

Autoimmune



What Is Autoimmune Disease?

Your immune system is designed to protect you. It defends against infections, heals injuries, and clears out damaged cells. In an autoimmune disease, the immune system gets confused and mistakenly attacks the body's own healthy tissues. Depending on where this "misfire" happens, autoimmune conditions can show up in many different ways:

- **Thyroid** (like Hashimoto's or Graves' disease): fatigue, weight changes, hormone imbalance
- **Joints** (like rheumatoid arthritis): pain, stiffness, swelling
- **Skin** (like psoriasis): rashes, itching, flares
- **Gut** (like celiac disease, Crohn's, ulcerative colitis): bloating, diarrhea, abdominal pain

There are over 80 recognized autoimmune diseases, and while they look different on the surface, they share a common root: the immune system attacking self-tissues instead of protecting them.

Why This Matters for You

Autoimmune conditions don't just happen out of nowhere. They often develop from a mix of genetics, environmental triggers (like stress, infections, toxins), and imbalances in areas like gut health or hormones. At NuBloom, we focus on uncovering these root contributors, so rather than just masking symptoms, we can help your immune system calm down and support long-term healing.