

# 3 Steps I Used to Overcome Autoimmune Rashes

by Gabriel Arruda, Author of **How I Reversed My Autoimmune Disease**

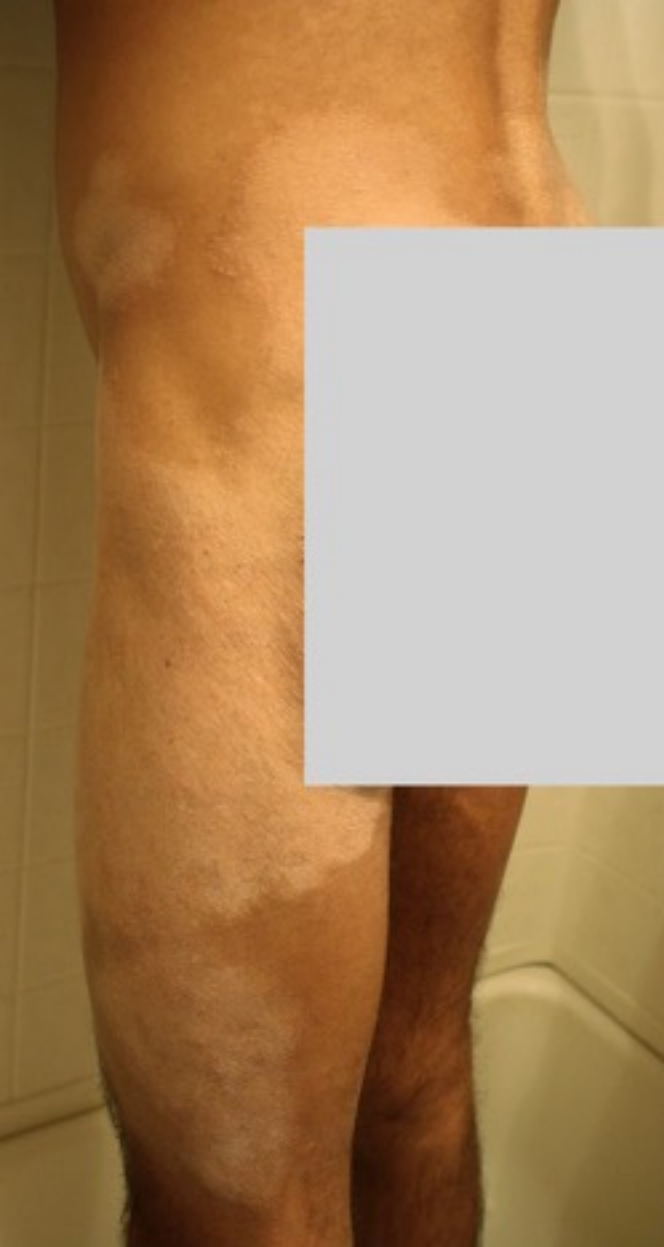
**S**kin rashes are very common with those who suffer from autoimmune diseases. They're itchy, uncomfortable, can even be painful and make us miserable. We want to get rid of them as soon as we can and with as little damage to our bodies as possible. In order to do this we need to understand what rashes are and why we get them. Then we can understand what approach to take in dealing with them.

I personally suffered from a terrible fungal skin rash for seven years. This is a large reason why I've written this eBook. At times it was manageable, and at other times it was miserable. My wife and I (especially my wife) would spend hours researching trying to find ways to cure it. We tried over and over using this method and that protocol with no success. Our best efforts would simply pause its progress and as soon as the round of treatments was over, the fungus would continue to grow right along. We tried creams, diets, herbal supplements and other things to no avail. In the past I had tried Benadryl, hydrocortisone creams and medicated soaps. Thankfully, I never did oral medications since autoimmune liver cirrhosis runs in my family and medications for fungus are very hard on the liver.



This is a patch of fungus on my lower back.

At its worst, the skin fungus covered about a third of my body from my belly button down to my knees. It was a serious inconvenience to my life. I couldn't go in hot tubs since it would cause the rash to flare up and itch like crazy. I was spending literally hundreds of hours trying different treatments to get rid of it when I should've been



At its peak, my skin fungus covered one third of my entire body.

working at my job instead. I was on a very restrictive diet since anything sweet — including honey, maple syrup, raisins, dates and most fruits — would cause it to flare up and spread. At one point I couldn't even take hot showers since that would cause a flare up too. At times the itching was very severe, and at one point it was so bad that I couldn't sleep throughout the night because I would wake up itching. I would itch so much that I would be bleeding because I was actually itching my skin off. Ironically my skin fungus ended up being more difficult and taking longer to heal than even my autoimmune disease itself.

## Why Do Skin Rashes Happen?

Our skin is the largest organ in the body. We typically don't view it as an organ but it is. What is happening on your skin is often indicative of what is happening in your body. Our bodies are designed to deal with sickness and toxicity by eliminating them. In 1904 Eli Metchnikoff, a Russian Doctor, is said to have been the first one to discover that the body uses seven channels of elimination to attempt to remove toxic substances from it. These seven channels are the

liver, lungs, lymphatic system, blood, colon, kidneys and skin. Our skin is one of the channels that is used to remove toxins from the system. So when we see the skin erupting with a rash, unless it's due to something directly agitating the skin itself from contact, we know that it's simply the body's attempt to unburden its system from a toxic load.

There are many different kinds of rashes. **Seborrheic dermatitis**, the most common rash for adults to get, is when the skin gets red and itchy, and scaling appears on the different parts of the face and scalp. **Eczema** which is also itchy, red and weeping often appearing around the joints. **Tinea versicolor**, another very common skin rash, is a yeast overgrowth on the skin that results in a fungal infection manifesting in discolored

itchy patches. There is also **psoriasis** which is a bumpy, non-oozing, scaly eruption occurring on the scalp, elbows and knees. **Hives** which are inflamed, raised, red, itchy bumps can be found anywhere and often will resolve within eight hours. Then there is **stasis dermatitis**, weepy, oozy swollen bumps that are commonly located on the lower legs. Sometimes rashes can be accompanied by swelling in the lower layers of the skin in different areas of the body which is called **angiodema**.

## Sources of Rashes

Rashes can occur for many different reasons. Rashes due to viral infections are called **exanthems**. Rashes can be due to parasites like a mite or bed bug are often called **scabies**. There are bacterial infections which are painful bumps filled with pus, the most common being **folliculitis** and **impetigo**. Certain drugs can cause rash eruptions; these drugs are commonly antibiotics. Then of course there are **fungal rashes** that are mostly found in the folds of skin such as under the breasts, in the groin or armpits and are often acquired in hot, humid environments.

Rashes can come from many different sources. As just noted they can be fungal, bacterial, parasitic or viral. They can be a reaction to the body experiencing toxic overload. It could be candida overgrowth. Drug irritants or chemical irritants are often another cause of rashes. One often overlooked source of rashes is stress. It is not uncommon for certain people to break out in rashes when their body is under large amounts of stress. So it is important to first understand what kind of a rash it is and also seek to understand its source of agitation.

## What Can You Do About It?

Seeing a dermatologist can be helpful for a diagnosis. I would be cautious however to follow through with their treatment plan as it will most likely include damaging oral medications and medicated creams that damage the liver and kidneys while only masking symptoms instead of treating the root issue. This actually makes your problem twice as bad. That's because now, you've taken away one of the warning lights on your dashboard motivating you to improve your health and you're also creating an additional toxic load on the body which gives more fuel to the root issue of toxicity and autoimmunity. It's important to understand what the medical community is good at and what they are lacking in. They can be great for diagnosis, but when it comes to lifestyle-related diseases (which is most of them), they are lacking in cures. As you will see in this

book, I was able to overcome a very tenacious and aggressive autoimmune-induced fungal rash without taking any medications or medicated creams, but by using 100% natural methods alone.

## The 3 Steps I Used to Eliminate My Fungal Rash

As you read these steps, one thing to keep in mind is that my skin rash was fungal and had an autoimmune disease at the root of it. Yours may not be fungal and may have come from a different source. Having said that, it's also true that the proof is in the patients. I have heard testimony after testimony of individuals with whom I've communicated that had their skin issues clear up by following many of the steps in the protocol below. Here are some of the testimonies:

*"Hives and angiodema (swelling) were my worst but I barely have them anymore, thanks to **getting rid of a lot of toxins in my diet.**"*

*"When I **quit dairy and gluten** I had no more acne and no more rash."*

*"I only found lasting relief after I really **cleaned up my diet** a lot and also switched to natural soap, lotion, etc. It took several months of detoxing, and it was before I knew anything about AIP."*

*"**Gluten, processed sugars, processed carb FREE Autoimmune anti-inflammatory diet** greatly reduced many issues and my skin looks a good deal better these days. The diet is based on avoiding foods/chemicals that cause inflammatory reactions in our body...I also clean with vinegar water and only use bleach on bathroom fixtures...also made a difference."*

*"I was told for years by dermatologists that wheat had no impact but a night of drinking made it flare up like crazy. There's lots of proof out there that food sensitivities cause dermatological issues and its autoimmune. Google it."*

*"**Get a food sensitivity test** done or do an elimination diet and see how you feel. I wish I knew that before because if you keep feeding the autoimmune fire it causes more damage..."*

*"...oh and when I stopped eating **wheat** and **corn** it went away."*

*"I had the fungus type rash... I used Apple Cider Vinger ...rash is gone."*

*"When I **reduced sugar** it made a big difference. **Alcohol** was the biggest trigger for headaches."*

*“Applying **coconut oil** seems to be the only thing that calms it down.”*

*“I find **maintaining a good weight** and exercise helped.”*

Did you see any content themes? Diet, eliminating toxins, processed foods, refined sugar, gluten and corn.

## Multi-faceted and Simultaneous

Out of all the different types of rashes one can have, probably the most difficult to deal with are fungal rashes. Fungus can be very tenacious and difficult to eliminate. This was the case with mine. If yours isn't fungal, chances are it will probably be easier to deal with than mine was. I hope that's the case for you. But even if yours is as bad as mine, there's hope because I was able to eliminate it and I had a very bad case.

In our efforts to heal my skin we would try one thing, it wouldn't work, then we would try another and that wouldn't work either. This went on for years. We tried starving the fungus through strict diets. We tried treating it topically. We also tried treating it orally with natural anti-fungals. Then one day as I was pondering this, I remembered hearing in a lecture of a doctor talking about healing cancer who said you always have to take a multi-faceted approach when it comes to treating cancer. You can't do just one thing. I wondered, maybe it's the same with my skin rash? I realized, hey we've never tried all the different approaches at once! Maybe they have to all be done simultaneously. Perhaps that's the answer. When we took this multi-faceted simultaneous approach along with a few other tips, it worked! My fungal skin patches which I had lived with for seven years greatly improved, and finally one fine day disappeared completely and never came back!

Here are the 3 steps. Remember, they need to be done simultaneously.

## Killing Fungus With the Three-Pronged Attack

### 1. **Starve** the fungus.

This means moving sugars out of the blood as fast as possible. The same root cause of diabetes type 2 is the same root cause of fungus — too much fat either in the food or stored in the body. Too much fat in the blood blocks insulin receptors (which are like keyholes in the cells), preventing the insulin from unlocking the body's cells to let sugar from the bloodstream in where it can be burned as energy. This causes

more insulin to be released by the pancreas which can cause insulin resistance. This allows sugar to accumulate in the bloodstream which is an invitation to candida to come to the rescue and eat it all up. Therefore, what I focused on was eating a **very low-fat diet** and **strength training** every day. I did not eat meat, fish, dairy, cheese or eggs to give my body an ideal environment in which to heal. And I focused on eating many fruits, vegetables, beans and seeds and aimed to keep my total fat calories below 15%. This was the key in my healing.

I also didn't eat things that aggravate fungus including **no**:

- Refined sugars
- Animal products
- Processed foods
- Gluten
- GMOs
- Oils, and especially no heated oils
- Alcohol
- Smoking
- Peanuts or pistachios
- Mushrooms
- Yeast of any kind (including baking yeast and nutritional yeast)
- Refined carbohydrates
- Corn, rice or millet *until* my itching stopped and my rash began to recede

2. Kill the fungus from the **inside** using natural anti-fungals.

- Probiotics (good bacteria) — raw cabbage, unheated honey, sprouted seeds
- Prebiotics (things that feed the probiotics) — raw garlic, raw onions, raw leafy greens, fresh fruit
- Vitamin C — 1,000 mg, 3 times/day (I used acerola cherry powder and camu camu powder to avoid ascorbic acid Vitamin C which usually comes from GMO corn and is lacking other essential elements that a whole form includes)
- Garlic — 3 to 9 organic raw cloves per day (I took it minced with lemon juice)

- Grapefruit seed extract — 15 drops with a cup of water, 2 times/day (I put it in a capsule)
- Olive leaf tea — ¼ cup dried leaves steeped in 2 cups water for 10 minutes, blend, strain, 3 to 4 times/week (can also be taken as a dried powder)
- Pau d'arco tea — 1 Tbs in 2 cups water boiled 20 minutes, 3 to 4 times/week
- Activated Charcoal powder — 1 to 2 Tbs mixed in a glass of water

3) Kill the fungus from the **outside** using natural, external, topical anti-fungals.

- Sun — 30 minutes to 1 hour per day on infected areas
- I would apply one of these three topical ointments 3x/day:
  - Oregano essential oil mixed with coconut oil 1:2
  - Cedarwood essential oil
  - Grapefruit seed extract drops mixed in water, sprayed on the skin (it can sting if it's too strong) or mixed with coconut oil 1:1

## What Did I Eat?

Consistently, the clinical evidence reveals that when people eliminate the toxic foods from their diets, things improve. Remember, rashes are very often the body's way of eliminating toxins in the body. So if we stop giving the body toxins that need to be eliminated, the rashes will greatly improve. The primary toxic foods that are the source of concern for are:

- Refined sugars
- Animal products
- Heavily processed foods
- Gluten
- GMOs
- Oils and especially heated oils
- Alcohol
- Smoking

If your rash is fungal then you may also need to avoid the entire list of items in step #1 as much as possible to produce the best results. If this is the case here are a list of items you can eat and enjoy:

- Leafy green vegetables
- Root vegetables: rutabaga (which is especially good to kill fungus), carrots, potatoes, sweet potatoes, and eggplant — although some may have to avoid nightshades
- All other vegetables: organic squash, organic zucchini, pumpkin, onions, garlic, avocado, olives
- All fruits, but for bad cases of fungus it may help to do only the less-sweet fruits for the first week or two of your healing program such as: berries, grapefruit, green apple, pomegranate, lemons and limes
- Beans
- Organic corn, rice or millet (when the itching has improved)
- Nuts (except peanuts and pistachios) such as almonds, walnuts, pecans, cashews, hazelnuts and brazil nuts — but in limited amounts to keep the fat intake low at or below 15% total calories
- Seeds: sesame, sunflower, chia, buckwheat, quinoa, teff, amaranth, sorghum

Usually this means cooking at home and learning new recipes. This isn't for the lazy or unmotivated. However, there are many great recipes available online focusing on these types of foods. You have to be willing to eat simple and wholesome foods. Hopefully you won't have to be on as strict a diet as I was for as long as I was. But if you do, be encouraged. With much prayer and the support of my wife, I was able to do it for close to three years. I actually got to the point where I didn't mind it that much.

## Getting a Food Sensitivity Test

A great idea is to get a food sensitivity test. You can ask your doctor to order one for you, however your insurance might not cover it. In this case you can do it yourself but you have to pay out of pocket. This is what I did at [www.EnteroLab.com](http://www.EnteroLab.com). To get the full array test which tests for the widest spectrum of foods, it will run you around \$540.

If that breaks your bank, you can do an elimination diet. This is inexpensive but tough and requires discipline. The elimination diet means eliminating all foods minus a very



small group of simple foods. I would have my base foods include leafy greens, cabbage, onions, avocado, organic zucchini, sweet potatoes, and berries. Then you slowly add in a new food item every day or every other day, watching to see if you have any adverse reactions. It is helpful to keep a journal as you go through this process so that you can go back and look at what you ate the day before and make connections to any flare ups. This approach is very effective in identifying what foods your body is having a reaction to and which it isn't. By knowing this, you might not have to avoid certain wholesome foods that you might otherwise out of concern that it could be causing you problems when it actually isn't.

## Count 8 Weeks

Fungal skin rashes can be so persistent that you can't let up on the protocol the day after it disappears. It can continue to survive in the system unnoticeable to the human eye even after it appears to be gone from the skin. Therefore, once you get to the point where the fungal rash disappears, you mark the date on your calendar and count eight weeks from that point into the future and mark that date also. This is your date of freedom! If you can make it all the way to this date without any signs of the fungal rash popping back up, consider yourself healed and out of the woods. If even the slightest bit of the rash pops back up, you have to start the eight weeks over again from the time that the rash goes away again. I had to start over about six or seven times due to contamination in my diet without knowing it. Sometimes it was going out to eat, other times going to a friend's house. Sometimes it was being unaware of deceptively-labeled ingredients in foods we bought that would do it. It was a very trying and discouraging process. But the most important thing was that I never gave up, and I trusted God still loved me and was with me through my affliction.

## No Cheating

Rashes, especially fungal ones, are merciless. You cheat once and it will pop right back up and start afflicting you again. Eating toxic food is part of the problem with developing autoimmune foods sensitivities and rashes, so continuing to eat those foods will only bring them back and perpetuate the problem. With people dealing with an autoimmune disease, you have to accept some form of a permanent lifestyle change. But I have found that eating a more plant-based, whole-foods diet increases both your physical and mental capabilities, which in turn helps your emotional and spiritual

health as well. Simply put, it's a happier, better quality life. A little self-denial will go along way.

## Stress

Stress can be a significant source of rashes and autoimmune diseases. Dr. Eric Berg stated that after seeing hundreds of autoimmune patients, almost everyone said that they started experiencing their symptoms after a stressful event.

The nervous system manages our fight or flight response. This response is suppose to be short term to get us out of emergencies. Our pupils dilate, our digestion slows or shuts down, and many immune functions also slow down or come to a halt in order to focus all the body's energies towards getting out of the emergency. When we are living in a low-level, chronic state of stress, our immune system can become impaired and confused resulting in the weakening of our immune system response.

My wife and I had a personal encounter with this when we were both working together on a project that required us to work long hours, six days a week for months on end, climaxing in working as late as midnight and even 2am the last several days. Towards the end of that project my wife's skin at her waist line started to itch. Then she started itching behind her ear and on her thigh. As soon as the project finished, she broke out in raised, itchy red patches over a large part of her body. We saw a dermatologist who diagnosed it as stressed-induced eczema. We took several weeks off work and she went on a regimen of natural anti-histamines and herbs for eczema. It cleared up within the first week and she was totally healed after three weeks. Over the years it's popped up here and there during times when her body is under significant stress or her immune system is low (usually in the winter). Since then, we have never underestimated the effects of stress on health.

## Gene Mutations

One giant step that greatly improved my skin condition was understanding the MTHFR gene mutation. A very large percentage of those with autoimmune diseases have this gene mutation which contributes to why autoimmune sufferers have impaired and confused immune function. In fact, it's estimated that about 40% of the American population have this gene mutation, most without realizing it.

Those with the MTHFR gene mutation have a hindered ability to methylate properly. Methylation includes many important processes in the body. One thing that methylation does is to convert water soluble vitamins into fat soluble ones in order to nourish the nervous system and immune system. If this process doesn't occur correctly, the nervous system and immune system become imbalanced and thus may malfunction. There are numerous other essential chemical reactions that are involved in methylation, one of which produces glutathione, the body's essential enzyme for cleansing. This is why helping the body to cleanse is so important if you have this gene mutation like I do. It also affects the production of hormones such as serotonin, melatonin and dopamine which are linked to depression and attention issues.

I have a video discussing more about this gene mutation which you can view by clicking [here](#). I describe it even more extensively in my eBook *How I Reversed My Autoimmune Disease* which you can check out by clicking [here](#). Once I started working around this gene mutation, I noticed my skin clear up by 90%! It was one of the final missing keys in our journey to heal my autoimmune disease and my fungal skin rash.

## Tips and Temporary Relief

Experiencing rash flare ups are not fun. There are some quick tips that can provide temporary relief while you are pursuing more long-term solutions. **Coconut oil** is very soothing to inflamed rashes. It's good for the skin and is especially beneficial to those with autoimmunity. Sometimes taking a **cold shower** or applying **ice** to the inflamed patches can bring the level of irritation down. Applying a poultice of **activated charcoal** or **clay** can also help flareups since they absorb toxins which is exactly what the body is trying to get rid of. Avoiding hot, humid environments is very helpful especially with cases of fungal rashes. Wearing clean, breathable clothes is helpful to the condition of the skin also.

Being aware of chemicals that irritate your skin is very important. Products that contain harmful chemicals such as certain cleaning products, soaps, shampoos, lotions can bring on rashes. Identify these and replace them with natural products. The Environmental Working Group has a tool on their website where you can look up any cleaning product<sup>1</sup> or personal care item<sup>2</sup> to find each product's individualized score of how toxic they are. The less of a chemical laden environment you can create for yourself the better since environmental toxins is the primary issue causing autoimmunity in our society.

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<sup>1</sup> <http://www.ewg.org/guides/cleaners>

<sup>2</sup> <http://www.ewg.org/skindeep/>

## Conclusion

If you believe your skin rash may be due to an underlying autoimmune disease as was the case with my skin fungus, click [here](#) for more information on my eBook *How I Reversed My Autoimmune Disease*.

I hope this eBook has given you some insight and guidance on your skin rash. My prayer is that you will be able to eliminate your autoimmune rashes and be blessed in every way during your pursuit of health.

## **Disclaimer**

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