

Immune Expressions



BodyTalk Study Group – Week 4

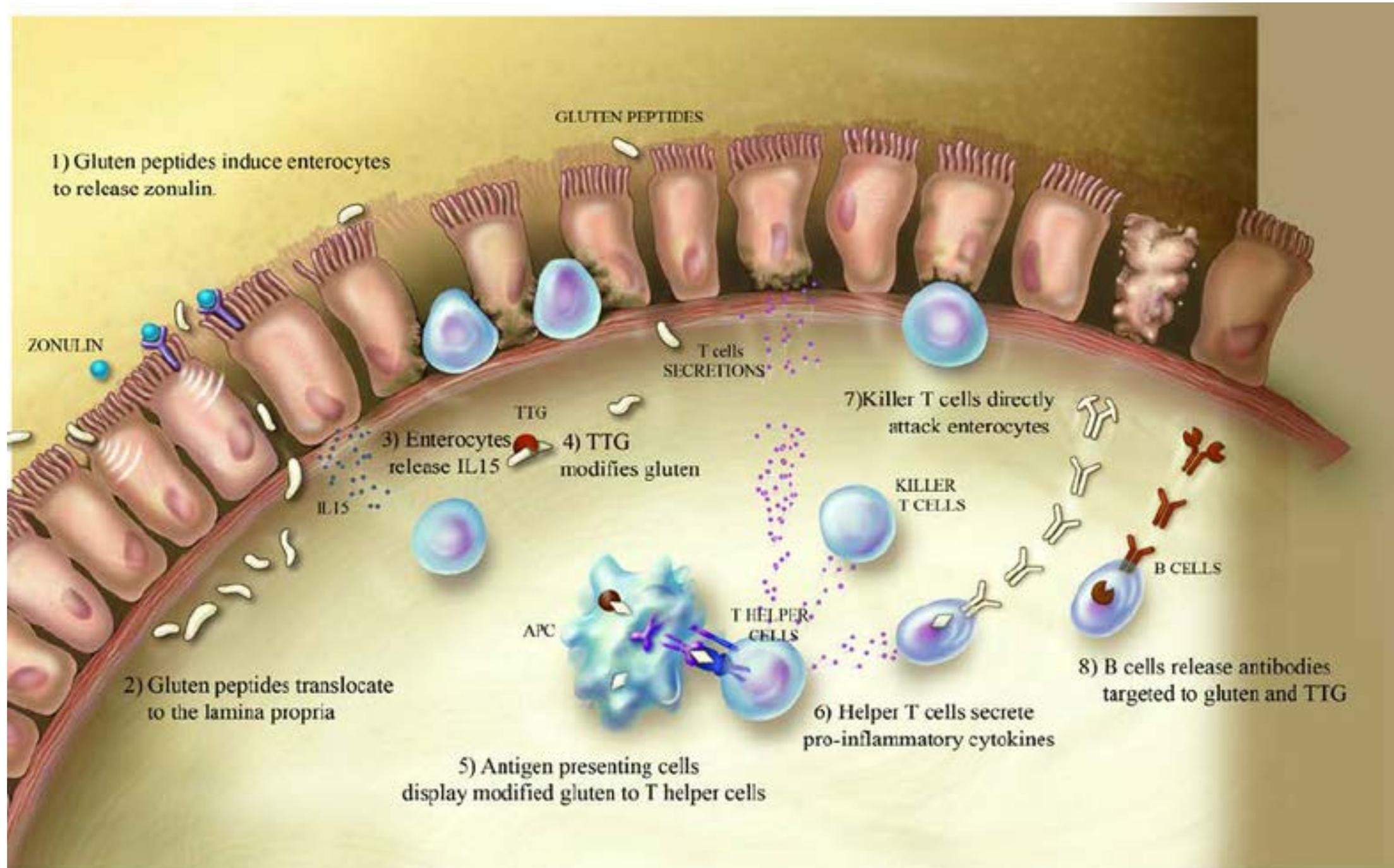
Todd Adkins AdvCBP, TBAT, CBI
Angela Adkins AdvCBP, CBI, Sr.MSI
www.alignwithenergy.com

The Great Door Opener of the Gut

Zonulin - protein that regulates spaces between the cells of the intestinal lining, allows nutrient and other molecules to get in and out of the intestine = “molecular trafficking”

Two common triggers of zonulin:

1. Gliadin protein found in wheat, gluten peptides
2. Organism overgrowth in small intestines
 - Bacteria
 - Candida/fungus
 - Parasite infection



Who Left the Door Open?

- Gliadin (gluten foods) cause zonulin levels to increase (regardless if you have celiac disease)
- Zonulin levels rise and weakens the seal between the cells of the small intestine wall
- “Leaky gut” intestinal security guard goes on break instead of doing it’s job which is keeping the bad guys out!
- Larger molecules pass through the intestines causing the immune system to think they are foreign invaders. The immune system launches a response leading to food sensitivities.
- Enterocytes (intestinal cells) are damaged creating more intestinal inflammation or “leaky gut”
- Nutritional deficiencies - microvilli that line the intestines become damaged too and become less efficient or unable to absorb nutrients

Practice Tip: The solar plexus chakra - “insecure in role with outer village,” feeling rejected by life, lacks sense of belonging or purpose, unable to digest or make sense of _____, felt like _____ punched you in the stomach/gut, unable to stomach: _____ (boss, spouse, co-worker, leader, neighbor) , place (specific room, childhood home, city/town), event (past, present, future, non-event), work, money (lack, losing it, how it was earned), animal (ill or dying pet, certain type or breed, parents or neighbor’s pet), emotion, activity (going to work on Monday, taking care of the house, providing care for a person)

A Case of Mistaken Identity

- Molecular Mimicry - part of a molecule of a given protein closely resembles a part of another totally different protein.
- Gluten Example - gluten molecule is tagged by the immune with an antibody and signals for its destruction. This process will naturally increase inflammation but it may set the stage for long term immune issues.
- “Thyroid Collateral Damage” gluten contains a protein called gliadin which has an amino acid sequence that is close enough to the thyroid gland sequence.
- Mistaken Identity in the Suspect Line Up - Your immune system sets out with good intentions to get rid of this non-self protein (gliadin), but it gets confused and also attacks your thyroid.
- Hashimoto’s disease (hypo or low functioning thyroid) immune attack on normal thyroid function.
Autoimmune hyperthyroidism
- Graves’ disease - immune antibodies act like Thyroid Stimulating Hormone (TSH), causing your thyroid to overproduce its hormones and sending your metabolism into overdrive. (TSH is released from the anterior pituitary gland, Thyroid Stimulating Releasing Hormone (TRH) is released by the Hypothalamus. Hypothalamus is the thermostat that tells the thyroid to adjust the room temperature up or down.

Post Partum Thyroiditis Issues

- Approximately 1 in 12 women will develop an autoimmune thyroid condition after giving birth. Other autoimmune disease can also be triggered by childbirth, but thyroid disease is most common
- Immune system shifts to accommodate baby. Once baby is born, the immune system shifts again, during a time when there is little sleep and stress is usually high (caring for baby, other family members, return to work).
- Thyroid Yo Yo - (too much thyroid hormone) often develops 1-4 months after birth and is the main presenting condition in an estimated 20-40% of women. In some cases, this will be the only presenting symptoms, but in the majority of cases, hypothyroid symptoms follow.
- In other women (approximately 50% of cases), hypothyroid symptoms will develop in the absence of hyperthyroidism. The most common time to see hypothyroid symptoms is between 2 weeks to 6 months postpartum.
- Regardless of how postpartum thyroiditis first presents, many women also experience a swollen, non-tender thyroid and may even have difficulty swallowing. Change in voice, increased need or feeling to clear throat, swallowing before talking.

Practice tip: Active Memory Child Birth (their own birth, birth of their child), Active Memory Time Periods 1-4 months or 2 to 6 weeks (see above), Hypothalamus input and TRH, TSH levels, iodine absorption, thyroid related to current environmental factors or past beliefs (motherhood, role in family)

Zonulin and Leaky Gut

<https://www.jillcarnahan.com/2013/07/14/zonulin-leaky-gut/>

The Gluten Gut and Thyroid Connection

<https://www.amymyersmd.com/2015/07/the-gluten-gut-and-thyroid-connection/>

Post Partum Thyroiditis

<https://drbrighten.com/postpartum-thyroiditis/>

Thank You!

Visit our website: www.alignwithenergy.com

Email us: info.tapseminars@gmail.com