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JOSH REDD
The Autoimmune Revolution

AUTOIMMUNE CONDITIONS

Do you suffer from an
autoimmune condition?

By

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AUTOIMMUNE CONDITIONS

Do you suffer from the following?

- > A wide variety of “mystery” symptoms doctors can’t explain
- > Feeling fatigued all the time
- > Brain fog
- > Depression
- > Energy “crashes” that last days or weeks

If so, you may have an autoimmune condition. Although symptoms vary depending on the tissue affected, most autoimmune sufferers share these common symptoms and more.

What is autoimmunity?

An autoimmune condition occurs when your body’s immune system attacks its own tissue.

This leads to a wide variety of “mystery” symptoms as well as inflammation throughout the entire body.

The chronic inflammation also continually stresses the body, causing further imbalances and symptoms, such as anxiety, sleep issues, and hormonal imbalances.



How likely is it that you have an autoimmune condition?

The National Institute of Health estimates that as many as 23.5 million Americans suffer from an autoimmune disease, and that number is on the rise.

The American Autoimmune Related Diseases Association reports that researchers have identified between 80 and 100 different autoimmune diseases, with the potential for at least 40 more in the near future. These diseases are chronic and can be life threatening.

Autoimmune disease is one of the top 10 leading causes of death in females from adolescence through age 64.

Autoimmune disease is more prevalent than cancer and heart disease combined.

Autoimmune disease is typically genetic — if someone in your close family struggles with autoimmunity, your likelihood of risk is higher.

Conventional medicine must wait until late stages to treat autoimmunity

Conventional doctors are not taught to diagnose or manage autoimmune disease until it is in the advanced stages and symptoms are severe.

At this point, surgery or pharmaceutical interventions, such as immunosuppressant drugs, may be used.

Doctors tend to have specialties, focusing on a specific area of the body. However, autoimmune disease can affect tissue in any area of the body.

Conventional autoimmune disease treatments are designed to suppress symptoms. While these measures may be necessary and life-saving, they can also lead to devastating long-term side effects.

However, if diagnosed in early stages, your autoimmune condition can be addressed before it progresses too far.

If the underlying cause of autoimmunity is not addressed, the disease will continue to progress uninhibited. This is why patients suffering with autoimmune diseases may feel little to no improvement with treatment.



Diagnosing and managing autoimmunity

At RedRiver Health and Wellness Center, we identify the specific triggers that cause your autoimmunity to flare. By reducing these triggers and improving your physiological function, we can help you find relief from your symptoms and improve your overall health and well-being.

At RedRiver, we use comprehensive testing and evaluation to address the root causes of your autoimmune condition.

An individual may have as many as 7–10 triggers for their autoimmune condition, including, but not limited to:

- > Insulin surges in response to sugars and refined carbohydrates
- > Food intolerances
- > Hormonal imbalances
- > Adrenal dysfunctions (Adrenal glands handle stress and sit above each kidney)
- > Chemical sensitivities
- > Gut disorders
- > Nutrient deficiencies
- > Lifestyle traits

Empowering you through one-on-one time and education

Many doctors are so busy that they don't have time to thoroughly explain your condition or your medications to you.

We work differently: your education and knowledge is a big factor in your success.

Throughout your care, we educate you about healthy and unhealthy behaviors associated with your disease. This removes the mystery that can be such a demoralizing part of so many autoimmune conditions.

If you're like most of our patients, you will go from being confused, frustrated, and hopeless to knowledgeable, empowered, and optimistic about your health.

In fact, our patients typically go from having 0–5 good days a month to 20–25 good days a month.



What types of lab testing do you typically order?

We pride ourselves in staying up-to-date with medical research and keeping our fingers on the pulse of cutting-edge diagnostics. Comprehensive testing allows us to profile your health and create the most efficient and effective strategy to help you feel like yourself again.

The testing we use includes the following:

- > Detailed blood tests
- > Comprehensive hormone panels
- > DNA tests
- > Cortisol tests
- > Adrenal stress tests
- > Food intolerance tests
- > Urine tests
- > Saliva tests

These tests provide a detailed profile of your health, and our doctors are trained and experienced at analyzing the results.

You may have the same condition and symptoms as someone else, but a unique set of hormonal and physiological imbalances. At RedRiver, we customize a management plan tailored to you and utilize efficient and effective strategies to help you feel like yourself again.

Evidence-based clinical nutrition and supplements

Although medications are sometimes necessary, they may only address the symptoms and not the underlying causes. They may also inhibit physiological functions and cause side effects.

At RedRiver Health and Wellness Center, we use evidence-based clinical nutrition designed to assist physiological function and address imbalances.

We then track the progress of our protocols through follow-up testing and patient symptom reports. This is a scientific and evidence-based approach to improving the imbalances for each patient.

So how do I get help?

Call **(801) 446-2822** now for a consultation.

SOUTH JORDAN, UT

Call **(435) 767-9355** now for a consultation.

ST. GEORGE, UT

Call **(435) 787-4000** now for a consultation.

LOGAN, UT

Call **(801) 489-1399** now for a consultation.

SPRINGVILLE, UT

Call **(505) 247-1000** now for a consultation.

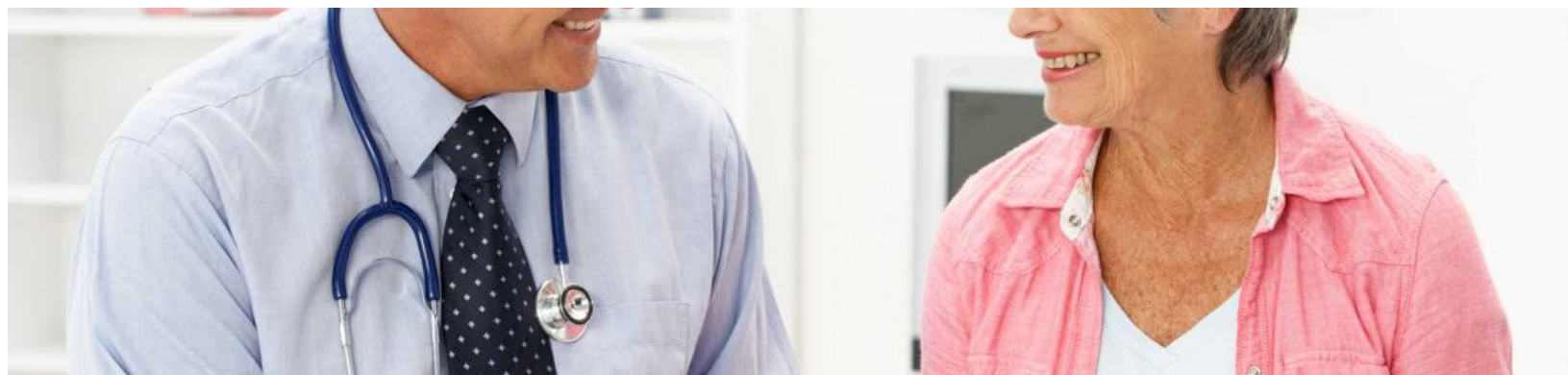
ALBUQUERQUE, NM

Call **(702) 367-3600** now for a consultation.

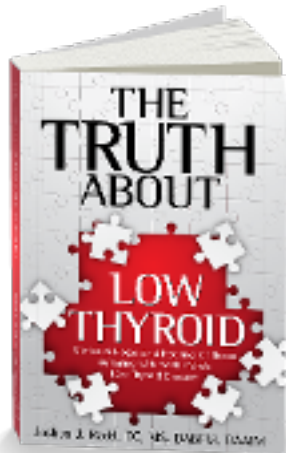
LAS VEGAS, NV

Call **(208) 888-4646** now for a consultation

BOISE, ID



Do you have Hashimoto's low thyroid?



"Many patients are not diagnosed with hypothyroidism or Hashimoto's until they have suffered with symptoms for several years and have seen multiple doctors. It can be a demoralizing journey, which is illustrated in my book through the real-life stories of patients from my practice. Managing Hashimoto's goes far beyond using thyroid medication, as you must work to stop the immune system from attacking the thyroid. For more information on identifying and managing Hashimoto's low thyroid, please contact my office."

Do not discontinue medication or hormone replacement therapy without consulting with your prescribing physician. If you know that you have Hashimoto's disease and/or a permanently low thyroid, stopping medication can be dangerous. In some cases, your tissues are damaged and you may need the support of life-sustaining hormones for proper function.

We focus on addressing the root cause of the disease. By co-managing your care with your prescribing physician, we are able to get the best results.

We look forward to dramatically improving your health, well-being, and quality of life. To hear what our patients have to say about our clinics, please visit the testimonials page on our website.



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UTAH, NEW MEXICO, NEVADA, AND IDAHO FUNCTIONAL MEDICINE

Joshua J. Redd, DC, MS, DABFM, DAAIM, author of *The Truth About Low Thyroid: Stories of Hope and Healing for Those Suffering with Hashimoto's Low Thyroid Disease*, is a chiropractic physician and the founder of RedRiver Health and Wellness Center with practices in Utah, New Mexico, Nevada, and Idaho. He sees patients from around the world who suffer from challenging thyroid disorders, Hashimoto's disease, and other autoimmune conditions. In addition to his chiropractic degree, Dr. Redd has a BS in Health and Wellness, a BS in Anatomy, and an MS in Human Nutrition and Functional Medicine. He speaks across the nation, teaching physicians about functional blood chemistry, low thyroid, Hashimoto's, and autoimmunity.

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<http://www.redriverhealthandwellness.com/low-thyroid>