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..... get ideas to help for your immune system

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Friday

## Boost your bodies natural steroids



Steroids are often prescribed for autoimmune conditions and have terrible and considerable side effects.

Here are some suggestions to boost your own bodies steroid production and therefore hopefully reduce symptoms of disease without taking steroids.

Your bodys own steroid hormones are made by your adrenal glands. Support your adrenals to work better by cutting out sugar and caffeine in colas, coffee and tea.

Take:

- **Pantethine**, 600 mg a day - essential for the proper functioning of the adrenal glands and for the producing of natural steroids, called glucocorticoids. Pantethine increases essential omega-3 fatty acids in the body, which reduce inflammation.
- **Vitamin C** 1-2 g a day
- **Vitamin B6** 50-100 mg a day
- **Vitamin A** 12,500 IU a day

With many thanks to Natural Remedies at [The Healthier Life](#)

You might also like:



What are people searching for?



Reducing Inflammation



Foods to support the immune system - part 3

[Link within](#)

Posted by Good at 5:51 PM [M](#) [E](#) [t](#) [f](#) [p](#) [G+](#)

Labels: [adrenals](#), [natural steroids](#), [steroids](#), [support health](#), [Vitamins](#)

## 21 comments:

**Joan** 8:48 PM

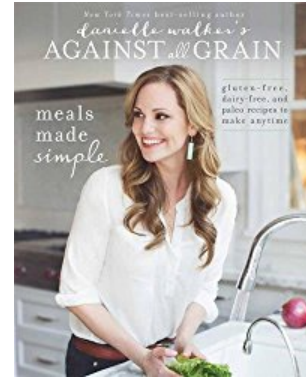
I have found this very helpful as i did not know there was a natural steroid. Will give it a try. thanks

[Reply](#)

**Disability Products** 9:11 PM

I appreciate your post, i learn few things in this post, I have book

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### [Autoimmune Disease: Stop Your Body's Self-Attack by Dr Mark Hyman](#)

The fact that the incidence of autoimmune disease has tripled in the last few decades is concerning. You're probably familiar with the m...



### [Boost your bodies natural steroids](#)

Steroids are often prescribed for autoimmune conditions and have terrible and considerable side effects. Here are some suggestions to boos...



### [Eat foods that aid the immune system](#)

I recently saw a show called Dr Oz where he explained the specific super foods in each food group that should be eaten daily. He has simp...

### [Supplements for Pain and Inflammation Relief](#)

As for supplements, here are a few to

marked this internet site so ideally I'll see much more on this subject in the foreseeable future!

[Disability Products](#)

[Reply](#)

**Kate @ Modern Alternative Mama 10:19 AM**

Try fermented cod liver oil if you haven't yet (I know this is old). It has tons of vitamin A, D, and omega-3s. Find good quality stuff, from Green Pastures. I don't represent them, I just have taken this product for almost a year and my health, and my kids' health, has improved significantly.

[Reply](#)



**medimiss.org 7:13 AM**

very good supplements

[Reply](#)

**Anonymous 11:32 PM**

Attractive section of content. I just stumbled upon your weblog and in accession capital to assert that I acquire actually enjoyed account your blog posts.

Any way I will be subscribing to your augment and even I achievement you access consistently fast.

*Have a look at my site - [Syk Skin Reviews](#)*

[Reply](#)

**Anonymous 6:41 AM**

Hi, for all time i used to check webpage posts here early in the daylight, since i love to find out more and more.

*Also visit my homepage - <http://rejuvenexreviews.com>*

[Reply](#)

**Anonymous 6:45 AM**

Woah! I'm really digging the template/theme of this website. It's simple, yet effective.

A lot of times it's challenging to get that "perfect balance" between user friendliness and appearance. I must say that you've done a amazing job with this. In addition, the blog loads extremely quick for me on Firefox.

Excellent Blog!

*Have a look at my weblog:: [African Mango](#)*

[Reply](#)

**Anonymous 6:49 AM**

Thanks for the marvelous posting! I genuinely enjoyed reading it, you happen to be a great author.

I will make certain to bookmark your blog and definitely will come back later on. I want to encourage that you continue your great job, have a nice holiday weekend!

*Also visit my site - [Idrotherapy Review](#)*



consider that have been helpful in the treatment of RA (Rheumatoid Arthritis) pain: 1. Turmeric in ...



**Natural immunosuppressants?**

There are some health conditions that require suppressing your immune system. These include common allergies like asthma and autoimmune di...



**Fatigue in Sjogren's Syndrome**

A U.K. study found that factors that associated with high levels of fatigue among patients with Sjogren's syndrome included pain, depr...



**The oldest diet around**

The paleolithic diet is simple - based on foods humans ate prior to agriculture. It includes red meat, poultry, fish, shellfish, eggs, som...



**What to eat when your body attacks itself: immune diet**

Many people have found improvement in their autoimmune symptoms when changing their diet. If you are interested in diet and it's ...



**Therefore, autoimmune diseases are getting worse and worse**

Danish researcher has helped break the code of how diseases where the immune system attacks the body is spreading. ARTICLE BY Kristian ...



**What Is Palindromic Rheumatism?**

Palindromic rheumatism gets its name from the word "palindromic," which means to come again. In rheumatism it tells you that this joint c...

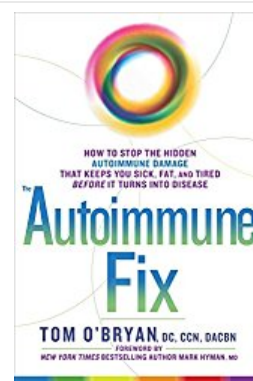
## Heal autoimmune

This blog is my attempts to find ways to help heal the immune system when it goes awry and starts attacking itself.

I have had **symptoms of pain and tingling** for 10 years and doctors say it is **autoimmune** but cannot be more specific.

I am trying to improve my symptoms.

## WHAT I'M READING



Reply

**Anonymous 7:35 AM**

This site was... how do you say it? Relevant!

! Finally I've found something which helped me. Cheers!

Also visit my webpage ... <http://africanmangoactives.com>

Reply

**Anonymous 3:05 AM**

It's remarkable to go to see this web site and reading the views of all colleagues concerning this post, while I am also eager of getting experience.

Also visit my web page ..."[What To Know About Reduction Supplement](#).

Reply



**Alex David 11:32 PM**

Steroids should never be purchased from an illegal source and/or without medical prescription.

[Steroids Canada](#)

Reply

**Anonymous 12:10 AM**

Jewelweed has excellent natural steroids in it which is why its so super effective at relieving the itch from poison ivy and insect bites. Used topically it won't mess with your immune system. You can make creams or lotions with it but in a pinch you can just break off a stem and squeeze the gel-like goop out ( like aloe) and rub it on whatever itches. Great stuff.

Reply

**Anonymous 1:32 PM**

i get a moderate but annoying case of eczema. as a hairdresser it can be difficult to keep at bay with the haircoloring chemicals. i just got my third kenalog shot which is a steroid but i cant wait to try this and see what happens!!!

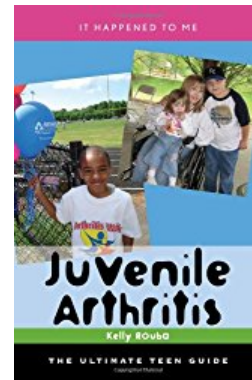
ashley

Reply

**Anonymous 4:38 AM**

Hi All, I am working on making myself well again after a serious bout of double pneumonia...since then I wasn't able to even climb stairs after being a martial arts teacher/gym addict (5 x Ninjutsu Classes + Gym 4x per Wk) I read about putting our bodies back into balance salinity wise. We are like a huge electrical machine, and NED our Ph/Salinity to be correct for all electrical signals work properly. I started using a Salt Pipe for my lung damage, lots of Vit C, B12, B Complexes and Vit D/Calcium/Garlic and Fruit/Fish/Cheese (Good Quality), I also started Manuka honey for infections/viral fighting and most important daily Rock Salt warm

## RECOMMENDED READING



### TRY TO:

1. reduce inflammation - this would really help conditions of chronic systemic inflammation such as Lupus, [Rheumatoid Arthritis](#), [Sjogren's Syndrome](#) and [Fibromyalgia](#)
2. provide body with [good nutrition](#)
3. reduce stress - which would include proper rest & gentle exercise
4. try and turn off the attack

water drinks, start with a quarter to third of A TeaSpoon of Rock Salt to 1 Quart filtered water, per Day. Even start lower than this if you want and build up. I truly believe it has balanced my body fluids etc and has helped me fight infections. Last winter I had 5 chest infections in 6 months lasting nearly 3 weeks a time....this year None so far, so must be doing something better, oh AND with starting off walking, I now can walk a 1.5 mile treadmill at 6% incline, then 5 miles on exercise bike too....Such massive results from helping my body do the work itself. I think if we clean our system (Detox) then help it balance by using amazing fruits, nuts, seeds and WATER/SALT, this is NOT my credit, but a research cancer specialist who cured HUGE % of terminal cancer patients using Vit C and Salt Water, so I tried it for my condition and my immune sys/healing mechanisms seems much more efficient now.

[Reply](#)

▼ [Replies](#)



**Ariel Nguyen** 6:56 AM

When taking high amounts of vitamin C and salt make sure to drink enough water to stay hydrated and maybe throw in some magnesium as the vitamin C is high in oxalates while high salt intake will push calcium into the kidneys where it binds to the oxalate to form kidney stones. Staying hydrated will dilute the concentrations of oxalate and calcium in the kidneys as well as flush these things from the body quicker. Magnesium will prevent the oxalates and calcium from binding, to some degree. And if you take calcium with the vitamin C (and with a meal) the oxalates will bind more readily to the calcium in the stomach, instead of in the kidneys.

[Reply](#)

**Anonymous** 5:24 PM

Look into radon health mines. just google it. you won't be sorry.

[Reply](#)

**Anonymous** 10:10 PM

If some one needs expert view concerning running a blog after that i recommend him/her to visit this weblog, Keep up the good job.

[Reply](#)



**dinesh babu** 11:54 AM

Hi.. I am nisha.i was medical treatment for 1 month. Now i am fine.but one more problem.i took steroid tablet above one hundred days. So, sugar and thyroid is affect my body.. Now i am reducing steroid power 10mg.now i have to reduce more power will come side effects in my body. So, how can i make natural steroid in my body... Any idea pls help me...i am very worry for 5 months...  
dineshgobu7@gmail.com

This is my id ..pls send to me solution...

[Reply](#)

**Anonymous** 12:49 PM

[The 21-Day Sugar Detox](#)

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hello there and thank you for your info ? I have certainly picked up anything new from right here.

I did however expertise some technical points using this website, since I experienced to

reload the site a lot of times previous to I could get it to load correctly.

I had been wondering if your web hosting is OK?

Not that I'm complaining, but slow loading instances times will very frequently affect your placement in google and can damage your high-quality score if advertising and marketing with Adwords.

Anyway I am adding this RSS to my e-mail and can look out for a lot more of your respective interesting content.

Ensure that you update this again soon..

[Reply](#)

**e Victor House 3:43 PM**

When it comes to the term steroids someone always think about the side effects that it may bring. I did know that there is such thing as natural steroid, thanks to your post.

[steroid like supplements](#)

[Reply](#)

**e Health Care Studios 2:31 AM**

Immune System is one of the main interactive network consisting cells, proteins and organs that prevents our body to get affected with number of viruses and bacteria. When the immune system is working properly and doesn't come in contact with various viruses you ought to stay healthy but when your immune system is under active than the chances of getting affected with various infections and health issues increases. So, it is important to stay boosted up with better functioning of immune system in order to protect yourself with various virus infections. Taking you some steps forward in case of knowledge and telling you about the best [Supplements To Boost Immune System](#) , we stand here to help you with the simple but best solutions for your health. Coming on to the main supplements to boost immune system to keep your immune system strong to overcome various seasons especially that of cold and flu. With supplements, taking good care of yourself and having a healthy regular life routine helps you to stay unaffected from various diseases. To keep your immune system strong, you can even have few supplements that are common and easily available.

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For the greater good, trying to be good, it's all good, good - natured, for the common good.

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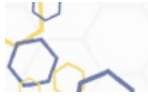
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*Julia Liu*

The Autoimmunity Bible & Norton Protocol

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