

*I N T R O D U C I N G*

**Rolf Habersang**

MD, MPHTM



**Enzyme Therapy Seminar**  
October 11-12 • Houston, TX



# How to Curb the **Autoimmune Epidemic**



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**We are here to learn:**

What knowledge is required  
for an individual with an  
Autoimmune disease to  
**RETURN** to complying with  
requirements of **WELLBEING**



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## What is an Autoimmune disease, and what causes it?

- ▶ In a person with an autoimmune disease, the immune system mistakenly attacks healthy body cells and tissues.
- ▶ Researchers do not know the causes of many autoimmune conditions, but genetic factors, past infections, and environmental factors can affect their development.



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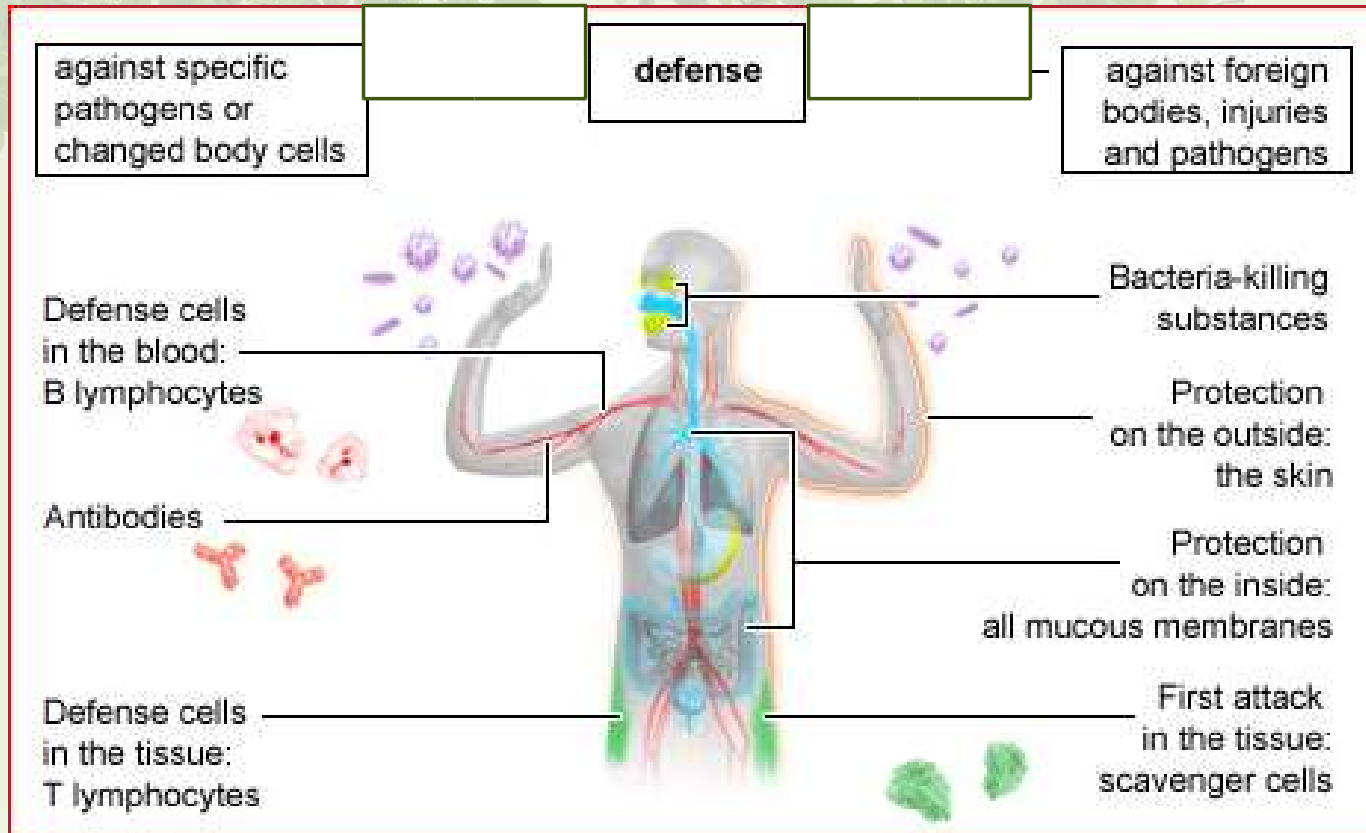
What do we believe  
represents our  
Immune System?



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# The Immune System



**In brief: The innate and adaptive immune systems**  
Last Update: August 14, 2023



# The Immune System

- Can distinguish healthy tissue from unwanted substances
- Will mount an immune response to unwanted substances e.g. toxins, bacteria or viruses, parasites
- Recognizes and removes dead and faulty cells.

against foreign bodies, injuries and pathogens

Bacteria-killing substances

Protection on the outside: the skin

Protection on the inside: all mucous membranes

First attack in the tissue: scavenger cells

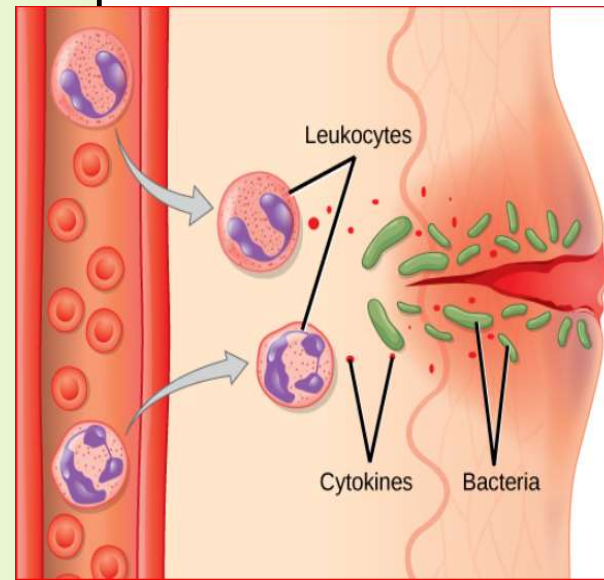
In brief: The innate and adaptive immune systems  
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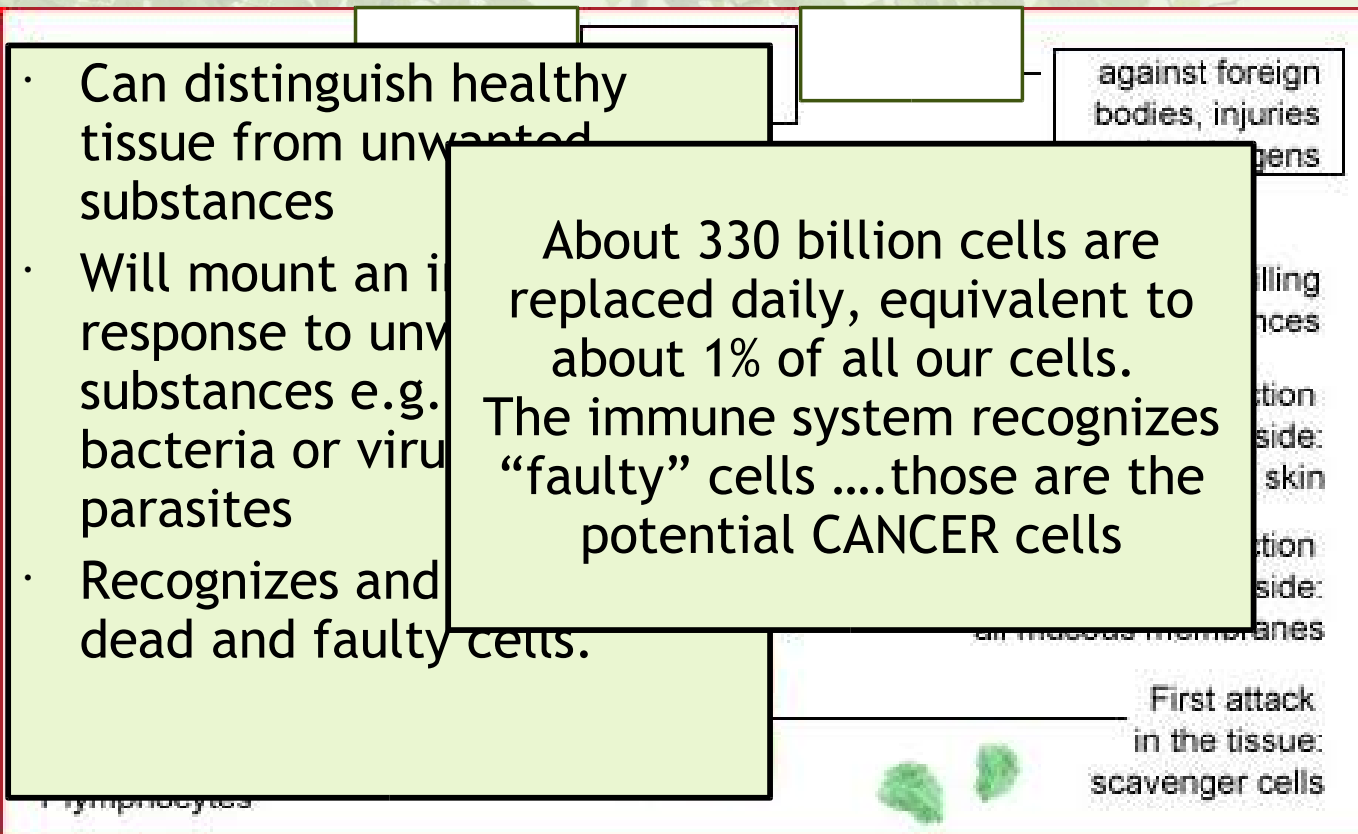


In brief: The innate and adaptive immune systems  
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# The Immune System



In brief: The innate and adaptive immune systems  
Last Update: August 14, 2023



# How does our Immune System develop ?



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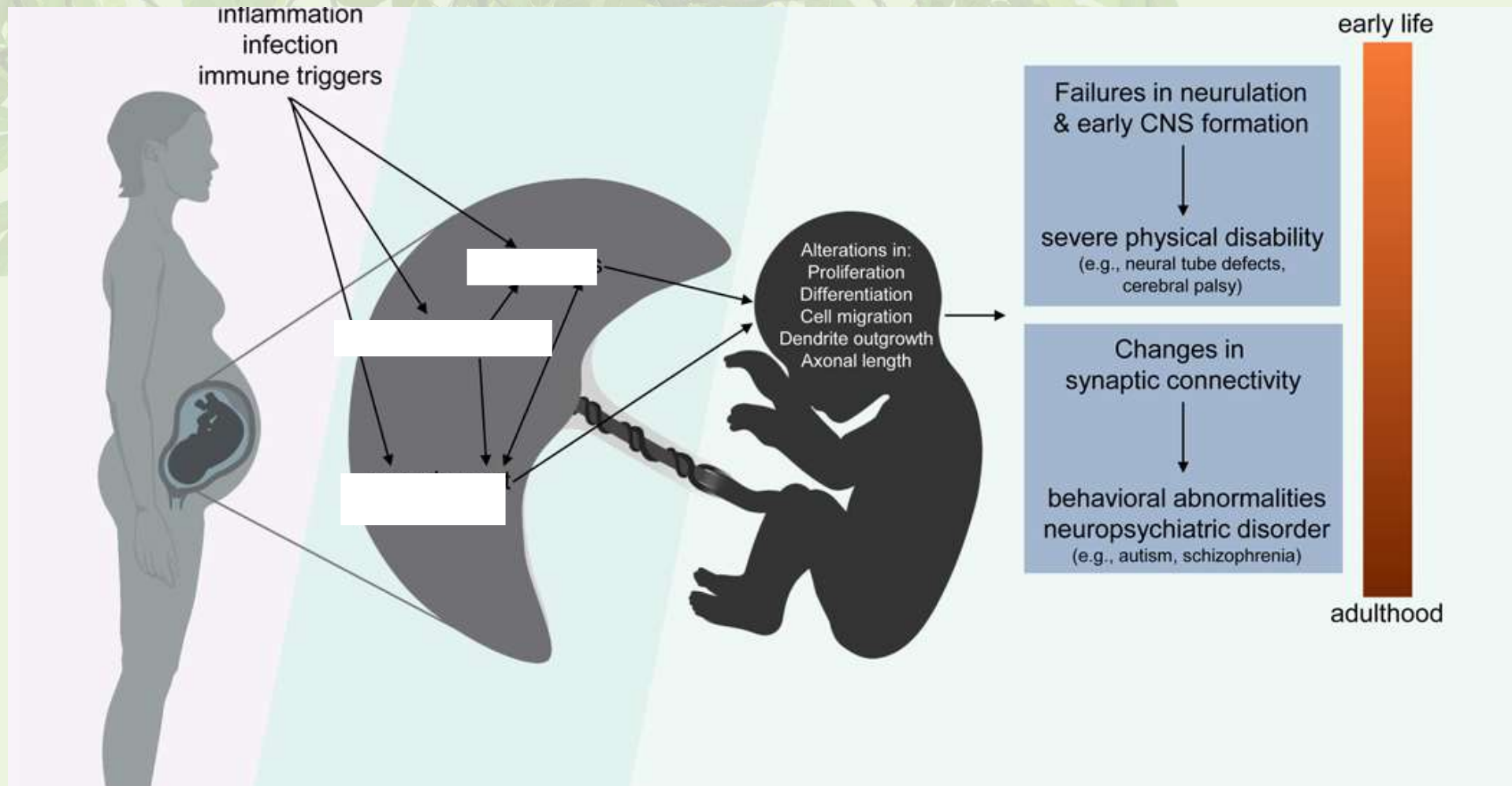
# Stages of Fetal Development

Fetus age (weeks)	Innate Immunity	Humoral Immunity	Cellular Immunity	Passive Immunity
5-6	Macrophages in the liver and blood		T-cell precursor in the liver	
9-10	Start of the complement synthesis	B precursor in the liver	T-cell precursors in the thymus	
12-14	Macrophages in lymphonodes and APC MHC class II	Pre-B cells with IgD, IgG and IgA	T-cells CD4+ and CD8+ in the liver and spleen	Start of mother's IgG transfer
16-17	Mature macrophages in the liver and circulating neutrophils	Large number of B-cells in the spleen, blood and bone marrow	T-cells in the blood and lymphoid tissues/ rearrangement of receptors	
20-30		B-cells secrete antibodies	Gradual increase of T-lymphocytes secreting lymphokines	Gradual increase of IgG transportation

APC: antigen presenting cells; MHC: major histocompatibility antigens

*Current Pediatric Reviews, 2007, Vol. 3, No. 1*



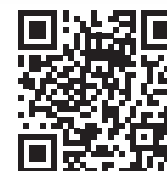


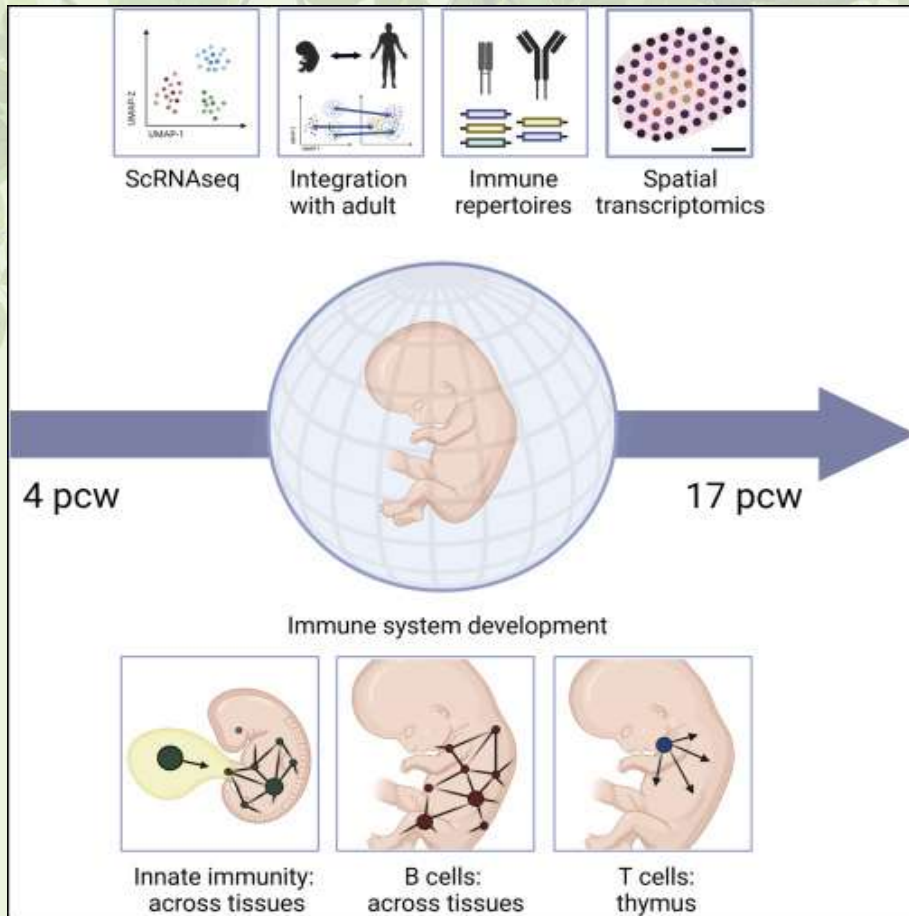
**The Role of Immune Factors in Shaping Fetal Neurodevelopment**

• [Alice Lu-Culligan](#)<sup>1</sup>, and Akiko Iwasaki<sup>1,2,3</sup>



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- ▶ The earliest immune cells to arise during prenatal development, which include macrophages and innate lymphoid progenitors, are reported as early as 4 post-conception weeks (pcw), followed by lymphocytes appearing at 6-7 pcw

Immunity  
 Volume 55, Issue 7, 12 July 2022, Pages 1153-1155

Park et al., 2020; Cao et al., 2020

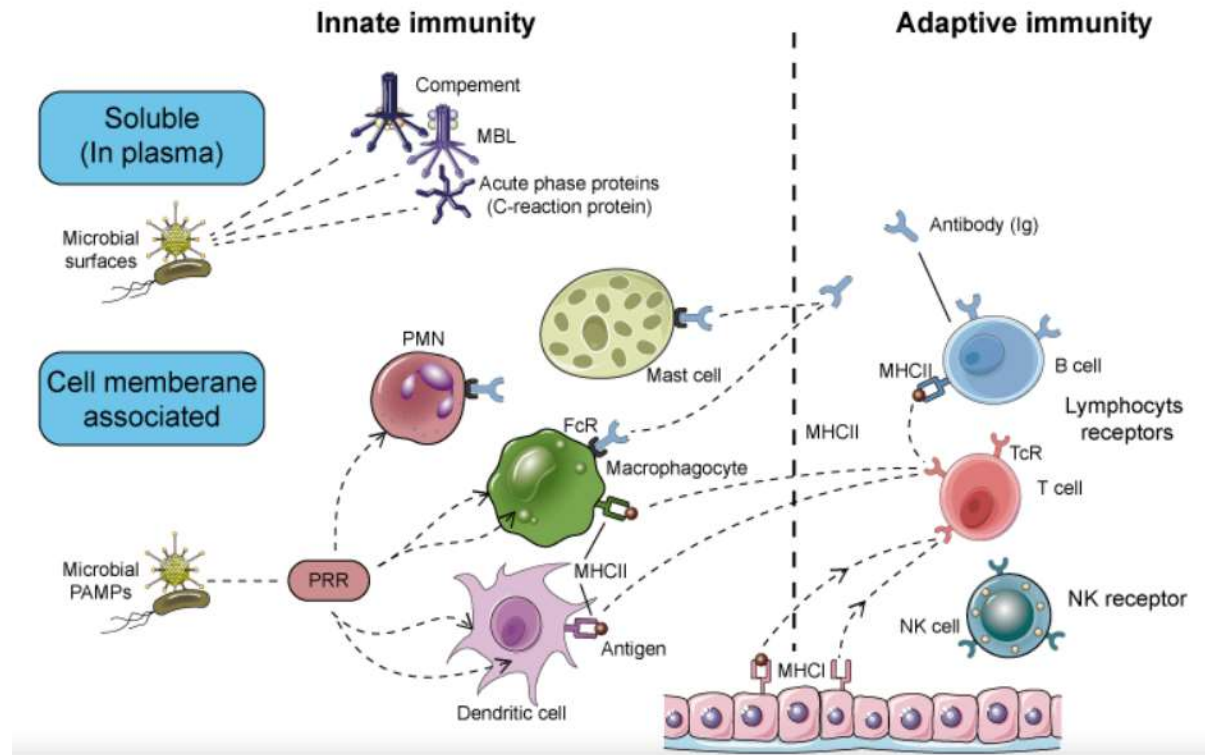


# How does our Immune System work?



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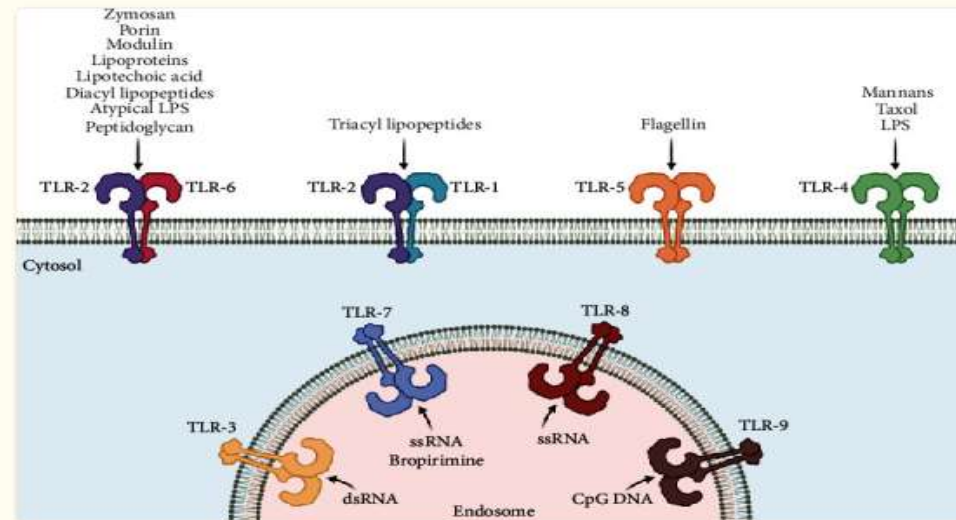




Immune Recognition and Receptors - Creative Diagnostics



## Recognition of Molecular Patterns Associated with Different Ligands (a signaling molecule)



**Figure 2**

Detection of PAMPs by various TLRs.

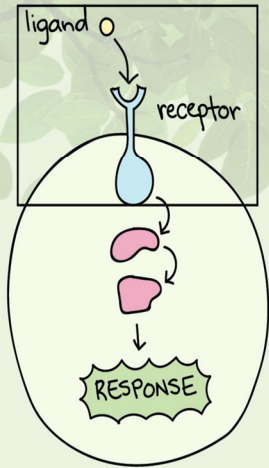
Toll-Like Receptors (TLRs): Structure, Functions, Signaling, and Role of Their Polymorphisms in Colorectal Cancer Susceptibility

Aga Syed Sameer<sup>1, 2</sup> and Sanjya Nissar<sup>2, 3</sup>

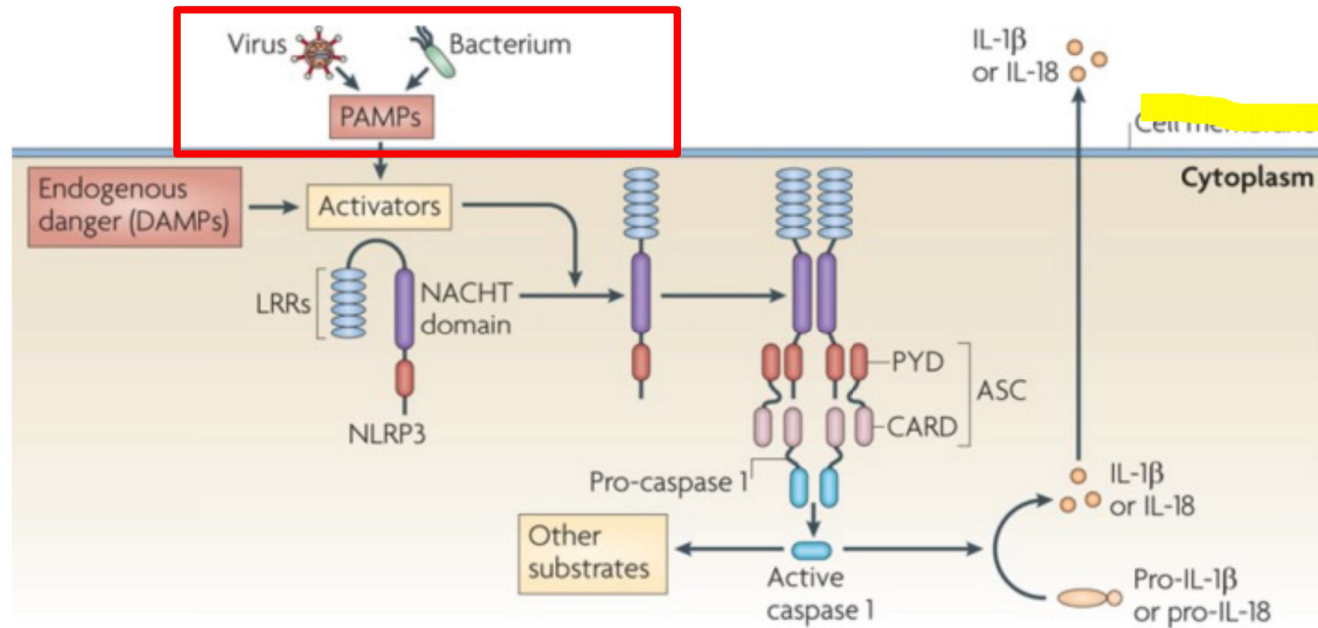




## Recognition of Molecular Patterns Associated with Different Ligands (a signaling molecule)



khanacademy.org



Nature Reviews | Immunology



# Ligands:... Associated Molecular Patterns

Cellular receptors (ligands) are proteins either inside a cell or on its surface that receive a signal.

This is a chemical signal in normal physiology where a protein ligand binds a protein receptor.

The ligand is a chemical messenger released by 1 cell to signal itself or a different cell.

.....AMPs

A - Allergen

C - Covid modified (RNA)

D - Damage

M - Metabolism

M - Microbial

N - Nematode

P - Pathogens

V - Vaccine adjuvants



# Various Factors Impact Toll-like Receptors

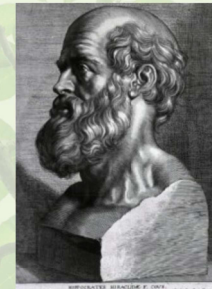
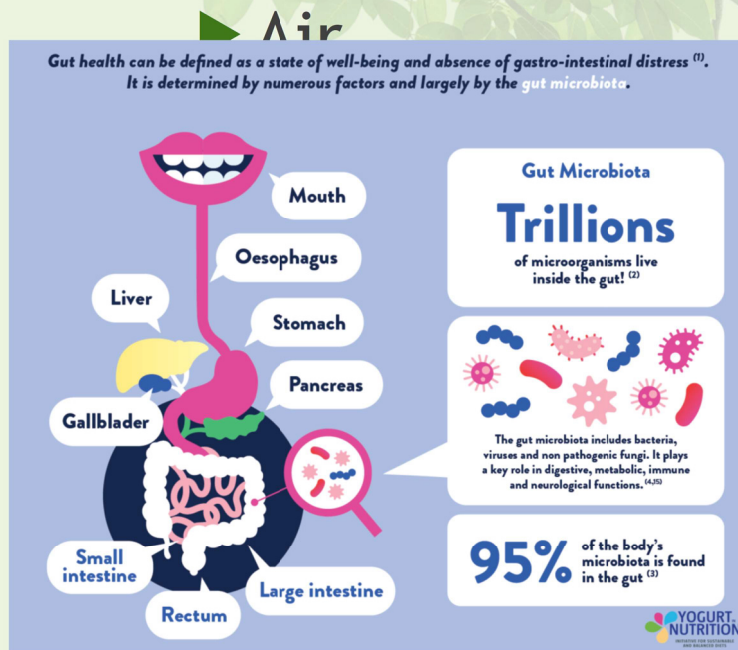
Toll-like receptors (TLRs) are a family of innate immune receptors whose activation is crucial for the induction of innate and adaptive immune responses

- ▶ Air
- ▶ Foods - “Processed”
- ▶ Microbes
- ▶ Stress
- ▶ ACE (Adverse Childhood Events)
- ▶ Vaccines



# Various Factors Impact Toll-like Receptors

Toll-like receptors (TLRs) are a family of innate immune receptors whose activation is crucial for the induction of innate and adaptive immune responses



“All Disease Begins in the Gut” (Hippocrates 2,500 yrs ago)

Childhood Events)



# Various Factors Impact Toll-like Receptors

Toll-like receptors (TLRs) are a family of innate immune receptors whose activation is crucial for the induction of innate and adaptive immune responses

## ► Air



Events)



Asthma and Allergy  
Foundation of America



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# Various Factors Impact Toll-like Receptors

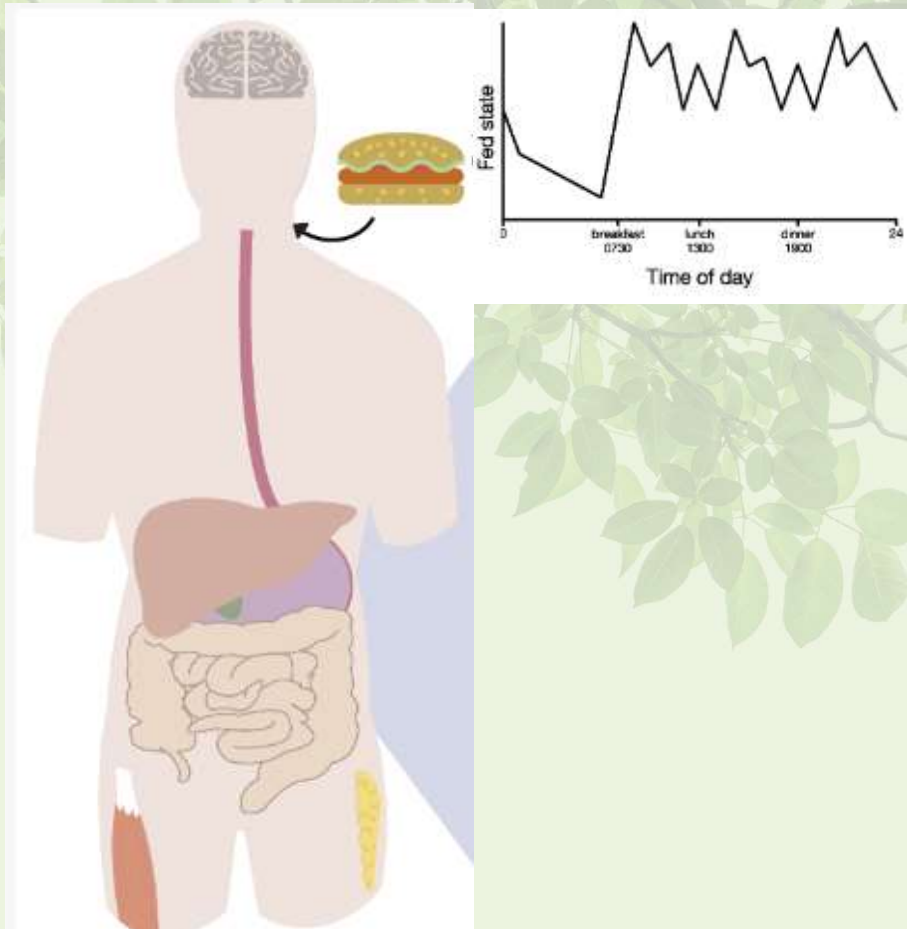
Toll-like receptors (TLRs) are a family of innate immune receptors whose activation is crucial for the induction of innate and adaptive immune responses

- ▶ Air
- ▶ Foods - “Processed”



UNPROCESSED	PROCESSED INGREDIENTS	PROCESSED	ULTRA-PROCESSED
FRUIT	OILS	HAM	SUPERMARKET BREAD
VEGETABLES	BUTTER	CHEESE	READY MEALS
NUTS	VINEGAR	FRESH BREAD	BREAKFAST CEREAL
EGGS	SUGAR	BACON	BISCUITS
MILK	SALT	SALTED NUTS	CAKES
MEAT	HONEY	TINNED FRUIT IN SYRUP	CRISPS





**Postprandial mediated inflammatory effects**

Macronutrients	Inflammatory effect
- Glucose	↑
- Lipids	↑
- N-3 PUFAs	↓
- Amino acids	↓
<b>Enterokines/hormones</b>	
- Insulin	↓
- Bile acids	↓
- FGF19	↓
- GLP-1	↓
- Ghrelin	↓
- Leptin	↑
<b>Inflammatory mediators</b>	
- LPS	↑
- TLR4	↑
- NF-κB	↑
- ROS	↑
- Complement C3	↑
- Interleukin 1β & 6	↑
- TNF-α	↑
- sCD14	↑

Nutrients 2019, 11, 3000; doi:10.3390/nu11123000  
<https://www.mdpi.com/2072-6643/11/12/3000>



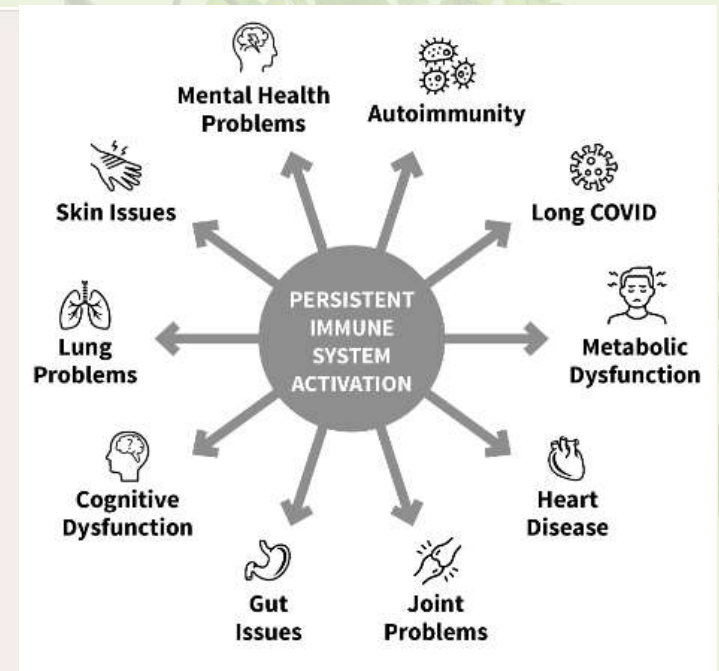
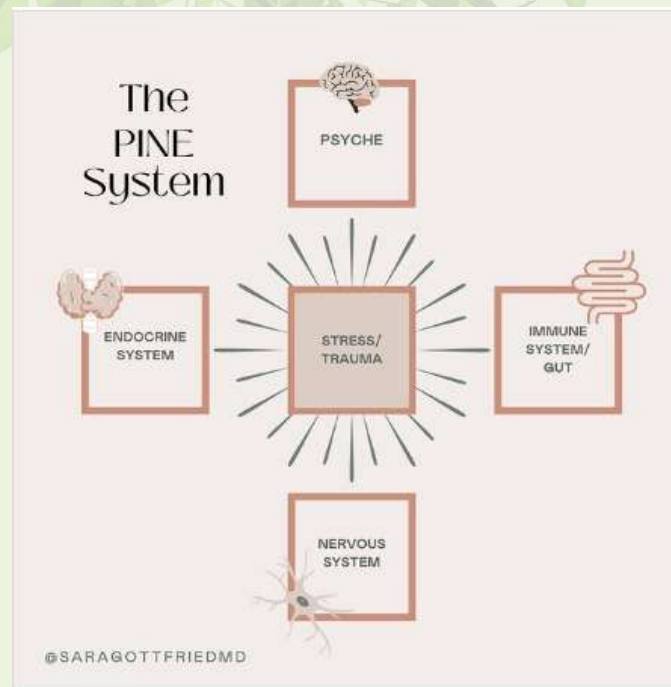
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# Various Factors Impact Toll-like Receptors

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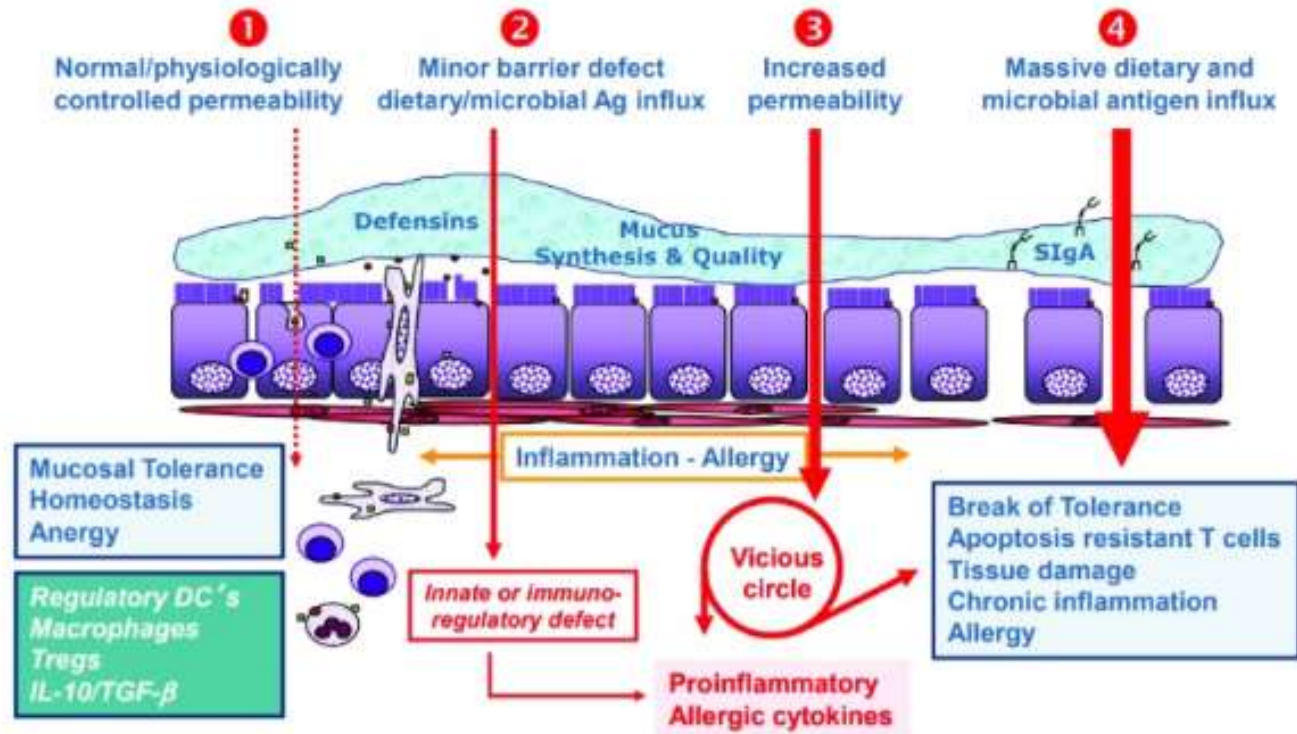
[onecommune.com/blog/commusings-when-your-body-attacks-itself-by-dr-sara-gottfried](https://onecommune.com/blog/commusings-when-your-body-attacks-itself-by-dr-sara-gottfried)





# Loss of Mucosal Immune Homeostasis

## Chronic Inflammation-Allergy



Adapted from P. Brandtzaeg, *Beneficial Microbes* 2010

PMID: 32051759

PMCID: PMC6996528 DOI: [10.12688/f1000research.20510.1](https://doi.org/10.12688/f1000research.20510.1)



# So what causes Autoimmunity?



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# THEORY

- ▶ Genetic Predisposition
- ▶ Exposure to Triggers → gut Zonulin production
- ▶ Exposure of the Immune System to a trigger (triggers)
- ▶ ACE (Adverse Childhood Experiences)


Resulting in AUTO-IMMUNITY  
(Immune Intolerance)



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# Then Mankind learned to Control Fire

- ▶ 1st way to “change” natural products to “other”
- ▶ Now mostly processed or ultra-processed foods.
- ▶ 73% of food eaten is ultra processed
  - ▶ The more “denatured” the more allergenic / TOXIC
    - ▶ Non-Self
    - ▶ Gazillions of Non-Selfs
    - Simultaneously
    - 
    - ▶ ALLERGEN STORM



# How to detect Immune Dys-function



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# Food Hypersensitivity reaction?

IgE, IgA, IgG, IgM



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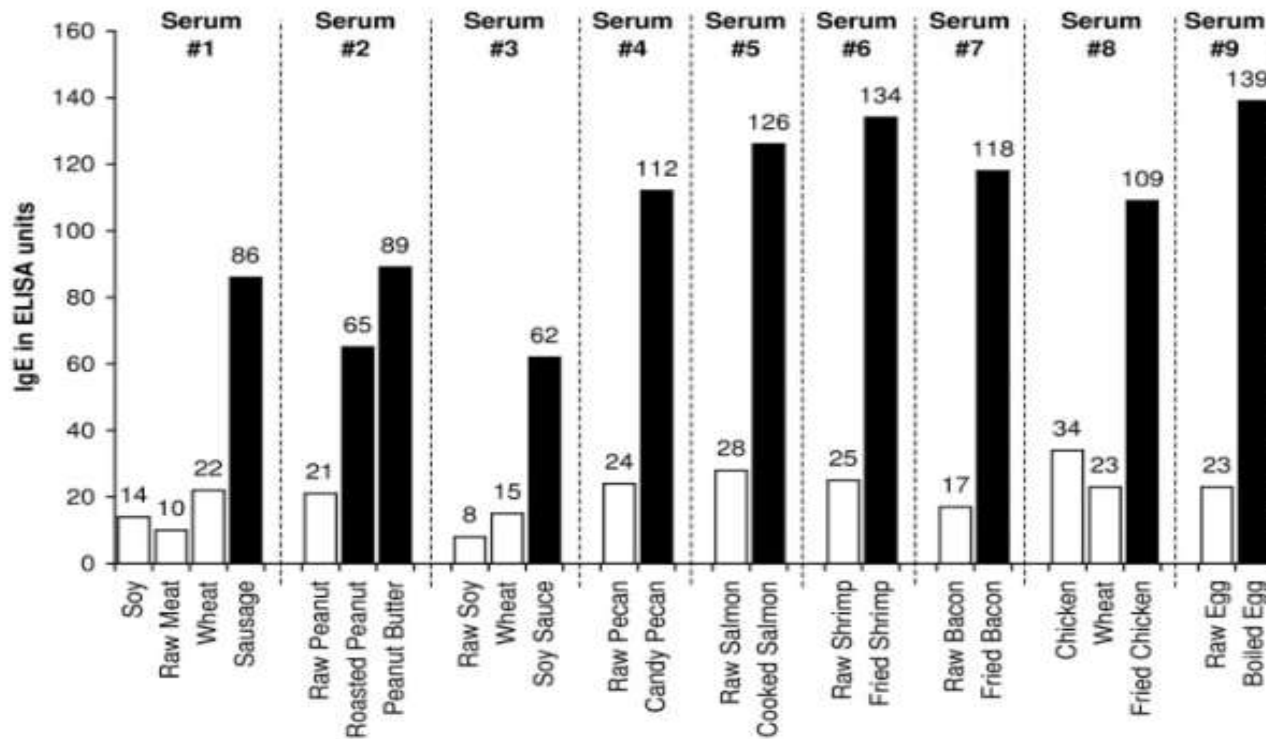


## IgE, IgA, IgG, IgM

- ▶ Dr. Vojdani suggests that the determination of food allergies, intolerance and sensitivity would be improved by testing antibodies E,A,G,M against both raw and processed food antigens



# IgE

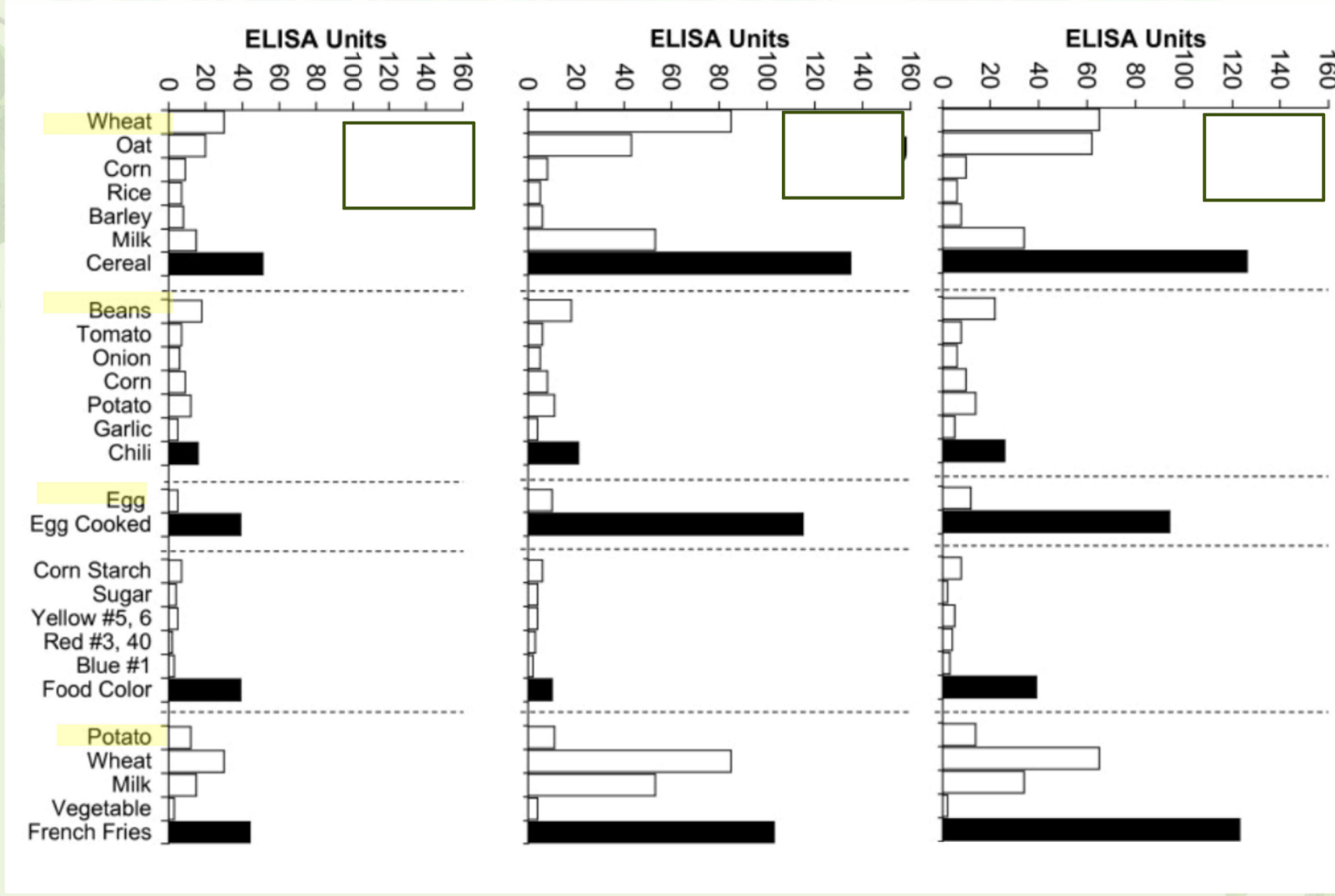


Serum levels of IgE Antibodies against Raw (white square) vs Processed (black square)

[nutritionandmetabolism.biomedcentral.com/articles/10.1186/1743-7075-6-22#Tab1](http://nutritionandmetabolism.biomedcentral.com/articles/10.1186/1743-7075-6-22#Tab1)





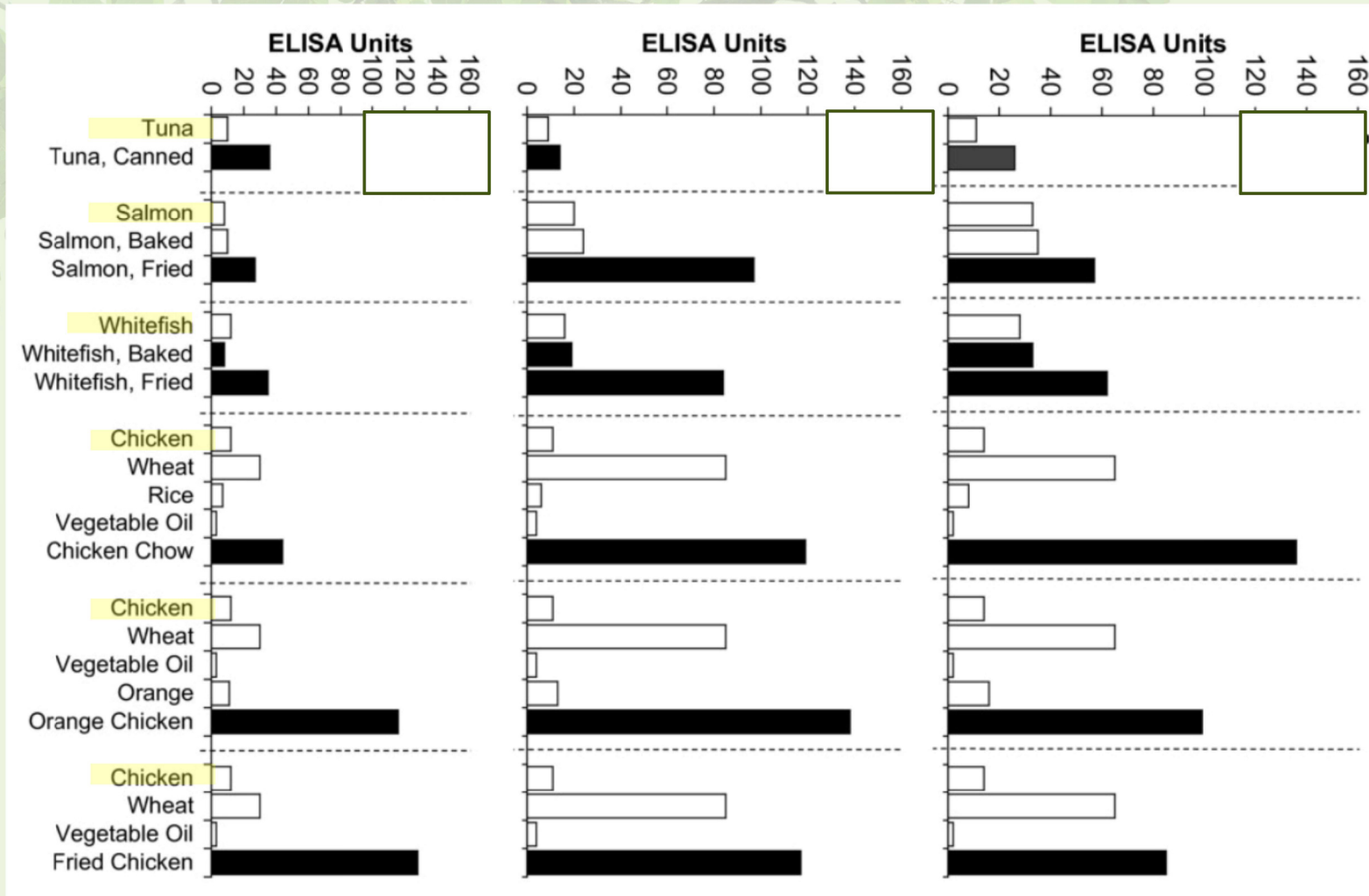


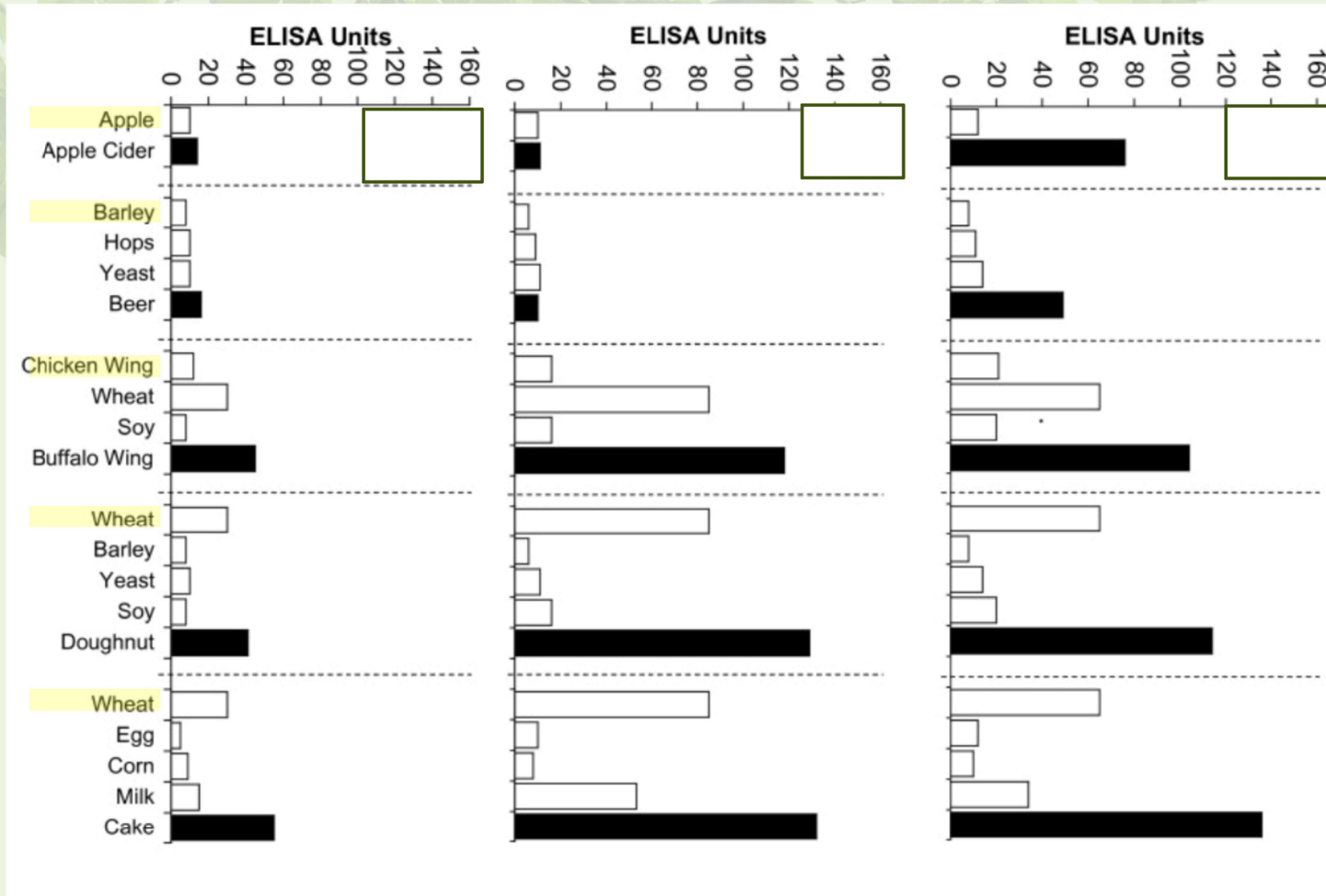
[nutritionandmetabolism.biomedcentral.com/articles/10.1186/1743-7075-6-22#Tab1](http://nutritionandmetabolism.biomedcentral.com/articles/10.1186/1743-7075-6-22#Tab1)



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How can you test a  
Dys-Functional  
Immune System?  
  
(Lab Work)



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## Lab work

- ▶ CBC, Chemistry
- ▶ Vitamin Levels
- ▶ CRP
- ▶ ESR
- ▶ ANA
- ▶ ENA
- ▶ Food IgG
- ▶ Viral IgM, IgG, ABS
- ▶ Cell identification with Flow cytometry

Classification	Mucosal	Systemic	
Type	Humoral	Humoral	Cell-Mediated
Biomarkers	<ul style="list-style-type: none"> <li>• Secretory IgA (SigA)</li> <li>• Intestinal Barrier Function (Antibodies against large molecules)</li> <li>• Cytokine Levels</li> </ul>	<ul style="list-style-type: none"> <li>• Total Immunoglobulins</li> <li>• Antigen &amp; Tissue Specific Antibodies</li> <li>• IgG Subclasses</li> <li>• Complement Cascade</li> <li>• Immune Complexes</li> <li>• Cytokine Levels</li> </ul>	<ul style="list-style-type: none"> <li>• Lymphocyte Subset</li> <li>• T &amp; B Cell Function</li> <li>• NK Cell Activity</li> <li>• Regulatory T-Cells</li> <li>• T-helper 17</li> <li>• Pro- and Anti Inflammatory Cytokines</li> <li>• Th1/Th2 Cytokine Production</li> </ul>

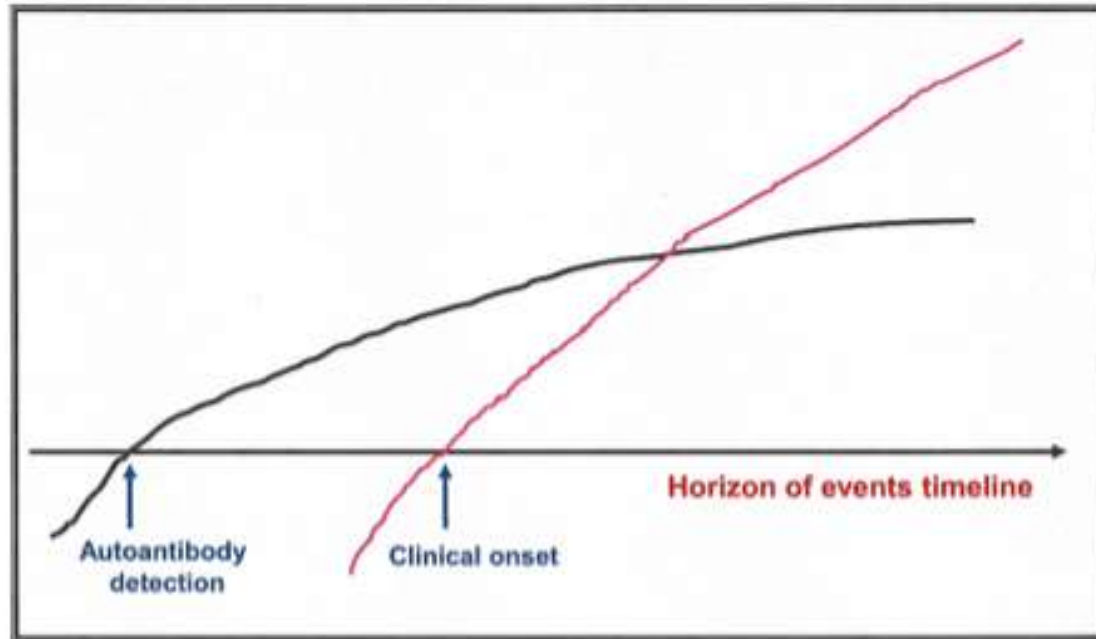
**Table 2: Immune Responses and Evaluations**

THE AUTISM FILE

ISSUE 31 2009



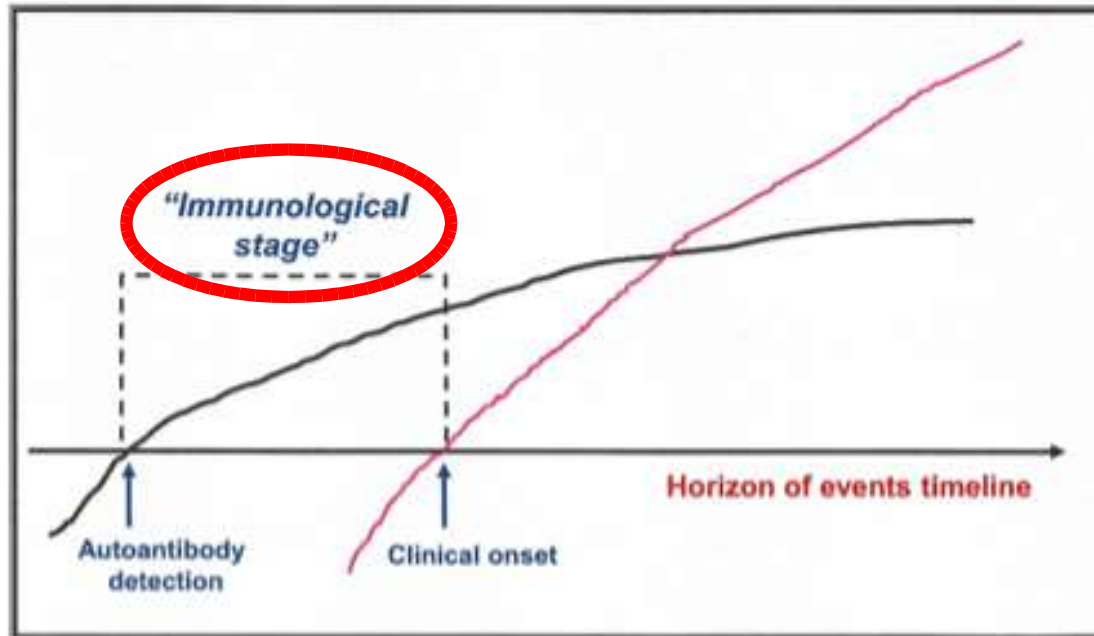
## Clinical-immunological temporal dissociation



Luis Eduardo Coelho, MD, PhD  
Study Group - Autoantibody Standardization Committee  
Washington, November 12th, 2012



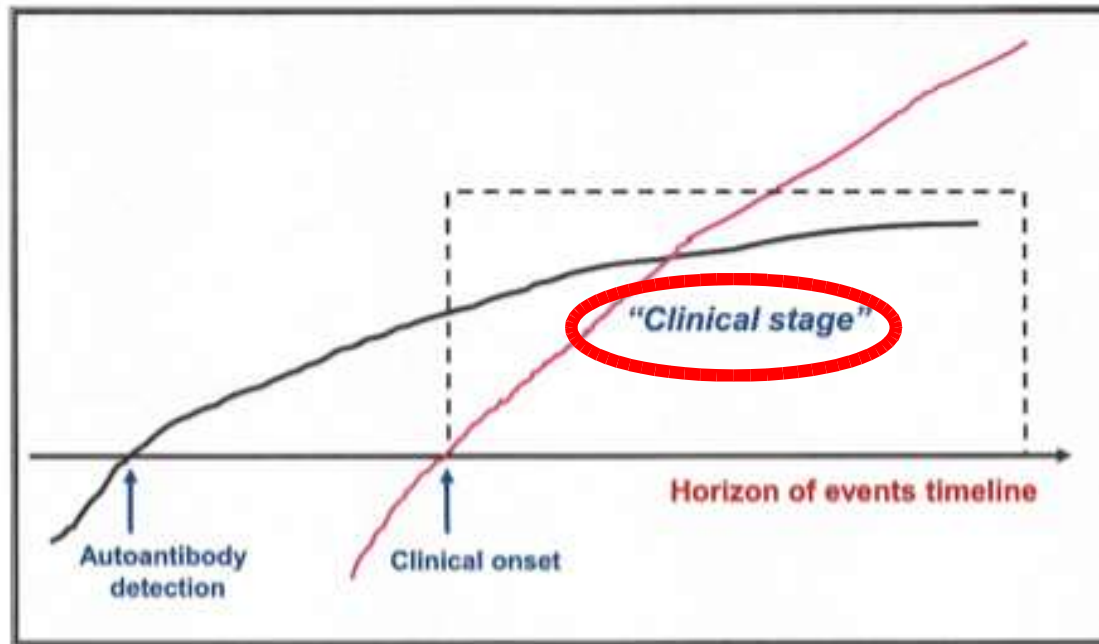
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## Clinical-immunological temporal dissociation



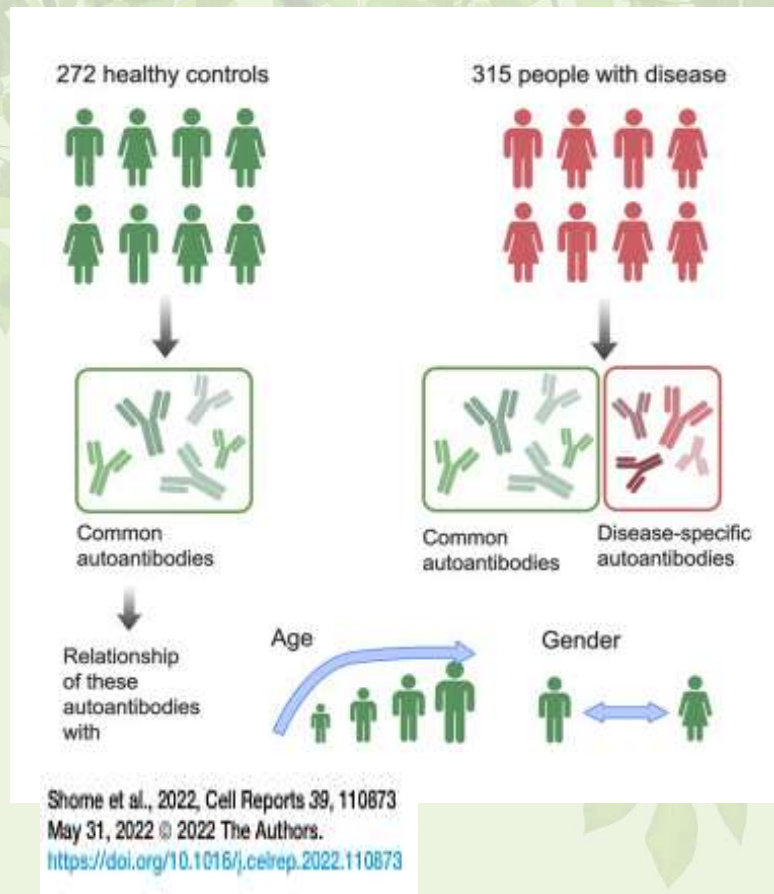
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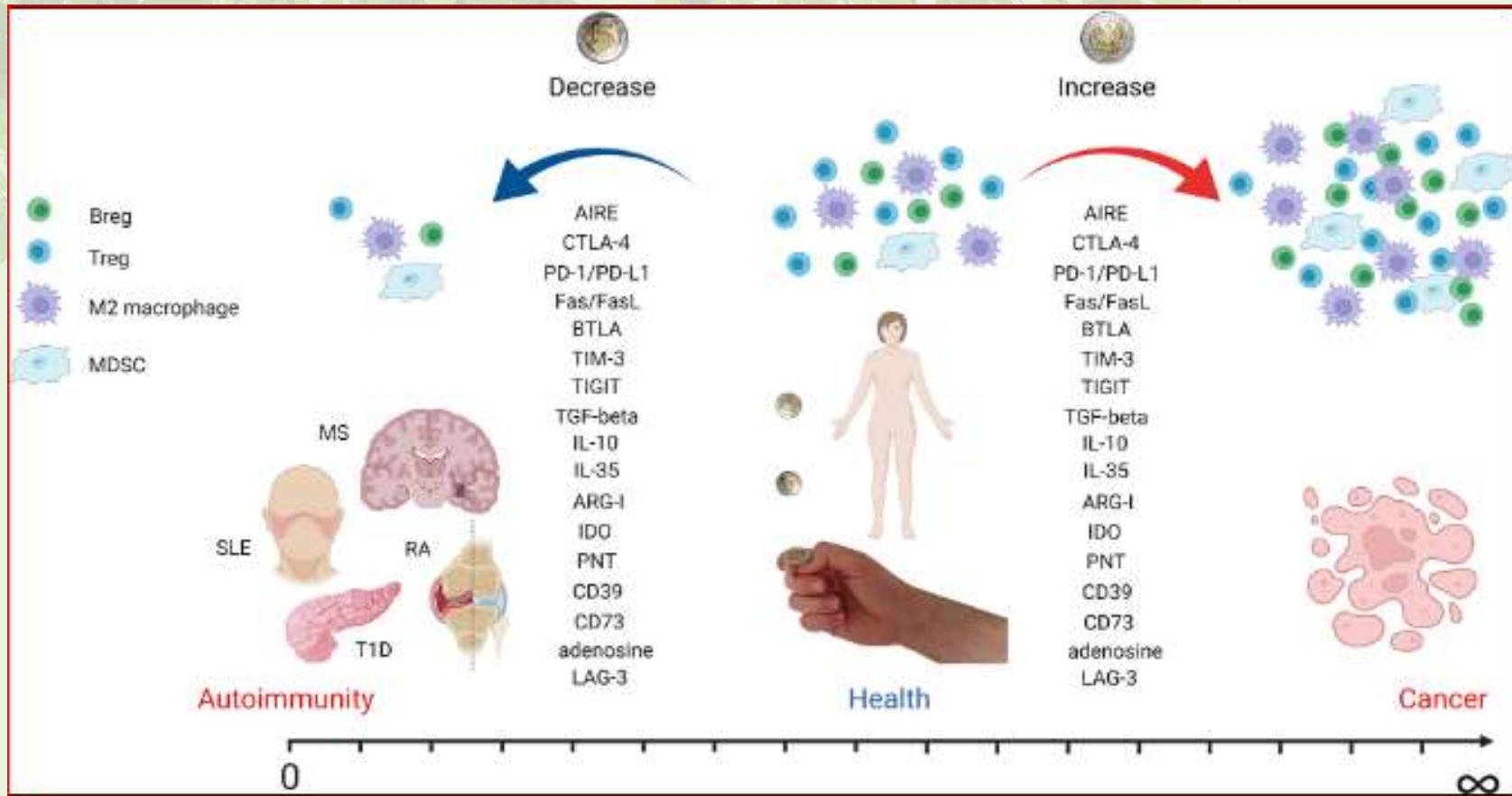
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# Autoimmunity and cancer are two sides of the same coin



May 13, 2022 · Front. Immunol., 13 May 2022. Sec. Immunological Tolerance and Regulation. Volume 13 - 2022 | <https://doi.org/10.3389/fimmu.2022.793234>





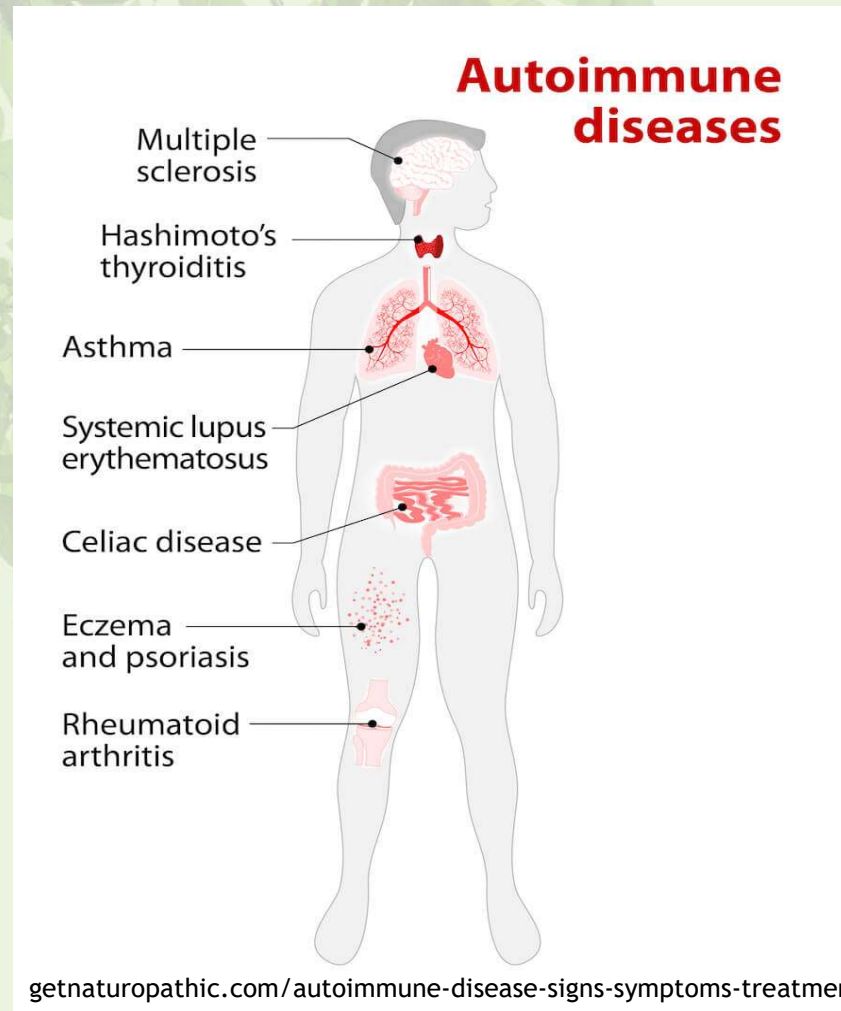
# Approaches to **REVERSING** Autoimmunity



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You don't want your  
**IMMUNE  
SYSTEM**  
attacking  
your  
**ORGANS**



The world of  
Pharma and  
modern  
medicine  
suppress the  
immune  
response of the  
body

- ▶ OTC NSAIDS, acetaminophen
- ▶ Immunosuppressant
  - ▶ Cortico steroid
  - ▶ Methotrexate
- ▶ Immunosuppressive  
Biologics
  - ▶ ....mabs
- ▶ JAX Inhibitors
- ▶ Immunotherapy



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Robert Malone, MD – Sunday Funny's 8/2/2024



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# Lifestyle / Wellness sustaining habits to result in a Healthy Life Span

- ▶ Diet & Nutrition
- ▶ Movement / Activity / Exercise
- ▶ Sleep / Restorative (deep / brain detox)
- ▶ Stress Management
- ▶ Positive Social Intentions engagement / Loneliness
- ▶ Sexual Health
- ▶ Gratitude
- ▶ Cognitive Enhancement

▶ But Not

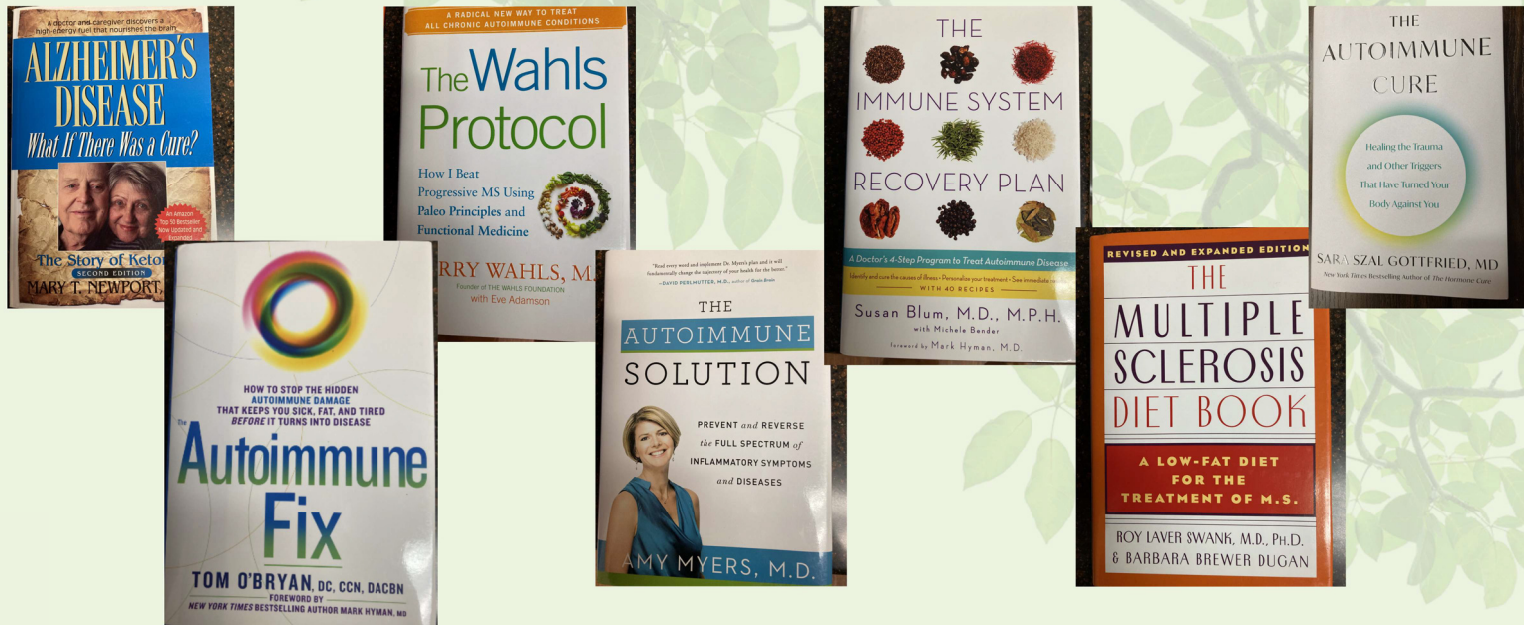
Vaccination . Gene Therapy  
vaccinations  
“Risky” Substance use





# “How I reversed an Autoimmune Disease”

## Many individuals talk about the reversal of the Autoimmune Diseases



Approaches to  
**REVERSING** Autoimmunity  
  
(Lifestyle)



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# Lifestyle - wellness sustaining habits to result in healthy life span

- ▶ Diet
- ▶ Nutrition
- ▶ Vaccination / Gene Therapy
- ▶ Movement - activity / exercise
- ▶ Sleep / restorative (deep/ brain detoxing)
- ▶ “risky” substance abuse
- ▶ Positive social interactions / engagement
- ▶ Sexual health
- ▶ Gratitude
- ▶ Cognitive enhancement



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## Lifestyle - addressing STRESS

- ▶ Exposure to Nature: Sunlight, Forestbathing
- ▶ Blue blockers: Cell phone, iPad, Computer screen
- ▶ Red Infrared Light exposure
- ▶ Earthing
- ▶ Breathing (slow abdominal)
- ▶ Increase Healthy activities (e.g., walking in the park)  
stimulating your sympathetic stress system even  
more
- ▶ Regenerative Sleep



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Approaches to  
**REVERSING** Autoimmunity  
  
(Supplements)



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**TRANSFORMATION**  
THE GENESIS OF GOOD HEALTH™

PRODUCT  
**CATALOG**



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# **TRANSFORMATION®**

## **Protocol for Autoimmune Disorders**

- ▶ **Digestive enzyme formula with meals**
- ▶ **Protease between meals**
- ▶ **Probiotics**



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# **TRANSFORMATION®**

## **Protocol for Autoimmune Disorders**

**For Infants, Toddlers, and Sensitive Individuals:**

- ▶ **3 DigestZyme with every meal or snack**
- ▶ **3 PureZyme 4 x day between meals**
- ▶ **3 Plantadophilus at bedtime**



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# **TRANSFORMATION®**

## **Protocol for Autoimmune Disorders**

**For Teens and Adults:**

- ▶ **3 Digest with every meal or snack**
- ▶ **3 Protease 4 x day between meals**
- ▶ **3 Probiotic 42.5 at bedtime**



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Approaches to  
**REVERSING** Autoimmunity  
  
(Food? Yes! #1)



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## Foods that do NOT cause Inflammatory Response

- ▶ Raw
- ▶ Vegetable Juice
- ▶ Steamed



## Foods that DO cause Inflammatory Response

- ▶ Cooked, Processed
- ▶ Ultra processed



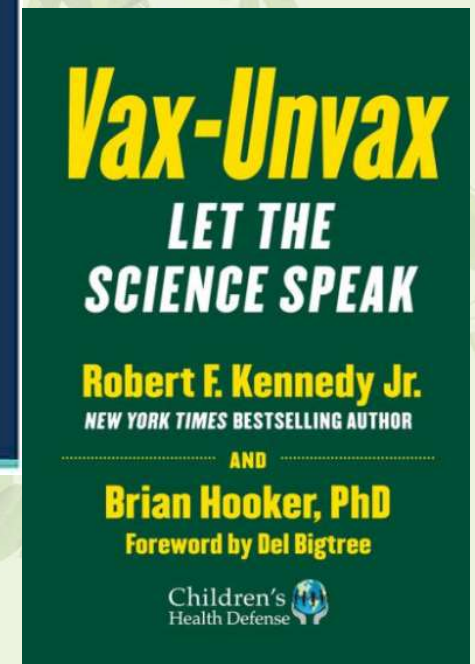
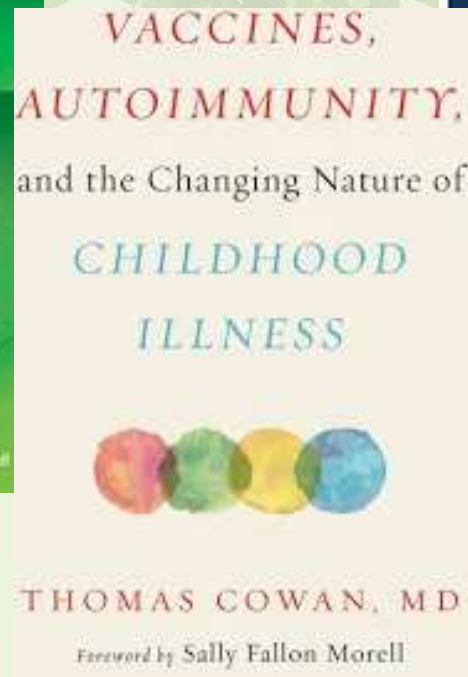
Approaches to  
**REVERSING Autoimmunity**  
(Vaccines? NO)



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# What About Vaccines?



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## Ingredients in Vaccines

### Vaccine Excipient Summary

Here is a partial list of vaccine ingredients.<sup>1</sup>

**Antigens:** The active ingredient designed to stimulate an immune response. They are either weakened germs or fragments of the disease organisms, either viruses, bacteria, or toxoids. The covid 19 injections (Pfizer, Moderna) utilize mRNA, stimulating the body to produce a synthetic protein.

**Growth Mediums and Animal Cells:** Examples include mediums made from chick embryos, chick kidney cells, monkey kidneys, mouse brains, and dog tissues. These have the potential to become contaminated with animal viruses. Foreign animal cells can cause DNA mutations linked to allergic reactions, cancer and other diseases.

**Human Diploid (fetal) Cells:** (MRC-5, RA273, WI-38) Emerging science links fetal cell residuals to autoimmune and other diseases.

**Preservatives:** Thimerisol (mercury), is a highly toxic substance. Benzothonium chloride, phenol, and other chemical compounds are used.

**Adjuvants:** Aluminum salts are added to increase the immune response. Aluminum is associated with autism, Alzheimer's disease, seizures, tics, brain inflammation, nerve damage, IBS, Chronic Fatigue Syndrome and auto immune diseases (see pages 20-21)

**Chemical Additives:** Monosodium glutamate is an excitotoxin associated with abnormal brain function and headaches. Polysorbate 80 and 20 are known to cause allergic reactions.

**Antibiotics:** Neomycin, streptomycin, polymyxin B and others are suspected of being toxic.

**Formaldehyde (formalin):** is a known human carcinogen labeled by the world-leading International Agency for Research on Cancer as linked to leukemia and lymphoma. Leukemia is the number one cancer in children and is increasing at alarming rates.

CDC site, [Vaccine Excipients Table](#):

<https://www.cdc.gov/vaccines/pubs/pinkbook/downloads/appendices/B/excipient-table-2.pdf>

<sup>1</sup> For more information, see Dal Z. Miller, Vaccine Safety Manual, 2nd ed., New Atlantas, (2013, 2017) p. 305-310, and do further research on individual ingredients, marked and unmarked.

There are NO  
placebo-  
controlled trials  
of any vaccines.

NO safety  
studies.

Hep B was tested  
for just 5 days!





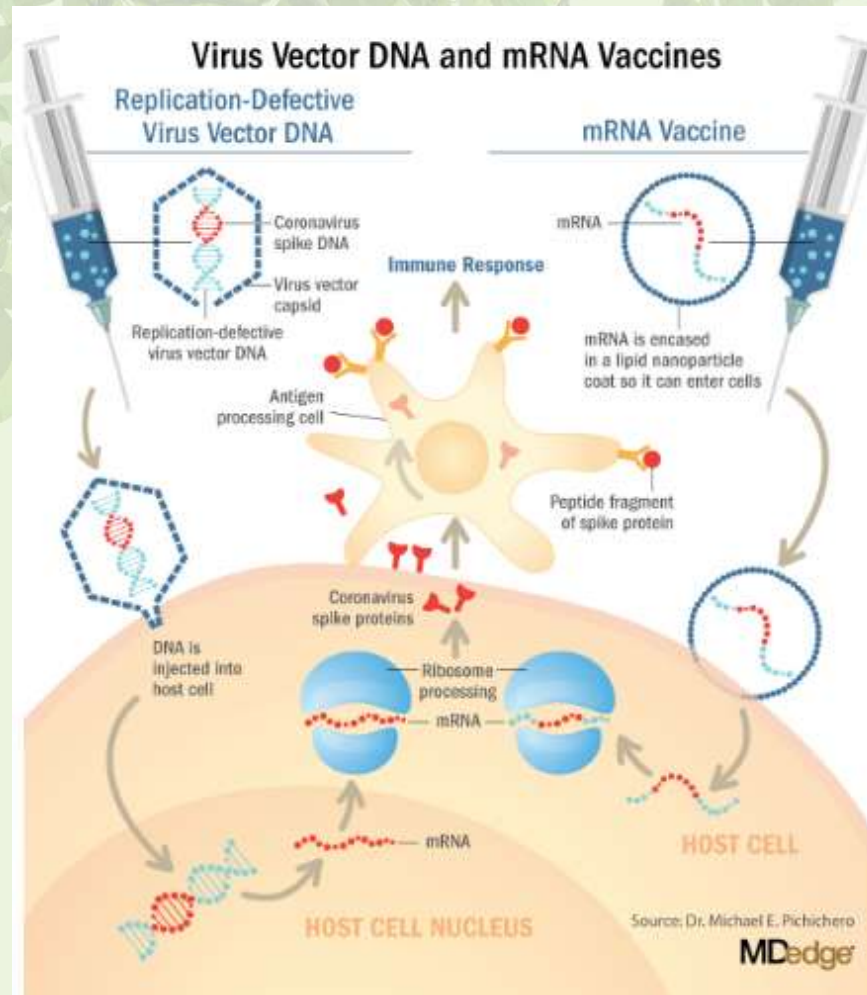
# What causes Neuro-COVID and Post Vaccine Injury?



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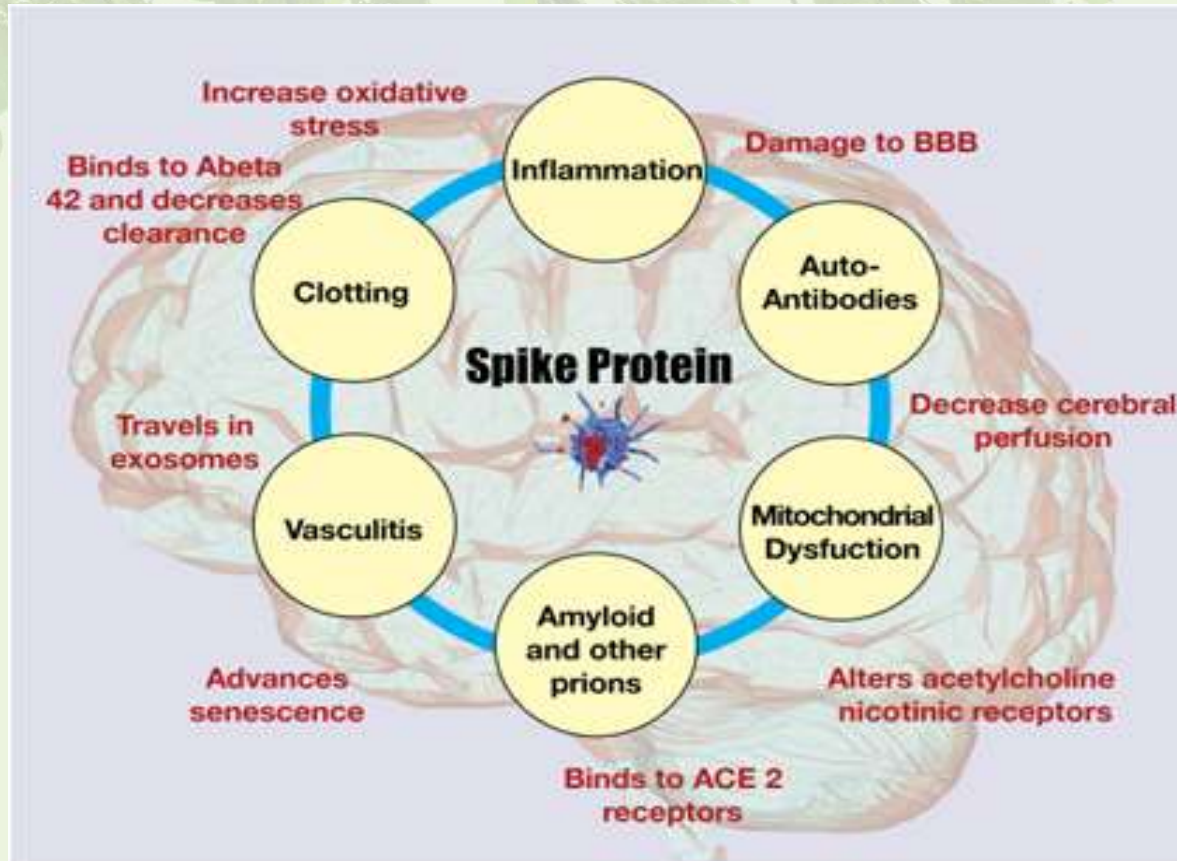




Understanding Messenger RNA and Other SARS-CoV-2 Vaccines  
 Michael E. Pichichero, MD (December 14, 2020)



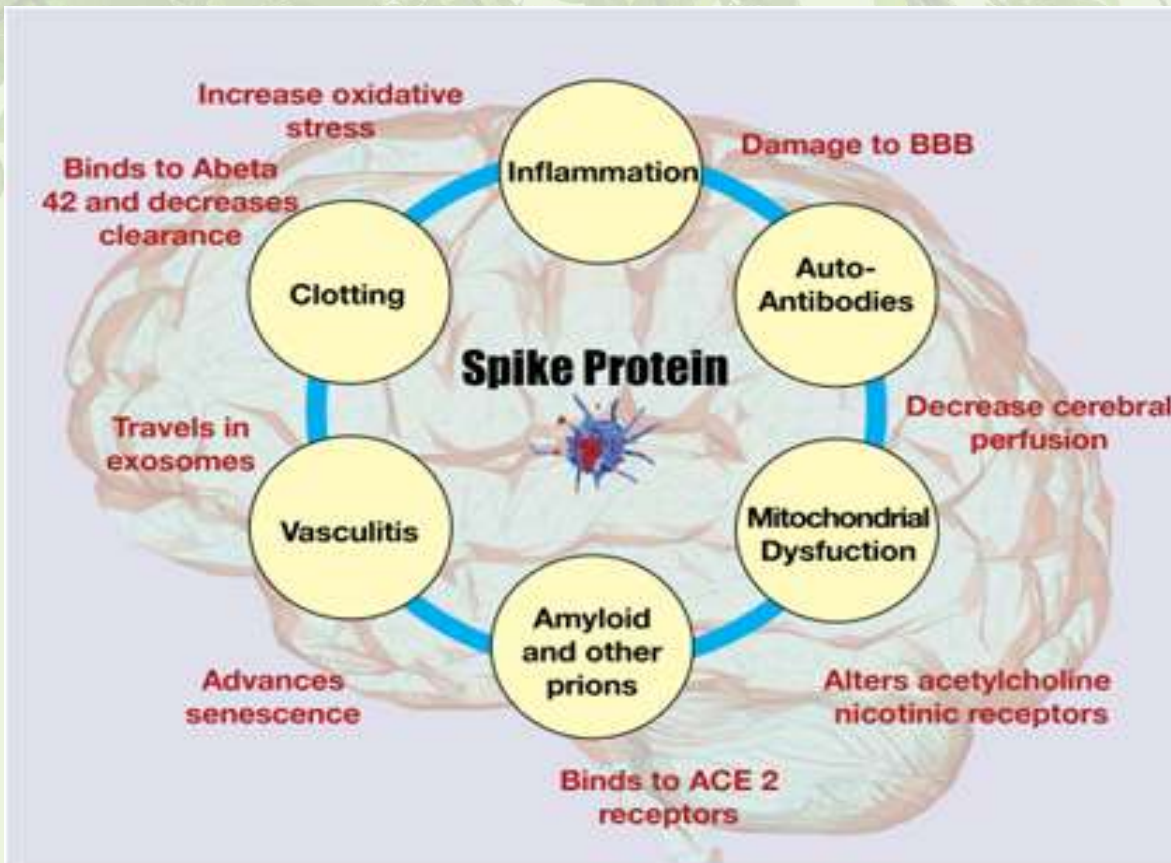
# Spikeopathy Mechanism of Injury



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# Spikeopathy Mechanism of Injury



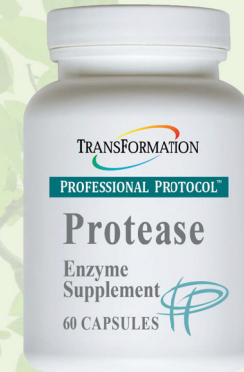
- High levels of inflammation
- Alteration of the innate and adaptive immune system
- High levels of Oxidative Stress
- Damage to the BBB
- Autoimmune/molecular mimicry
- Prion's forming
- Micro-clotting / vascular/ low CBF
- Neurotoxins affecting the cholinergic system
- Mast Cell Activation
- Mitochondrial dysfunction
- Advances Senescence and Apoptosis
- Viral Reactivation
- Low Serotonin
- Gut Dysbiosis
- Damage to the Vagus nerve
- Neurons fusing

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# Treatment for Spikeopathy

- ▶ Protease: 3 caps between meals 3-4 x day
- ▶ Turmeric: 1,000 mg orally twice daily  
or
- ▶ Ivermectin: 0.2 mg/kg daily for 5 days  
Then Monday & Thursday for months until Spike Protein antibody level decreases to low level
- ▶ Nicotine



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## In Summary

- ▶ Do the best you can until you know better. Then, when you know better, do better.

Maya Angelou

- ▶ If you don't change direction, you may end up where you are heading.

Lao Tsu

- ▶ You don't have to learn NOR do you have to change. You don't need to survive either.

W. Edward Deming



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