

## **Now transcribed: Sjogren's Solutions - Module 5 – Diet**

<https://youtu.be/MVQFuQFLqjs>

There are videos and extracted audio of all the Sjogren's Solutions videos on the TASSA website

<http://www.sjogrens.org.au/solutions.htm>

Continue reading the text below from the 5th video module transcribed again by Marion. We need other volunteers so please contact [admin@sjogrens.org.au](mailto:admin@sjogrens.org.au) to transcribe a module.

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### TASSA Module #5 - Diet

Now we will cover diet in depth. One of the most important things is where you used to be able to eat raw foods like raw celery, raw carrots and things like that you've got to be aware of your teeth all the time. Anything hard and you run the risk of breaking a tooth.

You will also have trouble swallowing because of the lack of saliva, so unless you've got on the end of the carrot stick or on the end of the celery stick a big dab of dip or something like cream cheese you are not going to be able to swallow it without choking.

I find I have a book called Superfoods Super Easy which is a balanced diet. They are quick and easy for us because when you're tired and you've got fatigue the last thing you feel like doing is getting yourself something to eat. These are quick, they're easy and they're balanced so it helps to give you energy. It has the nutritional value there. They are good if you want to be on a diet because they will help you lose weight but they all have sauces with them so that you know you can have it. Put a bit of extra sauce in it so you know it's easy to eat.

I don't know about you but I have trouble swallowing unless it has got fluid. If I want to eat toast or anything I have to have a cup of soup or a cup of tea and dip the toast into it. I find I can't eat biscuits anymore. They have to be soft or you have to dip them in your tea, you have to dunk them! All the things our mothers hated! My Mum used to hate me dunking my biscuits in my tea but anyway now it's a case of having to.

The whole thing is being mindful of not saying I can't eat that. I love spicy foods but when you haven't got any saliva I find the chili and that burns your tongue and gum tissues. What I do with that is I always make sure I've got yoghurt and cucumber with it so that it

cools it down or you can have bread with lots of butter on it. If you don't eat butter use Nuttalex. Nuttalex is a good butter if you can't eat normal butter. Tastes similar to normal butter and you still get the same effect but it's just better for you.

The other thing is if you cook foods we always put either bamboo shoots, sunflower, alfalfa sprouts or some sort of sprouts. If you can get broccoli sprouts they are very good for alkalizing your body. You have to see Lymphoma is a associated disease of Sjogren's Syndrome. It's a type of cancer. Cancer can't live in an alkaline body. Cancer is fed by acid and you will find that Sjogren's sufferers' bodies are mainly built up with uric acid, hence the juice.

Carrot juice, celery juice or cucumber juice sweetened with apple will help alkaline the body and clear any acid out. It's an antioxidant. You can tell if you have lots of acid if you wear a gold bracelet or ring and they go green in the summertime around your wrist where your bracelet or ring is you know you have too much uric acid.

So therefor it's only a matter of time before the arthritis sets in, the gout in your feet sets in. The whole thing with Sjogren's is companion eating and it's not that you can't eat things anymore it's just that you have to put other things with it.

If I am out I carry a little snaplock bag of gravy powder which I buy from Aldi for a \$1.70. It comes in all flavours. You just add boiling water. If you are at a restaurant and they say they don't have gravy ask for a cup of boiling water and make your own at the table. I do it all the time.

When you are travelling you need to make sure you have things that will give you energy. It's really exhausting. I make sure I have LeRice, which is a dessert you can get which is like a creamy rice with fruit so I pack them in my bag. I take little desserts and things in my bag I can carry. Cup-A-Soups because sometimes you will go into a restaurant and it might be a vegetarian restaurant and man is that really hard to get something to eat that we can swallow.

If you've got your Cup-A-Soup sometimes you can use that as gravy - like Potato and Leek or you've still got your snap-lock bag of gravy as well in your bag. I also carry instant oats that you just add water to if I'm travelling and I need breakfast. They are very

good and Le Rice can be used for breakfast as well. You can have fruit on the oats or whatever but that I find is really easy.

You have to have things that are easy for you to eat. When going on a picnic no one thinks about you and what you can eat so you have to think about yourself. You've now got to take control of your life and think before you do every single thing to make your life bearable and so you do not get stressed.

If you do get stressed we have Kelly Howells CD's on the website as well as in the shop. Kelly has a CD for every problem you might have in life. If you are someone with too much stress, put the headphones on and listen to Kelly's Stress Free Forever CD.

Believe me it has saved me many a time because I have a 18mth and a 3 year old great grandchildren living with us 10 days out of the fortnight. So you can imagine that I sit there at my computer with my headphones on with Stress Free Forever playing so that I can cope with them for the rest of the day.

Kelly also has healing meditation CD's. Meditation is very good to get all the endorphins in your brain going. It will help you with brain fog as well. Kelly even has a CD for jet lag and one for brain massage that both help with brain fog too. There is also one to help you focus.

If you are suffering from posttraumatic stress disorder, Kelly can supply you with a list of her CD's that you would need to combat it. I find that I'm using them every day in some sort of my daily life.

You don't need psychiatrists who are costly or psychologists which are still costly. You don't need these. Get yourself a CD \$14.95 from the website and they come from America.

One of the things is "our attitudes to life create our destiny". It's our attitude that governs whether we have a decent life or a stressful life. You need to surrender, accept what you've got wrong with you and then cope with what you have instead of being in denial and fighting it all the time, thinking that you're going to die because unless there is complications if you are really careful and you keep your vitamin levels up you will not get cold and flu viruses that could start your immune system becoming overactive and fighting itself. Think about what it is that you are doing. Don't be lazy!

Sjogren's Syndrome is a disease you can't afford to be lazy with.

You have to maintain – like a car needs to be serviced every six months, you need to look after your body and service your body more regularly now because it has something wrong with it. So look after yourself and don't worry about anybody else. Think about yourself. Now it's time to be involved in what you need for you. Not what the rest of the family needs.

One of the things that you need to avoid is if you smoke. You need to give it up! Now your body is full of inflammation the last thing you need is the chemicals of the cigarette going into your body. Your immune system can't handle it. So if you don't want to get worse and make the auto immune disease worse you need to find a way to give up smoking.

As I said before Kelly Howells CD's are really good. She has a CD on giving up smoking which I have used on my clients many times and it works really well. So you need to look at that.

Alcohol can be consumed depending on what you are drinking. I used to love champagne but every time I drank it my parotid gland would swell because the acid in the champagne would send the salivary glands into a spasm locking in the saliva. I would have to have Keflex which is a high dose of Penicillin to reopen or to stop the infection so septicemia didn't set in. The way I fixed that was yes I would go out and I'd drink champagne but the next morning I'd have a great big glass of carrot and apple juice which then cleared all the acid out of my body. That was in the early days.

Now I've learnt all I need to do is take 1000mg of grapeseed tablet when I get home. It will clean the acid out of your body. So yes you can drink alcohol, preferably not to excess because it does dry you out just as coffee dries you out. Some teas dry you out as well so you have to be careful what you put in your body now so that it's not extra dry.

I like onion sandwiches but I can't have one before I go to bed because I'm up all night drinking because it's too drying. I have to have them at lunch time. That's the same with garlic too. Too much garlic will dry you out if you have it. I find that if I have it a 5 o'clock with dinner and I go to bed at 10 o'clock it's not so bad but don't eat at 7 and go to bed at 10 when you've had a big hit of

onion or garlic or anything like that.

I have to eat meat and I have to eat salt. My body doesn't hold the salt and I also need the iron from the meat so I eat a lot of liver - chicken livers or calf livers. I have kidney. My daughter cooks up really nice kidneys and I have it on toast for breakfast or meat. I don't know how you have your meat but it is much better if you have it medium rare because it still has the juices in it that the body needs but then it all depends on your blood type. I'm an O- so therefore I need the meat. Some people that are B+ or whatever can be vegetarians or whatever but you need lots of protein because protein builds muscle. If you are only eating vegetables you must have fibre powder and you must have protein because you need to build those muscles.

If you are lactose intolerant you need, once again it's a digestive problem so you really need, they say that people with Sjogren's shouldn't drink soy milk so there are other types of milk like rice milk and I'm not sure what other types as I drink full on cows milk and eat cream and eat cheese and do all those sorts of thing but the only reason I can do all that is cause I spend lots of money on supplements and it's feeding my body every day and even though my digestive system is affected, the foods I'm eating are still not effecting it because I've got the right synergy of vitamins and supplements in the right amounts and that's what you need.

Especially some vitamin companies have a lot of fillers in their vitamins. You need to make sure it's a good organic vitamin company. So if they say it's 200mg of zinc. That is what you are getting. Golden Glow, iHerb and Swiss are good companies

Whereas some companies especially cheaper brands tend to have a lot of fillers and packers and if they say there is 200mg of zinc you might be lucky to get 50mg.

So please look. Every thing you put in your body now you have to be aware, you have to and it's a lot easier if you meditate regularly because you will learn to identify when you eat something oh that didn't feel good. I don't think I will eat that again or I need to eat cucumber with that if I do eat it again because I felt better then. It's all a matter of trial and error and what works for you.

Chronic fatigue is very, what would I say," popular" with Sjogren's

sufferers. It's because the body isn't getting enough nutrients into the cells. Our cells are being affected from all the preservatives, the smoke and everything that we are subjected to on a daily basis. Whether we are breathing it into our lungs or eating it, it has a certain amount of chemicals and preservatives in it. They cause free radicals in the body. These free radicals cause what they call oxidative stress on the cells. The stress on the cells is a bit like rust on metal but what it does is stop the nutrients from being absorbed.

So you could eat all day and either you will put on a lot of weight or you won't put on any or you might be losing weight because your cells can't absorb the nutrients. They might absorb a ¼ of the nutrients out of what you are eating. That is why the more you take in liquid form the better off you are because it goes straight into the cells. So if your cells are being fed there is less chance of fatigue.

I use a Zen Chi machine that is really good for energy. Halfway through the day you have lunch and you think oh I need a Nana nap because I'm so tired. You won't get that if you use your Zen Chi machine first thing in the morning. If you get a cold and you have mucus on your lungs or you're congested, use the Zen Chi machine 3 times a day and you'll end up coughing that mucus up. The Zen Chi machine is very good and as I have said before, everything I've used myself as a guinea pig for years to see what works and what doesn't work. What works is in my shop on the website. The Zen Chi machine is there. The Kelly Howell Cd's are there. You can actually go and buy the latest Sjogren's book. You need to go to Amazon and they will send it out.

Everything that has worked for me. The probiotic powder, which you definitely need to take in the winter, is called 2012. This keeps your vitamins up. It's a whole foods supplement and it stops you from getting colds and flu viruses. It can now be taken in capsule form too. I take the powder in juice because I even give it to my dog to keep him healthy.