

# Autoimmune disease: stop your body turning on itself

– Meleni Aldridge BSc Nutr Med, Dip cPNI

Autoimmune disease used to be extremely rare. But there are now over 80 described autoimmune diseases and the number is growing fast. In the USA, healthcare dollars spent on treatment has already eclipsed that on cancer and it's a priority health topic on internet searches, such is the desire for those seeking solutions. But what can we do to stop our bodies from turning on themselves? As a nutritional and psychoneuroimmunology (PNI) practitioner who has herself spent over 30 years understanding her own autoimmune disease, while in the process helping many others, Meleni will take you on a fascinating and potentially life-changing journey. You'll learn about the importance of early life trauma and molecular mimicry, as well as how to remove common triggers and mediators for this complex group of diseases.