

Dr. Terry Wahls' Top 10 Truths Every Health Practitioner Needs To Know About The Autoimmune Epidemic



1. 25 million Americans have one or more autoimmune diagnoses and continues to grow every year, and the age of diagnosis is getting younger.
2. 75 million Americans are in the prodromal phase, showing symptoms of fatigue, brain fog, pain, moodiness, and inflammation. These signs often indicates the onset of a disease before more diagnostically specific signs and symptoms develop.
3. The cost for autoimmune care is \$100 billion/year in the United States, with many drugs costing between \$50,000 and \$100,000 per year for the duration of the patient's life. In addition, these drugs often come with debilitating known side effects including damage to liver, heart or kidneys, infection, leukemia or lymphoma, just to name a few. Despite the financial burden and serious health risks of these drugs, patients and families often are more afraid of worsening disability and desperately take these medications.
4. Prodromal symptoms are often misinterpreted or discounted, sending patients to seek the advice of numerous specialists before reaching a diagnosis, which delays treatment and lifestyle intervention.
5. The rise in disease related to autoimmune dysfunction is preventable through public education on the impact of lifestyle choices such as diet, tobacco and substance use, physical activity, and toxin exposure.

6. When patients begin a diet and lifestyle intervention after starting a disease modifying drug, it is often harder for the patient to ever be free from having to take drug without facing severe worsening of their autoimmune disease.
7. Few physicians are taught that the standard of care for all chronic diseases is to first initiate a diet and lifestyle intervention plan to get control of symptoms, prior to initiating a drug treatment.
8. When health practitioners and their staff practice the same health behaviors they are recommending to patients, they are more successful at supporting their patients to adopt those behaviors.
9. While the majority of patients with signs of autoimmune dysfunction prefer to embark on a dietary and lifestyle change program before committing to a lifetime of high-cost drugs, most medical practitioners have not been equipped with the expertise or tools to coach clients through a lifestyle and behavior change program.
10. A patient who adopts and sustains health promoting behaviors is more likely to “turn-off” serious autoimmune disease activity, and instead experience fewer symptom flares, lower levels of pain, clearer brain function, increased energy, fewer mood swings, and less dependency on medication for relief.

Want to Learn More From Dr. Wahls?

If you're looking to differentiate yourself and better serve your patients, by expanding your knowledge of autoimmune dysfunction, join our movement to help 1 billion people by eradicating this international epidemic.

Get instant access to her exclusive Masterclass...
“Innovations, Insights and Medical Advancements For your Autoimmune Patients”

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