

MULTIPLE SCLEROSIS

Have yourself tested for possible food allergies/food sensitivities. I believe that food allergies are a major factor in the development and progression of multiple sclerosis. Unfortunately, the allergies all too often are not discovered until irreversible nerve damage has occurred. Early detection is therefore vital. Eliminating offending foods from your diet may slow down the progression of the disease and help you avoid further damage.

What is Multiple Sclerosis (MS)

(abbreviated MS, also known as *disseminated sclerosis* or *encephalomyelitis disseminata*) is an inflammatory disease in which the fatty myelin sheaths around the axons of the brain and spinal cord are damaged, leading to demyelination and scarring.

Multiple sclerosis (MS) is a progressive, degenerative disorder of the central nervous system, including the brain, the optic nerve, and the spinal cord. It is characterized by many areas of inflammation and scarring of the myelin sheaths in the brain and spinal cord. These are wrappings, composed of a fatty substance, that insulate the nerve fibers throughout the body. Sclerosis means hardening of tissue; multiple simply indicates many regions of tissue hardening. It seems that the body's immune system malfunctions and produces antibodies that attack the myelin sheaths. Consequently, the sheaths are damaged, and the damaged areas develop scarring that leads to either distorted communication or lack of communication between the nerve endings. This may produce a multiplicity of symptoms, from slurred speech to vision problems to loss of mobility.

Damage is believed to be caused by the patient's own immune system. The immune system attacks the nervous system.

The name *multiple sclerosis* refers to the scars (scleroses – better known as plaques or lesions) that form in the nervous system. MS lesions most commonly involve white matter areas close to the ventricles of the cerebellum, brain stem, basal ganglia and spinal cord; and the optic nerve. The function of white matter cells is to carry signals between grey matter areas, where the processing is done, and the rest of the body. The peripheral nervous system is rarely involved.

More specifically, MS destroys oligodendrocytes, the cells responsible for creating and maintaining a fatty layer—known as the myelin sheath—which helps the neurons carry electrical signals. MS results in a thinning or complete loss of myelin and, as the disease advances, the cutting (transection) of the neuron's extensions or axons. When the myelin is lost, a neuron can no longer effectively conduct electrical signals. A repair process, called remyelination, takes place in early phases of the disease, but the oligodendrocytes cannot completely rebuild the cell's myelin sheath. Repeated attacks lead to successively fewer effective remyelinations, until a scar-like plaque is built up around the damaged axons.

Inflammation

Apart from demyelination, the other pathologic hallmark of the disease is inflammation. According to a strictly immunological explanation of MS, the inflammatory process is caused by T cells, a kind of lymphocyte. Lymphocytes are cells that play an important

role in the body's defenses. In MS, T cells gain entry into the brain via the previously described blood–brain barrier. Evidence from animal models also point to a role of B cells in addition to T cells in development of the disease.

The T cells recognize myelin as foreign and attack it as if it were an invading virus. This triggers inflammatory processes, stimulating other immune cells and soluble factors like cytokines and antibodies. Leaks form in the blood–brain barrier, which in turn cause a number of other damaging effects such as swelling, activation of macrophages, and more activation of cytokines and other destructive proteins.

Symptoms

Symptoms vary from individual to individual, depending on which portion or portions of the nervous system are most affected. In the earlier stages, the primary symptoms may include episodes of dizziness; extreme fatigue; eye problems such as blurred or double vision; a feeling of tingling and / or numbness, especially in the hands and feet; loss of balance and/ or coordination; muscular stiffness; slurred speech; tremors; or bowel and bladder dysfunction. Secondary symptoms, which are problems that arise because of the primary symptoms rather than because of the underlying illness itself, may include bone loss, muscle wasting, paralysis, sexual dysfunction, urinary tract infections, and weak respiration. Many of these secondary conditions occur as a result of decreased mobility if the disease progresses.

The disease typically follows a pattern of periodic flare-ups, called exacerbations, followed by periods in which symptoms diminish or even disappear called remissions.

MS is variable in its rate of progression. It can be relatively benign, with only a few minor attacks spread over decades, or it can be rapidly and completely disabling. Most commonly, it progresses slowly, disappearing for periods of time but returning intermittently, often in progressively more severe attacks.

The main clinical measure of disability progression and symptom severity is the Expanded Disability Status Scale or EDSS.

An autoimmune disease?

The underlying cause of MS is not known, but it is widely believed to be an autoimmune disease in which white blood cells attack the myelin sheaths as if they were a foreign substance. Stress and malnutrition, whether from poor absorption or poor diet, often precede the onset of the disease. Heredity may also be a factor.

Chemical poisoning of the nervous system by pesticides, industrial chemicals, and heavy metals may also play a part in the development of MS. Environmental toxins can cause disturbances in the body's normal metabolic pathways that result in damage to the nerves' protective myelin sheaths. Even substances that are not necessarily toxic to everyone can be a problem for susceptible individuals. Toxins such as those produced by bacteria and fungi in the body have been known to produce symptoms like those of MS. Human herpes viruses are a candidate group of viruses linked to MS. Other diseases that have also been related with MS are measles, mumps and rubella

Many experts suspect that mercury poisoning is behind many cases of MS. Mercury has been shown to bind to the DNA of cells and cell membranes, causing cellular distortion and inhibited cell function. The installation of mercury amalgam dental fillings (the chief source of mercury exposure for most people in the United States) has been known to produce symptoms indistinguishable from those of multiple sclerosis in some people.

Further, the levels of mercury in people with MS have been found to be an average of seven times higher than those in healthy people.

Another theory is that this condition may be caused by **food intolerances or allergies, especially allergies to dairy products and gluten.**

This is suggested by the fact that MS is fairly common in the United States and Europe and even in South Africa and almost unheard of in some other countries, such as Japan, Korea, and China. The consumption of saturated fats, cholesterol, and alcohol, so common in Western countries, leads to the production of a hormonelike substance called prostaglandin 2 (PG2), which promotes the inflammatory response and worsens symptoms of multiple sclerosis. People in Asian countries typically consume much less fat than people in North America and northern Europe and South Africa do. Their diets are also rich in marine foods, seeds, and fruit oils, which are high in essential fatty acids, including the omega—3 essential fatty acids, which have an inhibitory effect on the inflammatory response.

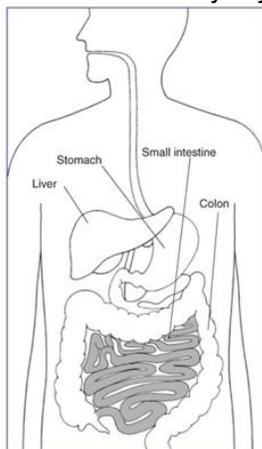
Gluten and Coeliac Disease

Neuropathic Coeliac Disease (CD) is a manifestation of gluten intolerance that can present with central nervous system white matter abnormalities not altogether dissimilar to the lesions caused by multiple sclerosis [*Kieslich et al, 2001*]. In some individuals, these abnormalities are observed without the digestive problems that are typical of the disease.

Recent research has shown genetic similarities between people with Coeliac Disease and some other autoimmune diseases including multiple sclerosis. It is also possible that a proportion of people with multiple sclerosis represent a misdiagnosed group of people with CD.

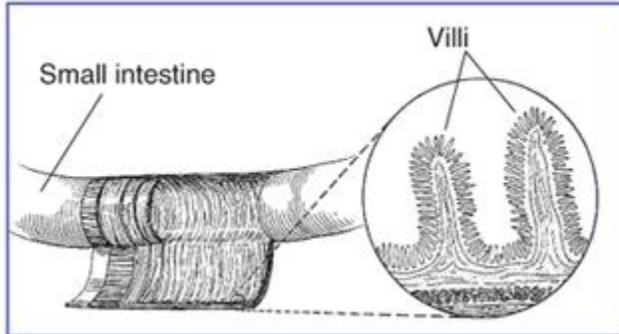
What is celiac disease?

Celiac disease is a digestive disease that damages the small intestine and interferes with absorption of nutrients from food. People who have celiac disease cannot tolerate gluten, a protein in wheat, rye, and barley. Gluten is found mainly in foods but may also be found in everyday products such as medicines, vitamins, and lip balms.



The small intestine is shaded above.

When people with celiac disease eat foods or use products containing gluten, their immune system responds by damaging or destroying villi—the tiny, fingerlike protrusions lining the small intestine. Villi normally allow nutrients from food to be absorbed through the walls of the small intestine into the bloodstream. Without healthy villi, a person becomes malnourished, no matter how much food one eats.



Villi on the lining of the small intestine help absorb nutrients.

Celiac disease is both 1. a disease of malabsorption—meaning nutrients are not absorbed properly—and 2. an abnormal immune reaction to gluten. Celiac disease is also known as celiac sprue, nontropical sprue, and gluten-sensitive enteropathy. Celiac disease is genetic, meaning it runs in families. Sometimes the disease is triggered—or becomes active for the first time—after surgery, pregnancy, childbirth, viral infection, or severe emotional stress.

Get tested for Celiac Disease or Gluten Sensitivity!

Contact MDS Laboratories for intensive testing. Consider the **ImuPro Complete Test**.

Diet and Disease are often DIRECTLY RELATED

What to DO

I believe that the dietary approach to degenerative conditions should take the form of a five-pronged attack:

1. No gluten OR dairy
2. No foods to which you are allergic/sensitive to
3. Low sugars
4. High unsaturated fats
5. Making Good possible vitamin and mineral deficiencies

MS does not occur from a single cause but rather an accumulation of multiple causes. Dr. Roger J. Williams, in his book, *Nutrition Against Disease*, pointed out that while calcium is important for good teeth, in order to have healthy teeth you need to have all of the other nutrients that go into making teeth - the right enzymes, amino acids, other minerals and vitamins. Perhaps the same is true for myelin sheaths around nerves. Researchers have found many different nutrients that seem to be needed for myelin

sheath health, such as uric acid, vitamin D, and essential fatty acids. Perhaps all of these are important. If this is true, then there are many steps one could take for improved myelin sheath production based on current research.

STEP 1

NO Gluten in the Diet!!!

Cut ALL products containing GLUTEN!!!

NO Casein in the Diet!!!

Cut ALL products containing CASEIN!!!

In Multiple Sclerosis absolutely NO gluten and very high reduction of dairy products, refined sugar, and saturated fats. One of the most successful case studies, confirm that absolutely not one pinch of flour i.e. absolutely no gluten at all... otherwise you are deceiving yourself.

According to Dr. Joe Murray at the University of Iowa there is the possibility that the MS patient suffers from a neurological complication of undiagnosed celiac disease. About 5% of celiac patients get nerve damage that can vary from tingling and numbness in the feet to confusion, memory loss, dizziness and loss of balance, visual abnormalities. This sometimes happen in the absence of Gluten Intolerance symptoms.

They found that 57 percent of those with neurological problems of unknown cause also had antibodies to gliadin, which is a component of gluten. Sixteen percent of them had celiac disease, a much higher level than normally found. Most of the patients with the anti-gliadin antibodies did not have other symptoms of celiac disease such as poor absorption of vitamins.

Gluten intolerance is a malabsorption syndrome caused by a reaction to gliadin, a gluten protein found in wheat, rye, barley, and oats. People with gluten intolerance cannot digest this protein and, as a result, suffer from various bowel abnormalities.

The thread-like projections, known as villi, in their small intestines – normally responsible for absorbing fluids and nutrients – become flattened and deficient in digestive enzymes, severely reducing the area available for absorption of nutrients such as fat, protein, vitamins, and minerals.

One of the main reasons gluten enteropathy is so devastating is that the place in the small intestine where it wreaks the most havoc is the site where B12 is absorbed. This vitamin is critical for many cellular functions, including the body's manufacture of red blood cells, **nerves, and neurotransmitters.**

Dr. Jesse Hanley, MD, public speaker, instructor, and co-author of *Tired of Being Tired, What Your Doctor May Not Have Told You About Premenopause, Women's Passages,*

and Attention Deficit Disorder, believes that gluten intolerance is much more than one isolated part of the body part malfunctioning.

"It's a metabolic problem – it's your brain, your neurons, an inability to absorb, and the **ensuing inflammation** that travels around peoples' bodies," says Dr. Hanley. "After all, each person is one entirely complete unit, with all parts reliant on the rest of the mind and body in order to function."

In *Gluten Intolerance* by Beatrice Trum Hunter, Keats Publishing Inc. New Canaan, CT. ISBN 0-87983435-8 She talks about a Dr. R. Shatin in Australia who has suggested that an inherited susceptibility to multiple sclerosis is from a primary lesion in the small intestine resulting from gluten intolerance, and that the demyelination is secondary. Shatin suggested that the high incidence of multiple sclerosis in Canada, Scotland and western Ireland may be related to the predominant consumption of Canadian hard wheat, which has the highest gluten content of all wheat varieties. In contrast, the incidence of multiple sclerosis is low among indigenous Equatorial Africans who mainly consume non-gluten containing grains such as millet.

Roger MacDougall was a famous British playwright, who was diagnosed with MS in the 1950s. The doctors felt it was best to keep the information from him. They thought it was in his best interests not to tell him what he had. It was not until he was bedridden that he learned what illness he had. When he knew about it, he did some reading, and went on a gluten & casein free diet. He recovered totally. This is from *Can a Gluten-Free Diet Help? How?* by Lloyd Rosenvold, M.D., [Keats Publishing, 27 Pine Street (Box 876) New Canaan, CT 06840-0876, 1992, ISBN 0-87983-538-9]. MacDougall eventually wrote a pamphlet titled *My Fight Against Multiple sclerosis*, pub 1980 by Regenics Inc, Mansfield, Ohio. Rosenvold also includes some other anecdotes in his book.

A gluten-free diet means avoiding foods that contain wheat (including spelt, triticale, and kamut), rye, barley, and possibly oats or, in other words, most grain, pasta, cereal, and many processed foods. Despite these restrictions, people with celiac disease can eat a varied, well-balanced diet, including bread and pasta. Instead of wheat flour, for example, people can use Gluten-free All-purpose Flour, potato, rice, soy, or bean flour. Gluten-free bread, pasta and other products are available from specialty food companies.

Some celiacs are able to eat oats without having a reaction but others are not. Plain meat, fish, rice, fruits, and vegetables do not contain gluten, so people with celiac disease can eat as much of these foods as they like.

STEP 2

Care and Repair the Body

Once the irritant is removed, care and repair of the body is essential. Many with gluten intolerance suffer from greatly reduced intake of nutrients in their diets. They may skip meals when they are feeling unwell, and the damaging results of gluten on their intestines affects nutrient absorption.

1. Take Metagenics Balance Liquid Oil Everyday!

(order from AmiPro - 011 802 8101).

Balanced Ratio of EPA/DHA.

You need to help repair and strengthen the Myelin Sheaths around the Neurons.

A fish oil with a lemon taste

How to use

- **Take 3 to 4 capsules per day with meals.**

2. Take the Garden TRIO Everyday!

(Order from AIM, 011-675 0477)

People with MS and gluten intolerance ought to supplement their diets with a high-quality, **easy-to-absorb WHOLEFOOD like the Garden Trio** (Barleylife, Just Carrots and Redibeets) to ensure adequate nutrient intake.

The Garden Trio are three all natural, vegetable juice powder concentrates that help provide the daily nutrition you need to develop a strong foundation for good health.

Although there is value in eating raw fruits and vegetables, juicing provides a means to ensure that we are able to digest and absorb the maximal amount of nutrients available.

Barleylife, Just Carrots and Redibeets (Garden Trio) contains a wide spectrum of nutrients, including vitamins, minerals, amino acids, enzymes, chlorophyll and alkalizing substances.

One study noted that hospital patients with MS had low levels of both zinc and iron. The study authors thought the MS patients were at risk for poor nutritional status. There is another possibility to be considered: perhaps people with poor nutritional status are at risk for MS. I believe the latter version presents a more likely scenario, especially when considered in the context of all the other studies done on the disorder and the other nutritional deficiencies found in MS patients. Barleylife contains zinc and iron. The iron in Redibeets is noted for being more easily assimilated than other forms of iron supplements. Interestingly, MS has been linked in a few studies to iron deficiencies.

How to Use the Garden TRIO

- Mix 1 heaped teaspoon of Each in water and drink 2 to 3 times Daily!

Note... Barleylife contains Amino Acid's known to work wonders at healing the bowel.

MS and Blood Clotting

What other conditions are mutually exclusive with MS? Interestingly it is pulmonary embolism or deep venous thrombophlebitis. I believe this may be a clue that people with MS do not have blood that clots easily. The main nutrient responsible for blood clotting is vitamin K. (The "K" comes from the Danish word for coagulation.)

We get vitamin K from food and much of it is synthesized by beneficial intestinal bacteria. These are the same bacteria that are helpful in preventing bladder infections, a symptom of MS. A common link between blood not clotting and bladder infections is harmful intestinal bacteria getting into the urinary tract and crowding out the beneficial flora that synthesize vitamin K, which is needed to promote all of the blood clotting factors. I could not find any studies on MS and vaginal infections, but if I'm right, then these would be common in women with MS, too.

Women who are low in vitamin K often have heavier menstrual bleeding, which can lead to low iron levels and iron deficiency anemia. Low iron levels have been associated with MS.

A common finding in MS is purpura. Purpura are a condition associated with systemic blood clotting deficiencies. Vitamin K deficiency can cause a systemic blood clotting deficiency, and vitamin K cream is known to treat at least one type of purpura. Vitamin K deficiencies can be brought on by antibiotics. People often develop MS right after they've had an illness, a time they are likely to have taken antibiotics, which can lead to vitamin K deficiencies by destroying beneficial bacteria.

My theory is that one reason people with MS do not get pulmonary embolism or deep venous thrombophlebitis is because they do not have a lot of beneficial bacteria in their intestines to make vitamin K, which is needed to clot blood. I think this is the same reason that they have trouble absorbing vitamin B12. Vitamin K is also linked to osteoporosis and frequent fractures, prime features of MS. I suspect that all of these symptoms and links may be logically related.

If a lack of beneficial intestinal bacteria is a factor in MS, then it would logically explain why people with MS do not develop blood clotting problems. It would also explain why they do have fractures, osteoporosis, frequent bladder infections, purpura, intestinal gas and other bowel disorders, and low levels of B vitamins and magnesium.

Antibiotics can cause a vitamin K deficiency and bleeding problems because they destroy the microflora needed to synthesize the vitamin. Antibiotics are more common in industrialized countries where MS occurs. It would be interesting to see if patients with MS had higher rates of heavy menstrual bleeding, easy bruising (besides the purpura), nosebleeds, GI bleeding or hematuria and/or, other symptoms associated with vitamin K deficits. I couldn't find any studies on this, but if my theories are right, then these would be features of MS, too.

Barleylife contains Vitamin K.

Vitamin B12

Vitamin B12 deficiencies and MS share features of soreness and weakness of the legs and arms, difficulty in walking, diminished sensory perception, difficulty in speaking, memory loss, jerking of limbs, fatigue and paralysis. Perhaps not coincidentally, vitamin B12 anomalies have been linked to people with MS in quite a few studies. Some researchers think B12 deficits are a prime factor in MS.

Symptom of B12 Deficiency		Symptom of MS
soreness and weakness of the legs and arms		soreness and weakness of the legs and arms
difficulty in walking		difficulty in walking
diminished sensory perception		diminished sensory perception
difficulty in speaking		difficulty in speaking
memory loss		memory loss
jerking of limbs		jerking of limbs

fatigue		fatigue
paralysis		paralysis
low uric acid levels		low uric acid levels

One study found around 40% of the people tested with MS to be suffering from malabsorption problems, which would, of course, lead to nutritional deficiencies. Interestingly, in the study linked to previously, malabsorption of vitamin B12 was specifically noted. Malabsorption may occur from a wide variety of causes. One known cause of malabsorption is a lack of beneficial intestinal bacteria needed to digest food. What is very interesting is that one of my nutrition books notes that vitamin B12 raises uric acid levels. As noted above, uric acid is low in people with MS, as are vitamin B12 levels. Uric acid therapy has successfully treated mice with MS symptoms.

Barleylife contains all the B vitamins!!!
and Florafood helps manufacture vitamins B1, B2, B3, B5, B6, B12, A & K as well as the essential fatty acids.

3. Take Florafood Everyday!

(Order from AIM, 011-675 0477)

In addition, your body may have become weakened by its struggle with gluten intolerance, and you may have become especially sensitive, and more intolerant, to processed foods. Some people experience bouts of diarrhea. For others, there is an overall, negative cumulative effect. Many people develop secondary lactose intolerance as a result of dealing with gluten intolerance.

However, once wheat, rye, barley, and oats are omitted, and the bowel begins to heal, lactase – the enzyme that breaks down lactose – usually returns to an adequate level, and the lactose intolerance disappears.

Florafood is also recommended for bowel repair. In the meantime, it's important to ensure your body is getting all the nutrients it needs, as well as ensuring regular bowel movements.

Florafood helps balance the intestinal pH, it helps keep harmful micro-organisms at bay. Florafood help manufacture vitamins B1, B2, B3, B5, B6, B12, A & K as well as the essential fatty acids. Florafood enhance calcium absorption and aid in the digestive process by helping digest lactose (milk sugar) and protein.

Florafood help normalize bowel function by correcting both constipation and diarrhea. It cleanses the intestinal tract, purify the colon, contribute to the destruction of moulds, viruses & parasites. It helps enhance the function of the immune system.

Florafood help produce antibiotics and antifungals that prevent the growth of harmful bacteria and fungi. In 1998 the US surgeon General's report noted that normal microbial flora provides a passive mechanism to prevent infection.

How to use

- Take 2 - 4 Florafoods twice daily with meals

4. Take Herbal Fiberblend for at least 1 year Daily!

To get rid of the Gluten and Lactose molecules/peptides!

Toxins undermine our health. Elson Haas, M.D., in his book *Staying Healthy with Nutrition* (1992), defines a toxin simply as “any substance that creates irritation and/or harmful effects in the body, undermining our health or stressing our biochemical or organ functions.” More specifically, a body overloaded with toxins can result in a number of symptoms. These include constipation, stomach bloat, poor digestion, gas, fatigue, weight gain, excessive mucus, poor concentration, headaches, poor skin, poor memory, depression, body odor, and bad breath. Some health practitioners relate toxins to specific diseases. (Buist 1988, Bland 1997) They believe that chronic fatigue syndrome, multiple chemical sensitivity, and fibromyalgia (muscle and joint pain) etc may be related to toxin exposure.

Cleansing

The body does have a system in place for detoxifying harmful toxins. The most important cleansing organ is the liver. Eliminate channels include the bowels (the digestive system), kidneys, skin, lungs, and lymphatic system.

Herbal Fiberblend is a Powerful Cleanser!!!

How to use

Start the dosage very slowly in the beginning.

- Take 1/4 t once a day for 3 days (mix with water)
- Then take 1/2 t once a day for 3 days
- Then take 1 t once a day for a week
- Then take 1 t in the morning and 1 t at night
- Some people need up to 1 1/2 T per day

Digestive Enzymes

If you are struggling with gluten intolerance, malabsorption occurs because the cells can no longer absorb nutrients properly. A digestive enzyme supplement like Prepzymes may prove helpful since your body may have become deficient in digestive enzymes.

5. Take Prepzymes with Every meal!

Enzymes are the sparks that start the essential chemical reactions in our bodies need to survive. Digestive Enzymes are secreted by the pancreas and break down foods, allowing their nutrients to be absorbed into the bloodstream and used in body functions. Prepzymes supplement the body's enzyme supply, aids digestion and improves assimilation and utilizations of food. Prepzymes also increases energy.

How to use

- Take 1 or 2 x Prepzymes Before every meal

It is important to define two categories of gluten intolerance in order to understand how the illness is affected by enzyme action in the gut.

Celiac sprue is an autoimmune condition, a genetic inflammatory disorder of the small intestine. When gluten proteins break down during digestion, they fragment. These protein fragments are called peptides. In celiac sufferers, an inappropriate immune

system response in the small intestine is initiated by one type of peptide, and the intestinal cells are damaged. Also see document by Prof A Fasano.

A second type of gluten intolerance results when the gut is injured by something other than celiac disease – the negative effect of a bacteria or yeast infection, for example, resulting in the loss of the intestinal enzymes which in turn leads to poor gluten digestion. Using Prepzymes can be effective in minimizing the need for a gluten-free diet for those with gluten intolerance due to gut injury.

While supplementing with enzymes can be beneficial to celiac sufferers, they must remain gluten-free because the damage to their intestines is caused by the gluten fragments, rather than as a result of injury.

6. Also apply Renewed Balance Cream Daily!

The root of the MEXICAN WILD YAM (dioscorea) is the source of Phyto-progesterone. In the US a highly sophisticated enzyme process has been developed, which converts diosgenin (extracted from the root) into Phyto-progesterone.

The safest and most natural application is via the skin, by-passing the liver and time-releasing natural progesterone directly into the bloodstream. Renewed Balance Cream is in its molecular structure identical to the one made by the human body.

How to apply the cream

Simply dip the tip of your finger into the jar (pea-size) and apply to the soft-tissue areas morning and night as follows:

PRE-MENOPAUSAL (still menstruating)

- Use last 2 weeks of your monthly cycle.
- Start counting 'day 1' from the first day of your period.
- On 'day 14' start using the cream daily and stop when your period starts again

MENOPAUSAL (post-menopausal and post-Hysterectomy)

Apply daily continuously. Rotate the following areas:

- 3 – 4 days as a night-facial ('anti-wrinkle')
- 3 – 4 days neck area
- 3 – 4 days hands etc.

MEN

Apply daily continuously. Rotate the following areas:

- 3 – 4 days in the back of the legs
- 3 – 4 days neck area
- 3 – 4 days back of hands etc.

Examples of foods that are safe to eat and those that are not are provided below.

- No foods that contains gluten. This means avoiding all cereals - wheat, barley, rye and oats - and foodstuffs containing them such as:
 - breakfast cereals
 - pasta

- bread
- beer, whisky and many other alcoholic beverages
- cakes, biscuits and other foods containing flour
- No foods that contain dairy produce:
 - liquid milk and cream
 - yogurt
 - butter
 - cheese
- Low sugars, in particular, no refined sugar. Rather use Raw Honey and fruit to sweeten food.
- Low animal fats. High unsaturated fats. This means avoiding beef, pork, lamb etc. Wild and free-range meats are preferred to meats that come from modern agriculture.
- No foods to which you are allergic.
- **WHOLEFOODS** like the **Garden Trio** (Barelylife, Just Carrots and Redibeets) that contains vit B1, B2, B6, B12, vit C, vit E, Folic Acid, Iron to name but a few, to counter any deficiencies.
- Also, **Florafood** and **Prepzymes**.
- Good Fats like **Metagenics Balanced Liquid Oil** and **Lecithin** from flax: 300 mg
- **Renewed Balance Cream**
- **Eat Fiber rich foods**
- Nowadays, many people with MS would add a form of Vitamin D like **Veggie D** to this list.
- Some also take CalciAIM.

Vitamin D

A vitamin D deficiency has been shown to cause a multiple sclerosis like condition in mice. Which is interesting, because many people with MS have also been found to be low in vitamin D. MS is less common in areas with lots of sunlight exposure, in both geographic areas at higher altitudes and areas closer proximity to the equator. **Sunlight exposure is a major source of vitamin D**. MS is also less common in areas where fish is commonly eaten. Fish oils are another major natural source of vitamin D. There seems to be some very suggestive evidence that vitamin D may well play a role in MS.

GET SUNSHINE daily!!!

Magnesium Deficiency in Multiple Sclerosis

Barleylife contains Magnesium, Calcium... etc

Some people with MS also supplement with CalciAIM.

Milk

Excessive consumption of cows milk has been noted as a factor in MS.

High milk intake can lower magnesium levels because milk contains high amounts of calcium, which can throw the magnesium-calcium ratio off balance. Interestingly, that some people have problems with

urinary tract infections, a feature also associated with MS, whenever they drink milk.

Wheat

One of the causes of magnesium deficiency is a diet high in grains, such as wheat, that have phytic acid. Phytic acid binds magnesium making it unavailable to the body. Wheat is an arid crop. It does not grow, and subsequently is not a staple food, in tropical countries. MS is also uncommon in tropical countries. Interestingly, wheat is a staple food in many of the countries in which MS frequently occurs. Gluten intolerance has also been implicated in MS, and MS does occur more frequently in countries with high gluten diets. Gluten intolerance can lower absorption of minerals like magnesium. Perhaps not coincidentally, MS is uncommon in Asian countries like China and Japan, where the main starch is rice. Rice does not contain gluten.

The MS-Magnesium Connections

Symptoms of MS that are also symptoms of magnesium deficiency include muscle spasms, weakness, twitching, muscle atrophy, an inability to control the bladder, nystagmus (rapid eye movements), hearing loss, and osteoporosis. People with MS have higher rates of epilepsy than controls. Epilepsy has also been linked to magnesium deficiencies.

Here are some interesting studies on multiple sclerosis and magnesium:

- In a 1995 paper published in the journal *Acta Neurologica Scandinavica*, patients with multiple sclerosis were found to be low in cellular magnesium.
- In a 1994 study from researchers at the Department of Physiology, State University of New York randomly selected hospital patients, compared to a control group of health volunteers the hospital patients with coronary heart disease, rectal cancer and multiple sclerosis exhibited extracellular deficits in ionized free magnesium.
- In a 1990 paper published by researchers from the Wakayama Medical College, Japan, magnesium (Mg) concentrations were studied in the brains of 4 patients with definite multiple sclerosis (MS) and 5 controls. The central nervous system tissues and the visceral organs, except for spleen, of MS patients showed significantly lower magnesium values than that seen in control cases.
- In a 1986 paper published in the journal *Medical Hypothesis*, A group of young patients having MS were treated with dietary supplements containing magnesium, calcium and vitamin D. The results showed a decrease in the relapse rate compared to what would have been expected based on the patients prior history of symptoms.
- In a case report published in the *European Journal of Neurology*, a patient with MS treated with oral magnesium glycerophosphate therapy, showed significant improvement after only one week of treatment.

Whey Proteins

There is some good evidence that the incidence of multiple sclerosis is higher in areas of high cow's milk consumption [*Malosse and Perron, 1993*], [*Malosse et al, 1994*], [*Sepcic et al, 1993*], [*Butcher, 1986*] and [*Butcher, 1992*].

More recently, detailed immunological studies have been carried out by Michael Dosch's team in Ontario, Canada. They have looked at potential triggers for multiple sclerosis and type-1 diabetes focusing on dairy proteins especially those in whey [*Dosch et al, 2001*] and [*Dosch et al, 2001*]. One particular milk protein, butyrophilin, has been presented as a potential antigen which may be similar enough to Myelin Oligodendrocyte Glycoprotein (MOG) to spur the immune system to attack myelin in a process known as molecular or epitopic mimicry. Independent studies by a group in Germany have reached similar conclusions [*Steffert, Schubart et al, 2001*].

What to Avoid

YOU MUST CUT OUT GLUTEN RIGIDLY.

That means you should avoid all use of WHEAT, BARLEY, OATS, and RYE, all of which contain gluten, and this includes foods made from or containing these grains or the gluten from them, such as Weetbix, All-Bran, white and brown bread, cakes, puddings, biscuits, porridge, rye and wheat crispbreads, all kinds of pasta, semolina, Bisto, etc. Eat nothing that has even a pinch of flour in it. In this respect your diet must be as strict as that of someone suffering from coeliac disease. **BE ON A GLUTEN-FREE Diet!!!**

In my opinion you would be wise to take this precaution even if gluten sensitivity is not yet apparent in your system.

Also, COMPLETELY CUT OUT ALL REFINED SUGAR. This is advice I would give to anyone whether or not sugar is shown to be an allergen. Nowadays, most medical authorities would agree on this.

Raw honey may be less damaging to your system.

You should severely limit your intake of animal fats.

CUT OUT ALL DAIRY PRODUCTS AND MARGARINES. Use olive oil, sunflower or safflower seed oil for cooking and salads.

Fried foods are the hardest to digest, so please try to reduce your intake.

AVOID ALL HIGHLY-SATURATED FATS SUCH AS BEEF, PORK, HAM, MUTTON AND LAMB FATS. Bacon, too, should be avoided. Whenever you can, eat liver in preference to meat. Eat free-range animals (venison, rabbit, poultry) in preference to domestic animals. Always remove the fat from your meat.

In domestic animals, the ratio of adipose (harmful) fat to structural (essential) fat can be 50 to one. In free-range animals it is 2 to one.

Beer, gin, whisky, vodka contains gluten and is not permitted.

Sweetened fruit juices and bottled fizzy drinks are not permitted.

General Health Hints

- Whenever possible eat foods as fresh as possible.
- Eat raw vegetables, such as shredded cabbage, raw grated carrots and beetroot.
- Eat fresh fruits every day too - they give you live enzymes which aid digestion.
- Fruit and vegetable juices are a fine "liquid meal". Fresh juices can be extracted from vegetables with a juice extractor or you can purchase them in a health food shop. Natural (unsweetened) juices are sugar free and can give you an additional daily intake of Vitamin C.

It may take 2 to 4 years for Symptoms to disappear!
Be Patient and Persistent!!!

In my opinion there is no mysterious undiscovered physical cause of MS - rather only the predictable and easily understood reaction of your metabolic processes (particularly your autoimmune system, that is your white blood cells) to the presence of alien foodstuffs in your bloodstream. Stop feeling panicky and begin the long slow and arduous climb back to a healthy life.

Also read Roger MacDougall's life story.
(Playwright, film writer, composer, lyricist, musician and a Professor of Theatre Arts).

Health Regards

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Disclaimer: I am not a doctor, or a medical practitioner in any shape, form, or variety. NOTHING in this article/notes/recommendation represents medical advice, nor is intended to treat, cure, or mitigate any disease. NO matter how much fun any of my ideas relating to diet, exercise, or lifestyle might sound, you MUST seek medical advice before making changes to your diet or embarking on any exercise program.

This document was compiled from a number of sources.