

Autoimmune Diseases

Source: <https://online.regiscollege.edu/blog/health-issues-specific-womens-health>

Autoimmune disease occurs when body cells that eliminate threats, such as viruses, attack healthy cells. As this condition continues to escalate among the population the condition affects mostly women. While many distinct autoimmune diseases exist, most share symptoms such as:

- Exhaustion
- Mild fever
- Pain
- Skin irritation
- Vertigo (dizziness)

Most of the autoimmune system rests in the stomach. Many who suffer from this condition have resorted to natural healing practices, such as:

- Consuming less sugar
- Consuming less fat
- Lowering stress
- Reducing toxin intake

However, the best defense against autoimmune disease is early detection.