first few weeks. Without the gastric distress of difficult-to-digest foods, your gut should begin to heal itself. After that point, you can begin to reintroduce foods with the hopes of discovering what your trigger foods are.

Tips for Those Not Ready to Make a Major Dietary Change:

Use Turmeric. This spice is a popular ingredient in many Indian food dishes but you can also buy it in capsule form from your nearest health food store. Studies have shown that turmeric can help prevent inflammatory responses by limiting the production of inflammatory proteins.

Quit Drinking. You probably already know that a night of drinking will make you feel terrible due to its diuretic nature and complete lack of nutritional value. What you may not know is that alcoholism greatly increases your risk for infection and increases your body’s inflammatory responses. This may be why both the AIP and the FODMAP diet advise strongly against alcohol consumption.

Reduce or Eliminate Caffeine. While its effects are not yet thoroughly understood, caffeine consumption does seem to increase the risk of developing Rheumatoid Arthritis and Type 1 Diabetes. As you may have noticed, caffeine also irritates your bladder and gastrointestinal system. Reducing your intake to decaffeinated or even half caffeinated coffee may help you feel better all around.

Chapter 3 - Healing Herbs for Autoimmune Disorders



As you probably know by now, autoimmune disorders are disorders where the body's own immune system attacks it. There are quite a few different types of autoimmune disorders, with Celiac, Hashimoto's, and Crohn's being the most recognizable. Though there are over a dozen diseases you could have.

Most autoimmune diseases attack specific systems in the body. For example, Hashimoto's disease attacks the thyroid, while type 1 diabetes attacks and destroys the cells in the pancreas that create insulin.

There are not cures for autoimmune diseases, but you can manage your symptoms and try to keep the flare-ups to a minimum. This is done with lifestyle changes like diet and exercise, proper pain management, and even natural remedies like herbs.

Here are some of the healing herbs that people have reported positive results with after using them along with other treatments for autoimmune diseases.

1. Chang Shan

This is a **root herb** collected from a type of hydrangea tree. It has been used in China for hundreds of years mostly to combat malaria and other febrile conditions. Scientists have only recently found out how the herb works. It targets an anti-immune cell called Th17, which controls autoimmune responses.

These types of responses play a role in autoimmune disorders such as multiple sclerosis, rheumatoid arthritis and eczema. The drug that has been derived from chang shan is interesting to researchers because it does not suppress the entire immune system the way other autoimmune drugs do. It can also be taken orally and does not need to be injected like other drugs.

Since it is not a widely-known herb, you might have to see an herbalist to get this one, or purchase it online. However, it has had really positive results.

2. Turmeric

Now for a much more common herb, we have turmeric. You have probably seen this used not just by autoimmune disease sufferers, but everyone, as it has an exorbitant amount of health benefits.

This bright, orange-yellow spice is used in cooking and in making curries. Native to southern Asia, the rhizome of the plant is used. Rich in an anti-inflammatory compound called curcumin, turmeric helps with auto-immune diseases by inhibiting the action of interleukins, which are chemicals made by the white blood cells that control the body's immune response.

Turmeric also inhibits NFkB, or nuclear factor kappa beta. NFkB is a group of proteins that control cytokines, which are chemicals released by the cells in the immune system. Interleukin is a type of cytokine.

How to Use Turmeric

The great thing about turmeric is that it is really easy to use. You can make a tea called “golden milk” with your turmeric and some cream, or you can add it to anything from food or hot beverages. There are a lot of options available.

3. Ginger

One of the oldest and most popular of the spices, the rhizome of this plant is also used. It's a circulatory stimulant that contains enzymes that inhibit inflammation and pain caused by chemicals such as prostaglandins.

Like turmeric, you probably already know all the ways to use ginger in your diet to help with your autoimmune diseases. This can be added to a tea or other beverage, cooked with, or you can even get ginger capsules if you want to go that route.

4. Green Tea

Now for something that is much easier to use – green tea. With green tea, you can just buy the tea leaves or packets, brew a cup, and enjoy the benefits.

Why Green Tea?

This tea is made of the leaves of the *camellia sinensis* plant. Unlike black teas, the leaves of green tea are not allowed to ferment but are lightly steamed before they're allowed to dry. Green tea is famous for its healing properties and inhibits interleukin-1. It also has anti-allergy properties and helps alleviate eczema symptoms.

5. White Tea

If you aren't a fan of green tea, you can also get similar benefits with a cup of white tea.

White tea is made from the buds and leaves of the *camellia sinensis* plant. They are simply allowed to wither in the sunlight then lightly processed to prevent oxidation. Some nutritionists claim that drinking a cup of white tea every day reduces the risk of rheumatoid arthritis.

6. Hops

Famous for giving flavor to beer, hops comes from a twining, perennial vine that can grow up to 30 feet long. Hops contain a chemical called bitter lupulin, or hop meal which comes as a yellow powder. Hops has been shown to inhibit Cox-1 and Cox-2 which are prostaglandins.

They do this as well as ibuprofen, a popular NSAID that can have side effects if taken over a long period of time. When hops are taken with rosmarinic acid, the combination has been shown to ease the symptoms of rheumatoid arthritis.

7. Artemisia

Artemisia has been used for centuries to treat systemic lupus and rheumatoid arthritis. It eases other inflammatory conditions and gets one of its names, wormwood, for its ability to expel parasites. It is called qinghao in China.

This is another herb that might be easier to find from a local herbalist or natural health food store, as opposed to the more traditional herbs like ginger and turmeric, which are everywhere.

8. Reishi Mushroom

The reishi mushroom is one of several mushrooms used to treat auto-immune disorders. It is a woody mushroom that is found growing in bracts on dying trees. The interesting thing about reishi mushrooms is that they can both stimulate and inhibit aspects of the patient's immune system.

This is shown in their ability to stimulate the creation of white blood cells and to suppress antibodies that can cause autoimmune diseases. They also regulate inflammatory cytokine if taken over a period of months. This has been shown to ease the symptoms of rheumatoid arthritis.

9. Stinging Nettle

Though it is true that handling the raw plant should be done with gloves on, the stings go away when the plant is cooked. However, people who complained of arthritis used to rub the raw plant over their painful joints and experience pain relief.

Nettle can also be taken as a tea, tincture or capsules. It seems to modulate NFkB and the inflammatory substances released by certain white blood cells, which are part of the

immune system. This action by stinging nettle has been seen to ease the pain of rheumatoid arthritis.

10. Chinese Thunder God

The botanical name of this herb is *Tripterygium wilfordii*, and it has been used in China for two millennia to ease the pain of such autoimmune disease as rheumatoid arthritis and ankylosing spondylitis. It is also used to ease the symptoms of osteoarthritis.

It has immunosuppressant chemicals such as glycosides and blocks the action of COX-2, cytokines and NFkB. However, the herb does bring side effects such as reproductive problems, rashes, loss of appetite and dry mouth, so it needs to be prescribed with care.

11. Sarsaparilla

The root and the root bark of this plant are used in healing. The root is used as capsules, extra, tea and root beer. Both bark and root bark can be applied on the skin as essential oils. Sarsaparilla root is a natural steroid and precursor of progesterone and both have anti-inflammatory properties that ease the symptom of arthritis.

They also contain chemicals called saponins, which take up toxins in the gut, and remove them from the body. These toxins have been seen to be related to such autoimmune diseases as the psoriasis of rheumatoid arthritis.

12. Rehmannia

This is another plant whose root is used in healing. It is a Chinese herb whose traditional name is Shu Di Huang or Shen. Like reishi mushroom, it both stimulates and suppresses aspects of the immune system. However, unlike drugs used to treat autoimmune diseases, rehmannia doesn't suppress the immune system to the point where the patient is at risk for other diseases.

It is always best used in a formula that rebalances levels of Th1 and Th2. These are types of white blood cells called T cells that produce interleukin and other chemicals associated with the immune system. Autoimmune conditions often have an imbalance of these substances.

Chapter 4 - Pain Management for Autoimmune Diseases



Managing an autoimmune disease that may be causing chronic or severe pain is often a challenging undertaking. From basic resources like over the counter (OTC) medications or workout routines to advanced medical and surgical procedures, there are plenty of resources that could make real difference. The right pain-management strategy can help to improve both comfort and quality of life.

1. Over-the-Counter Medications

While there are many natural ways to help manage your autoimmune disease pain, it is worth noting that there are some medications to help. You should always talk to your doctor about these options, even if you are trying to add more natural remedies to your pain management plan.

Pain killers that can be purchased without a prescription can often be an important resource for those who are struggling to manage the frequent pain and long-term discomfort caused by autoimmune diseases and other medical conditions. Most of these medications fall into a category known as nonsteroidal anti-inflammatory drugs (NSAID) and are generally known to produce little to no side effects.

Although typically safe for general use, those who are interested in incorporating NSAIDs and other OTC medications into their pain-management strategy should first consult a doctor. Finding the best medications, fine-tuning the dosage and ensuring that OTC drugs are being taken safely are never concerns that should go overlooked.

Speaking with a doctor before taking an OTC medication can be especially important for patients who suffer from drug allergies and those who may be taking other medications which cannot be safely combined.

Prescription Drugs

While OTC drugs like NSAIDs can often be very effective at reducing pain to a more manageable level, there are several autoimmune diseases which may call for stronger medications. Prescription-strength drugs are typically far more powerful than OTC medications, but these drugs require the approval of a doctor.

There are many different categories of prescription-strength pain killers as well as other classes of drugs that may be able to reduce the frequency and severity of symptoms and general discomfort.

Many prescription pain management medications can be habit forming, especially when taken regularly, and patients would be wise to work closely with their doctor or healthcare provider to ensure all drugs are taken safely and effectively.

2. Diet and Nutrition

Medication alone is not the only way for patients to manage their symptoms. Making dietary changes and learning how to create healthy eating habits can go a long way towards improving comfort.

Diets that promote increased intake of fruits, vegetables and those that minimize dairy, red meat and processed foods that could create problems for those suffering from an autoimmune disorder can be a very effective tool for managing pain.

Speaking with a doctor or consulting with a nutritionist or other healthcare provider regarding any dietary changes that may be of benefit can allow patients to learn a great deal.

You may also want to try some specific diet plans for a short period of time, record your symptoms, and see if you noticed any changes. Some of these diet plans include:

- Autoimmune protocol (AIP)
- Gluten-free
- Low FODMAP

3. Exercise and Fitness

You may think that because of your autoimmune disease, you won't get a lot of exercise, but the opposite is actually true. Staying fit and active is another way that sufferers may be able to minimize flare-ups and ensure that their other efforts to manage and reduce pain are able to be as effective as possible.

Regular exercise can help to alleviate the inflammation which causes pain and the right workout routine can even allow sufferers to train their body's natural pain response in order to further minimize discomfort.

Yoga, swimming and other low-impact workout options can often be ideally suited to those who have medical conditions which may limit range of motion or leave sufferers unable to engage in certain types of activities.

You of course should always listen to your body and not overdo it. If you are having a day with a lot of pain and fatigue, take it easy. But focus more on physical activity when you are having a good day.

4. New Habits and Lifestyle Changes

While proper diet and regular exercise are both essential to good health, there are other lifestyle changes that could have a positive impact on symptoms and comfort levels. Good sleeping habits can go a long way towards improving comfort, boosting energy

levels and ensuring that efforts to reduce pain and manage symptoms are met with greater success.

Even making an effort to drink more water can be of potential benefit, especially for conditions and medical issues which may be complicated by inadequate hydration. Finding ways to reduce and manage stress levels in order to promote greater relaxation can also be helpful.

5. Alternative Treatments

There are numerous care providers who may be able to offer a range of services to assist those who suffer from an autoimmune disorder. Chiropractic care can often make a real difference for those who suffer from arthritis or related conditions and treatment options like acupuncture could greatly improve the level of comfort that sufferers will be able to enjoy.

While there are no treatments, alternative or otherwise, that can cure autoimmune disorders, regular visits to a masseuse or herbal remedies could end up being valuable tools for those who are seeking to create and implement a more effective pain-management strategy.

6. Combining Multiple Resources

Pain management is an ongoing effort that may require patients to seek out and utilize many different resources. Finding the right combination of treatment options and lifestyle changes can help to amplify the effectiveness of all efforts and ensure that those who suffer from severe or chronic pain are able to enjoy a greater measure of relief.

A NSAID regiment combined with dietary improvements could prove to be far more effective than either resource would be on their own.

Patients and those who suffer from severe pain who come to rely too heavily on a single resource or a narrow range of options for improving their level of comfort could end up missing out on quite a lot.

7. Formulating the Right Pain Management Strategy

Every patient has different needs and medications and treatment options that may be of benefit for some autoimmune disorders may do little to alleviate the pain and discomfort of others.

Formulating a pain-management strategy that has been tailored to specific needs of each patient should be looked upon as an ongoing effort, one that may need to draw upon a wide range of resources, options and treatment efforts in order to produce results. A little experimentation is often a critical component and patients should be prepared to fine-tune their efforts over time.

From seeking out the care and treatment options of the right doctor or medical professional to the simple lifestyle changes that may be needed in order to improve comfort and make flare-ups and symptoms more easy to manage, creating and implementing the right strategy is always a concern which should be given top priority.