

My Journey Overcoming Lupus



WITH SUSAN HEID

DISCLAIMER: *I am not a doctor. I am not here to diagnose or treat anyone else. I am not claiming any of the products I will share about today “healed” me. I am just a normal person, who changed their lifestyle, which resulted in allowing the body to help itself return to a state of wellness.*

I ultimately give ALL GLORY to GOD.

“You can trace every disease and every ailment to a mineral deficiency.”

~ TWO TIME NOBEL LAUREATE, DR. LINUS PAULING

Who Am I?

- 57 years old
- Married 16 1/2 years – blended family
- Four children, two biological, one step-son, one adopted son
- Born and raised just outside Seattle

My Story

About Fourteen years ago, I began experiencing symptoms that could not be diagnosed.

Diagnosed with Cutaneous Lupus, Discoid Lesions in 2011

Received a diagnosis of ANA Negative Systemic Lupus in 2012

98% of all people with systemic **lupus** have a positive **ANA test**. I am part of the 2%!

My BIG Battle

Cutaneous Discoid Lupus and Systemic Lupus

I began using **hydroxychloroquine (Plaquenil®)** in a relatively low dose as well as a steroid for 6 weeks.

It was my intent to get myself off the **hydroxychloroquine (Plaquenil®)** as soon as I could, and I had a doctor who supported my desire to use natural ways to support my body.

My Lifestyle Changes

DIET CHANGES

No Gluten

Raw Dairy – now have switched to very little dairy

Fed my body good, whole food

Used REAL SALT – brand with minerals in it, not table salt

Grass Fed and Free Range meats

Kombucha – probiotics

ORGANIC – YES – ORGANIC!!!

Do what you can to avoid eating anything that is not organic.

I truly believe in some of the latest research saying Autoimmune issues are all related to an unhealthy gut.

“A new study in women now suggests that **systemic lupus erythematosus**, also known as **lupus** or **SLE**, is linked to the overgrowth of certain bacteria in the intestines.”

February 2019 <https://www.healthline.com/health-news/gut-bacteria-linked-to-lupus>

Do your research on how to restore gut health.

Look at your labels. If it's not a real food item, your body does not know how to process it. Puts further stress on your organs and body systems.

NON-TOXIC LIFESTYLE CHANGES

The next area I learned about was the items I was using to clean my home as well as what I put on my skin (which is our largest organ).

:: Cleaning Items ::

I ditched all the cleaning items I could and slowly began replacing them with plant-based items.

For me, it was Young Living's Thieves Household Cleaner and then eventually dish soap and laundry soap.

:: Skin Care and Personal Care Products ::

I was pretty quick in my journey to replace items I was using daily or multiple times a day with plant-based products for my skin: body soap, body wash, face wash, face cream, facial scrub, and eventually a toxin-free makeup.

When you use products filled with synthetic ingredients day after day, you begin to have what is called BIO-ACCUMULATION. Meaning, your body is taking in the chemicals. through your skin, or via mouth, yet it cannot expel it as fast as you are taking it in. So it is overloaded and stresses the body, manifesting symptoms.

:: Self-care ::

Having an illness is hard, exhausting, and feels hopeless.

I focused on prayer, celebrating small victories, and taking time to enjoy the things I can.

I took baths often, using Epsom Salt – sometimes 4 -6 nights a week. Epsom Salt has magnesium, which is amazing for the body. I always added essential oils as well because my emotions could use it, and my body could too!

Self-care – Remember what nourishes you, what fills you up.

Emotional health – Seeing a mental health professional if need be – having an outlet for all the feelings, using essential oils to support those emotions.

Oils that helped me a lot – JOY, HARMONY, SACRED MOUNTAIN, FRANKINCENSE, ENDOFLEX, BRAIN POWER, TRANSFORMATION, NORTHERN LIGHTS BLACK SPRUCE, RELEASE

I was told to avoid the sun – and I did for many years. I believe this was not accurate information and now intentionally expose my skin and especially my naked eyes to morning sun and UV/UVA during the day. More info on the sun and healing the body: <https://amzn.to/4a0Yd4l>

HEALTHY LIVING CHANGES

Supporting the body with whole, plant-based supplements with essential oils.

One thing to note about what makes Young Living supplements different than other supplements you may be able to buy at the drugstore is this:

Young Living supplements contain essential oils.

Clinical experience has shown that before putting essential oils in the MultiGreens formula, there was a 42% blood absorption in 24 hours. After adding the essential oils to the formula, blood absorption increased to 64% in 30 minutes and 86% in 1 hour. The conclusion was that the cells were now receiving nutrients that they had previously not been able to assimilate. (D. Gary Young)

Over the course of the past 5 years I used these with tremendous results. Most of these are Young Living products.

NingXia Red

- powerful whole-body antioxidant supplement made from the wolfberry
- Its benefits include support for energy levels, normal cellular function, and whole-body and normal eye health.
- I will take 2-6 ounces a day.

Mineral Essence

- a balanced, full-spectrum ionic mineral complex enhanced with essential oils
- I take 5 droppers in 2-3 oz of NingXia Red daily.

Citrus Oils

- I alternate taking citrus oils internally in a capsule or dropped in tea – Lemon Vitality, Orange Vitality, Tangerine Vitality and Grapefruit Vitality – usually daily, or several times a day – one of the previous, not all.

Copaiba Vitality

- I have taken Copaiba Vitality internally in a capsule when I am needing extra support for my muscles.
- 4 drops in a capsule every 2-3 hours as needed
- Copaiba was a great oil for me, until I had a real set protocol and did not need this daily at all.

Sulfurzyme

- combines wolfberry with MSM, a naturally occurring organic form of dietary sulfur needed by our bodies every day
- I try to take 4-6 Sulfurzyme per day.

Agilease

- an amazing joint health supplement which can reduce acute joint discomfort and support the body's healthy response to inflammation
- 2 capsules per day

Multi-Greens

- nutritious chlorophyll formula
- 3-6 per day

Longevity

- I love this capsule containing Thyme, Orange, and Frankincense essential oils.
- 1 per day

Exodus II / Immupower

- essential oil blends
- apply before bed on the bottoms of my feet
- I alternate these oils every few days.

Prenolone® Plus Pregnenolone Cream

- contains pure pregnenolone, MSM, progesterone from soy, DHEA, and essential oils for supporting the endocrine system
- Apply as directed once per day. I apply to my stomach by my belly button.

Progescence Plus Serum

- Supports endocrine/hormones
- 4-5 drops each evening on my ankles

Vitamin D

- I take 5,000 IU per day. (Check your level before deciding what you need.)
- This is the brand I take: <https://amzn.to/2LaEpWi>

Life 9 Probiotic

- 1 tablet a day - evening - as needed

ParaFree

- as needed for cleansing of the digestive system

Enzymes

- I currently take Essentialzymes-4, and have alternated with other enzymes from Young Living, including Detoxyme and Essentailzymes.

I have talked about some Young Living products. They are part of my journey. If you are not already a member or don't have a connection with someone who is, I am happy to help you. I would just ask you message me: **susan@theconfidentmom.com**