TOP 15 HEALING REMEDIES to Beat Autoimmune Disease Naturally
Meet Jonathan Otto

Jonathan Otto is an investigative journalist, filmmaker and humanitarian. His life narrative is characterised by his unceasing desire to uncover truth and alleviate suffering in the world. He volunteers his own time overseas, especially in Africa where he has sometimes faced life-threatening situations, and continually draws finances from his own pocket if necessary.

In more recent years, Jonathan has turned his attention to seeking truth and exposing error in the area of health and wellness. This has led him to create and collaborate as an editor and producer on many health films and projects, such as the docu-series, The Truth About Cancer and The Truth About Vaccines (with Ty Bollinger), Diet Against Disease with Dr. Joseph Mercola, and more recently in Jonathan’s self-hosted series, Bible Health Secrets and Autoimmune Secrets. These documentaries represent his unceasing global quest to find truth, gathering stories and protocols from world-renowned experts and their patients. Jonathan has been featured in international TV broadcast, print media, national news, and radio broadcast.
According to the American Autoimmune Related Diseases Association, autoimmune disease affects 50 million Americans today.¹

Researchers have identified 80-100 different autoimmune diseases and suspect at least 40 additional diseases of having an autoimmune basis. These diseases are chronic and can be life-threatening.²

NIH estimates annual direct health care costs for AD to be in the range of $100 billion (source: NIH presentation by Dr. Fauci, NIAID). In comparison, cancers costs are $57 billion (source: NIH,ACS), and heart and stroke costs are $200 billion (source: NIH, AHA).³

What about you?

Whether you just learned that you have an autoimmune disease or you’ve been struggling to manage for years, you may be one of the growing numbers of people who choose alternative medicine over conventional treatments.

We’re fortunate to have access to thousands of years’ of medical knowledge gained from diverse cultures around the world, including Traditional Chinese Medicine, Ayurvedic (traditional Indian) medicine, Egyptian, and ancient Greek and Roman medical systems. And although they each developed their own medical practices, they all evolved around plant-based medicines.

Plant-based medicines are often found to be as effective—sometimes more effective—than what Big Pharma has to offer. And they’re far more affordable and less prone to side effects than pills produced by the pharmaceutical industry.

Safe, effective natural remedies are available to treat every medical concern. Here’s our guide to the top 15 healing remedies to help you effectively treat (or prevent) autoimmune disease at any age...
Ashwagandha (*Withania somnifera*), also called winter cherry or Indian ginseng, has been one of the most popular natural healing remedies in Ayurvedic (traditional Indian) medicine for almost 5,000 years. Throughout the centuries, Ashwagandha has been proven to be one of the most versatile and effective natural remedies. Ashwagandha is one of the most commonly used and best researched adaptogenic herbs. Adaptogens are incredible healing plants that provide numerous health benefits.

Hundreds of published studies prove Ashwagandha is highly effective in balancing hormones, improving thyroid function, balancing the immune system, increasing stamina and endurance, treating adrenal fatigue due to stress, stabilizing blood sugar, lowering cholesterol, alleviating constipation, combating parasites, supporting rheumatism, helping insomnia, and inhibiting cancer cells.

A 2014 study proved ashwagandha to be an effective remedy in management of rheumatoid arthritis. A 2018 study demonstrated that treatment with ashwagandha may be beneficial for normalizing thyroid indices in subclinical hypothyroid patients.

Ashwagandha is prized for its many neuroprotective, brain-boosting benefits, including supporting brain cell regeneration, alleviating anxiety and depression, reducing stress, lowering cortisol levels, enhancing mood, improving nervous conditions, preventing degenerative diseases, and fighting inflammation. Ashwagandha’s ability to protect the body from the toxic effects of physical and emotional stress are what makes it such a popular herb.

The root and leaves of the Ashwagandha plant are most commonly used for their medicinal properties. Most studies that demonstrate the beneficial effects of ashwagandha have used the root.

Common dosage is 300–500 mg of a root extract taken with meals. Lower doses (50–100 mg) have been shown to help in some instances, such as enhancing the effect of anxiety-modifying agents. It can also be applied topically as a paste made from its root powder to treat boils, ulcers, and skin infections.
Garlic (Allium sativum) is rich in vitamins and minerals, especially Vitamins B1, B2, B3, B6, folate, Vitamin C, calcium, iron, magnesium, manganese, phosphorous, potassium, sodium and zinc. Garlic contains the high-sulphur compound, allicin, which has potent antioxidant, antibacterial, and antifungal properties. In fact, garlic has been used as an antibiotic to treat bacterial, fungal and parasitic infections for the last 7,000 years. Some studies have shown a diluted garlic extract helps children with tapeworm infections.

Numerous research works have shown the immunomodulatory and immunotherapeutic potentials of AGE (a garlic preparation and extraction method) as a whole, including free radical-mediated anti-inflammatory, anticancer, and antiangiogenic effects, as well as improving hyperglycemia and dyslipidemia, cardiovascular diseases, infectious diseases, autoimmune diseases, and allergy, which have been shown in both animal models and cell lines.6

Garlic builds up immunity against common colds, and helps keep our digestive system clean by flushing out toxins. An additional benefit of a healthy digestive system is healthy skin. Garlic protects skin from the harmful effects of free radicals and fights the depletion of collagen. Topically, it helps heal scars and treats eczema, and fungal infections like ringworm and athlete’s foot.

Garlic benefits can be increased by chopping or mincing it and then allowing it to sit a few minutes before cooking or adding an acid such as lemon juice. This increases the availability of both the sulfur compounds and the alliinase enzymes.

Mint, peppermint, parsley, and fennel seeds can mask the smell of garlic on the breath or body if taken with or directly after meals that include much garlic.
Rhodiola (Rhodiola Rosea), also known as “golden root” or “Arctic root” grows in the cold, mountainous areas of Northern Europe and Asia, where it has been used for centuries to treat stress, anxiety, and depression. Rhodiola is prized for its ability to improve brain function, benefit mental health, fight fatigue, and enhance physical and intellectual performance.

It stimulates the brain and enhances memory, concentration, and energy while fighting anxiety and maintaining calmness. It’s able to achieve these benefits by raising neurotransmitters such as serotonin, dopamine and norepinephrine.

The 140 active ingredients in this adaptogenic herb help your body adapt to physical, chemical and environmental stress. It can be used to boost athletic performance, lower cortisol levels that spike in times of stress, and burn belly fat.

In a clinical trial published in 2017 in Complementary Medicine Research, 100 people with prolonged or chronic fatigue received 400 mg of rhodiola daily (2 doses of 200 mg) for eight weeks. The greatest change was observed after only one week. Participants experienced statistically significant improvements by the eighth week. They improved their mood and concentration, and reduced their stress and fatigue.7

In patients with autoimmune diseases, Rhodiola helps tame the erratic response that leads to autoantibody production. The daily dose is 250 mg daily. Precautions: Rhodiola should not be used by individuals with manic or bipolar disorders.8
Astragalus root (Astragalus membranaceus), also known as milk vetch, is one of the most powerful immune-boosting plants you’ll ever find.

This adaptogenic herb has been used in traditional Chinese medicine for over 2,500 years - and has become one of its most revered natural medicines.

To this day, it continues to be prized for its immune-boosting properties, and its ability to shield the body from the toxic effects of stress and disease.

Astragalus root is commonly used to treat AIDS, chronic fatigue, Multiple Sclerosis, asthma, and other serious immune system disorders in people who prefer natural medical remedies. Astragalus is also used to treat fibrotic changes in the tissues as can occur with autoimmune diseases like diabetes, nephritis, hepatitis, arthritis, and dermatitis.

The Memorial Sloan Kettering Cancer Center in New York City - one of the most respected cancer hospitals in the world - mentions using astragalus root on its website. “Astragalus has immune-stimulating effects and may help to reduce side effects from chemotherapy.”

This miraculous herb boosts cardiovascular and respiratory systems, prevents diabetes, and helps to heal wounds. And the antioxidants found in astragalus root help combat disease and aging due to free radical damage.

Many healthy people take astragalus root as a general health-booster or to fortify their immune system during cold and flu season. Studies have shown that ongoing use of astragalus root increases antibodies, T-cells, and interferon - all of which strengthen the immune system and protect the body against disease.

A 2012 study from Beijing demonstrated that astragalus helps control t-helper cells 1 and 2, thus regulating the body’s immune responses.

Astragalus is traditionally used in teas or powders, often combined with other herbs, of 20 to 100 grams per day of crude powder. Commercial capsules usually include 100-200 mg in blended formulas or 500 mg in single herb capsules taken 2-3 times per day.
Moringa (moringa oleifera) leaves and pods provide much-needed nutrients to malnourished people in developing countries. This drought-resistant tree is an excellent source of protein, vitamins A and C, calcium, amino acids, and potassium. Common names include moringa, horseradish tree, drumstick tree, and West Indian ben.

This powerful plant is used to treat a variety of health conditions, including diabetes, anemia, allergies, arthritis, epilepsy, thyroid disorders, high blood pressure, low sex drive, and cancer. It has antibacterial, antifungal, antiviral, antiparasitic, antioxidant and anti-inflammatory properties.

A 2015 study published in Pharmacognosy Magazine demonstrated the anti-inflammatory effect of moringa leaf extract.\textsuperscript{10}

Moringa's leaves, flowers, and seeds are rich in flavonoids, polyphenols, and ascorbic acid. These powerful antioxidants support brain health and cognitive function, as well as fighting free radicals - molecules that cause inflammation, cell damage, and oxidative stress.

It's other brain-boosting abilities include stabilizing serotonin, dopamine, and noradrenaline in the brain, which are crucial for mental health, memory, mood, and organ function.

High concentrations of polyphenols protect the liver against oxidation, toxicity, and damage. Moringa's blood-clotting properties support wound healing, and fighting fungal skin infections, urinary tract infections, and digestive issues.

This amazing plant reduces inflammation by inhibiting inflammatory enzymes and proteins. And in diabetics, it lowers lipid and glucose levels, and controls oxidative stress - preventing cell damage.

Moringa leaf powder provides several cardiovascular benefits, including lowering cholesterol levels, controlling lipid levels in the blood, and stopping the formation of artery-blocking plaques.

The leaf powder can be added to a smoothie or drink it as a tea. Moringa can have laxative effects in large quantities, so a safe dose to introduce it into your food or diet and avoid digestive problems is 1/2 to 1 teaspoon per day.\textsuperscript{11}
Sage (Salvia officinalis) has been prized used as a natural medicine for thousands of years. When consumed even in small amounts, sage is a powerful brain booster. It prevents neurodegenerative diseases like Alzheimer’s and dementia, improves memory and concentration, and reduces inflammation.

According to medical doctor and natural medicine advocate, Dr. Sruti Lam, “Every time I look at sage, the thing that comes to my mind is women’s health. Sage is an excellent reproductive tonic. It is also used for insomnia when you come to a menopausal age. It decreases night sweats, and hot flashes. So, it also decreases mood and anxiety, and so helps people sleep, especially by balancing out your estrogen progesterone. That is one of the main uses of sage.

“Sage, like rosemary, is also antibacterial, and it has an affinity for our throat, and our bronchial tract. Just inhaling sage oil, or diffusing sage, actually helps with clearing out your sinuses and your respiratory tract.

“This incredible herb fights free radicals, prevent or improve diabetes, boost your immune system, improve the health of your skin and strengthen your bones.

“Sage oil can also be used for insomnia. You can diffuse it all over the house, and sage is just a beautiful plant that can just grow in your kitchen garden. It contains a lot of different properties for the guy system as well, helps with bloating and distension.”

In a study in Switzerland, 71 menopausal women experiencing at least five hot flushes daily were treated with a once-daily tablet of fresh sage leaves for 8 weeks. The mean total number of hot flushes per day decreased significantly each week. The mean number of mild, moderate, severe, and very severe flushes decreased by 46%, 62%, 79%, and 100% over 8 weeks, respectively.12

In addition to diffusing sage essential oil, fresh or dried sage can be added to food dishes and used as a tea.
Cat’s Claw

*Cat’s claw* (*Uncaria tomentosa*) is a tropical vine that grows up to 100 feet tall in the Amazon rainforest. Its name comes from its hook-like thorns that resemble cat claws. South Americans have been using its roots and bark for centuries as a natural remedy for treating numerous ailments, especially arthritis and digestive issues.

Cat’s claw effectively treats gastrointestinal disorders, including leaky gut, irritable bowel syndrome, and ulcers. It also provides intestinal support by cleansing the digestive tract and ensuring good gut flora.

*It’s one of the most potent antiviral herbs for boosting the immune system and fighting infections. Oxindole alkaloids, found in the bark and roots, are the active ingredients that strengthen the immune system.*

In addition to being a powerful antiviral, cat’s claw is also antioxidant, anti-inflammatory and anti-mutagenic. It’s been used as an effective, natural treatment for arthritis, allergies, asthma, diabetes, chronic fatigue syndrome, ulcers, hemorrhoids, and lowering blood pressure.

In 2002, the Journal of Rheumatology published a randomized double-blind study of cat’s claw for the treatment of rheumatoid arthritis. Researchers found in 40 people with RA the supplement reduced joint swelling and pain by more than 50 percent compared to placebo.\(^{13}\)

According to a study published in Inflammation Research, people with knee osteoarthritis experienced similar results in pain reduction.\(^{14}\)

Cat’s claw can be taken as capsules, tablets, liquid, and tea bags. A common dosage for immune support is 250-300 mg daily.
Parsley (*Petroselinum crispum*) is an excellent source of vitamins K, C and A, potassium, and protective flavonoid antioxidants - plant compounds that fight diseases. The two most popular types of parsley are curly parsley and Italian flat leaf parsley.

One of the most exciting health benefits of this humble little herb is its cancer-fighting properties. Myricetin is a flavonoid found in parsley, which has been shown to help prevent skin cancer. Parsley contains one of the highest concentrations of myricetin found in any food.

Studies have shown that parsley and other green herbs and vegetables can block the cancer-causing effects of heterocyclic amines. These carcinogenic chemicals are produced when meat is grilled at high temperatures.

Apigenin is a natural chemical found in parsley. In a 2015 study, it was shown to decrease tumor size in an aggressive form of breast cancer. Researchers believe that apigenin could one day be a promising natural cancer treatment.\(^\text{15}\)

Parsley also fights several other health concerns, including inflammation, kidney stones, digestive issues, skin problems, poor immunity, bladder infection, oxidative stress, and bad breath. The results of a 2011 study indicates that parsley essential oil has a suppressant effect on immune cells.\(^\text{16}\)

Parsley is a diuretic, which helps the urinary system. It’s also a bitter, so it assists with peristalsis, which is the movement of the food after we eat it. Parsley helps our food to move from our stomach, and go through the small and large intestine.

Fresh parsley should be washed right before using since it is highly fragile. Just swish in clean water to dislodge dirt or sand. Parsley can be used to make tabouli or added to pesto, salads, soups, and sauces.
Cilantro (Coriandrum sativum), sometimes called Chinese or Mexican parsley, is a versatile herb that contains several vitamins and minerals, including vitamin K, folate, potassium, manganese and choline. It’s also rich in phytonutrients, phenolic compounds, flavonoids, and antioxidants beta-carotene, beta-cryptoxanthin, lutein, and zeaxanthin.

Cilantro’s numerous health benefits include its ability to promote the detoxification of heavy metals, reduce anxiety, improve sleep, lower blood sugar levels, boost heart health, support the digestive system, promote skin health, and fight free radical damage that can lead to a number of degenerative diseases.

Research studies have found cilantro inhibits the accumulation of lead in the body, making it an effective, natural detox agent. The antimicrobial and heavy metal chelation properties of cilantro have made it a popular ingredient in “detoxification” juices and drinks to remove toxins from the body.

A study published in the Journal of Medicinal Food in 2015 examined the ability of cilantro extracts to protect skin against damage caused by UltraViolet (UV) B radiation. The results supported the potential of C. sativum (cilantro) to prevent skin photoaging.17

Due to its high antioxidant content, oil extracted from the leaves of cilantro has been shown to inhibit unwanted oxidation when added to other foods, delaying or preventing spoilage.

Cilantro has tender leaves that are best to add either raw or near the end of cooking to maintain their delicate flavor and texture. Separate the leaves from the stems and only use the leaves. Use a sharp knife or herb shears and cut gently so the flavor is not lost on the cutting board.
Maca Root (*Lepidium meyenii*) or Peruvian ginseng has been used as a natural medicine for over 3,000 years. It’s highly nutritious and a good source of protein, fiber, vitamins B6 and C, copper, iron, potassium, and manganese. Maca root powder contains over 20 amino acids and 20 free-form fatty acids.

Maca root benefits the endocrine system, which regulates energy levels, sexual function, fertility, digestion, and the brain and nervous system. Maca root acts as an adaptogen, helping the body cope with stress and bringing it back into balance.

Several studies have shown that maca can enhance mood, and reduce anxiety, and depression. Flavonoids contribute to the improvement in mental health.

It can also improve brain function, including learning and memory. It’s traditionally been used by to improve children’s performance in school.

Maca root powder is a popular supplement among bodybuilders and athletes to gain muscle, increase strength, boost energy, enhance endurance, and improve exercise performance.

It may also shrink an enlarged prostate and possibly reduce the chance of prostate cancer due to its high concentration of glucosinolates. Other benefits include improving blood pressure and protecting skin from UV rays.

Maca can help with anemia, chronic fatigue, stomach cancer, leukemia, menstrual issues, and balancing hormones. A study published in the International Journal of Biomedical Science showed that maca can balance female sex hormones and alleviate symptoms of menopause.¹⁸

Maca can be used in soups or drinks and baked or roasted.
Cinnamon was prized by early medical systems all over the world. Ayurvedic, Egyptian, and ancient Greek and Roman physicians recognized the incredible, natural healing powers of cinnamon. Although we have the option of modern medicine, many still prefer to use nature’s most potent healing remedies.

Around 70% of North America uses Cassia Cinnamon (Cinnamomum cassia). This is because it is much cheaper than Ceylon Cinnamon (Cinnamomum zeylanicum) which tends to be more costly because of the hand crafted process needed to harvest it and roll it in multiple thin layers. Only Ceylon Cinnamon has low levels of coumarin, while all other varieties of cinnamon have high levels of coumarin. Coumarin is a substance that can cause liver damage or complete failure. The best cinnamon for health purposes is Ceylon Cinnamon.

A 2014 study noted that cinnamon is “anti-inflammatory, anti-oxidant, antidiabetic, antimicrobial, anticancer, lipid-lowering and cardiovascular-disease-lowering compound. Cinnamon has also been reported to have activities against neurological disorders, such as Parkinson’s and Alzheimer’s diseases.”

Separate research studies have found that cinnamon helps alleviate symptoms of cervical and colon cancers, diabetes, Parkinson’s disease, and tooth decay.

Cinnamon’s powerful healing properties come primarily from the essential oils in its bark. These oils contain active components called cinnamaldehyde, cinnamyl acetate, and cinnamyl alcohol and can be credited with most of cinnamon’s medicinal benefits.

Cinnamon’s ability to decrease arachidonic acid from cell membranes makes it an anti-inflammatory food that can be helpful in lessening inflammation throughout the body.

Since cinnamon is such a delicious seasoning, natural medicine practitioners recommend adding cinnamon to high-carb foods, which can reduce the impact on blood sugar levels. Cinnamon slows the rate at which the stomach empties after meals, reducing the rise in blood sugar after eating.

Since cinnamon has a positive impact on blood sugar levels, it may help people with type 2 diabetes improve their ability to respond to insulin and normalize their blood sugar levels.

Cinnamon is often used to flavor dishes like oatmeal, baked goods, yogurt, soups and stews. The cinnamon stick can be infused in hot water to make cinnamon tea. Supplements and cinnamon essential oil are also available.
Paprika (Capsicum annuum) is known to support immune function and aid in treating autoimmune conditions. It promotes healthy digestion by increasing stomach acids and saliva, which help to break down foods and make nutrients more easily absorbed.

Paprika is rich in vitamin C, iron, magnesium, phosphorus, and potassium, which help purify blood and provide protection against cardiovascular diseases like heart attacks and strokes.

It also stimulates the body’s serotonin and norepinephrine levels, which help balance mood and stress levels.

A study in 2016 demonstrated that paprika contains many antioxidants, including carotenoids, that fight disease-causing free radicals. Its high vitamin B content helps produce the “good sleep” hormone, melatonin, which regulates and maintains a healthy sleep cycle.

Paprika’s anti-inflammatory properties help people suffering from autoimmune and inflammatory diseases by alleviating the swelling caused by arthritis and joint pain.

The best way to get the medicinal benefits of paprika is from peppers dried naturally in the sun or on a low temperature in a dehydrator.

Paprika can be used in just about any kind of food dish. The full flavor profile can be released by heating it in oil.
Bay leaves (*Laurus nobilis*) have strong antibacterial, antimicrobial, antifungal and antioxidant properties. They have been used as a natural medicine since Roman times. Its common names include bay laurel, sweet bay, bay, true laurel, Grecian laurel, laurel tree or simply laurel.  

Bay leaves have a powerful effect on the gastrointestinal system. The organic compounds found are very effective for settling upset stomachs, assisting with the digestive process and nutrient intake, soothing irritable bowel syndrome (IBS) or relieving the symptoms of Celiac disease.

Add bay leaves to your cooked foods or rub some bay essential oil on your stomach after having a meal to improve the secretion of digestive enzymes, juices, and bile.

A study in Phytotherapy Research shows bay leaves reduce inflammation throughout the body. These leaves contain a unique phytonutrient called parthenolide, which can quickly reduce inflammation and irritation when topically applied to affected areas, such as sore joints or areas affected by arthritis.

Thanks to bay leaves natural antibacterial qualities, inhaling the essential oil of bay leaves has a similar effect to aromatherapy and can loosen up phlegm and eliminate dangerous bacteria that may be trapped in your respiratory tracts. The essential oil can also be mixed into a salve and applied to the chest to help alleviate various respiratory conditions. This can also be achieved with a poultice made of the leaves. Spread it on the chest and allow it to remain overnight.
Chang shan (*Dichroa febrifuga* Lour), also known as dichroa root, has been used by Chinese herbalists for 2,000 years to treat malaria. It comes from a type of hydrangea that grows in Tibet and Nepal.

A 2012 study from the Harvard School of Dental Medicine suggests that a compound called halofuginone, derived from chang shan, could be used to treat many autoimmune disorders.

It turns out that halofuginone (HF) triggers a stress-response pathway that blocks the development of a harmful class of immune cells, called Th17 cells, which have been implicated in many autoimmune disorders.25

“HF prevents the autoimmune response without dampening immunity altogether,” said Malcolm Whitman, a professor of developmental biology at Harvard School of Dental Medicine and senior author on the new study.26

Chang shan can be taken as a tea using 1-2 tablespoons of dried herb per day.
Baking soda, also called sodium bicarbonate, has been used as a home remedy since ancient times to relieve colds, flu, digestive issues and kidney problems, to whiten teeth, and as a deodorizer and cleaner.

**Baking soda can raise serum levels of bicarbonate which is typically made by the kidneys and acts as an acid buffer in the body. Baking soda is also antifungal and antibacterial.**

In a 2018 study published in The Journal of Immunology, a team of researchers revealed why it is also an effective aid in the treatment of autoimmune diseases. Basically, baking soda causes the stomach to produce more gastric acid, which allows it to digest food quicker and easier. But it also seems to tell the mesothelial cells that line the spleen that there is no threat, so macrophage polarization is shifted from predominantly M1 (inflammatory) to M2 (regulatory) phenotypes, and FOXP3+CD4+ T-lymphocytes increased in the spleen, blood, and kidneys of both rats and human subjects following NaHCO3 ingestion.27

Baking soda may also help alleviate urinary tract infections and chemotherapy side effects and reduce muscle pain and fatigue.

While baking soda is low-cost and effective, don’t exceed recommended dosages for specific problems. Be aware that it is high in sodium and can raise blood pressure and cause edema and other issues. It can also increase excretion of potassium, which can result in a potassium deficiency.

If you are on prescription medications, be sure to consult with your doctor before ingesting it.
Conclusion

Our eBook has explored 15 natural healing remedies for autoimmune disease. This is a tiny fraction of the thousands of healing remedies used by billions of people every day.

The World Health Association estimates 80 percent of the world’s population depend mainly on traditional medicine (including, but not limited to healing plants). Of those, 2 billion people rely upon medicinal plants as their primary treatment option.

The Food and Agriculture Organization—which is part of the United Nations—estimates that there are as many as 50,000 medicinal plants in use around the world.

So...why don’t we hear more about natural medicines and remedies? Good question. But the answer may lie with the TRILLION dollar-a-year Big Pharma industry. It’s a global pharmaceutical juggernaut that spends billions of dollars each year advertising their products.

And there’s absolutely no profit for them in natural, plant-based medicines. It’s largely through word of mouth that we’re able to reach people, and share safe, effective natural remedies.

Be part of the solution.

Please share this knowledge with your friends and family members. Send them a link to our website. Ask them to join our mission. Together, we will educate people about safe, natural alternatives to the toxic chemical concoctions that Big Pharma creates for us.
Sources

2. Ibid
3. Ibid
6. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4417560/
10. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4787088/
15. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4610175/
18. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3614644/
27. http://www.jimmunol.org/content/early/2018/04/14/jimmunol.1701605