



Health Fact Sheet Multiple Sclerosis

Multiple Sclerosis is an inflammation of the myelin sheath which surrounds and protects nerves. It has the effect of making nerve electrical transmission to become dysfunctional as the myelin sheath is destroyed. The cause of this is not known, but there is an 8-fold risk of having this disease if it is already in the family. It is more common in women than men, and usually is diagnosed between the ages of 30 – 45.

It is a progressive, degenerative disease but can be very variable in its effects, ranging from very severe with quick progression to relatively benign in its effects. It can stabilise or go into remission, and a nutritional approach can help to improve the severity and duration of relapses. It is a disease with a much higher incidence in northern climes than nearer the equator, and this has led to speculation that sunlight or lack of it and vitamin D, may be implicated. It is therefore important to take regular exercise and take advantage of any sunny days.

The condition can be exacerbated by stress, environmental toxins and food sensitivities so if you suffer from MS it is wise to get these checked out.

What Do We Know?

Studies have shown that areas where diets are high in animal and dairy products have a higher incidence of MS than areas where consumption of marine foods, seeds, nuts and fruit oils are quite high. It is the polyunsaturated fatty acids, especially Omega 3s, which are believed to be the active component here in providing some protection. They have an anti-inflammatory effect and are required for healthy membranes, including the nerve sheaths.

Omega 3 deficiency is wide-spread in this country and an added factor seems to be common to MS sufferers – they have impaired liver function. This means that they do not absorb the essential fatty acids well which they do eat, leading to even more of a problem. There is also evidence that the myelin sheath is sensitive to lipid peroxidation, due to free radical damage. A high level of antioxidants in the diet, including selenium, is necessary to offset this. Selenium in particular is very deficient in British soils and therefore in home-grown foods.

The incidence of relapses in certain individuals has been shown to be more frequent during winter months and this has led to the link with Vitamin D. This is synthesized in the body from sunlight and we should get enough exposure during the summer months to give us a store to tide our needs over the months of low light levels. Unfortunately, with the advent of sunscreens, vitamin D deficiency is becoming a problem as our winter stores are not being topped up in the summer months. We do not make Vitamin D even on a sunny day in winter.

There may also be a link with heavy metal poisoning, especially from mercury (amalgam fillings) and aluminium (cooking utensils, antacids and deodorants). Mercury levels in people suffering from MS have been found to be 7 times higher than average.

What Can We Do with Diet?

There are a variety of factors which need to be looked at here. Firstly the level of saturated fats consumed needs to be looked at, as do the levels of the essential fatty acids. Also processed and refined foods need to be taken out of the diet and the quantities of vegetables, fruits and whole grains increased. There may also be an issue with poor nutrient absorption due to low stomach acids as well as intolerance to some foods. All these issues need to be looked at and addressed should they be a problem.

Man-made or processed fats are high in the Western diet in a wide variety of foods including margarines and spreads, as well as refined and processed carbohydrates. These need to be avoided as they have an inflammatory effect within the body. The essential fatty acids, or the good fats, need to be consumed and are found mainly in cold water fish, seeds, nuts, beans and pulses, none of which figure highly in the average diet.

Poor nutrient absorption can be improved by increasing stomach acid levels with a digestive supplement. Alternately sip cider vinegar just before or during the main meal to increase the acidity. Nutrient absorption can also be greatly improved outside of the stomach by taking aloe vera, which can increase the bioavailability of foods to up to 90 – 95% (normal bioavailability averages at about 30%).

The intake of fresh, raw and lightly cooked fruit and vegetables needs to be increased, the more antioxidant rich they are the better. Also nuts, seeds, beans and pulses need to be increased, as does the intake of cold water fish.

It is also important to look at the Glycaemic Index (GI) of foods eaten, and have a low GI diet (see separate fact sheet). This can help prevent some of the inflammatory effects in the body.

Can Supplements Help?

With the poor levels of nutrients in much of the food we buy today, a supplement regime is essential.

Firstly, the Omega 3 oils need to be taken, alongside a good high potency antioxidant formula (see below). Choline needs to be added to help the liver use the oils. It is also wise to put in a good quality multivitamin, with good levels of B vitamins which are needed by the central nervous system, and chromium, to ensure trace nutrients are up to scratch.

A potent antioxidant, or superfood supplement, is required.

MSM and Coenzyme Q10 have also been found to be helpful, as has a good quality pro-biotic.

It is also important to supplement Vitamin D as research is showing this has an important part to play. Take a minimum of 5 – 6,000 iu daily.

The sooner this regime is implemented after diagnosis, the more effective it has been proved to be.

Other Things Which Might Help

Herbs

Echinacea, goldenseal, pau d'arco, dandelion – effective detoxifiers
Padma 28 – increases muscle strength and improves other symptoms

Tissue Salts

Calcium fluoride – no 1
Potassium phosphate – no 6
Magnesium phosphate – no 8
Sodium chloride – no 9

Essential Oils

Lemon verbena, chamomile, lavender – anti inflammatory
Juniper and rosemary in carrier oil – good to massage muscles

Flower Essences

Use a combination of the following Bush Flower Essences – Bluebell, Gynea Lily, Hibbertia, Isopogon, Rough Bluebell, Southern Cross and Spinifex.

Bodywork

Massage particularly deep tissue massage is helpful
Acupuncture can help with symptoms
Meditation and yoga can help to calm mind, distress and reduce symptoms

NEW***

New research (see below) and testimonial evidence is showing us the role that redox signaling molecules – or rather the lack of them – have to play in complex diseases such as MS. Whilst scientific studies in this field are ongoing, a company has managed to reproduce and stabilize these molecules into a product – the only one of its kind. Whilst unable legally to make any health claims, testimonials from people with MS would seem to suggest that taking in these molecules daily is having a very impressive effect – see the testimonial below. I myself know directly of someone who, over a period of months, has seen big improvements in their condition from being wheel-chair bound to walking again.

The product is only available direct from the manufacturer, not through retail outlets, so go to this link for more information: www.liefdesigns.teamasea.com

- Science: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3869544/>
- Testimonial: <https://jamesoeck.wordpress.com/>

You tube clip: <https://www.youtube.com/watch?v=>