



An autoimmune disease develops when your immune system, which defends your body against disease, treat your healthy cells as foreign subjects and attacks them. Depending on the type, an autoimmune disease can affect one or many different types of body tissue. It can also cause abnormal organ growth and changes in organ function. It was proposed that the trigger of the autoimmune are bacteria or virus, drugs or chemicals. Causes of autoimmune disease are two folds including hyper active immune system and poor liver function.

1) Rheumatoid Arthritis and Inflammatory Bowel Disease (IBD)

The lymphatic system plays a key role in the development of autoimmune disease. White blood cells (WBCs), also called leukocyte are responsible for fighting any infections. There are five types of leukocytes that accomplish specific tasks based on their abilities and the type of invaders they are fighting. It includes neutrophil, eosinophil, basophil, lymphocyte (T cell and B cell), and monocyte. Leukocytes are found throughout the body, including the blood and lymphatic systems. Most leukocytes, however, reside outside the blood circulation system, in the lymphatic system including lymph vessel, lymph node, spleen and lymph fluid within the tissues. Because the hosting environment for most leukocytes are lymph, poor lymphatic circulation and the resulting lymph stagnation can cause excessive metabolic waste accumulation in the lymph affecting the leukocyte function especially interfering their recognition of pathogens. Patients usually have feeling of leg or body heaviness due to the excessive wastes in their lymph and when they catch infections with pathogens that resemble our own tissue structure, autoimmune conditions can be easily triggered. Some of the common autoimmune diseases caused by poor lymphatic circulation include rheumatoid arthritis and IBD (Ulcerative Colitis and Crohn's Disease). In TCM, poor lymphatic circulation and the resulting excessive waste accumulation is a condition called Spleen Damp. The Java Formula and LC Balancer help improve the lymphatic circulation and clear up the Spleen Damp. With the metabolic wastes being removed from the lymph, the White Blood Cells can resume their normal function and stop their attacks to the normal tissues. If the patient's cartilage has been damaged due to rheumatoid arthritis, the WHITEE Patch treatment is also required to restore the joint cartilage structure.

Most patients should experience symptom improvement with 2 weeks of treatment. Significant improvement can be achieved with 6 weeks to 3 months treatment depending on the severity of the condition. Some patients may have complication of liver deficiency in addition to the spleen damp and will require Brown and LC Balancer. At any stage of treatment, if the patient's improvement reaches a plateau, 2 weeks Brown/LC Balancer is recommended. If the patient does not respond with 2 weeks Java/LC Balancer, 2 weeks of Brown/LC Balancer is recommended. If the patient responds well to the Brown/LC Balancer, continue the treatment until reaching a plateau and then resume the Java/LC Balancer. If the patient still does not respond to Brown/LC Balancer, switch back to Java/LC Balancer and patients should experience improvement in 2 weeks.

2) Psoriasis, Psoriatic Arthritis and Multiple Sclerosis

The liver is also involved in the autoimmune disorder as the liver plays an important role in the immune response. The liver has a number of important functions in innate and adaptive immunity. Contributions to the innate (nonspecific) immune system include a) production of acute phase proteins; b) nonspecific phagocytosis of particles; c) nonspecific cell killing; d) disposal of waste molecules. Hepatic involvement in innate immunity contributes to the systemic response to local inflammation, clearance of particles and soluble molecules from the circulation, and killing of invading cells such as neoplastic cells. Liver involvement in the adaptive (specific) immune system includes a) deletion of activated T cells; b) induction of tolerance to ingested and self-antigens; c) extrathymic proliferation of T cells; d) deletion of many of the signaling and effector molecules. Hepatic involvement in adaptive immunity allows clearance of activated T cells and signaling molecules following inflammatory reactions, and promotes immunologic tolerance toward potentially antigenic proteins that are absorbed from the intestinal tract. Perturbations in the hepatic structure or function can result in significant ramifications in both the innate

and adaptive immune systems. Some of the common autoimmune disease caused by poor liver function include Psoriasis, Psoriatic Arthritis and Multiple Sclerosis. In TCM, the autoimmune due to poor liver function is caused by Liver Yin deficiency. The Brown Formula and LC Balancer help nurture the liver and resolve Liver Yin deficiency. When the liver function resumes, the autoimmune condition can be resolved.

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3) Systemic Lupus Erythematosus, Hashimoto's Disease and Sjögren's Syndrome

There are also autoimmune conditions that are caused by the malfunctioning of both the immune system and the liver. Example conditions include Systemic Lupus Erythematosus, Hashimoto's Disease and Sjögren's Syndrome. Treatment has to address both the Spleen Damp and Liver Yin deficiency. The treatment requires rotating between the Brown/LC Balancer and Java/LC Balancer. The contribution of the immune system and liver can be equal or unequal. The treatment begins with either 2 weeks Brown/LC Balancer if the patient's liver condition is more severe or the body has heat. Java/LC Balancer should be the starting treatment if the Spleen condition is more severe and body is cold with heaviness. Usually, for Lupus, the beginning treatment is Brown/LC Balancer. For Hashimoto's Disease and Sjögren's Syndrome, the beginning treatment is usually Java/LC Balancer. The treatment time required with Brown/LC Balancer and Java/LC Balancer may be varied depending their severity of the spleen and liver condition. Patients usually experience 20-25% improvement with 4 weeks of treatment. 3-6 months of treatment is required for significant improvement with sustained results.

4) Rheumatic Heart Disease

Rheumatic Heart Disease is a condition with cardiac inflammation and scarring caused by an autoimmune reaction to an infection with group A streptococci which causes strep throat. In TCM, it is a condition caused by damp in the heart. The treatment requires Myogen to clear the heart damp and B-2/Qi Booster to clean the toxin released from heart away from muscle. Patients should experience symptom improvement with 1 week of treatment. 4-6 weeks of treatment is required for significant improvement with sustained results.

5) Vitiligo

Vitiligo is the loss of skin pigmentation caused by an autoimmune condition. In TCM, it is a condition caused by Damp in the skin. Vitiligo A Formula helps clear the damp on the skin and resolve the autoimmune condition. Vitiligo B Formula used externally helps nurture the skin and the damaged pigmentation cells to regenerate. Patients should experience symptom improvement with 3-4 weeks of treatment. 3 months of treatment is required for significant improvement with sustained results. Patients may also be complicated with internal spleen damp. If there is no sign of improvement with 3 -4 weeks of treatment, the Java/LC Balancer treatment is also required.

Usage Information

Java: 2 teaspoons (10mL), twice a day; or 2 capsules, twice a day

LC Balancer: 1 teaspoon (5mL), 3 times a day; or 3 capsules, 3 times a day

Brown: 50mL, twice a day; or 3 capsules, 3 times a day

Myogen: 2 capsules, 3 times a day

B-2: 2 capsules, 3 times a day

Qi Booster: 2 capsules, 3 times a day

Vitiligo A: 3 capsules, 3 times a day

Vitiligo B: Apply on the affected area 5 times a day followed with 20 min sun light exposure. In summer, shaded area and sun screen are recommended.

Successful Treatment of Joint Pain from Rheumatoid Arthritis

Donald Mullen, A.P., Stuart, Florida, July 2004

A 57 year old male presents with stiffness and soreness bilaterally in all joints of the upper and lower extremities. Symptoms are aggravated by walking, especially the ankle joints, which swell severely and produce extreme pain. He reports his condition is getting worse and that he had to leave his employment six months earlier and is now completely disabled. He has been diagnosed with rheumatoid arthritis by his previous MD.

After TCM examination, he was given acupuncture treatment and prescribed LC Balancer, Java Sauce, and WHITEE Patches. At his next appointment, three days later, he reported that the swelling in his left ankle had disappeared within the first 24 hours, with other symptoms beginning to improve. Continuing this protocol, after one week, he reported all symptoms had improved approximately 70%. With continued treatment and herbs for three additional weeks, he reports improvement at 80%. He continues to improve at the time of this writing, and is planning to return to work soon. In his own words, he says the treatment has “given me my life back”. Eight months later, the patient did another blood test and found that the RH factor became negative.

Successful Treatment of Ulcerative Colitis

Timothy Callaghan, DC, MD, Tunica Resorts, Mississippi, September 2014

A 65 year old female patient was diagnosed with ulcerative colitis. She had presumed colon surgery would be necessary for symptom improvement. She was taking up to 14mg of steroids. Her digestive enzymes were measured to be relatively low. She was recommended an all-vegetable diet and an herbal treatment with Java Sauce and LC Balancer while tapering off her steroids at 1mg less per week. After two months of Java Sauce and LC Balancer the patient was extremely happy with the results. She had a scope of her colon and her gastroenterologist reported her colon was in great shape. The patient happily reported that her doctor had cancelled the surgery as it was no longer necessary. She is now on 1 mg of prednisone and expects to be completely off of it at the end of the week.

Successful Improvement of Psoriasis

Robert Bartosh, DC, Danville, Illinois, February 2014

A 66 year old female patient was diagnosed with psoriasis with symptoms of rash and itching. The cause of the condition was undetermined. She started an herbal treatment with products consisting of LC Balancer, Brown Juice and Xcel Capsules. After 4 weeks of treatment, she reported feeling much better with all of her symptoms and decided to continue treatment for an additional 3 weeks. After the second round of treatment she saw incredible results! The doctor was very excited and took pictures of the skin improvement. Her rashes and itching were diminished. He recommended she continue treatment for 3 more weeks to stabilize the improvement.

Successful Healing of Multiple Sclerosis (MS)

Sed Rahimi, LAC/ND/Master Iridology, Thornhill, Ontario Canada, February 2013

A female patient, age 36 now, had been diagnosed with multiples sclerosis at the age of 28. 4 years later at the age of 32 she approached Dr. Rahimi for help. The patient's symptoms were severe: a very heavy right leg and left hand; both hands and legs were numb and tingling; lower back was tight; has substantial stress constipation. Her father had been a diabetic and suffered from the Parkinson disease along with high blood pressure. The MS symptoms had come up after the patient's pregnancy. MRI had unveiled that her brain and cervical spine (C2/C3) showed lesion 6 years ago. Further diagnosis turned out a very low level of vitamin D and ACTH, adrenal indicated an exhausted cortisone level, a low thyroidal and a very low progesterone. She started a 4 months treatment composed of Wei Lab's WHITEE patches, Brown Juice and LC Balancer. In addition, fish oil, vitamin D as well as adrenal support, magnesium and co-enzymes Q10 were applied. Some of the treatment regime was continued afterwards.

The results were amazing. The lesion of the spinal cord had been eliminated. The numbness was completely gone. The heaviness of the legs had been improved by 70%. The patient had much more energy. Two years after the completion of the treatment a diagnosis showed that the brain lesion did not shrink but it diffused. The head delineation was gone. Now four years after completing the treatment the patient is absolutely well which is truly amazing given her stressful life.