

Multiple Sclerosis (MS) Battle Plan

What is Multiple Sclerosis?

Multiple Sclerosis (MS) is a progressive, degenerative disorder of the central nervous system. The disease is variable in its progression and affects various parts of the nervous system by destroying the myelin sheaths. Without the myelin sheath, nerve transmission cannot occur and so nerve function is lost.

Causes of Multiple Sclerosis:

The underlying cause is still unknown. However, many causative factors have been proposed including:

- Viral infection
- Autoimmune reaction
- Pro inflammatory diet

Facts you should know:

- Multiple Sclerosis usually occurs in persons between ages 25 and 40
- The risk of MS increases with food allergy; especially gluten and milk
- According to the New Jersey College of Medicine, x-ray irradiation to the lymph glands and the spleen has halted the progress of MS in 25% of the patients treated. However, radiation depresses the immune system.
- Exposure to cats can actually decrease your risk of developing Multiple Sclerosis
- Exposure to birds may significantly increase your risk of developing Multiple Sclerosis

Signs and Symptoms:

| | |
|---------------------------------------|-------------------------------------|
| Intermittent blurred or double vision | Difficulty with balance and walking |
| Eyeball pain | Feeling of heaviness |
| Nausea | Numbness |
| Muscle weakness | Electrical sensations |
| Clumsiness | Dizziness and spinning |

Treatment and Prevention:

1). Diet

- Eat foods with low saturated fats
- Normal allowance of protein; primarily from fish, legumes, grains and vegetables
- Eliminate food allergens
- Don't use margarine, shortening or hydrogenated oils

2). Nutritional Supplements

- Flaxseed – (Best source) contains linoleic acid, which has been shown to greatly inhibit the progression of less severe forms of an autoimmune disease (*Use our **Flax Advantage™** - take a 1/2 cup of fresh flaxseeds ground daily.*)
- Tocotrienols – provides the body's primary defense against oxidative damage to the cell membranes. (*Take 1- 2 tbs. of **Rice Bran Solubles** daily*)

- Cereal Grasses like **Organic Kamut Blend** or **Organic**

Barley Green Juice. Take 3 servings daily, mix with 6-8 oz of water or favorite non-acidic juice. Best on an empty stomach.

3). Herbs

- Ginkgo Biloba extract – in numerous studies Ginkgo Biloba extract has demonstrated platelet aggregation, improving blood flow to the brain and nervous system and enhancing nerve cell function. (*PHPs' **Revive-It-All™** contains Ginkgo and Super Oxide Dismutase –Take one capsule with each meal daily*)

Recommendations:

1. Avoid extremely hot baths, showers, and overly warm surroundings, as these may trigger an attack.
2. Do not consume sugar, coffee, chocolate, salt, highly seasoned foods, spices, or processed, canned, or frozen foods.
3. Short fasts can be helpful (Try PHP's anabolic fast program)
4. Avoid excessive fatigue, emotional stress, and marked temperature changes.
5. Bee venom therapy has been said to help MS patients manage their symptoms. Though it is not a cure, it does relieve pain and helps regain feeling of the nerves. (*See article below*)
6. Avoid under and over cooked meat. Eat meat only 2-3 times per week.
7. Lymph massage – weekly lymph massage helps drain toxins and strengthen immunity.

We do not intend to diagnose, treat, cure or prevent any disease

Article on Bee Venom Therapy (BVT)

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Using the sting of the bee to encourage health is the most dramatic area of apitherapy. And the most dramatic evidence supporting BVT is being gathered in the treatment of multiple sclerosis (MS). A conservative estimate of MS patients in the US using BVT is 5000. Most go to lay practitioners or self-administer the stings. MS is a very complex affliction apparently focusing on the nervous system and the ability of the body to transmit nerve information. It also displays links with connective tissue disorders and immune system imbalances. MS patients suffer extreme fatigue, lack of balance and muscle control (ataxia), and chronically progress to immobility, usually becoming wheelchair bound. Bee Venom Therapy is inexpensive, has relatively no side effects, and is showing so much promise in treatment of MS, that the National Multiple Sclerosis Society is funding studies