

WellnessPlus

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QUICKIES

Vitiligo

WAIVER OF LIABILITY

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Root cause reasons

1. The convergence theory of vitiligo states that abnormal melanocyte induced inflammation in the skin results in T cell-mediated killing of these melanocytes.
2. This is an autoimmune disease as there are antibodies to melanocytes in the skin
3. The innate immune system is overactive and triggers the adaptive side of immunity, resulting in overactive T cells which then destroy melanocytes, which causes the white pigmentation
4. Chemical exposures such as BPA, phthalates, flame retardants, mold in the home
5. Some genes do play a role (10-20%) but are activated by environmental factors
6. Risk is higher if you have other autoimmune conditions
7. Chronic stress and trauma can exacerbate this condition
8. Leaky gut
9. Mitochondrial damage leads the oxidative stress that causes vitiligo
10. Copper deficiencies

Solutions

1. Healing the gut microbiome from harsh antibiotics or any leaky gut with L glutamine, probiotics, slippery elm, healthy organic food (mostly plant based) NO gluten, dairy, processed oils
2. See mitochondrial handout for how to work on mitochondria
3. Toxin avoidance by revamping any chemical exposures in your home
4. Opening drainage pathways
5. Binders
6. Healing childhood trauma or stress-I like cellular release therapy in our store
7. Treatment with light therapy can help the appearance, but cosmetic answers are not root cause, as you must heal the inside first.
8. This is a curable disease with diet and lifestyle changes!