

# Sjogrens syndrome

## Gougerot-sjogren syndrome

- Chronic inflammatory autoimmune disorder which is characterized by diminished lacrimal and salivary gland secretion (sicca complex), resulting in keratoconjunctivitis sicca and xerostomia.



Sjögren's Syndrome is a disease of specific excretory glands, generally the salivary and lacrimal glands. These glands are responsible for the production of saliva and tears. It manifests itself as a chronic autoimmune disease characterized by the symptoms of dry mouth and dry eyes. Basically the white blood cells infiltrate these exocrine glands resulting in inflammation. The inflammatory process causes damage to the glands and they can cease to function (1).

Frequently Sjögren's Syndrome accompanies other autoimmune diseases such as Rheumatoid Arthritis and Lupus (2). Sjögren's syndrome may cause skin, nose, and vaginal dryness, and may affect other organs of the body, including the kidneys, blood vessels, lungs, liver, pancreas, peripheral nervous system (distal axonal sensorimotor neuropathy) and brain(1).

Causes of Sjögren's Syndrome are suspected to primarily stem from genetic, environmental, inflammatory (such as from a severe illness) and/or hormonal triggers. [Oxidative stress](#) has been noted to be a possible biomarker and may be a useful tool in the diagnosis of the disease (3). Evidence exists to support the fact that inflammatory conditions from oxidative stress result in the lack of ability of neurotransmitters to stimulate glandular function (4)(5).

Traditional management of the disease depends upon the severity. Mild cases may be able to be controlled with eye drops and/or more frequent sipping of water. Severe cases may require surgery and/or medications for relief.

While there is no known medical cure, as in other autoimmune diseases the disease is known to have specific ties to excessive oxidative stress (4)(6)(7)(8)(9) and this may be a key to understanding the disease and eliciting some form of remission, control or cure. Oxidative stress can come from numerous causes and can also result in various other illness conditions.

Sjögren's Syndrome presents a novel opportunity for a natural wellness product like [ASIHW Essential Proteins](#). ASIHW Essential Proteins offers direct precursors to assist the body of low antioxidant individuals in building glutathione. This would boost and support the antioxidant status of that individual, relieving the inflammatory process and allow the nervous system and affected glands to function normally again.

[Glutathione](#) is also important for the immune system (10). This would normalize the immune system function of an individual suffering from an autoimmune disease. It might also boost the immune system of individuals that might be low in antioxidant capacity and help them be more resistance toward getting this illness in the first place (glutathione levels drop as we age or are exposed to dietary, emotional and physical stressors that can cause free radicals and oxidative stress). Since oxidative stress results in toxins in the body, many of these toxins are causal in the painful inflammation and symptoms related to the illness, and glutathione is supportive in removing/neutralizing these free radical toxins.

#### References:

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- (4) Effect of Oxidative Stress on Secretory Function in Salivary Gland Cells  
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