

More than 50 million Americans suffer from one or more of the 100+ named autoimmune diseases, with 75% of those afflicted being women. Over the past several years there has been a gradual increase in the numbers of people being diagnosed with an autoimmune disease. Autoimmune diseases occur when a person's immune system mistakenly attacks the very cells, tissues, or organs it is meant to protect. The cause is not yet known and may be due to a combination of underlying factors. There seems to be a genetic predisposition, with factors such as bacteria, viruses, hormones, chronic stress, and some medications acting as triggers.

In this webinar we are going to talk about stress as an exacerbating factor in autoimmune disease, as well as the resulting inflammation and look at some of the triggers and discuss practical tools to manage these patients.

## Hour 1

Introduction to autoimmune disease

Why are more people being diagnosed with autoimmune disease?

Hygiene Hypothesis

## Hour 2

Review triggers of autoimmune disease

Role of endotoxins, hormones, chronic stress and inflammation

