



Autoimmune Diseases

This list is not exhaustive and includes diseases that are confirmed autoimmune diseases or for which there is very strong evidence for autoimmune origins.

Addison's disease
Alopecia areata (a.k.a. spot baldness)
Ankylosing spondylitis
Arthritis psoriatica (a.k.a. psoriatic arthritis)
Crohn's disease
Endometriosis
Eosinophilic esophagitis
Grave's Disease
Guillain-Barré syndrome
Hashimoto's thyroiditis
Inflammatory Bowel Disease (IBD - such as Crohn's disease and Ulcerative colitis)
Interstitial cystitis
Juvenile rheumatoid arthritis
Kawasaki syndrome
Lichen planus
Lupus
Ménière's disease
Multiple sclerosis (MS)
Myasthenia gravis
Narcolepsy
PANDAS (Pediatric autoimmune neuropsychiatric disorders associated with streptococcus)
Pernicious anemia
Primary biliary cirrhosis
Psoriasis
Psoriatic arthritis
Raynaud's
Restless legs syndrome
Rheumatic fever
Rheumatoid arthritis
Scleritis
Scleroderma
Sjögren's syndrome
Type I Diabetes mellitus
Ulcerative colitis
Uveitis
Vasculitis
Vitiligo

Source: Ballantyne, Sarah, PhD. The Paleo Approach. Victory Belt Publishing Las Vegas, 2013.