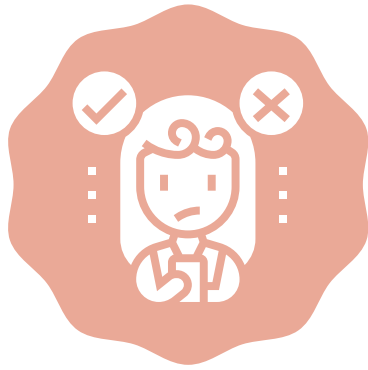


8 MYTHS ABOUT AUTOIMMUNE DISEASES

By Johanna Dahlman



MYTH NO. 1

Autoimmune Disorders cannot be reversed

False. I have reversed my alopecia. And many other clients have. I know many people who have reversed their Hashimoto's, their MS (multiple sclerosis), and RA (rheumatoid arthritis). Many times it's not through conventional medicine, and most times it is through diet and lifestyle.

MYTH NO. 2

Your symptoms won't disappear without harsh medications

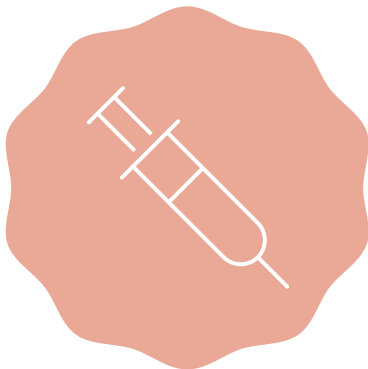
False. Yes, they can disappear without medications. Many times it's our bodies that are yelling at us and we are failing to listen, to take notice, and take charge for change.



MYTH NO. 3

When you treat an autoimmune disorder with medications, the side effects are no big deal

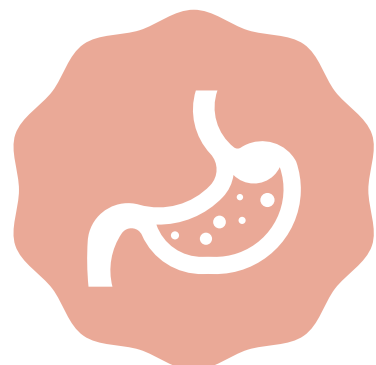
False. Ouch, this is a big one. I feel for people with autoimmune diseases because I had one. And also because it targets 80% of women. There are side effects, and the reason why I went natural, organic and holistic, is because I didn't want any side effects with my future children. Yes, I think about that. Let's avoid future issues by going natural and treating alopecia at the root cause versus holding our breaths with meds that do have implications for future health and no guarantees for efficacy or even working.



MYTH NO. 4

Improving digestion and gut health have no effect on the progression of an autoimmune disorder

Wrong again. I go through this thoroughly in my books and courses and programs. Gut health is extremely important for overall health and strong immunity.



8 MYTHS ABOUT AUTOIMMUNE DISEASES

By Johanna Dahlman



MYTH NO. 5

Going Gluten-Free won't make any difference to your autoimmune disorder

False again. Yes, it does make a difference, but it's not the only thing. There are many things that affect your autoimmune disease and I teach you what hinders it and what helps it. I give you all the knowledge and experience that have helped me and others get back our hair, get back our health and give us quality of life.

MYTH NO. 6

Having an autoimmune disorder dooms you to a poor quality of life

No, actually... But only if you choose. You and I both, have the choice to be happy, to persevere- to grow, and be better. If you choose and decide that this situation has doomed you for life then that's your choice. I chose to fight alopecia and do what it would take for me to get true health back and it worked. There are times we feel sad, and that's ok... but its not OK to stay stuck there. We need to encourage ourselves and motivate ourselves to move forward.



MYTH NO. 7

When it comes to an autoimmune disorder only your genes matter, nothing else.

False again. Genetics do not determine your fate. Due to epigenetics, our diet and lifestyle account for 75-85% of our quality of life and our health. It is a meer 10-15% that genes actually might have a small say. We can choose what's best for us, and I can teach you what is best for you, someone in a special category due to alopecia/ autoimmune disease. The choice is yours!



MYTH NO. 8

Your immune system is what it is, there is nothing you can do to support it

So wrong on so many levels! There is a great deal you can do to heal. Did you know that the body rejuvenates itself constantly? Its truly amazing what the body is capable of.

