

SCIENTIFIC NEWS

Infertility and ImuPro

Author: Dr. Camille Lieners

INTRODUCTION

Besides Polycystic Ovary Syndrome (PCOS), immune disorders may impact fertility and could be one of the reasons for infertility. Signs of impaired immune system are auto-immune diseases, often based on genetic predisposition and chronic inflammation. Markers such as auto-immune antibodies, HLA-variants, imbalance of the TH1/TH17/Treg ratios, inflammation markers such as CRP, and leaky gut may point to these conditions. In case of incapability to conceive or after miscarriage, the only option left is In-Vitro-Fertilization (IVF). But in presence of immune imbalances IVF often fails. Additional treatment with strong anti-inflammatory drugs may be beneficial in some cases but bears a lot of health risks and side effects.

MECHANISM

Auto-immune diseases may have different causes and triggers and in particular an unbalance of TH17/Treg cells. An up regulation of TH17 and down regulation of Treg build up a pro-inflammatory condition in the gut, as well as in peripheral tissues. In the gut, Treg cells are responsible for oral tolerance by inducing TGF- β or by inducing IL-10, an anti-inflammatory cytokine, leading to non-inflammatory IgG4 production. IL-17 in contrast, stimulates the production of pro-inflammatory IgG subclasses.

If these antibodies are produced against normally inoffensive food together with an increased gut permeability, these foods, when consumed on a regular basis, lead to chronic inflammation and in predisposed subjects, may induce auto-immune reactions.

Additionally, these antibodies may have substantial cross-reactions to human tissue and may actively participate by antigen-mimicry to the development of auto-immune diseases. Such antigen mimicry has also been identified for gluten to ovarian peptides and testes peptides. (1) As long as you consume gluten, these antibodies persist and may also attack your ovarian tissue and inhibit pregnancy.

On the other hand, chronic inflammation has a substantial impact on insulin metabolism, which again is highly implicated in PCOS, the major cause of infertility. Extensive works of Hotamisligil (2) and co-workers demonstrated the impact of low grade TNF- α on insulin receptors. The effect of chronic inflammation on high blood pressure is also documented. (3) This may also explain in part why certain predisposed pregnant women develop pre-eclampsia and gestational diabetes.

By reducing insulin resistance and increasing insulin sensitivity, PCOS can be overcome. Experiences in a German fertility clinic has shown that 2/3 of PCOS patients became pregnant without any further IVF action or hormone stimulation after 6-9 months having changed their diet according to the ImuPro findings.



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ImuPro not only enables conception, but it is also the best preventive protection for the baby. During the third term of pregnancy, the mother transmits all her IgG antibodies to the baby. What has been invented by nature to protect the baby against infectious diseases as its immune system is still immature turns into a threat, because the mother also transmits the pro-inflammatory antibodies directed against food. The baby literally inherits the food sensitivities from the mother. This may explain the increasing number of babies with dermatitis, behaviour disorders, gastro-intestinal disorders, asthma and many more medical conditions.

Our experience shows, that babies, born from mothers following the ImuPro guided diet during pregnancy, have significantly less health issues during their first years of life.



CONCLUSION

When an immune unbalance has been detected, it would be advisable to first perform an ImuPro test, adjust the diet accordingly for the next 6-12 months and try to become pregnant naturally, before starting to administer strong immune-suppressive drugs with numerous side effects for both the mother and the baby. Furthermore, these drugs don't identify and remove the cause, but just intend to dampen the symptoms. A sustainable improvement can only be achieved when the trigger for auto-immune disease is identified and removed.

Food is certainly not the only possible antigen involved, but everybody eats 2-3 times a day and most of the time the same kind of foods. Just take the breakfast, one of the most monotone meal for most people. ImuPro has shown huge improvements in a lot of auto-immune diseases, like Crohn's disease, Lupus erythematosus, psoriasis, Hashimoto, Sjögren syndrome, rheumatoid arthritis and asthma, just to name a few.

Cross-Reaction between Gliadin and Different Food and Tissue Antigens Aristo Vojdani, Igal Tarash. Food and Nutrition Sciences, 2013, 4, 20-32

Inflammation, metaflammation and immunometabolic disorders. Hotamisligil GS Nature. 2017 Feb 8; 542(7640):177-185. doi: 10.1038/nature21363.

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