

Autoimmune Remissions

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Since 1999, I have been involved with several communities focused on autoimmune illnesses. I was diagnosed in 1999 with an autoimmune illness and after 2 years of experimental treatment went into remission and have been in remission since. Having tasted the angst, I have been active through the years in trying to understand better possible treatment. This document focus on remissions that I have seen or know about from reliable sources.

This document is focused on chronic fatigue syndrome, fibromyalgia, rheumatoid arthritis and crohn's disease.

Autoimmune Model

My training in probability and statistics caused me to recognize that many autoimmune illnesses appear to match a Markovian process. A Markovian process is where a person moves randomly from one state to another. Each state has different probabilities for moving to a different state. With autoimmune illnesses, there is a cascade through many states that leaves the person in a state that is hard to escape from. Fixing whatever slide them into the current state will often not result in them leaving the state. Backtracking will rarely work. The path out of the state may be very different from the path into the state.

For illustration, consider this cascade:

1. Jack gets EBV (mononucleosis) and is exhausted
2. Jack is under stress to get back to work, and does not fully recover.
3. His immune system is depressed
4. Jacks picks up a case of chlamydia pneumonia which he has a slow recovery from, and which continue to persist as a low-level (occult) infection
5. The infections provoke the immune system to cause inflammation
6. The inflammation results in mal-absorption of food and nutrients
7. The immune system goes into war-mode to fight the infection fighting with whatever it has available (which is reduced due to mal-absorption)

If both EBV and chlamydia pneumonia are magically eliminated, many side-effects may remain.

Known Remissions

Remissions can be classified into five classes as follows:

- Anti-infection remissions
- Anti-coagulation remissions
- Fecal Transplants
- Chemotherapy
- Febrile Infection

Anti-infection remissions

The two leading people in this area are Cecile Jadin¹ from South Africa and Prof. Garth Nicolson². The antibiotics that they usually prescribed happen to also have anti-coagulation effects³. A second aspect of this approach is the potential destruction of existing gut-bacteria as the course of antibiotics can last months or years. It is not uncommon that a severe herxheimer⁴ reaction was seen.

Anti-coagulation remissions

This type of remission was accidentally discovered by David Berg⁵ of Hemex (he has since semi-retire). Patients who were prescribed anti-coagulants for infertility reported remission of chronic fatigue syndrome. His research found that a high percentage of autoimmune illnesses had coagulation defects that could be a significant contributor.

Fecal Transplants

There have been repeated reports⁶ of remission after a fecal transplant. I have corresponded with someone who had one and went into remission from it. Recent articles in New Scientist and other journals indicate that our knowledge of the gut-o-sphere is very limited and likely to be simplistic.

Chemotherapy

I have twice shared a meal with different former CFS patients that went into remission from starting chemotherapy for cancer. The last patient went into remission immediately after her third chemotherapy session. There is a striking similarity to both fecal transplants and long term antibiotics in the impact upon the body.

¹ <http://drcjadin.com/>

² <http://www.immed.org/>

³ <http://www.jirdc.org/Files/Formulary/dd30279.html>

⁴ http://en.wikipedia.org/wiki/Herxheimer_reaction

⁵ <http://doctorapsley.com/DavidBergMS.aspx>

⁶ <http://www.newscientist.com/article/mg20827911.100-taboo-transplant-how-new-poo-defeats-superbugs.html>

Febrile Infection

This recently came across my screen in an excellent 2011 article⁷ that reported that in pre-antibiotics days, a 45% remission rate was seen with crohn's via this vector. The author found that there were a number of contemporary reports for similar remissions, This form of body stressing and a herxheimer reaction have some similarities.

Summary

Remission from autoimmune is not unknown, but most of the paths seem to be *severe* by modern medical standards and patient expectations. The most common pattern appears to include a major resetting of the bacteria that we need to exist -- due to antibiotics, chemotherapy, fecal transplant or a febrile infection.

⁷ <http://www.biomedcentral.com/1471-230X/11/57>