

Taming Multiple Sclerosis

**Using Alternative
and Natural Ways**

**to Reduce the
Symptoms of**

Multiple Sclerosis

Written by Diane Delap

www.TamingMultipleSclerosis.com

<http://TamingMultipleSclerosis.blogspot.com>

Disclaimer

None of the information, provided in this Ebook is intended to diagnose, treat, cure or prevent any disease, but is provided for informational purposes only.

Before considering any information that you read as being an option for finding a way to reduce your MS symptoms, or as an option for anyone that you know or love that is also battling with Multiple Sclerosis, you should consult with a licensed medical healthcare practitioner or other medical professional, that is well trained and has experience in performing what ever alternative or natural way that you are considering to pursue as an option for reducing your MS symptoms, associated with your particular case of Multiple Sclerosis.

This also applies, if you are helping a love one or any one else that you may know or love, who also battles with the symptoms of Multiple Sclerosis to find information on ways to reduce their MS symptoms.

Because each case of Multiple Sclerosis appears to be more unique in the combination of MS symptoms and other associated health conditions that can be present together, always work with a qualified and well trained medical physician or other medical health care professional to determine which alternative and natural ways can be used for your particular set of medical conditions that are in combination with your Multiple Sclerosis symptoms.

If you choose to do anything with any of the information that is presented in this Ebook, without the supervision of a licensed healthcare practitioner or a well trained medical specialist, you do so at your own risk.

Our Mission:

The main focus of our Ebook, our website <http://www.TamingMultipleSclerosis.com> and our Blog <http://TamingMultipleSclerosis.blogspot.com> is to provide you, who have been battling with Multiple Sclerosis, with more information about Multiple Sclerosis and its symptoms and about Alternative and Natural ways that can help to reduce Multiple Sclerosis symptoms.

Because there is no one known cause of the symptoms of Multiple Sclerosis, the MS research that is being done is leading in many different directions at the same time, while the medical community is still in search for a cure for Multiple Sclerosis. At the writing of this Ebook, there is no known cure or "quick fix" for those that suffer from the symptoms of MS. This does NOT mean that there is no hope for those of us, who have or are suffering from the often devastating effects of MS on our bodies. There is an emerging trend for those of us, who have been suffering from the effects of Multiple Sclerosis -- where more and more of us are turning to Alternative and Natural ways in order to find relief to our MS symptoms.

The symptoms of Multiple Sclerosis can cover a very broad range of disturbances to our bodies that can keep us from being able to function as we should be able to function. MS symptoms can vary from mild to severe, and be present in any combination of the many possible symptoms for each person, who has been diagnosed with Multiple Sclerosis. This makes it much more complex in being able to find relief to the symptoms, which are often associated with each particular case of MS. Because of this often being the case, this presents a dilemma when it comes to finding relief to the symptoms of MS. As more and more people, who are struggling with the symptoms of MS, and the doctors working with these patients are discovering that the Alternative and Natural ways, which have helped reduce the symptoms of one person with MS may not help the next person as well or it may not help at all or it

On top of this, the number of cases of MS is increasing and showing up in many more countries around the world than were diagnosed just 20 years ago. Because of this being the situation with the majority of the cases of MS, this is the main reason as to why we are providing a broad range of descriptions of Alternative and Natural ways, which can help to reduce the symptoms of Multiple Sclerosis, in the hopes that you too can find some form of relief to your own MS symptoms. We would like to help others with MS that are located in many different countries around the world – to help to provide you with information on some type of Alternative and Natural ways to reduce your MS symptoms that are available to you in your country.

The other problem that is being seen more often is that there are other health conditions, such as celiac disease, arthritis, cancer, diabetes and others, which are also appearing to be in combination with more cases of Multiple Sclerosis. This just compounds the problem in finding ways to bring relief to the symptoms of Multiple Sclerosis, because some of the alternative and natural ways that do help to reduce the symptoms of MS may conflict with or cause a problem when looking for a way to reduce the problems that are encountered with the other health conditions that can also be present with MS.

Because of the complexity of determining which alternative and natural ways are beneficial to your particular case of MS for helping you to find relief to your MS symptoms safely and effectively, you should always consult with your doctor or other medical health care professional to determine which methods are suitable for you, prior to you considering anything as an option for you for finding relief to your Multiple Sclerosis symptoms.

Our hope is that you will be able to find doctors or those that have more specialized training and experience in dealing with each particular modality, way or method that you may be considered for addressing the symptoms, which accompany your own case of Multiple Sclerosis. Our hope is that the information that we have included in our Ebook can help you to determine with your doctor or medical health professional, which of the ways that we discuss may be possible options for reducing your symptoms of MS.

About the Author

Diane Delap has battled with a severe case of Multiple Sclerosis for 12 years. The doctors gave her no hope for her condition to improve. After Diane was first diagnosed with MS, she barely functioned much at all. In fact the statement, "So how does it feel to have an incurable disease" was said to her so many times within the first few years, after she was first diagnosed with MS, that this prompted Diane to become determined to find anything that could help to reduce her own MS symptoms and help her to function again. Diane was not only successful in finding Alternative and Natural ways that have helped to reduce her MS symptoms, but the doctors have verified, through performing more recent Magnetic Resonance Imaging or MRI tests that the major scarring that Diane was told that she had on her upper spine, when she was first diagnosed with MS, is totally gone!

The neurologist also told Diane, that she still has some scarring in the brain and as a result, Diane still struggles with some symptoms of MS. Diane's next phase is to find alternative ways to help to reduce or eliminate the remainder of her symptoms and restore function to the areas of her body where she currently struggles with reduced function. Her neurologist and other doctors have given her hope that her goals are not as far fetched as they may sound because based on how her doctors have verified that she has improved that they are optimistic that Diane can regain more of her abilities to physically function better again.

Diane's objectives also include finding ways to remove the remaining scarring and nerve damage, or at least reprogram her brain through finding ways to redevelop neural pathways to help her brain and her body to function better again. Diane's hope is that all of what she has been through with her own MS struggles and what she has learned about alternative and natural ways, which can help to reduce MS symptoms will allow her to help others that have also been struggling with their own MS symptoms to find relief. Although Diane is functioning much better, than when she was first diagnosed with MS, she still has a ways to go in her quest to wellness with recovering from her initially severe MS symptoms that she had struggled with after she was first diagnosed with MS.

Diane has experienced firsthand what it is like to battle with MS and has undergone the sessions and other ways that she discusses in her Ebook about Alternative and Natural ways that are safe and effective for reducing the symptoms of Multiple Sclerosis, when done properly.

When Diane was first diagnosed with MS, she experienced first hand, how those of us with this diagnosis are given little hope of improvement. Because of this attitude towards the diagnosis of MS, this prompted Diane to do what she can to provide others with MS with the information that she has found about Alternative and Natural ways that do help to reduce MS symptoms.

Diane has written an Ebook, has a website (www.TamingMultipleSclerosis.com), and a Blog (<http://TamingMultipleSclerosis.blogspot.com>), where she posts informational articles on understanding more about Multiple Sclerosis, information on MS research, advances in

MS treatments and on Alternative and Natural ways that she has found that can help to reduce the symptoms of MS.

Diane is very passion about using the information that she has learned in her own journey with Multiple Sclerosis to help others find the information that they need to be able to find relief to their own MS symptoms.

Before MS

Prior to her disability, Diane was very independent and travelled for work, but in a relatively shorter period of time, she lost her ability to function on her own. After moving back in with her parents, and having to give up her apartment, her 2 cats, her job and her independence, she barely functioned much at all for the first few years. Even though it was difficult for Diane to read, because of MS vision problems, Diane spent much of her time reading whatever she could find on Multiple Sclerosis, about the symptoms and discussions on how MS attacks and affects the body, as well as what types of treatments were available to her that could possibly help to reduce her MS symptoms and bring her relief.

It took Diane many hours of her own research and a few years to finally find alternative and natural ways that have been helping to reduce her own MS symptoms, but this has also prompted Diane to continually research and try new methods in an attempt to restore some or even much of her abilities to function again that MS had taken out of her life initially.

Diane is of the opinion that there is something out there that will not only help her to function better, but help to restore her abilities for her to be independent again, like she was able to do before Multiple Sclerosis entered her life.

Diane worked in the Environmental field, as a chemical engineer for 7 years, before her first major attack of Multiple Sclerosis appeared. Diane was a problem solver at work, before she was diagnosed with a severe case of Multiple Sclerosis. Since Diane became disabled because of MS, she has the attitude that this too is just another problem that she needs to find a way "to solve".

Since she was diagnosed with a severe case of Multiple Sclerosis 12 years ago, Diane has tried, and found many different Alternative and Natural ways that have helped to reduce her own symptoms of MS. Because of all the research that she had to do, and how difficult it was at the time for her to find the information on Alternative and Natural ways to help reduce the symptoms of MS, Diane made it a point to take notes and gathered information on what has helped to reduce her own MS symptoms, in the hopes that she could find a way to help others, who have also been diagnosed with MS, to find relief to the symptoms that they are also experiencing.

Although Diane is single, she has the hope that she will recover totally from the major scarring and nerve damage that she initially experienced, in the hopes that she can get married, have children and start a family of her own. Her boyfriend has been supportive in all of what she has been struggling with, and with all that she has done since she met and started dating him 10 years ago, when she was still very sick and struggling with severe MS symptoms. Her boyfriend has commented on how she has come a long way in finding ways that have helped to reduce how severe her MS symptoms were when he first met her.

Diane and her boyfriend are discussing the possibility of getting married in the near future, but a few other details need to be worked out for this idea to become a reality.

Diane currently lives in the United States, in Pennsylvania, with her parents. Diane is also helping more with finding alternative and natural ways to help to reduce the health problems that her parents are also struggling with, in spite of her own health challenges that she still sometimes struggles with because of the occasional MS relapses that sometimes do still occur. Although Diane is currently unable to walk or drive, her neurologist is planning on sending Diane for more intensive physical therapy and he is more hopeful that Diane has a good possibility of returning to walking and maybe even driving again. How this all plays out will determine when Diane and her boyfriend can consider getting married.

Introduction

Multiple Sclerosis is becoming much more of a wide spread health problem in more and more countries around the world. The MS attacks, relapses and exacerbations are also becoming a more frequent occurrence with the MS symptoms also appearing to become more severe, more often. More people in more different countries are being diagnosed with Multiple Sclerosis at an ever increasing rate that is becoming more alarming to the medical communities around the world. The symptoms that are often associated with Multiple Sclerosis can include a broad range of symptoms, with no 2 cases being exactly alike. In addition, many of the cases of MS may not even have many symptoms in common at all.

Multiple Sclerosis is not really well understood so that the research done for racing to find a cure for MS leads in many different directions at the same time. It is also puzzling that what is found to bring relief to some of the symptoms of Multiple Sclerosis for one person, might not help at all for the next person. This makes it seem like the treatments, therapies and the like that are used for attempting to reduce the symptoms of MS are as effective as aiming for hitting a moving target.

The injectable drugs and newer tablet forms of drugs, that are often recommended as treatments for Multiple Sclerosis may or may not help to reduce the symptoms of MS for each case of MS that is diagnosed. Because the doctors are searching for more ways to reduce the symptoms of their patients with MS, the traditional medical doctors are turning more to Complimentary medicine or Integrated medicine, which includes both traditional medicine that may be combined with using alternative and natural ways.

The reason this trend continues to grow, is because the doctors do see benefits for more of their MS patients by making dietary changes, adding nutritional and vitamin supplements, increasing the amount of physical therapy and other exercises done and finding ways to reduce stress through doing yoga, tai chi or qi gong. All of these natural and alternative ways, along with many other alternative and natural ways, are all helping in varying degrees to bring more relief to more of their patients that have been diagnosed with Multiple Sclerosis.

There are many different types of alternative and natural ways for reducing MS symptoms that do help. The purpose of this Ebook is to describe a broad of alternative and natural ways to find relief to Multiple Sclerosis symptoms. This Ebook describes and discusses the options that may be available to you for finding ways to reduce your symptoms of MS, depending on which country you live in and on what is available where you live.

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Chapter 1: What is Multiple Sclerosis?

Multiple Sclerosis is considered by the medical community to be an Autoimmune Disorder, where the body becomes confused in some way to where it attacks itself, as if it is a foreign invader that the body needs to defend itself against. Multiple Sclerosis is a term that covers a broad range of symptoms that are not usually the same set of symptoms from one case of Multiple Sclerosis or MS to the next. Since there appears not to be any 2 cases of MS exactly alike, there is a broad range of suspected causes that can vary as much as the symptoms of Multiple Sclerosis do themselves.

Since the disease process of Multiple Sclerosis is not well understood by the medical community, the most current Multiple Sclerosis research, that is being done to work towards a cure for MS, includes going many different directions at the same time, in the hopes that a cure will be found, while in the process more will hopefully be understood about how and what is affecting the body that can result in the scarring and possible nerve damage that is so often associated with Multiple Sclerosis.

Possible causes of Multiple Sclerosis include a virus theory that something like the Epstein Barr virus (that is linked to mononucleosis), the chicken pox virus or the virus that is known to cause German measles can be a way that the conditions are set up for Multiple Sclerosis to attack the body. Other theories include a mutation in some gene sequence, which may classify Multiple Sclerosis as a genetic disorder or some type of severe allergic reaction or severe immune response to an unknown substance that confuses the body into misinterpreting its own cells. Another idea is that the scarring is a result of the effects of Environmental toxins attacking the body (like a nerve agent or something similar, which can cause direct nerve damage to the body). But there is no conclusive proof at this point that gives the medical community enough evidence of which way to focus the research for finding a cure to Multiple Sclerosis or to help focus the efforts for finding what can resolve the wide spread physical problems, resulting from the increase of the number of people diagnosed with Multiple Sclerosis around the world.

Because there are such a wide variety of theories as to what actually may be the cause or causes of Multiple Sclerosis, this has resulted in many approaches being used by the medical doctors around the world in an attempt to bring some relief to their patients' MS symptoms. The traditional medical doctors are broadening their scope of treatment options to include what is called Complimentary Medicine. Complimentary medicine includes using a broad range of options in finding ways to bring relief to the symptoms of Multiple Sclerosis. Complimentary ways that are being used to help reduce the symptoms of Multiple Sclerosis can include both pharmaceutical drug treatments, as well as alternative and natural ways, including acupuncture, massage therapy, different forms of meditation and stress reduction, tai chi, yoga, dietary changes, nutritional supplements, and other life style changes. The traditional doctors are finding that there are some benefits of using alternative and natural ways for helping to reduce the symptoms of Multiple Sclerosis.

Since around 80% of our brains and 60% of the rest of our bodies are made up of nerves, the nerve damage that typically results from Multiple Sclerosis can affect how well the majority of our bodies can function. The problems with the scrambling of nerve signals, that typically accompanies the symptoms of Multiple Sclerosis, can also cause most of the nervous system to appear to be short circuiting. This short circuiting of the nervous system can either come and go or be continuous.

Our nervous systems work similar to electricity running from a power source through an electrical wire that leads to a light bulb. If there is a break in the wire or part of the insulation on the wire is damaged or missing or there is an intermittent connection between the power source and the light bulb – the light will either turn off and on, sort of randomly, or it won't light up at all. Our brain acts like the power source that sends signals that carry instructions to the rest of the nerves throughout our bodies on how they should be functioning. Our spinal cord acts like the wire that sends the nerve signal (or electricity) to the other parts of the body. The myelin sheath, that surrounds our spinal cord, acts like the insulating plastic coating on the wire. The myelin sheath protects the spinal cord and insulates it so that the nerve signals travel well along the nerves that run throughout the spinal cord and the rest of the body. Like the light bulb that lights up, the nerves throughout our bodies "light up" or function based on the instructions or signals that they receive from the brain and other nerves through out the body.

One thing that is known about Multiple Sclerosis is that in the majority of cases, the central nervous system is confused and the signals between the brain and the other nerves throughout the body are not communicating like they should be. This lack of communication between the large amounts of nerves throughout the body sets up the body for a broad range of neurological problems with the body being unable to function as it should function.

If the nerve signals that travel throughout our bodies are confused or sometimes not arriving to their final intended destination, then the nerves where the signal was intending to go to don't function as they should be functioning. Since the myelin sheath, which surrounds, insulates and protects the spinal cord, is damaged, as it is more often than not in most cases of Multiple Sclerosis, then the signal from the brain to the nerves throughout the body is blocked, misdirected or scrambled and doesn't send the correct instructions throughout the body, as it should. This results in a long list of possible problems or symptoms of MS that appear with the body not functioning as it should.

In the mild cases of Multiple Sclerosis, the symptoms that may begin to appear can include any or all of the following: balance problems, more problems walking or standing for longer periods of time, mild to moderate muscle weakness, fatigue, memory problems, cognitive problems, vision problems, mild to severe eye pain, more problems picking things up with the hands, possible hearing problems, spasms through out different parts of the body, nerve pain, numbness or tingling sensations or maybe even partial loss of bladder control (incontinence), and others to name a few of the symptoms that can accompany the more mild cases of Multiple Sclerosis.

In more severe cases of Multiple Sclerosis, the symptoms can cause the body to function much less, with even the simplest of the tasks that we tend to take for granted that we can do to take care of ourselves on a daily basis. Nerve damage typically results in the more severe cases. The range of symptoms with the severe cases can be moderate to very severe. Short term and long term memory are often being affected much more severely. Walking, balancing and standing can become very difficult or impossible. Vision, speech and hearing can be greatly diminished. Walking with a cane, a walker or being confined to a wheelchair often results. Signals to the bladder can become so confused that it may result in loss of bladder control in either of 2 different ways: the bladder can drain, without any warning (the person with this symptom wets themselves frequently) or the bladder retains, when it should drain, which results in the person having to catheterize in order for the bladder to be drained. People with bladder control issues, as a result of MS, typically have frequent and often severe infections, which is a common problem with MS, because of the

weakened immune system. Having to catheterize will greatly increase the frequency and severity of the infections, as well.

Chapter 2: My Story with MS

Twelve years ago, I myself was diagnosed with Multiple Sclerosis. Before I was diagnosed, I traveled for work and led a very active life in many ways. I had a very time consuming and demanding job, but I managed to squeeze in time where I could be involved socially in several groups and to help out by volunteering at an orphanage near where I lived. I was always on the go, doing something. I was 31 years old when I was diagnosed with Multiple Sclerosis and my initial symptoms were so subtle that I did not even notice them at the time. Thinking back on it all now, about what I was experiencing before I was diagnosed, it is easier to figure out what were actually my initial symptoms of MS.

My initial symptoms included:

Memory problems – I had a very good memory growing up, but I started to forget many things, like what I was planning on doing at work and forgetting what people had just said to me. I started losing things all of the time. I had to write a “To Do List” most days, just to keep track of my tasks for each day. I had to leave myself reminders at home so that I did what I needed to do before I left for work each day.

Overwhelming Fatigue – within about 2 years before I was diagnosed with MS, I had two 6 month periods of time where I was so incredibly exhausted that I had a very difficult time making it through an 8 hour work day without taking naps every chance that I had. I normally had an hour drive to work each day and it was very difficult for me to drive for 8 hours without pulling off the road when I was only halfway to work for me to rest for 10 to 20 minutes before I could drive the rest of the way. I had to take a nap at every break (like coffee break or lunch break), because I could not keep my eyes open at these times. I had to take a 1 hour nap before I left the office to drive home. I was so exhausted after I arrived at home that I had to take a 90 minute nap before I could make dinner. I would go to bed as soon as I ate dinner each night. Getting out of bed the next morning was very difficult, since I had trouble keeping myself from going back to sleep when I needed to get out of bed. I had this happen to me for 6 months and then the fatigue just went away for 6 months. The fatigue then returned for another 6 months again and then it went away for 6 months and after this was when I was diagnosed with MS.

Personality changes (temporarily) – I had an episode where I became very upset with one of my managers at work and started screaming at him over very little. I totally misunderstood what he had said to me and I jumped to conclusions and acted like he was personally attacking me. I never would have thought of acting like this with anyone at work before. I was reprimanded by my boss, instead of being fired and I was told not to do it again. I apologized and I felt horrible for doing this to him. I had no idea what was going on with me and I felt like I was starting to lose my mind and my sanity.

Numbness and Tingling – odd sensations started coming and going including numbness, tingling sensations, specific points of intense pain, very intense feelings at certain points in my body that would just come and go sort of randomly.

Loss of feeling – I had partial temporary loss of feeling in my hands and feet.

Weakness and Problems Standing – I had a few short episodes where I would become very weak all of a sudden and I had to sit down and wait until the feeling passed. This made me feel like my knees were going to collapse and I was going to fall off the floor, if I did not sit down.

Vision Problems – my vision was becoming out of focus, blurry or tilting sideways off and on for a few months before I was diagnosed.

Eye Pain – the eye pain started within the 2 weeks before I was diagnosed and last for a few months after I was first diagnosed with MS.

Headaches – the headaches came off and on probably somewhere within the 2 years before I was diagnosed with MS.

Sciatic Pain – the sciatic pain started becoming a shooting pain that traveled up the back of both of my legs whenever I tried to sit down about 10 days before I was diagnosed.

Overheated Often – this would come and go sort of randomly, but it began to become more and more intense and appear much more often.

Frequent Infections – I had the flu 4 to 7 times in 1 year, even when it was not flu season. My boss noticed this before I did and asked me why was out sick so often for 2 years in a row, when I had not been previously. I had no idea and I just said that I was sick more often and that was all. (Oh how wrong I was about that, looking back on it now!)

All of these MS symptoms that I had within the 2 years before I was first diagnosed with MS, were very mild and other people noticed them off and on when I did not.

Sometimes we have a habit of discounting or playing down our symptoms of MS because we act like it is a cold or a 2 or 3 day flu that our bodies can just fight off, like they have done quite well in the past, but once Multiple Sclerosis is suspected, the whole list of seemingly random symptoms add all together are much more easily defined than when we are actually going through it.

Ten days before I was diagnosed with a severe case of Multiple Sclerosis, both of my legs became numb, while I was driving to work. At the same time this made me feel so exhausted all of a sudden that I had pull off of the road and get out of the car to walk around. (The numbness is best described like the feeling of numbness when your foot “goes to sleep” when you sit with it for too long in an awkward position that reduces how well the blood circulates through your foot.) The feeling in my legs would return if I stood up and walked around for 10 minutes. But, if I sat down for more than 20 minutes, my legs would go totally numb again. I thought this was odd at the time, and although I was concerned to some degree, I did not think that it could be anything that was serious – at least not towards the beginning of the day, when these symptoms first began to appear.

I was not too far from work, so I went to work. This was a bad idea! I felt terrible off and on most of the day. I could not sit down for more than 20 minutes at a time without my legs becoming totally numb. I had to walk around inside the office for 10 minutes before the feeling would come back in my legs again. I spent all morning with this routine of sitting for 20 minutes and walking around for 10 minutes at a time. By lunch time I felt absolutely horrible and extremely exhausted. I finally ended up going home from work, but

it never occurred to me that I should call someone to come get me, instead I drove home from work. I just thought that I would stop every 15 minutes and walk around and that I would be okay. About halfway home, I became so overwhelmingly exhausted again that I knew that if I stopped again to take a break that I would not make it all of the way to home. So after driving again for 15 minutes, my legs became totally numb. This was a very bad thing, because I could not feel my feet at all, like when I stepped on the gas or brake pedals on the floor. I had to leave a large amount of distance between my car and the cars ahead of me and behind me. This also meant that I had to look down at the brake and gas pedals to make sure that I actually had stepped on them when I need to stop or speed up, since I could not tell whether I stepped on the pedals or not by feeling.

I had steps to my apartment and I did not know if I could walk up steps, so I drove to my parents' house, that was only another 10 minute drive from where I lived by myself. By the time I went to see the doctor that night, the numbness had turned into sciatic pain that traveled up the back of both legs whenever I sat down. An MRI was scheduled for scanning my lower back. I went for the MRI test 7 days after my legs had initially become numb, while driving to work. By that point the sciatic pain had become much worse that it was unbearable nerve pain and the numbness that was originally in my legs had spread above my waist to just below my chest. My lower back was becoming numb also. I was having a difficult time picking up my legs for me to be able to take a few steps for me to be able to walk on my own. I could still stand up okay, but I began grabbing onto whatever I could to move my body, while dragging my legs and my feet along the ground, instead of actually picking up each foot to take a step. The MRI test of my lower back showed nothing that could explain anything about my legs going numb or that could explain the intense sciatic pain that I had shooting up the back of both legs.

By the tenth day, I was almost totally numb from the neck down, both front and back, since the sciatic pain had also turned into total numbness. I was sent to a specialist that did a pin prick test to determine how severe the numbness was at that point. I did not feel any of the pin pricks until the doctor reached just below my neck (just above the sternum bone). All I could feel from the neck down was a very small amount of both of my pinky fingers on both hands, but within the next week after I was diagnosed this went away too.

I was sent directly to the hospital from the specialist doctor's office and after they performed 3 more MRIs on my body, I was told that I had a severe case of Multiple Sclerosis with some scarring in my brain and severe scarring on my upper spine. The doctors in the hospital gave me no hope of recovery. In fact, the doctors and the nurses kept saying to me over and over again "So...how does it feel to have an incurable disease?" While I was in the hospital for 6 weeks, I kept developing more and more symptoms of MS.

When I was in the hospital, the following MS symptoms appeared:

Loss of Bladder Control – I frequently wet myself often and I was told that my bladder also did not drain as it should have been, which resulted in me having to learn how to catheterize myself.

Constipation – this happened often and became more extreme a few times. This became much more of a problem to where I started to have such intense stimulation whenever I had to poop, that I would almost black out each time that the constipation finally cleared and my intestines would empty.

Overheated most of the time – I felt like I was on fire most of the time and I even had to be switched to a cooler room for me to be able to tolerate being in the room for more than 5 minutes without me feeling like passing out. I even had one time where I had to sleep with icepacks at night when I was transferred to a different room in the hospital that was too hot for me to be able to stay in the room. Sleeping with ice packs is a horrible thing to go through.

Very weakened Immune System with Frequent Infections – I had one infection after the other for most of my stay in the hospital. This added to how much I was already overheating. This did not get any better after I returned home from the hospital.

Fatigue – the fatigue worsened and became more constant and more overwhelming when I was in the hospital and this was even worse after I was released from the hospital and allowed to go home..

Depression – after I was first diagnosed is when the depression started to appear, but I was determined that I would not let myself become so depressed that I wanted to give up totally, because then I had no hope of recovering much at all. Instead of allowing myself to become extremely depressed, I remembered that laughter is good medicine. I also know that when I had gone through some other tough times before this that when I encouraged other people not to give up that it helped me not to give up. So, I dubbed myself the “welcoming committee” for all new patients on the rehabilitation floor of the hospital that I was in for 6 weeks. In spite of how fatigued that I was almost all of the time and the fact that I was confined to a wheelchair for me to be able to get around the hospital, I went around the hospital floor most days and talked with the other patients on my floor. I would talk to them to find out why they were in the hospital and “how long they were in for”. I did everything that I could to cheer up the other people that were also in the hospital and it kept me from feeling so depressed. I even had fun in physical therapy to where the other patients would just sit there and laugh at how crazy I was being. This actually helped the therapists to convince the patients that did not want to do therapy to actually relax enough to be able to do much better in therapy. It was much easier for me not to be depressed when I was in the hospital because I was actually around other people. The depression was much more of a problem for me within the first year after I went home from the hospital, after I was diagnosed with MS.

Nerve Damage – because my legs were so strongly affected by the damage that can be caused by MS, I was told by the doctors that I had nerve damage to my right leg.

Weakness on one side of my body – This was so severe, that at first the doctors thought that I had a stroke until the MRIs were performed and then I was given the diagnosis

Loss of Control of Hands and Feet – my hand control was so bad that when I went to physical therapy, picking smaller thing up was very difficult. My foot control was much worse on the right this was so bad when I went to that resulted in foot drop and even the effect where my foot would turn sideways so that I was attempting to stand by placing my ankle of

In spite of all of this happening to me, where in 6 weeks, my life was turned upside down because of MS, instead of allowing myself to give up because of the initial depression that I had, I decided that I would go around the rehabilitation floor and cheer up the other patients that were there to help take my mind off of my own physical problems. I even was given the privilege of helping the physical therapists with the patients that were too

discouraged with whatever health conditions that they themselves had to help cheer up the other patients so that they were more willing to be able to do their physical therapy to help their conditions to improve.

I still had arm strength when I was in the hospital and the doctors thought that this was odd, since I could not feel my hands or my arms at all because of the numbness that I had from the neck down. At that point my hands still worked in spite of them being totally numb.

By the time that I returned home from the hospital, I was unable to walk and I had to use a wheelchair to get around. I had also had overwhelming MS fatigue that was so terrible that even though I was sleeping 10 to 14 hours a day, I still felt extremely exhausted all of the time. I did not function much at all after I was released from the hospital. I had to move back in with my parents. I live by myself any more. I had 2 cats in my apartment and they were what helped me keep my sanity for the 3 years that I lived alone. But my dad is allergic to cats and I could no longer take care of them. I am thankful that some one that I knew was able to take in my cats to take care of them and love them as much as I did.

I love animals and I find that they help to calm me down so much when I am stressed out. I had a very stressful and fast paced job before I stopped walking. When I stopped walking, within 6 weeks, I had to stop working, stop driving, stop traveling, give up my apartment, give up my cats and give up my independence. I was so sick at the beginning after I was released from the hospital that I could not do anything on my own for at least 6 months. It was at least 2 years before I functioned even a little -- at least enough that I could leave the house to attend an MS support group for those that were newly diagnosed.

I think that I really scared everyone with MS that was at the MS support group, since at that point, I was the only one that attended the support group that was in a wheelchair. Everyone else that attended the support group, who had MS, were walking with the aid of canes. The moderator was stuck in traffic and arrived late to the group. So, I just started talking to everyone else that was there that had been diagnosed with Multiple Sclerosis. The more we talked with each other the more we realized that we didn't need to be afraid of what we were going through. Somehow when we open up and discuss what we are going through because of the effects of Multiple Sclerosis on our bodies, we begin to realize that some one else can relate to what we are going through, since the rest of the world around us can sometimes give us odd reactions to how much less our bodies respond to be able to allow us to function on a daily basis.

Starting a conversation with other people in the room really broke the ice with the other people in the room and helped to relieve the stress and tension that was definitely in the room at the time. When the moderator arrived she was frazzled and at first she thought that I had taken over the meeting. I assured her that we were just talking among ourselves while we were waiting for the meeting to start and those of us in the room with MS had already found a connection by sharing our stories and experiences of what we had already been through because of MS entering and totally changing our lives. I'm really glad that I attended the ms support group. It helped me to realize that I was not the only one that was struggling with many of the often tough to live with symptoms of MS. It also helped me to realize that we are still people after we have been diagnosed with Multiple Sclerosis and that there is still hope for us that we will be able to help each other to find relief to our symptoms of MS by discussing ways that have helped us with our own MS symptoms.

I know that I have an unusually fast acting case of MS and most people that are diagnosed with MS do not become disabled so quickly, but in spite of this, what I have found that has helped to reduce my symptoms of MS can and has helped to reduce other people's symptoms of MS. I am not just telling you my story, but I am giving you information on what is becoming more of a trend of a series of alternative and natural ways that the overall medical community is beginning to find helps to reduce most of the overall symptoms of Multiple Sclerosis.

I now realize that 2 years previous to my initial severe attack of Multiple Sclerosis, I was displaying very mild symptoms of MS off and on, but I didn't recognize them as anything out of what may be considered the flu, a cold, over doing it, not getting enough sleep, possibly poor nutrition or something else that did not to be a severe health problem brewing into becoming something much more severe than I could ever imagine it to be.

The early symptoms of MS are not easily recognizable until they become more severe or until a pattern of the occurrence of the symptoms of MS are recognized. Doctors and patients alike are not only puzzled by the symptoms of MS, but they do not recognize the initial symptoms when before they become much more of a problem that can lead to more severe disability, in many cases of MS. Not all cases of MS result in more severe disability. This is not well understood either.

Chapter 3: What are the typical Symptoms of Multiple Sclerosis (MS)?

How does Multiple Sclerosis Affect the Legs and Feet, especially Walking, Balancing and Standing?

The scarring, resulting from Multiple Sclerosis, can affect the legs and feet in several different ways. MS can result in muscle weakness, nerve signal confusion, or the blocking of the signal from reaching its final destination of the legs, feet, or knees. If these problems are severe enough, this can result in the inability to stand or walk on an intermittent basis or maybe even on a regular basis. When the signal is intermittent this means that you might be able to stand up or be able to walk some one day and not be able to do either of them the next day.

It's a combination between having muscle strength, muscle function and nerve function that allows us to be able to stand up, balance or walk. This means that the nerve signals have to be able to travel from the brain to the knees, legs and feet for us to be able to do these things. In MS, the scarring to the myelin sheath (the fatty material on the spinal cord that helps to transmit signals), the brain or other nerves throughout the body can greatly influence the signals from the brain to legs, knees and feet can that can result in the signals either being confused or blocked, so that the signal is not able to reach the legs, knees or feet because the damage or scarring that is present.

Multiple Sclerosis can also affect how much we have control over where we can place our feet and on our ability to stand on our feet. In the more severe cases of MS, there is usually more nerve damage present and this typically can cause more problems, with the lower extremities functioning much less or maybe not able to function much at all. There are 2 symptoms, involving the feet that may be visibly present. These 2 symptoms are called "cloneness" and "foot drop", which both involve loss of control of placement of one or both of the feet. "Cloneness" is where the foot turns sideways when the person with this MS symptom tried to take a step. Shortly after I was diagnosed with MS, I myself experienced what cloneness is like when I was sent to physical therapy. Whenever physical

therapies had me try to take a step in physical therapy, while they were attempting to have me walk some using parallel bars as support, my foot would turn sideways and I had no control over it. "Foot drop" is more of a problem where when you try to foot pick up your, like when you are trying to get in a car, you find that you are not able to pick up your foot without assistance. Again, you have no control over the placement of your foot but the clonus is a result of much more severe nerve damage as a result of the scarring of MS.

Just this past year, the neurologist ordered that the MRI scans be redone, to check on my progress after 11 years of battling with a severe case of MS. After the scans were done and the tests were reviewed by the neurologist, the neurologist informed me that there was NO scarring on my upper spine! At first the Neurologist thought that I might have been misdiagnosed, but after he reviewed the films from the original MRI test result, from the initial scans that were done on my upper spine, when I was diagnosed, the neurologist verified that there was major scarring to start with, when I was first diagnosed and that the scarring on my upper spine is totally gone! The neurologist also confirmed that the clonus that I had after I was first diagnosed with MS is gone. Occasionally, I still have a problem off and on with the foot drop, but it is mild compared to what it was when I was first diagnosed with MS.

Spasms, Muscle Tightness, Muscle Aches, Muscle Weakness and MS

Another set of problems that MS can cause is a problem with muscle tightness or tendon tightness, muscle weakness, or spasms (also called twitches or tremors) that can be found throughout any part of the body. But these types of symptoms are more often found to be present in the arms, hands, legs or feet. If you sit for any length of time, like if you can not stand up for any length of time or if you can not walk and use a wheelchair to get around, then it is common for the muscles and tendons up the back of both legs to become very tight, and this can even cause cramping or knots in the muscles that need to be massaged out periodically. I have found that before I lie down at night that I need to do stretching exercises to stretch the tight tendons and muscles up the back of both of my legs to help them to relax so that I can straighten them out for me to be able to lie down at night for me to be able sleep more comfortably.

MS Spasms can be almost anywhere in the body, but are typically more common in the legs, hands, feet and arms. I had a very big problem with much worse spasms in the hands, arms, legs and feet and hand shortly after I was first diagnosed with Multiple Sclerosis. Sometimes the legs spasms, especially, would be so severe and so sudden that they could actually throw me on the floor if I did not grab onto something for me to prevent from ending up on the floor. Recently, I occasionally have more mild spasms that aren't as severe and they do not happen as often as they did before.

I have found out that several natural ways that I use when ever I appear to need it that do help to reduce the frequency and severity of the spasms, for my case of MS. I found out that I have a larger deficiency in magnesium that can actually contribute to the frequency and severity of the hands, arms, legs and feet spasms that can accompany MS. My doctor recommended that I take a 1 to 1 ratio or equal amounts of calcium and magnesium together. The problem that I had a few times in the past is that I need to take a much higher dose of magnesium than I can physically tolerate, at least as far as taking supplements by mouth. If you developed an intolerance to taking higher doses of magnesium as a supplement, I would suggest trying to take lower divided doses of a calcium and magnesium combination through out the day and see if this makes it easier for you to handle taking the amount of magnesium that you doctor recommends for each day.

I also found something called Barley Greens that is a powdered form of organically grown barely green grass. This powder appears to naturally be higher in magnesium content, but it isn't as tough on the digestive tract as taking magnesium capsules or tablets. The problem that I ran into with taking magnesium supplements is that if your body can not tolerate the higher dose of the magnesium supplements, then you end up with diarrhea.

I would recommend asking your doctor about testing you to see if you may be deficient in magnesium to see if the MS spasms that you may be having may be related to a more severe magnesium deficiency. Adding more magnesium also helps to reduce muscle tightness, leg and muscle cramps and helps to relax the overall nervous system. Deficiencies in calcium and magnesium have been found to contribute to how frequent and how mild or severe the twitches, spasms, tremors and muscle tightness can become that often result as part of the MS symptoms. If you have a problem with tolerating the higher doses of magnesium, try dividing the total amount of magnesium that your doctor instructs for you take into several smaller doses throughout the day. Remember, you need to take calcium with the magnesium each time that you take magnesium for it to absorb better.

I also found out that taking vitamin D with the calcium also helps the calcium absorb better too. Ask your doctor about this, since more people are often deficient in vitamin D also. Vitamin D is produced in much larger quantities in our skin when our skin is exposed to sunlight. People that are indoors most of the time or live further north of the equator, where they have fewer hours of sunlight each day, tend to have a much bigger problem with not having enough Vitamin D in their bodies to aid in Calcium absorption. The overall medical community is quick to say that there is a big problem with people that lay out in the sun on the beach too much because of the higher incident rate of skin cancer from being exposed to too much ultraviolet radiation from the sun. That's true, but they neglect to point out as often that the number of people that are found to have too low a level of vitamin D is on the rise from people not getting out in the sun enough. This can contribute to low amounts of calcium and magnesium in bones density scans, which causes the bones of the legs and hips, in particular to become more brittle. This can set up those with MS that tend to have more problems falling already with a condition where any fall can break bones more easily. I have found information, recently, that doctors are recommending spending 20 to 30 minutes a day in direct sunlight, to help boost the vitamin D levels that are naturally produced in the skin, a reaction to the sunlight hitting the skin. Higher levels of Vitamin D help to boost the immune system, making it easier to fight off infections. The other method that can be used to increase vitamin D in the skin is to purchase a lite book that mimics the natural sunlight of the sun that a person can use to sit with your skin being exposed to the light box for at least 30 to 45 minutes each day. This is a good way to boost your vitamin D levels, without being exposed to the ultraviolet radiation of the sun that is responsible for skin cancer from lying out in the sun for extended periods of time. If you would like more information on purchasing a lite book, click on the link <http://www.litebook.com> for more information. There may be other web sites that you can purchase the lite book at a cheaper price, including www.Amazon.com, but the manufacture's web site does a much better job describing what the Lite Book can help with and how it works. I would suggest doing a Google search for the Lite Book if you are interested in purchasing one for you to use.

Vitamin D helps regulate several functions in the body, since it helps aid the body in absorbing calcium from what we eat, and in turn helps the magnesium to absorb better. These 3 vitamins together, Calcium, Magnesium and Vitamin D, help to regulate the rhythm of the heart. Other vitamins and nutrients are also important, but reversing the inefficiency of the body in absorbing vitamins, minerals and other nutrients from what we eat and drink

can help to restore balance to our systems and help us to function better – even in spite of the often devastating effects of Multiple Sclerosis on our systems.

The Best Bet Diet is based on the idea that the vitamin D deficiencies of people that live in countries that are located within a certain distance from the equator may contribute in a major way to the higher incidence rate of Multiple Sclerosis in these countries. But this is not the whole story. It has been studied in more depth and found that there are a much larger percentage of people that are diagnosed with Multiple Sclerosis who live in areas that do not receive an adequate amount of day time sunlight to help boost vitamin D levels to what appears to be the minimum level that our bodies need to remain healthy. In countries that are in the north, that are further from the equator, (Canada and the USA) the amount of sunshine is reduced and the incidence rate of the occurrence of Multiple Sclerosis is much higher.

The higher incidence areas are in the countries that are located in the Northern hemisphere (Canada and USA) or those that are the farthest from the equator and therefore the areas with the least amount of day time sunshine that people have available to them. The percentage of the occurrence of Multiple Sclerosis is much higher in Australia, New Zealand, Canada, USA, and northern Europe.

It is interesting to note though that there are countries that have a much lower level of sunshine that actually have a lower incidence rate of Multiple Sclerosis, but in these are the communities whose diets are based primarily on fish and fish oil is found to be much higher in how much vitamin D it contains naturally. It appears that diet does have an influence on the degree of occurrence of Multiple Sclerosis in different countries too.

Now, is this simply a coincidence or is there a possible link between these two phenomena? Well, yes there is, vitamin D3 (Cholecalciferol). The two main sources of Vitamin D just happen to be sunshine and oily fish. So, could it be that vitamin D affords some level of protection against the condition for those fortunate enough to live in sunnier climates or who have a diet based primarily on oily fish and, if so, what mechanism is at work in the MS disease process?

With me, I've also found that supplementing with Evening Oil Primrose twice a day helps the nerves to function better. Based on my opinion, I think that since the myelin sheath is a fatty tissue, that the "Low fat diet" approach that is sometimes recommended for those that have been diagnosed with Multiple Sclerosis is a bad idea. For the myelin sheath to be repaired, I think that we need to cut out hydrogenated and partially hydrogenated fats, and add in Extra virgin Olive oil, Extra virgin Coconut oil, some sunflower oil (in place of butter), as well as taking Evening Oil Primrose and Black current oil either through adding them to your diet or taking them in supplement form. This may not be a good thing to do this for every one that has been diagnosed with MS, so talk to your doctor about it, to see what your doctor would suggest for you to take as supplements, based on your particular case of MS.

I also would suggest, if you can afford to do this or if you are able to do this, to cut out all processed foods for at least 3 to 5 years. This is a difficult thing to do for some people, since making all of your meals from scratch can be a very time consuming thing to do, which can cause us to have to use up too much of the limited energy that we have available or each day because of the fatigue that may be and require us to use more of our limited energy that tends to create a worse problem for those of us with fatigue as one of our . Depending on where, the availability of the raw foods that you require for the ingredients to

whatever you are making for a meal may be tough to find as organic (cuts out the pesticides and other chemicals).

When I first started doing all of what I have done, that has helped to reduce my symptoms of MS, most things were very difficult for me to do, since I was almost non-functional at that point. It was also much more difficult for my mother, since she was working around the time that I was diagnosed with Multiple Sclerosis, and she would have to come home, while in the middle of her work day at least once or twice to help me to do a few things that I couldn't do on my own, at the beginning. Because I reacted to so many things that I ate normally, after I was first diagnosed, I had to radically change my diet, which meant that we had to cut out all processed foods and make everything from scratch to be able to cook a meal. My mother did all of the cooking, after I was first diagnosed with MS, and it was very time consuming for her to make everything from scratch, since she really didn't have any extra time to spare to be able to do this. When I finally started to function better, I went to the effort of doing all that I could to cut out everything out of my diet, out of all the products that I purchased at the store (for skin care, hair care, deodorant, cosmetics, etc,) or any other products that I used normally that may have been a source of something that I was over reacting to at all. Doing this did help some, but I had to do this for at least 2 years before I started to see very much forward progress from cutting everything out that contained man-made synthetic ingredients of any kind. I did have a very difficult time functioning for at least the first 3 years, after I was diagnosed but eventually, I could see an improvement in how well I was functioning in certain ways. It's difficult to radically change everything that you do within a month, but if you are sick enough or you function so little that you see how important and how necessary these changes appear to be, you are much more willing to change whatever you need to, just so that you start to function again.

What Foot problems are Associated with Multiple Sclerosis?

If your particular case of MS involves severe enough demyelination, nerve damage can be a result, as in my case of MS. This can cause the nerves in your legs and feet to become confused or closer to non-functional. This can result in loss of control in the movement and placement of your legs and feet. I had this problem, shortly after I was diagnosed with MS. When I was sent for physical therapy, within 2 weeks after I was diagnosed, I was still able to stand, but I was unable to walk. The physical therapists tried to get me to take a few steps, using parallel bars, but my one foot kept turning sideways, whenever I tried to take a step. This is called "cloneness" or "foot drop". This problem, with lack of control of where you can place your feet is a sign of more severe nerve damage. Incidentally, this problem that I had after I was first diagnosed is most of the way gone! My neurologist has verified that I'm getting better from a neurological point of view!

How does MS Affect the Arms, Hands and Muscle Strength?

Since the symptoms of Multiple Sclerosis can vary from case to case, a range of symptoms that affect the arms and hands are possible. I've spoken with many other people that also have been diagnosed with MS and it appears that arm and hand problems, often associated with Multiple Sclerosis, can include muscle weakness, numbness, pain, tingling or pins and needles feelings that move around randomly, spasms, loss of the use of the arms or hands (because of the nerve signal being confused or blocked from getting to the arms and hands). The hands can lose muscle strength, loss of the ability to pick things up, to write or be able to hold a fork or spoon to be able to feed yourself. It can also become more of a problem using a knife to cut things, especially if you have a more severe problem that can result in more severe arm or hand spasms.

I had a few months, after I was diagnosed that this was a big problem for me and as a result, I had to eat using my hands, because I couldn't hold on to a fork or spoon for me to be able to feed myself. I also had 4 months where writing was so difficult that it was almost impossible. Initially, I took a large amount of vitamins, in an attempt to find relief. I read continuously to find anything that could help and to gather information to avoid any potential side effects or reactions from taking too much of anything. I had a doctor that I was working with, at that point, that made sure that I wasn't over doing it with anything that I was taking. But, what I was taking at that point, did help to improve how well my hands were able to function. Because I had such a severe and complex problem, after I was first diagnosed with MS, I am not completely sure as to which supplements helped the most with reducing the problem that I had with the use of my hands, but my doctor verified that I needed everything that I was taking at that point, just to function some.

How does MS Affect the Immune System and Immunity?

Several conditions often occur with Multiple Sclerosis, which can weaken immunity or the immune system. Multiple Sclerosis tends to cause several vitamin deficiencies throughout the body. It has been medically proven that certain vitamins, that we normally absorb from the food that we eat or that our bodies normally produce, boost the immune system. The ability of our bodies to fight off infections are also compromised and reduced in their efficiency to carry out their intended functions. In the case of Multiple Sclerosis, it is uncertain as to whether the nerve damage or disruption of the normal function of our glands, organs, digestion or natural process throughout our bodies are to blame, at least in part, for the weakening of our immunity, but because Multiple Sclerosis disrupts so many natural functions through out our bodies, it appears to be a combination of several factors, instead of just one of the overall functions of our bodies that appear to contribute to the problems with MS. Since MS can attack any part of the nervous system, many factors can contribute to the weakening of our immune systems.

Bladder Control, Urinary Tract Infections (UTIs) and MS

In both the mild and severe cases of Multiple Sclerosis there is often a weakening of the immune system so that frequent infections result. Bladder incontinence can result. Loss of Bowel control is sometimes present, but not as often as loss of bladder control. Several medical doctors have told me, over the years since I was diagnosed with MS, that the loss of bladder control is related to a brain function problem. Somehow either the brain itself is confused or scrambled or the demyelination of the spinal cord causes the signal to be confused or blocked that is sent to the bladder. This can result in either loss of bladder control, where you either don't know that you need to pee or you can lose control so that your bladder leaks or you have "accidents" where you wet yourself frequently. The other problem that you can have is that the nerves that control the bladder draining become dysfunctional and the bladder retains instead of draining. This results in you having to catheterize to drain the bladder (it's a plastic tube that is inserted in the bladder to allow it to drain). You can have either problem, where the bladder doesn't drain correctly or you lose bladder control or you can have both at the same time.

Catheterizing presents its own problems. Any time that you insert any foreign object into your body, it sets the body up for getting more frequent and severe infections. This is what happens when it comes to using catheters to drain the bladder. That's not a good thing, since MS already weakens the immune system, making it so that your body already has a tougher time fighting off infections. Catheterizing also means that you have to carry more things with you if you leave home to do anything. The problem with frequently wetting yourself also means that you have to bring extra changes of clothing with you. If you use

disposable underwear and incontinence pads, this can minimize how much extra clothing that you may need take with you, whenever you leave home to go somewhere, but using disposable underwear on a regular basis can add another expense of what you need to spend each month, just to make it easier for you to function better on a daily basis. This can be a strain on your finances, if you have a severe enough case of MS, where you are considered disabled, unable to work and end up on a fixed income or almost non-existent income.

If you end up having to catheterize, because your bladder doesn't drain as it should, this sets you up for more frequent bladder infections. Bladder infections can be painful, create urgency, and cause fevers. The frequent bladder infections often result in the doctor having to prescribe antibiotics too often, which in turn, weakens the immune system even more. This can become a vicious cycle, where the more often you have to take antibiotics for a bladder infection, the more this knocks down your immune system, resulting in more infections more often. If you have a more severe problem with numbness, especially in the bladder region, you don't end up with the urgency or bladder pain that is often connected with having a bladder infection. This often results in more severe bladder infections that become so out of control, which you most likely need to take antibiotics for a few months in order to kill this particular infection. Having more severe infections with MS often results in the person not function much at all until each infection clears up.

The lack of bladder control, including wetting yourself frequently, as well as the bladder retaining and not draining as it should, have been linked to a problem with the nerve signals being confused or not getting to the bladder as they should be. This can be a result of nerve damage either in the brain or the spinal cord. If the signal can't get from the brain to the bladder, then bladder control problems can result.

I have found a device called a frequency generator (sometimes called a Rife machine) that delivers frequencies that have been found to help to kill certain types of infections. This works great on killing bladder infections, without taking antibiotics so frequently, although if the bladder infection becomes severe enough, even this may have a tough time at killing the infection. There are several forms of this type of machine.

Some versions of this type of the device, require the person running it to hold probes in the hands or to place contact plates under the feet to be able to deliver the needed frequencies to the body. There is another version of the device where the person that the device is being used for just has to be present in the room with it and the radio frequencies that are given off by the device are transmitted a certain distance into the room. This is good news, since it means that this device can be placed at the foot of your bed and run while you are sleeping. Typically this type of device is used for more severe infections, including severe bladder infections and lymes disease. To find out more about the frequency generator that can be used while you are sleeping or you are just in the room doing other things, or to purchase it go to <http://resonantlight.com> to find out more.

For more general information on the development of the technology behind the Rife machine, go to <http://www.rife.org> for more of the history of the Rife machine.

I have also found that there are a few herbs that help to relieve some of the problems that result from frequent bladder control problems and with the frequent bladder infections. The herb Uva Ursi can help with killing E-coli infections. E-coli is typically the organism, which causes most bladder infections, especially if you have to catheterize to drain the bladder.

* **Corn silk** also helps to boost the immune system to help fight off bladder infections.

* **D-Mannose powder** (the active ingredient in cranberry juice) can be added to any juice or even water that helps the body to fight off bladder infections. Taking D-Mannose powder, mixed with water or juice, also helps to boost the immune system and purify the blood.

I typically take the mannose powder, add it to cranberry juice or water and take this with Uva Ursi and extra Vitamin C (helps to boost the immune system). This works best for me, since I reserve use antibiotics to when I have a much more severe infection, so that the antibiotics work better when I really need them the most. I do this, as much as I can, since I tend to build up resistance to the antibiotics, when take them too often in a shorter period of time. I have a doctor that works with me about this problem I have with antibiotics and it helps that my doctor agrees with me about using antibiotics. Antibiotics are useful at times, and needed, but they are ineffective if they taken too frequently.

I have found for me that the herbs, Corn silk and silica (Horsetail), help to reduce the severity of the bladder incontinence, that I've had a problem with because of the problems with the nerves not function as they should as a result from the scarring caused by Multiple Sclerosis.

The active ingredient in cranberry juice, that helps to reduce the frequency and severity of bladder infections, is D-Mannose and can help to boost the immune system and cleanse the blood. This can be purchased at health food or vitamin stores, at least this is how works in the United States.

I've also heard of a medical device, called EGG Biofeedback, which can help to stimulate the nerves in the bladder directly to help to retrain the nerve response. I haven't tried this myself, as of yet, since after I found out about this type of treatment, I was unsuccessful at being able to find a doctor that performs this type of treatment, who has an office near where I live. In my opinion, if you can find a licensed healthcare practitioner that has this type of device that can perform this type of treatment for you, this may be worth considering as an option, if you condition is severe enough to warrant this.

How Does MS Affect the Hands, Dexterity and Fine Finger Movements?

What allows us to be able to manipulate objects, to pick up things and use our hands for fine finger movement, is the signal from the brain that feeds instructions from the brain to the hands. The nerve signals can be either arrived scrambled or the signals to the hands or feet can either be intermittent or blocked so that they don't reach their intended destination because of the damage to the nerves themselves in the brain, the spinal cord or any nerves transporting the signal from the brain to the hands. In the case of Multiple Sclerosis, when the hands become numb or the ability of the hands to function becomes less and less, this is typically caused by nerve damage in the brain, in the spinal cord or in the nerves that transport the signal to the hands. MS can also cause spasms, twitching and numbness in the hands.

Lack of hand control can also result in inability to pick things up, manipulate smaller objects, pick up utensils (knives, forks or spoons) to allow us to feed ourselves, force us to give up making meals (so we can't cook for ourselves) or lose in the ability to write. You may also experience problems with your hands, where you lose control over the movement of your hands and lose of the strength in your hands. This can result in you dropping more things on the floor and can make it difficult to pick up things that you were able to pick up before you were diagnosed with Multiple Sclerosis.

In my case, detoxifying the body from heavy metals (aluminum, cadmium and mercury in particular) and pesticides, through Chelation and Clathration helped to start to reduce the loss of hand control and reduce the numbness in my hands. Undergoing sessions with the use of EEG Biofeedback sessions also has been helping to retrain the brain response and reduce the loss of hand control (this is a different type of Biofeedback from the EGG kind that was mentioned earlier and they also do not work the same way).

Chelation treatments help to remove heavy metals and other substances, such as cholesterol plaques from the body. If a child is the one that has been diagnosed and they have a problem with heavy metals, then some degree of caution should be used when doing chelation IV treatments, since some of them (especially EDTA chelation) can be too much for a child's body to tolerate. These treatments are performed by licensed medical doctors that are specifically trained for administering natural and pharmaceutical grade solutions directly into the blood stream using intravenous (IV) treatments. Vitamin solutions can also be administered through IV treatments. An example of this would be when higher doses of Vitamin C are given by IV treatments.

What Types of Nerve Pain are linked to MS?

Mild to severe nerve pain can also be associated with Multiple Sclerosis. The nerve pain can be a result of the scarring, or maybe even nerve damage, associated with Multiple Sclerosis. If the scarring or nerve damage puts pressure on specific points on the nerves, that directly stimulate the nerves that feed the signal to the pain center in the brain, then intense nerve pain can result. Another theory that doctors have about the cause of nerve pain is that certain types of chemical toxins, including heavy metals, such as mercury, can attack the nerves and actually follow the nerves in its pursuit of causing turmoil throughout the body through the possible nerve damage, which elevated levels of mercury tend to cause. Nerve pain doesn't occur in every case of Multiple Sclerosis, because the nerve damage that results from Multiple Sclerosis can vary tremendously as to where the majority of the nerve damage is located and how it can stimulate different parts of the body, including the pain center of the brain.

I myself haven't had to endure with the prolonged period of nerve pain, which is associated with some cases of Multiple Sclerosis. Instead of the severe nerve pain, I had huge amounts of numbness to deal with, where I couldn't feel anything touching my skin.

From my own extensive research that I have done on Multiple Sclerosis and from asking those that suffer with their own case of Multiple Sclerosis, that includes the intense nerve pain, I found out that there are a few ways that these people have been able to find that have helped to bring them relief from the constant intense nerve pain.

Among the things that they have found that are effective are:

- Acupuncture
- Scio Biofeedback
- EGG Biofeedback

I've spoken with several people that have experienced intense nerve pain, as a result of the scarring, or even possibly nerve damage that results from Multiple Sclerosis and they just weren't able to find anything that totally worked for bringing them relief from the intense nerve pain that they were experiencing.

I was so touched with how much these people were suffering, that I decided to do what I could to locate something that may bring some relief to those suffering with intense nerve pain, which can sometimes be associated with MS.

There is also a treatment called EGG Biofeedback, that can help to reduce intense nerve, that has associated with MS, where leads are attached to points of contact directly on specific muscles and the nerves that they are connected to, that can be used to feed stimulation directly to a specific set of muscles and nerves. This way of stimulating muscles and nerves can help if the pain is at specific locations. But in the case, such as MS Hug, where the pain is intense, but keeps moving around and is not always fixed at a certain location, EGG Biofeedback doesn't work as well.

Acupuncture is known for penetrating more deeply and is reported to be able to penetrate more deeply to be able to stimulate the areas of deeper nerve pain. If you can find someone who is well experienced in this method of reducing pain, they tend to do a better job at locating where the main root of the pain is located and they have a much more effective way to address the problems of MS nerve pain.

If you yourself face intense nerve pain, because of MS, and you find some way that is effective for reducing your MS nerve pain, whether it is through one of the ways listed above, or though some other way that you have found from other sources, please let me know, so that I can pass this information on to others that also struggle with MS nerve pain too, so that they can also find relief from nerve pain.

You can either send an Email to contact@TamingMultipleSclerosis.com describing what you have found that has helped you or go to our Blog at www.TamingMultipleSclerosis.blogspot.com and post your comments about relief you have found to MS nerve pain, so that others can benefit from what you have found that helps to bring relief.

What can be done to Reduce the Overheating that is present in most cases if MS?

Frequent overheating can also occur with Multiple Sclerosis. It appears that this is a result of high fevers from the frequent infections that result from the weakened immune system, that is more often than not, linked to most cases of Multiple Sclerosis, but the doctors aren't really sure if this is completely the case. But I have found that with my case of MS, that if I can find ways to boost the immune system and reduce how often I do have infections, then I have much less of a problem with overheating. I also found out that I was overheated at one point because I was having bad reactions to a medication that I was taking at the time.

If you have any type of reaction, while you are taking any kind of prescription drug, you should consider whether or not you could be developing reactions to the medication. If you request it, the pharmacy where you purchased your medication is required to give you a list of the potential side effects that you can have to the medication. I would suggest that you learn all that you can about the potential drug side effects of any medication that you are currently taking or even before you start a new medication, so that you are aware of any reaction that you may be getting from a medication. You can also request information on side effects of any drug from the manufacturer and then they have to send it to you, by law. If you develop any type of reaction or "symptom", while you are taking any prescription drug, don't just discount these "symptoms" as just "being symptoms of the Multiple Sclerosis". Doctors have a habit of doing this with certain types of medical conditions, where they blame anything that they consider a "symptom" to be part of whatever medical condition you may be battling with at that point, instead of considering the possibility that

you could be reacting in a bad way to the medication itself. I had this happen, at one point, that I had developed a bad reaction to a medication and this wasn't determined until after I endured 6 years of severe side effects to this medication. If the doctors wouldn't have discounted my over reactions to most medications as "just part of the MS", they could have prevented me from suffering from the severe reactions to this medication for so long.

Boosting the immune system appears to help reduce the problem with overheating, which is often associated with MS. In my experience, there are many vitamins and herbs that can help to boost the immune system. If an infection is already present, Echinacea and Astragalus have been known to help boost the immune system to fight off infections. Taking higher doses of vitamin C helps to boost the immune system too, but if the higher doses of Vitamin C are taken by vitamin supplements, then it can only be taken until bowel tolerance (to just before you develop diarrhea and then you slightly reduce the amount that you are taking until the diarrhea stops). This is how your body tells you that you are taking as much as you can handle at the time. If needed, much higher doses of Vitamin C can be given using IV treatments, but this has to be done at a doctor's office to monitor your body's reaction (if any) during the treatment, from a safety point of view.

When Multiple Sclerosis is already present, being overheated makes your nervous system feel like it is "short circuiting". Some medications have the known side effect that they prevent the person, which is taking it from sweating. This is something that those of us that have been diagnosed with MS need to be aware of, since the fact that we can overheat so easily can make this a more dangerous situation, since if we are not able to sweat, it is much more difficult for us to cool off when we are overheated.

In some cases of Multiple Sclerosis, the ability to sweat is greatly reduced, which limits or prevents the natural mechanism for the body to help cool itself off. Check to see if a side effect to a medication that you are currently taking can be contributing to how extreme the problem with cooling off can be for you because of the MS. Cooling vests, ice necklaces, ice packs and drinking plenty of ice water can help to reduce the feeling of extremely overheating that can lead to feeling like passing out. Being excessively overheated is a very bad thing for people that have been diagnosed with Multiple Sclerosis, since heat exhaustion and heat stroke are serious conditions that can lead to hospitalization or possibly even death. Excessive heat, externally or internally, also tends to make those with Multiple Sclerosis feel like they are losing more of the ability of their nerves to function. Hot tubs, saunas and any place that is humid, hot or traps in the heat should be avoided by those that have been diagnosed with Multiple Sclerosis.

If you have been diagnosed with MS and you find that you are getting a side effects to any of the medications that you are currently taking and one or more of these side effects, include reducing or stopping the ability of your body to sweat and you find yourself overheating, all too often, talk to your doctor about this and find out what other alternatives you may have to avoid this type of potentially dangerous situation for you.

How does MS Affect the Eyes and Hearing?

Eye pain can be one of the symptoms of MS that can vary as to when it appears. This can be an early symptom that appears before the person is diagnosed, or it can appear a few years after the diagnosis of MS is given. But, in some cases of MS, this symptom doesn't appear at all. The Eye pain that tends to accompany MS can be mild to severe, but more often than not when it is present, it is intense nerve pain that can be excruciating. MS can also cause other eye problems, where the vision can become fuzzy, things appear very dim (like someone turned the lights down very low), and blurry vision or double vision can also

result. Some of these problems with vision can be a result of either damage to the retinal nerve or brain function problems (resulting from the scarring or damage to the nerves in the brain by the MS). Discuss whatever problems that you are experiencing with your particular case of Multiple Sclerosis, with your licensed medical doctor, and discuss the possibility of requesting a retinal nerve scan to test your retinal nerve for damage. If this test doesn't find any scarring or damage to the retinal nerve, discuss with your doctor the possibility of running an MRI on your brain, to determine if this might be the source of the problems that you are experiencing. It may be seen on the MRI, that there may be scarring present in the brain, especially near the area of the retinal nerves that may be causing at least part of the problem with the eye pain.

Medical doctors typically prescribe IV prednisone treatments for the vision problems, but depending on what other conditions are also present, this may not be a helpful way to reduce the problems with your vision or the other symptoms that you are experiencing. I myself had severe nerve pain just before I was diagnosed with MS. After I was diagnosed, the doctors prescribed a few courses of IV treatments with prednisone. With my particular case of MS, within 2 days of being taken off of the prednisone, my vision and eye pain became much worse. Then I found some information on prednisone, that in some cases of MS, prednisone can actually cause the eye pain and vision problems to become worse. I happened to be one of those cases where it actually made my eye pain and vision problems worse after I was started on prednisone.

In my particular case, I found that drinking extra of purified water (to help hydrate and detoxify my system) along with taking alpha lipoic acid (or ALA) actually helped me more than being given prednisone through IV treatment and by mouth (pill form). I found that ALA also helps with reducing fatigue, providing more energy and with helping the liver to detoxify better from toxins. Check with your doctor to determine what might work for your particular set of symptoms of MS.

Multiple Sclerosis can also affect the hearing and make it worse, if the scarring that results from MS affects the auditory nerves. If you are experiencing a problem with your hearing, possibly in connection with the Multiple Sclerosis, check with your medical healthcare practitioner to see if the doctor can run tests to see if they can determine if there is damage to the auditory nerve.

What Other Symptoms can be present with the diagnosis of Multiple Sclerosis?

Extreme Fatigue – can be one of the symptoms that are present in the majority of the cases of Multiple Sclerosis, along with a whole host of other symptoms.

But are there certain factors that actually contribute to the extreme fatigue that often accompanies Multiple Sclerosis?

Well, the doctors aren't definite on this, but, when I considered the patterns that I have seen with my own case of Multiple Sclerosis and based on what my doctor has said about how complex my particular case of MS has been, I have drawn some of my own conclusions.

Fatigue can be caused or aggravated by many factors including:

Certain vitamin deficiencies can cause more extreme fatigue.

Multiple Sclerosis, generally speaking, can cause things to go haywire in how your body is or is not functioning. MS has a way of setting our bodies up for several conditions, where we have a tendency to not absorb nutrients from our food. This can cause additional conditions to develop in our bodies, like "leaky gut syndrome". Among the vitamin deficiencies that can make you feel exhausted are:

B vitamin deficiencies

Any number of B vitamin deficiencies and B vitamin cofactors can contribute to the presence of much worse fatigue. This includes vitamin B₁ (Thiamine), B₂ (Riboflavin), B₃ (Niacin), B₅ (Pantothenic acid), B₆ (Pyridine), B₁₂ (Cyanocobalamin); cofactors Inositol and Choline.

Iron deficiency

The lack of adequate iron in the diet and in the blood stream can be a factor in situations of extreme fatigue, because Iron helps the Red Blood Cells to be able to carry oxygen throughout our bodies. When inadequate oxygen levels are found to be a problem in someone's body, then extreme fatigue can be present. If you are very low in Iron, this is called anemia. Iron is also considered one of the "stress vitamins". When a person is undergoing a prolonged period of stress, the body can demand more iron, because of the higher demand that is placed on the red blood cells to be able to transport higher levels of oxygen at a faster pace. BUT keep in mind that the level of iron that is present in your blood MUST be monitored by a medical doctor, because it is dangerous for the level of iron to be too high in the blood, because this can cause much bigger problems. Extremely high levels of iron in the blood, for any length of time, can damage or possibly even destroy the function of the kidneys, making it that the kidneys have a more difficult time filtering toxins out of your blood, so that the toxins can be removed from your body. We can't live without kidneys and we can't live without a liver.

The main thing to remember here is that you need to find a licensed medical doctor, which has experience working with vitamins, nutritional or dietary changes, herbs, homeopathic remedies or other natural ways of reducing the symptoms of MS. The doctor determines what levels of the various supplements are deficient in your body before prescribing what is needed to correct the deficiencies. Because you can actually take too much of certain vitamins that can cause more harm to your body – DO NOT decide which vitamins or herbs to take on your own with out the supervision of your medical healthcare professional.

Since MS can disrupt the functioning of your glands, organs, nerves, muscles and so many other systems in your body, it may take working with a team of doctors, with one doctor overseeing your total treatment program to coordinate your care and to ensure that there are no conflicts in what you are taking (as far as supplements, remedies, etc.)

Other factors that can contribute to the extreme exhaustion, which you may be experiencing with your particular case of MS, are an underactive thyroid and exhausted adrenal glands. These 2 glands produce hormones that, when these are underactive, can contribute to extreme exhaustion. There are other glands in your system that may also contribute to the extreme exhaustion and you should discuss this with your doctor, since your doctor can test the hormone levels to decide if this may be part of the problem, in your case.

Certain viruses and infections can also contribute to extreme exhaustion. The main one that comes to mind, that can cause more extreme fatigue, is the Epstein Barr virus (the virus that is responsible for Mononucleosis), but there can be others that may also be

present and contribute to the fatigue. Discuss this with your doctor to see if further testing may be part of what your doctor decides is needed to determine if any added factors that are treatable may be present.

If you have a much lower red blood cell count, this can cause fatigue. If you have high levels of white cells this can indicate that an infection is active in your body. Many types of infections can also contribute to your overall exhaustion. You may also have some allergic reactions to some type of food, pollen, dust, molds, or even chemical allergies. Reactions to allergies can produce a broad range of symptoms, including fatigue, hyperactivity, headaches, sore throat, sinus problems, etc. Some doctor test for allergies will test you for what specific allergies you have and formulate a overall allergy serum for you to take on a regular basis for a period of time to help neutralize your body to the toxins and boost your immunity to reduce your over reactive responses to the allergens.

Because the extreme exhaustion that is often present with Multiple Sclerosis, may have quite a few factors that contribute to the extreme exhaustion, you might need to try a few different doctors before you find one that doesn't discount the fatigue as "part of the MS" instead of trying to determine if there may be something else contributing the extreme fatigue.

Stuttering

Stuttering may also be present in some cases of MS. I have had problems with this off and on at periods of time throughout my own battle with Multiple Sclerosis. This appears to be related to brain function problems. MS can cause scarring in the Brain also. When Stuttering is present, because of MS, this can become very unnerving or frustrating, since this means that it can be very difficult to "get the words out" of what you intended on saying, while speaking with other people. If this is severe enough, it can become so frustrating that you just feel like giving up on talking until these calms down.

Some side effects to prescription drugs can be one of the potential factors that may be contributing to the stuttering. Talk with your pharmacist to see if there is a possibility of any of the drugs that you are currently taking that are known to produce stuttering as a side effect. If the pharmacist tells you that yes it is possible that one or more of the medications that you are currently taking can cause stuttering as one of its side effects, discuss this with your doctor to see if there is an alternate drug or other route that can be taken in this situation that can avoid this side effect from medication.

Sometimes, toxins in the Brain can contribute to the symptom of stuttering. I have found that finding ways to detoxify the body can help to reduce stuttering and quite a few other symptoms that are also very often associated with Multiple Sclerosis. Alkalizing the body can also help reduce some of the symptoms that you may be experiencing.

Certain herbs and "green food" supplements can help in detoxifying the brain. For me, I've found that taking the supplement, Chlorella (a green sea alga) can help to detoxify the brain, as well as other parts of the body.

Taking certain amino acids can also help the body to detoxify, give you more energy, and help the brain and other nerves to function better.

Glutamine (taken as powder or capsule form) provides the liver with added glutathione that helps to detoxify the liver. Ornithine needs to be taken with this to remove ammonia from the body and especially the brain. Ammonia is a by-product that is formed when glutamine

is being converted to glutathione in the body. But to purchase glutathione directly is much more expensive, because this amino acid is not as stable as glutamine. It's typically cheaper to purchase the 2 amino acids of Glutamine and Ornithine powders to be taken together to get the benefits of having larger amounts of glutathione in your body to be able to help the liver to detoxify better. If there is too much ammonia in the body and it ends up in the brain, the brain has no way of detoxifying from the ammonia. Taking the amino acid, Ornithine, helps the body to be able to remove the excess ammonia through the urine, through the kidneys. The excess ammonia in the brain also scrambles or confuses the brain, which can contribute to the stuttering, and once the excess is removed, it can help to reduce the stuttering.

Extreme Constipation and Nerve Response

When I was first diagnosed with Multiple Sclerosis, the doctors told me that I had major scarring on my upper spine and some minor scarring throughout my brain. This appeared to either confuse or block the signals from my brain from reaching their intended targets throughout different areas of my body. This resulted in my nervous system either not responding to outside stimulation or a more severe over reaction to most stimulation resulted.

The worst part of the scrambling or blocking of the signals appeared to affect more of the nerves linked to around the waist region and below. This resulted in partial or even total loss of bladder control and confusion in the muscles and nerves that control bowel movements. I found out later that the problem was with my nerves misinterpreting the signals that they received from the brain.

This meant that I had bladder problems (my bladder would drain whenever it wanted to, without warning, or it wouldn't drain at all). This also meant that I had severe constipation, in part, because the muscles and nerves that contract that help you to go, did not function as they should, which helped to set me up for extreme constipation. This would result in an extreme nerve response that made me feel like I was going to pass out whenever I finally felt like I could go (bowel movement). Although this is NOT a very pleasant symptom to talk about, somehow this symptom needs to be addressed.

I have tried many things to find a way to calm down the over reaction of my nervous system to most nerve stimulation. What I have found that helps to do this has involved several things over a period of time. First of all, I found out that certain vitamin deficiencies can actually contribute to this type of response, but are not actually the cause of the nerve response problem in the first place. With the assistance of your doctor, it can be determined which vitamins you are deficient in that may contribute to how severe the over reaction of your nervous system can become.

Vitamins that should be considered involve:

- **Magnesium** – if you are severely deficient in this mineral, the nervous system has a difficult time relaxing. Magnesium helps to smooth out and relax the muscles and the nervous system. Several things can contribute to the more extreme deficiencies of this mineral. Malabsorption of nutrients from your diet can occur, if there is a problem with the intestines being damaged or scarred because of the Multiple Sclerosis. Elevated levels of certain heavy metals, including mercury can contribute to the malabsorption of the intestines because elevated levels of mercury can punch holes in any of the membranes throughout the body, in addition to also creating nerve damage by attacking the nerves themselves. If you suspect that you may

have a problem with heavy metals, you should find a doctor that can test you for at least mercury, lead and cadmium levels in your body. Heavy metals can be test for by doing a drug "challenge" to your body that removes some of the heavy metals through the urine in combination with doing a 24-hour urine sample to see if there are heavy metals present in the urine. A hair analysis can also be performed by some doctors (not all doctors will perform this type of test – ask around to locate a doctor that does his test).

- **Calcium** – this mineral performs many tasks throughout the body including building and repairing bones, working with the magnesium to absorb, and several other processes that help the body to function and be healthy.
- **Vitamin D** - this can be obtained by a chemical reaction in the skin, when the skin is exposed to sunlight. It is true that exposure to sunlight can cause skin cancer, but too little sunlight can cause a whole host of other problems, including difficulty absorbing calcium and magnesium, weakening of the immune system, setting the body up for re-occurring and more severe infections, which is definitely a much worse problem for those that have already been diagnosed with Multiple Sclerosis.
- There may be **other vitamin deficiencies** that also need to be considered for each specific case of MS. Ask your doctor, if they can test to see what other vitamin deficiencies that you may have that may be contributing to your symptoms that are associated with your case of MS.
- **Dietary changes** can also help to alleviate the constipation and help ease the stress of the body while your body is starting to rebuild and heal from the damage that has already occurred. All fruits and vegetables that are eaten during this phase should be organically grown, if possible (since this cuts out all the pesticides and other chemicals that are added to the soil or sprayed on the plants, while they are being grown).
- **Add more raw greens** (such as kale, spinach, parsley and the greener lettuces) in addition to high fiber fruits (apples, bananas, pineapples) and high antioxidant fruits (berries -- such as blueberries, goji berries, strawberries, blackberries and concord grapes), as well as cranberry and pomegranate fruits or fruit juices to help to boost immunity and help keep viruses and bacteria from adhering to the bladder (helps to prevent urinary tract infections).
- **Adding some supplements** can help, such as taking Chlorella (a green sea alga that is know to aid the body in removing toxins, such as heavy metals). Eating raw garlic can help to cleanse the blood and help the liver to do a better job on detoxifying from any toxic overload that it may be experiencing from the body not eliminating toxins very well because of the damage caused by the Multiple Sclerosis.
- **Adding more Fiber to your diet** can help relieve the constipation and relieve the over response of the nervous system. **Grinding Flaxseeds** and adding to salads, mix with yogurt, water or juice to add more fiber and more Omega 3 Essential Fatty Acids (EFAs) to your diet. Adding extra fiber to your diet reduces problems with constipation. Since most people tend to be low in Omega 3 EFAs, and ground flaxseeds are rich in Omega 3 EFAs and adding this to your diet helps to lubricate the joints, soften and lubricate skin return balance to the combination of omega 3, 6, 10 EFAs.

Other Things to Keep in Mind to Help Reduce MS Symptoms

Season Changes and Its Effects on MS Symptoms

Spring and fall appear to be the most difficult seasons for those people, which have been diagnosed with Multiple Sclerosis. Season changes can actually contribute to exacerbations and relapses of the symptoms of MS.

I have a big problem with season changes, when it comes to my particular case of Multiple Sclerosis. For me, the season changes confuse my entire nervous system. When it is 20 degrees difference between the daytime and night time temperatures (on the Fahrenheit scale), my body temperature can't adjust fast enough and it results in me feeling freezing cold and actually shivering, when I know that by what the temperature in our house registers on the thermostat that it is not nearly as cold as I feel. Once the difference between the daytime and night time temperature evens out more, my body adjusts and then I'm relatively "okay" with the either the colder or warmer temperature at that point.

Unfortunately, the season changes can also setup those who with MS for having more frequent exacerbations or relapses. This can happen because the season changes put more stress on the immune system, and since bacteria and viruses become more active with the season changes like spring and fall, this makes these parts of the year much more difficult for us with MS.

With my particular case of MS, I have found that spring and fall are when I tend to have infections more often than not. Any type of infection can cause our immune systems to over respond, often causing an exacerbation or relapse.

It doesn't help those of diagnosed with MS either, that other people that have stronger immune systems can be carriers of a particular bacteria or virus and not show any symptoms of being sick and if we are around them, we are the ones who end up getting sick.

The people with the stronger immune systems tend to go out to be around other people when they "just have a cold" (at least that's what it appears like to them) and they don't realize that if those of us with a weakened immune system (like in the case of MS), that we will get sick just from being around them. That is how people end up spreading the flu virus all too often.

It is often suggested to those of us with MS that we should receive flu shots, but I myself don't receive flu shots because I take a different approach. Flu shots are only effective if those that decide which strain of the flu they choose to have the serums based on ends up being the correct strain. If the wrong strain of the flu virus is used to make the serum for the flu shots and that isn't the particular strain that is a big problem during the current flu season, then receiving a flu shot is ineffective for helping boost the immune system to help prevent us from getting the flu. The other problem is that the flu remedies can still have mercury in them, which is supposedly added as a preservative to extend the shelf life of the vaccines. I don't agree that the mercury is needed to be added to the serum in the first place. I already know that I have a mercury problem, so why would I want to add more to my system.

Instead of receiving a flu shot, I take vitamins and herbs to boost my immune system during spring and fall and during what is typically called "flu season". I also avoid going to

places to be around people during spring and fall, as much as possible to reduce how often I can get the flu. If I do start to see symptoms that appear to be the flu, I have a homeopathic remedy (Oscillococinum) that can help stop the flu in its tracks within about a day. In the United States, this homeopathic remedy can be purchased at many of the supermarkets, health food stores and at vitamin stores. I also tend to get the flu 10 to 15 times a year, usually when it is not "flu season" for everyone else.

My solution for me is to minimize how much I'm around people for at least 2 to 4 weeks for both before and after the spring and fall seasons. This has greatly reduced how many times I have gone through another exacerbation or relapse because of the season changes. Sometimes I find that I have a much more difficult time in the fall as compared to the spring seasonal changes.

Does what we think about or Focus our Minds on really Matter with MS?

The power of our minds is an amazing thing. Medical science has been finding more and more that if we focus our minds on something, this affects how our bodies react to our environment.

If we think about moving one of our hands, our brains send signal to that hand to move however we instruct it to move. If we focus our minds on picturing different parts of our bodies healing, this can help speed up the healing in this part of the body. This example is called visualization. We can actually visualize the myelin sheath that is damaged in our bodies because of Multiple Sclerosis healing by focusing our minds and our imaginations on that part of the body. This is an amazing concept that just boggles the mind! This means that if we visualize different parts of our bodies healing over a period of time our bodies actually will start to repair the damage that is initially present!

In the case of EEG Biofeedback the brain waves can actually be monitored in how they respond by placing sensors on the head. The signals received from the brain can be fed into a computer program that reinterprets the data as a graph on the computer screen. The sensor that is placed on the forehead measures the temperature of the forehead. If the person with the sensor on their forehead focuses on the forehead becoming warm, the signal that the sensor receives shows on the graph that the forehead is actually becoming warmer. This idea of our minds controlling how well our bodies can function or respond is not a new concept, but the technology is advancing enough that we now have ways of actually seeing this process while it's in progress!

The idea of Biofeedback is to use this idea of focusing our minds to alter our brain's responses to retrain the brain to function better. In many cases of MS, the brain is affected in some way or another that reduces how well our brains function. I have undergone many sessions of EEG Biofeedback and it has helped me tremendously in increasing how well my brain can function, in spite of the initial scarring that was in my brain as a result of Multiple Sclerosis attacking my brain.

When I was going for Biofeedback sessions more often previously, I had one session that was more notable as to how things turned out. It was interesting that the one week, when I was in the middle of one of these "brain retraining sessions" that the doctor asked me a question that was something that I enjoyed talking about. The sensor on my forehead registered that I had a 60 percent increase in my brain function all of a sudden and the doctor made a comment to me about this. The EEG Biofeedback has several ways that it can show how well or how little the brain is actually functioning. One of the ways that it shows you this is by displaying a 3D image of the map of the brain with color coding to

show which parts of the brain are more stimulated than others in its response. The EEG Biofeedback does help to exercise the brain and help it to start to function better.

One thing that you have to keep in mind is that exercising the brain is like going to the gym on a regular basis to exercise your muscles for say weight training (as an example). For the muscles to become stronger, you need to exercise them and develop them over time. The brain works in the same way. You need to exercise the brain (though EEG biofeedback or some other methods) on a regular basis for you to be able to see better and longer lasting benefits and improvements in how well the brain and the body responds.

The brain can be retrained sort of like exercising our muscles. There are also other "brain exercises" that can help to retrain the brain. An example of how this works is in the case of a severe stroke, where there are brain cells that are damaged, often beyond the point of repairing them -- doctors have found that doing intense physical therapy can redevelop neural pathways throughout the brain that reconnects the different parts of the brain that allows the person to function much better again. Physical therapy and other forms of exercise have been found to help tremendously in retraining the brain in certain ways, but there are some ways that the brain functions normally (like with speaking and hearing) that have to be retrained in a different way. I have found that there are brain exercising games and software that can be installed on a computer that, if used over a period of time, can help to retrain the damaged or confused parts of the brain, that can result in many cases of Multiple Sclerosis and help them to function again! This is very exciting for those of us with MS! This means that we aren't "stuck with" whatever the results are on how our bodies can function after MS has caused damage to our central nervous system that can be seen as damage to the myelin sheath along the spinal cord and damage to brain cells because of MS scarring in the brain. We have something that can help us to regain much of what we had lost previously because of the effects of MS on our bodies.

To learn more about how the brain can be retrained click on the following link
<http://www.positscience.com/news/view.php?contentid=601>

A group of neuroscientists came together from several different countries from around the world to work together to develop 2 software programs, that I have used (and continue to use) that help to reprogram the brain in 2 different ways. One of these software programs is called the Brain Fitness program, which uses audio instructions to exercise and help to retrain the brain. The second program is called Insite with Cortex, which uses predominantly visual instructions. I have used (and am still using) both of these programs for helping to reduce many of my MS-related brain function problems including memory problems, speaking problems, being able to form sentence and spell words (which I had a very difficult time with after I was first diagnosed with Multiple Sclerosis).

Other MS symptoms that have been reduced and that I have seen improvement for brain function in these areas also include improving how well my brain figures things out and how well I can remember and follow instructions, improved control of hands and feet, increased being able to find the words to describe what I am thinking and verbalize my thoughts, increased how well I am doing with figuring out math (for me being able to do any type of math went away almost totally after I was first diagnosed with MS and I was very good with math before I had my first symptoms of MS).

So much of what we do on a daily basis is influenced by how well our brains can function that we take for granted until something like Multiple Sclerosis enters our lives and either reduces our abilities to function or maybe even takes away our ability to function. Based on

my experience with these 3 programs, I think that these are definitely worth looking into for helping to exercise and retrain the brain to function better again.

If you would like to know find out more about the Brain Fitness Program or Insight with Cortex (the brain retraining software that I have found that helps improve brain function), click on the link to learn more.

http://www.positscience.com/products/?gclid=CN2r2qKArZoCFQOeFQod_jz3cg

What Tends to Trigger, Aggravate or Intensify the Exacerbations, Relapses and Attacks in Multiple Sclerosis?

There are a number of things, in each case of Multiple Sclerosis, that can trigger or aggravate exacerbations, relapses and attacks that can make the symptoms of MS so much worse or become more frequent.

These can vary widely, but typically the following are more common triggers. This can include:

- Allergies --
 - to food
 - to scents or fragrances
 - to pollens
 - to dust, dust mites or molds
 - to animal dander (as in cats and dogs)
 - to chemical toxins in the air we breathe, what we drink or eat or in the products that we put on our skin or hair.
- Temperature extremes (hot or cold)
- Heat – MS patients tend to over react to heat
- Season Changes (Fall and Spring are the worst)
- Infections (frequent or prolonged are the worst)
- Excessive stimulation (this can vary for each case of MS, basically anything that over stimulates any of the 5 senses – sound, touch, vibration, visual (bright lights), as examples.
- Our emotional reactions to more traumatic events that happen to us or someone close to us.
- Our over reactions to Stress.
- What we focus our minds and energies on (remember this can make a HUGE difference, since we can work ourselves either into an anxious or depressed state of mind if we really try, which again can make our nervous systems feel like they are short-circuiting)
- Feelings of Depression
- Feelings of Anxiety
- Insomnia or not sleeping on a regular basis or on a regular schedule

Can anything be done to prevent or reduce the frequency and severity of the times – often connected with Multiple Sclerosis -- where you feel like your *whole nervous system* is short-circuiting?

Yes, there are ways that can help to reduce the frequency and severity of Attacks and Exacerbations for most cases of MS, but again, what works for each specific case of MS can vary greatly.

What are some of the Ways that I have found that can Help Reduce MS Symptoms?

1) Reduce Frequency and severity of infections, as much as you can.

There are things that you can do for you to reduce infections. This includes skin care, which includes washing your skin with soap and water at least daily. Wash your hands often to prevent spreading germs as much as possible. Change clothes at least daily. Wash your clothes after wearing them. Change your sheets on the bed that you sleep on at least once a week. Use some type of disinfectant to wash sheets and towels (bleach or borax) to kill germs. Don't keep wearing the same clothes over and over without washing them. Wash your hands often, especially after going to the bathroom. Shower or Bathe daily. Change towels at least once a week.

All of this sounds to simple and too mundane, but these are very important tasks for us to keep in mind for those of us with Multiple Sclerosis because our immune systems are most often weakened because of the effects of MS on our immune systems, that it is all too easy for us to come down with infections that our bodies' are unable to fight off all too frequently. Preventing infection is so much more important for us with MS, because if we can do as much as we can to prevent the infections from occurring in the first place, this prevents our immunity from becoming so much weaker because of Multiple Sclerosis to the point where our bodies are unable to fight off the infections. I have had way too many times, during my own battle with MS, where I had one infection after the other for 4 to 6 months straight because I would no sooner get over one infection before I would end up with another one because my immune system hadn't recovered from the first infection before the second infection took hold in my body. I also found that living with my parents, after I was first diagnosed with MS (because I was too sick to function on my own at that point), I have that often other people can be carriers for infections, like various forms of the flu, or sinus infections and the like, and it is way too easy for those of us with the weakened immune system to catch infections from others around us that don't even appear to have symptoms or don't appear to be sick at all. If we start the vicious cycle of having one infection after the other, this often means that we can be prescribed antibiotics for several months in a row, which just further weakens our immune systems and makes an already bad situation even worse.

2) Reduce how you over react to Stress

In this crazy world, it is impossible to totally eliminate stress from our day to day lives, but we can change how we react to the stress in our lives. If you tend to internalize your over reaction to stress, this can affect your health badly. When it comes to Multiple Sclerosis, our nervous systems are already reacting to any stimulation in our lives and this becomes much worse when we over react to stress, because it causes the nervous system of those that have been diagnosed with Multiple Sclerosis to "short circuit" and this can exacerbate or make our symptoms become much worse.

What can be done to minimize or even eliminate how we over react to stress? Is there anything available that can help us to reduce our over reaction to stress?

There are quite a few things that I have tried that do help to reduce how badly I over react to stress, which also reduces how severe my symptoms of MS can become.

3) Change what you focus your mind on (as in what you tend to think about).

This is important because at times if we let it, the “what ifs” that we focus on can drive us crazy and more often than not these type of things don’t really happen to us anyway. Reduce fears by focusing on what you want and plan what steps you need to do to reach your goal instead of focusing on what you are afraid of or on what you don’t want to have happen to you. It doesn’t do you any good to worry about things, both from a physical point of view and for peace of mind. But when you focus on what you want in life and if you just keep heading towards where you would rather be or on what you want to accomplish by taking one step at a time and doing what you need to do to head towards your goal, you will be able to reach your goals and you will also have peace of mind along the way.

4) Focus on the positive instead of the negative.

Have you ever been around someone that everything that they say, do and think focuses on the negative. Don’t you find that if you are around this person for any length of time that you find that you feel worse (or sicker) or you become very negative like them and you just feel like something is wrong more often than not? Focusing on the negative most of the time actually does make us sicker, since our bodies listen to every word that is said by us or those around us. Our bodies do listen to what we think about (or focus our minds on) and responds to what we do daily. That is why how we act, what we say and what we think are so important, not just from a religious point of view, but this is also true from a health or physical well being point of view.

5) Sleep and rest

Our bodies actually repair, regenerate, reenergize, heal and relax while we sleep. When we sleep, this also naturally boosts our immune system. The recommended 8 hours of sleep a day is a good starting place, although some people need 9 or 10 hours of sleep a day, just to function. Some people may also be able to function on 7 hours of sleep, but in the majority of the cases of Multiple Sclerosis, extra sleep is needed because the person has a much larger amount of energy demands during the healing process that divert the energies of the body away from what you typically do just to function on a daily basis.

After I was first diagnosed with Multiple Sclerosis, I slept 10 to 14 hours a day and I still felt exhausted when I finally did get out of bed for the day. At that point, I could only stay awake for around 4 hours and then I had to take a 1 to 2 hour nap before dinner or I couldn’t stay awake for me to be able to make it through eating dinner before I felt like I just couldn’t keep my eyes open long enough for me to finish eating.

At present, I have the opposite problem, where I am so hyper that I have a tough time lying down to go to sleep at night. I think part of my mind set is the problem with calming down enough for me to go to sleep at this point and I am working on finding ways to de-stress and help prevent this lack of sleep problem.

Sleep and rest are not necessarily the same thing. With my own case of Multiple Sclerosis, I have found that often I can lie down and sleep and not actually relax enough for my body to be at rest. MS research is discovering more about how when our bodies relax and sleep at least 8 to 9 hours each night, that the quantity of stem cells that our bodies produce are greatly increased.

Stem cells help to repair the damage to the myelin sheath along the spinal cord, as well as

helping to repair the Blood Brain Barrier (the membrane that surround and protects the brain from toxins entering the brain that can cause damage to the brain). MS research is finding out more about the disease process of Multiple Sclerosis works as the research progresses, but an interesting development has also been found where it appears that in the majority of cases of Multiple Sclerosis, 2 conditions exist that set our bodies up for MS to be able to attack and damage the nerve throughout the body. The disease process of Multiple Sclerosis takes place after there is already damage to the Blood Brain Barrier of the Brain and it appears that there is also present a malabsorption problem, called Leaky Gut Syndrome, where the body does not adequately digest the food that is eaten. This prevents the body from absorbing the nutrients from the food that is eaten.

We are so used to the idea that our bodies receive the vitamins and nutrients from the food that we eat as our bodies digest the food, but if our bodies are not digesting the food as it should be, then vitamin deficiencies will result. In the majority of cases of Multiple Sclerosis, it is a much more common problem that there are vitamin deficiencies in our bodies that may be part of the cause as to what sets our bodies up for having the conditions present that allow the disease of Multiple Sclerosis to be able to attack our bodies. So, it is so very important for those of us, diagnosed with Multiple Sclerosis to work with our bodies to help them to heal from the damage caused by Multiple Sclerosis by finding ways to de-stress, relax and get more restful sleep.

I have had a very big problem with finding ways to de-stress my body and when I do stress out over the events in my life that are more disturbing, upsetting or unsettling to me, I find that my symptoms of Multiple Sclerosis are so much worse. When I stress out over things for too long, this actually causes me to have more MS exacerbations, relapses or attacks, making my over all MS symptoms so much worse and causing me to function so much less.

After trying many different ways to de-stress my system, I finally found a way that does work on helping me to reduce the amount of internal stress that I have felt all too often, since I was diagnosed with Multiple Sclerosis. The way that I have found to reduce my stress levels that works, involves meditation that uses tones to help to reset the brain in what it defines as stress. If done over a period of time, I have found that this helps tremendously in reduce my stress levels, in reducing my anxiety, depression, panic attacks and with reducing the ms relapses, exacerbations or ms attacks that I have experienced.

If you would like to find out more about what I have found that helps distress the body, for those of us battling with Multiple Sclerosis, click on the link – [reduce ms stress](#).

What are the Effects of Stress on the Emotions and how does this Affect the Symptoms of MS?

The over reaction our nervous systems to stress becomes much worse after we are diagnosed with Multiple Sclerosis. Our bodies take most of the stimulation to our nervous system and misinterpret the signals that this sends to the different areas of nerves throughout our bodies.

This over response can exacerbate or cause our symptoms to become much worse and even become more out of control than they would be if we were shielded from daily stresses that can enter our lives.

How we react to stress can greatly influence how over reactive our emotions can become and actually make us feel like we are short circuiting.

Examples of the over response of our nervous system can include:

- Extreme insomnia from a racing mind or being on hyper over drive and can't calm down
- anxiousness that doesn't appear to be linked to anything else that just appears and disappears almost at random

The over reactions of our Emotions can include:

- Periods of weepiness
- Periods of being overly aggressively, easily angered by things, being upset much more easily to things that you weren't so touchy about prior to being diagnosed with MS
- Depressed for more extended periods of time (this may or may not be related to the symptoms of MS – check with your doctor if the depression lasts for a longer period of time, to see if there may be something else also going on that may be contributing to the depression including hormone imbalance (either deficiencies in neurotransmitters like dopamine or melatonin or under active thyroid or adrenal glands, or certain vitamin deficiencies).

Is it Possible to continue Working After being Diagnosed with Multiple Sclerosis?

The answer to this question depends on how severe and which particular symptoms of MS that you are experiencing with your particular case of MS. Whether you can function in the capacity of your current job also depends on how physically or mentally intense that your job requires you to be.

It is easier to understand this if I give you a few examples. As an example, let's say that your job requires you to be able to pick up items in a warehouse that are 70 pounds a piece and be able to walk to the next room with it. If you have extreme enough symptoms of Multiple Sclerosis, you may not be able to carry so much due to muscle weakness and you may not be able to walk that far because your legs or knees will not allow you to walk that far or you don't have the stamina for you to be able to carry things and walk back and forth to the next room several times a day. In this case, no – you could not function enough for you to keep working your current job.

Another example would be that say you have a job that requires you to remember large amounts of information, like being a nurse. Say that you go around giving out medications to the patients in a nursing home. You have the symptoms of MS that cause very severe memory problems or you have cognitive problems where it is too difficult for you to figure things out. In this case it would be dangerous for the patients if you get to the point where you can not remember whether you gave certain patients their medications or not or you could mix up the medications between patients. I had a friend that was diagnosed with MS that this happened to and she could no longer work.

But, I do have a friend that was diagnosed with MS about 3 years ago and he is still able to work his job, although he does get tired much more easily than he did before and this requires him to take more breaks more often and at this point his boss is working with him in this respect, but unfortunately not all bosses are that understanding.

But I have also returned to working part time after not functioning enough for me to be able to work for 10 years. In my opinion, I think it is possible to be able to return to work again in some situations.

What other Conditions can also be present with Multiple Sclerosis?

- **Candida** – this is a yeast over growth or fungal infection that is a direct result of being given too many antibiotics, taken over a prolonged period of time.
- **Celiac Disease** – this is an intolerance that is developed towards gluten containing foods that can result in intestinal pain, gas, bloating, possible weight gain and other digestive disorder related symptoms. If these and other digestive disturbances become severe enough, they may become more life threatening, since the advanced stages of celiac disease can disrupt other systems, besides the digestive processes throughout the body. Dietary changes are very important for getting this disease or disorder under control that may actually help to reverse the damage caused by the celiac disease if certain natural and other changes are added during the period of dietary changes.
- **Diabetes** – This can be caused by the body resistant to the insulin that the body produces. Our cells have permeable cell walls that allow waste products that our body produces or is trying to get rid of to leave and to allow nutrients, water, hormones and other substances that our body produces to allow the body function properly into the cells. If the cells are not functioning properly, the cells can lock the nutrients, hormones and other substances that they need to remain healthy from entering the cells. The problems with the cells walls not functioning as they should be functioning is the main problem with diabetes. Unfortunately, those of with diagnosed with Multiple Sclerosis can often already have this problem with the cells not allowing nutrients, hormones or other substances that the body produces that the cells need to remain healthy to be able to enter the cells as they need to be able to do, setting us up for more problems with our bodies not functioning as they should be functioning. This fact can take away the chance of those of us with MS developing diabetes on top of already having the diagnosis of Multiple Sclerosis to contend with.
- **Lymes Disease** – this is a spirochete (a particular type of organism or parasite) that is transmitted by being bitten by a deer tick, that are often present in large concentrations in areas with larger amounts of plant overgrowth, including areas with tall grass and wooded areas. Often Lymes disease and Multiple Sclerosis can be confused as to which one is present. This problem is compounded by the fact that Multiple Sclerosis and Lymes disease can be present in the body at the same time.
- **Cancer** – any form of cancer can possibly occur. Typically cancers are associated with the body being too toxic. If the cancer is found early enough then doing large amounts of changes to the diet, including cutting out all chemicals (all foods must be organically grown or organically fed meats), juicing large amounts of green vegetables and other high antioxidant foods daily (such as blueberries, goji berries and other berries) and doing all that you can to alkalize your body can help to set up the environment in your body for not allowing the cancer to thrive, since cancers love an acidic environment for them to thrive. Sometimes these methods can also help in combination with other treatments and therapies for the cancer to be reduced or eliminated, but some cancers are much more aggressive and more difficult to get under control and to rid the body from them.

Chapter 4: What are Brain Lesions in MS and How can they Affect Brain Function?

Brain Lesions that are seen on the MRI test results are actually scarring that is a result of the Multiple Sclerosis, attacking the nerve tissues of the brain. Since the brain is the master controller of the body, how well we can function depends on where these lesions or scarring are located throughout the Brain. The brain lesions or scarring can affect many things, as far as how well our bodies can function in a broad range of ways.

The functions of the body that are more directly affected by the scarring in the Brain can include problems with speech, writing, vision, memory, cognitive or awareness of your surroundings, thinking logically, swallowing or eating, along with possible personality or mood changes and even maybe problems.

Because the scarring, associated with Multiple Sclerosis, can scramble, confuse or reduce the function of the brain, dyslexia can result that makes it difficult to form sentences to be able to talk, write or connect with your surroundings.

Understanding what is happening around you may become more difficult were you can have a tough time finding things that you can do enough that you feel that you can still connect with your surrounds and enjoy life, like you were able to do before the symptoms of Multiple Sclerosis began to appear.

that you can do enough that you feel that you can still connect with your surrounds and enjoy life, like you were able to do before the symptoms of Multiple Sclerosis began to appear around you may become more difficult were you can have a tough time finding things

Chapter 5: What are the Differences between Alternative and Natural Ways for Reducing the Symptoms of MS?

Natural ways, used for reducing the symptoms of Multiple Sclerosis, are any way that may be used to help restore vitamin deficiencies to the body, detoxifying the body from harmful toxins, lifestyle changes and exercises (Physical therapy and a whole a whole host of other ways to exercise the body)

Alternative ways, which are used for reducing the symptoms of Multiple Sclerosis, can include a broad spectrum of ways including using various FDA-approved medical devices, different methods for rebalancing the energy pathways (or meridians) through out the body (this includes acupuncture, acupressure, reflexology, and kinesiology), reducing geopathic stress (through dowsing, kinesiology and other methods), reducing our over reactions to stress (including meditation, breath therapy, visualization, guided imagery, tonation, color or chromo-therapy and others)

Chapter 6: What Alternative Ways have been found that Work for Reducing the Symptoms of MS?

Alternative ways that can be used to reduce the symptoms of Multiple Sclerosis can include a broad range of methods, techniques and medical devices – which include:

→ use of various FDA-approved Medical Devices (including Biofeedbacks (EEG, EGG, Scio), Far Infrared, LENS, Frequency generators, Whole Body Vibration, etc.

→ Refocusing the Mind & Positive Thinking and its Effects of MS, Hypnosis, Visualization, Breath therapy, Meditation

→ Energy balancing (Kinesiology, Dowsing, Reflexology, Acupuncture, Acupressure, Color or Chromo therapy, Visualization)

→ Meditations (affirmations, guided imagery, breath therapy)

→ Relaxation Techniques and Therapies (including massage therapy, body work, music therapy, Tonal therapy, Therapeutic Touch, Touch Therapy)

→ Detoxification of the body (chelation & Clathration, whole food shakes, juicing fruit & vegetables, alkalizing the body, taking certain supplements and eating certain foods)

→ Bee sting or bee venom therapy – this is where it is suggested that maybe the higher amounts of B vitamins, along with other vitamins and minerals in the bee venom may have a positive effect on helping to boost the immune system of those with MS and help with more extreme cases of numbness in MS to help restore the feeling again. It is suggested that undergoing this type of therapy may be beneficial, in addition to the immune boosting ability of bee venom that it may be an option for some people, where live bees are taken, using tweezers and they are used to sting you several times each day for you to gain the benefits of bee venom in your system.

This type of therapy is definitely not suggested for every body that has been diagnosed with Multiple Sclerosis, since this type of therapy does have its drawbacks. The draw backs are that if you are allergic to bee venom (including honey bees, wasps, hornets and the like) you can have a severe reaction to the venom that can possibly become life threatening in some cases. Also, the person undergoing this type of therapy typically is stung with bees 20 to 40 times per day and the stinging process can become very painful over a period of time. As far as I'm concerned, in my opinion, this sounds like it is worse than giving yourself daily injections. If you consider this therapy as an option for you, you need to work closely with a medical doctor that will closely monitor your condition daily to be sure that you don't develop severe reactions to the therapy.

→ Chiropractic adjustments and therapies

Our spines are made up of many separate bones that together protect and shield our spinal cord from being injured by the every day movements that we perform every day of our lives. These bones or vertebrae should be in alignment for our spinal cords to function as they should. These bones can sometimes shift, because of the twisting and stretching movements that our bodies are required to go through most days. When the vertebrae are out of alignment, they can put pressure on the nerves that they are designed to protect throughout the spine and cause headaches, upset stomach and maybe even nerve pain. Chiropractors are doctors that are specifically trained in techniques that can help to realign the bones of the spine.

Going to a Chiropractor can help those with Multiple Sclerosis because the fact that often symptoms of MS can lead to those of us that have been diagnosed with this disease to lose the ability to stand up and walk without any assistance. Often those with MS can walk with a cane or walker or they may also be confined to a wheelchair. The lack of being able to stand up straight and the reduction or lose of the ability to walk set us up for more problems with our vertebrae or bones along our spine to become misaligned and to put pressure on the spinal nerves that can add to the nerve pain, back pain and reduction in the proper functioning of the nerves throughout the body. This is something that should be considered even more if there is nerve pain or loss of function in one or both of the legs.

There have been cases where the lack of the alignment of the bones in the spine actually increases how poorly a person could stand or walk.

→ Cranialsacral therapy

This is a technique that is used to gently reposition the bones in the head, scalp and jaw to help relieve stress on our bodies that effectively helps to reduce the stress to our nervous systems and can help to relieve nerve pain, reduce headaches, relieve tension in our bodies, reduce stress levels throughout our bodies, reduce imbalances to our central nervous system as well as provide other benefits to help rebalance our bodies. This type of therapy is similar to the adjustments that chiropractors do for the bones in the spine, except this is for bones in the head.

→ Stem Cell Research

Since President Barack Obama was sworn in as the president of the United States of America, the policies of the USA have radically changed to allow more stem cell research to be pursued. The idea behind Stem Cell Research is that there are particular cells that our body produces naturally that are very adaptable to turning into other cells through out our bodies, such as bone, blood, nerve, organ, or other type of cells that help to repair and maintain our bodies.

There are a few forms of stem cells including adult stem cells (in our sinuses), fat stem cells from the fat in our bodies, embryonic stem cells (that are produced during the process of a baby being formed in the womb), umbilical cord stem cells and stem cells that can be taken from other parts of our bodies including the peripheral nerves (the nerves throughout our bodies in different locations).

Some forms of stem cells are more easily adapted from the point of view of working with them for Stem Cell Research. The stem cells obtained from fat cells are more adaptable and the stem cells obtained from embryonic stem cells. The more adaptable stem cells are what is used in stem cell research to see if they can be adapted into cells that can be adapted to replacing or repairing nerve cells, blood cells, organ cells, bone cells and the like for helping to repair or replace body tissues that have been damaged or destroyed in traumatic injuries or as in the cases of more extreme diseases such as spinal cord injuries and Multiple Sclerosis.

The majority of stem cell research being performed world wide in a few different countries around the world is still in its infancy. It is still too early to tell what can and can't be done using adapted stem cells but, the concepts that are being pursued or that further research is being done using stem cells give those of us with Multiple Sclerosis hope that one day a cure will be developed that can help those of us that have received more severe damage to the myelin sheath of the spinal cord the hope that we will be able to walk again.

A few smaller studies have been conducted in Europe, in the USA and in a few other countries throughout the world that have given mixed results for doing more risky surgery to implant cells that have been adapted using stem cell research into nerve tissue that has been implanted on the spine, in the hopes that implanting the stem cells with doing intense physical therapy can provide a way for those with spinal cord injuries (include more severe cases of Multiple Sclerosis) the possibility of being able to walk again.

→ Scio Biofeedback or Quantum Biofeedback

What is Quantum Biofeedback?

Quantum Biofeedback is a technique in which people are trained to improve their health by using signals from their own body. It is applied through the use of a device called the EPFX (Electro Physiology Feedback Xrroid); an incredibly accurate system based on the science of Quantum Physics. It is an emerging technology that reads the body at biological speeds (the speed of a computer) providing results within minutes as opposed to days and weeks.

How does Quantum Biofeedback work?

The easiest way to really understand what Quantum Biofeedback can do is to think in terms of stresses or stressors—all those things we're born with or happen to us or that get into the body from the environment that may cause disease.

Quantum Biofeedback is totally non-invasive. The EPFX/SCIO requires only five comfortable straps that wrap around your wrists, ankles and forehead. A quick three-minute test is performed energetically and the results are fed into the computer software. This provides the Practitioner with information about the state of the energy and stress(es) most prevalent in the body at that time.

After gathering test results, the data offers an understanding of your potential needs. It can reveal the specific stressors which could be underlying issues surrounding your body's ability to heal. It is then that Quantum Biofeedback can be applied in order to help you correct and reduce the stressors energetically.

What does Quantum Biofeedback feel like?

Many individuals feel nothing at all, while others can experience a state of deep relaxation and a general sense of well-being or some even feel energized immediately following a session.

What are the possible health benefits of Quantum Biofeedback?

Biofeedback has been scientifically proven to help reduce stress and hypertension that may be related to illness, injury or emotional trauma.

Quantum biofeedback can result in an overall improved sense of well-being, greater mental clarity, pain reduction, and improved physical performance.

Anybody and everybody can benefit from the EPFX/SCIO and Quantum Biofeedback, from infant to senior, and including animals!

Quantum Biofeedback's communication with the client is independent of, and not reliant on language, verbal, visual, or conscious thought processes.

How can Quantum Biofeedback Help those with Multiple?

Under going sessions, using Quantum Biofeedback, has helped to reduce my MS symptoms by reducing fatigue, increasing energy levels, reducing the severity and frequency of MS symptoms, reducing MS relapses, reduce brain fog, increase levels of concentration, reduce spasticity, reduce severity and frequency of infections, reduce cognitive problems, increased

how well my memory functions, reduced dexterity or hand function problems, increased how the ability to stand, reduce my over reactions to stress, increase how well I can function overall, improve my vision, reduce insomnia and help improve many other abilities of my body to function that were severely reduced previously.

For more information on Scio Biofeedback or Quantum Biofeedback you can email Shane Devine Forbes, BA, QBS (Quantum Biofeedback Specialist), Try Wellness LLC, at shanescan@comcast.net

Chapter 7: What Natural Ways have been found that Work for Reducing the Symptoms of MS?

Natural ways can include Detoxification of the body (Chelation & Clathration, Alkalizing the body, life style changes, taking vitamins, herbs and other supplements), making nutritional and dietary changes, using herbal based teas or taking helpful herbs, taking vitamins, whole food powders and other supplements, juicing vegetables and fruits, detoxifying the body (chelation & Clathration, alkalizing the body and through taking certain specific supplements and vitamins) and lifestyle changes.

Detoxifying the body

Our bodies naturally have ways that toxins (substances that are not beneficial to the well being of our bodies) are removed from our systems.

Our Liver is our main detoxifying organ, since it cleanses the blood and removes the toxins in it, but the liver has several other major functions that help to regulate the levels of enzymes in our systems that aids in digestion, produces bile (that helps our bodies to process the fats that we eat), and a whole host of other functions.

The natural detoxifying mechanisms that our bodies use to remove toxins include removing toxins:

- Through the Urine
- Through Bowel movements
- Through Sweating
- Through Lymph drainage
- Through the Immune system fighting off and killing infections (bacteria, viruses, etc.) and sending the toxins through one of the pathways above for removal.

If any of these detoxification pathways is blocked, damaged or not functioning properly, then the toxins accumulate in our systems and can cause much bigger problems. In most cases of Multiple Sclerosis, it appears that the natural detoxifying mechanisms have been compromised and this can cause the a much more severe case of MS, because whatever is attacking the body has more of it present and the body on its own can't seem to fight it off. This is one of the theories as to why some cases of MS are so much more severe than others.

If the natural detoxifying mechanisms of your body are compromised and not functioning as they should be, there are Alternative and Natural ways that I have found that can help those of us that have been diagnosed with MS to help our bodies to detoxify.

These can include any of the following:

Chelation & Clathration:

Heavy metals can be a major problem for those that have been diagnosed with Multiple Sclerosis because it is becoming more of an issue that heavy metals, such as mercury, can attack the nerves and cause nerve damage on their own. Doctors are examining more and more cases of MS for the presence of heavy metals and it is becoming more apparent that heavy metals are more often present in the bodies of those that have been diagnosed with Multiple Sclerosis.

One of the more major problems, which this can present, is that mercury in particular likes to attack any kind of nerve tissues throughout the body, and it especially targets membranes throughout the body, including the membranes that line the digestive track and the membrane called the Blood Brain Barrier (BBB) that surrounds and protects the brain from toxins entering into the brain. When the BBB is compromised, this means that holes are punched in the BBB that makes it so that toxins can enter the brain that should not be there. Once toxins find a way to enter the brain, the brain has no natural detoxifying mechanisms to remove the toxins, which can cause damage to the brain and prevent the brain from functioning as it should be functioning.

Chelation and Clathration are found to help the body and the brain to remove the heavy metals that may be contributing to the ongoing nerve damage that is seen in many cases of Multiple Sclerosis. Because of their function on the body, both chelation and Clathration are considered specific ways of detoxifying the body of heavy metals.

More and more cases of MS are found to have the presence of particular heavy metals, such as mercury, lead, aluminum and cadmium that can be present through out the body. Finding ways to detoxify the body to the heavy metals that are present in the person's body of those that have been diagnosed with MS can make a huge difference on how well the person responds to the treatments that are used for their particular case of MS and for how much or how quickly the person's body can recover from the nerve damage that is already present.

Chelation is where various natural substances are put directly into the blood stream through Intravenous (IV) treatments. This type of treatment requires a medical doctor that is trained in these types of treatments to administer then in the doctor's office, so that any type of reactions to these substances can be monitored by the medical staff to ensure the safety and effectiveness of the treatment. The substances used are based on what is being removed or "chelated" out of the body. Heavy metals are often one of the groups of compounds that are more difficult for the body to remove on its own. This can include mercury, lead, arsenic, and cadmium.

Clathration is done through natural substances being introduced into the bloodstream through a combination of different mouth sprays being sprayed in the mouth and held under the tongue for 10 to 15 minutes. This allows the natural substances to absorb through the capillaries under the tongue directly into the blood stream, and this is done while bypassing the digestive tract. When vitamins and other supplements are taken by mouth, only a portion of the substances are absorbed by the digestive tract. Part of the problem is that typically the membranes that line the intestines are often compromised (termed "leaky gut syndrome") that greatly reduces how well the nutrients from the foods that we eat and drink are able to be absorbed into our systems. When leaky gut syndrome is present, finding

ways to bypass the digestive tract and enter the blood stream avoids this problem, but not everything is possible to be absorbed by bypassing the digestive tract.

Juicing Fruits and Vegetables

Juicing can be another way to reduce the absorption problem with the digestive tract when MS and leaky gut are present together. When the nutrients from the foods are concentrated, as they are in juicing, this eases the stress on the digestive tract in having to be able to break the food down for the nutrients to be absorbed. This can help to restore vitamin and nutrient deficiencies in those that have been diagnosed with MS. This can help give the body more of what it needs to be able to start to rebuild, repair and replenish the body. One thing that must be kept in mind is that if the fruits and vegetables are sprayed or raised using chemicals, that juicing concentrates the pesticides and whatever else was used during the time that the plants were being grown. Because of this point, it is strongly recommended that if juicing fruits and vegetables is your option of choice of help replenish the vitamins and nutrients that the body is deficient in that the body needs to help it repair that organically grown fruits and vegetables are used. Depending on where you live, it may be difficult for you to be able to find a supplier for organically grown fruits and vegetables in large enough quantities for you to do the juicing on a regular enough bases for a long enough period of time for you to be able to see good results from all of your efforts. Juicing is a much quicker way than just dietary changes alone for you to be able to speed up recovery of your body from the damage caused by MS.

Grinding Whole Foods

An alternative to juicing is grinding the whole foods (fruits, vegetables, nuts and seeds) and making a shake out of vegetables, such as beets, carrots, kale, in addition to adding nuts (walnuts or almonds), ground flaxseeds sesame seeds or sunflower seeds and raw cacao nibs (raw cocoa beans), adding berries (blueberries, and strawberries add more of the antioxidants and phytonutrients that help to boost the immune system). Drinking extra vitamins and eating more fruit (citrus fruits like grapefruits, oranges, tangerines, and nectarines), apples, bananas, etc. can help to provide the b

Alkalizing the body

Alkalinity of the body is a term that refers to the pH of the body, the foods we eat and the water that we drink. Basically pH is a logarithmic scale from 0 to 14 that is used to describe the balance of the body, between acid and alkaline. The value of 0 is the most acidic on the scale and 14 is the most alkaline. Our bodies are normally considered neutral (between 6.7 and 7.5). If our bodies become too acidic, this sets our bodies up for the conditions that promote the presence and growth of infections in the body. If we can find a way to alkalize our bodies, this prevents the organisms that cause infections from being able to survive and to thrive in our bodies.

Why Is pH Measurement Necessary?

Almost all processes containing water have a need for pH measurement. Most living things depend on a proper pH level to sustain life. All human beings and animals rely on internal mechanisms to maintain the pH level of their blood. The blood flowing through our veins must have a pH between 7.35 and 7.45. Exceeding this range by as little as one-tenth of a pH unit could prove detrimental to our health or may even be fatal in some cases.

To give you more of an idea of ways to relate to the pH scale, a chart of things that are typically 1 point on the pH scale are listed below. This is just to give you something to compare to.

| pH scale | | |
|--------------|----|---------------------------|
| Strength | pH | Example |
| 10,000,000 | 0 | Battery Acid |
| 1,000,000 | 1 | Stomach Acid |
| 100,000 | 2 | Lemon Juice, Vinegar |
| 10,000 | 3 | Grapefruit, Orange Juice |
| 1,000 | 4 | Tomato Juice |
| 100 | 5 | Black Coffee |
| 10 | 6 | Urine, Saliva |
| 1 | 7 | "Pure" Water |
| 1/10 | 8 | Sea Water |
| 1/100 | 9 | Baking Soda |
| 1/1,000 | 10 | Dead Sea |
| 1/10,000 | 11 | Ammonia Solution |
| 1/100,000 | 12 | Soapy Water |
| 1/1,000,000 | 13 | Bleach, Oven Cleaner |
| 1/10,000,000 | 14 | Liquid Drain Cleaner, Lye |

The pH scale is a logarithmic scale of base ten. This means the pH increases/decreases ten times for every pH unit. For example, a pH of 1 is 10 times more acidic than a pH of 2.

There are several things that we can do for helping the body to be rebalanced and become neutral again. There is a tendency for our bodies to become more acidic, when they are out of balance and this sets our bodies up for becoming sick much more often.

Among the things that we can do often on a daily or a few times a week including juicing, reducing or cutting meats out of our diets for a period of time. Most protein sources, particularly meats become acid forming foods in our bodies as they are digested. The red meats (beef and lamb) are the worst culprits, with chicken and all fowl meats being a little less acidic. Eating green leafy vegetables every day can help much better to alkalize the body. Reducing eating acid-forming foods will definitely help to re-alkalize the body more quickly. Reducing the effects of stress on our bodies actually can help to alkalize the body too. When we over react to stress, this also acidifies our bodies.

There are several ways to reduce how much those of us, who have been diagnosed over react to stress. Among things that can help are Yoga, breath therapy, relaxation techniques, meditations, affirmations, visualizations, music, light or color

therapy that can stimulate the immune system and the nervous system in an effort to try to help our bodies to relax. But I have found something that is a CD that uses tones that help to stimulate the stress center of the brain and help to reset what level we use to define the way that we interpret things that help to calm down our over reactive nervous system. You may or may not have as much of a problem with an over reactive or overly stimulated nervous system, that is included as part of the symptoms that you experience for your particular case of Multiple Sclerosis, but if you do experience a problem with how you tend to over reacting to external and internal stimulations of all kinds, this particular CD really helps to reset our set point as to how we define things as stress (this helps us to change what we define as stress so that we no longer over react to the stress itself, since we no longer consider the same things as stress). This CD also helps relax my whole nervous system so that it puts me in a meditative state so that I can receive the benefits from a deeper level of meditation without dedicating huge amounts of time and effort to actually doing the meditation.

If you would like to find out more about the type of meditation and stress reduction that I am talking about <http://www.centerpointe.com/meditate/?aid=370320> right now to find out more.

Dietary and Nutritional Changes

Dietary changes are very important when it comes to reducing the symptoms of Multiple Sclerosis. There are a few diets that recommend a range of dietary changes for MS that can help to reduce the symptoms of Multiple Sclerosis.

There are several diets that are often used with MS that are helping many of those with MS to find relief to their symptoms, including:

- Dr Swank diet
- MS Recovery diet
- Best Bet diet for Multiple Sclerosis

Each of these diets have a different way of thinking that they use to determine which foods to add and which ones to avoid.

The Dr Swank Diet

The main premise of the Dr. Swank diet is that eating a low fat diet can help those with MS to reduce their symptoms. This diet was developed as a result of Dr. Swank using dietary changes with his MS patients and recording much data as to how their MS symptoms responded to the dietary changes.

I myself started out with the Dr. Swank diet, since when I was diagnosed with Multiple Sclerosis this was the only published diet for MS. The initial Dr. Swank diet didn't do a very good job in describing the difference between saturated and

unsaturated fats and as far as which foods contained the acceptable fats and which foods contained the fats that should be avoided.

I do not think, in my opinion, that the Dr. Swank diet is a good diet for many cases of Multiple Sclerosis. I think the Dr. Swank diet works well for those who have been diagnosed with Multiple Sclerosis, who have more problems losing weight.

My reasoning with this idea is that with the majority of the cases of MS there is a bigger problem with our bodies not doing a very good job of detoxifying from all kinds of toxins that our bodies typically remove on a daily basis from our systems. When the toxins are not being removed from our systems, as they should be, they accumulate predominantly in the extra fat cells in our bodies.

Reducing excess body fat or losing weight can help our bodies do a better job of detoxifying, which does help to a large degree in helping to reduce MS symptoms.

Many cases of MS actually do worse if the amount of dietary fat is reduced too far, but initially, within the first 2 to 5 years after the majority of cases of MS are first diagnosed, following the Dr. Swank diet is generally helpful. The one thing that, in my opinion, I would suggest with the type of dietary fats that are avoided are anything fats that are in processed foods that are labeled as hydrogenated or partially hydrogenated fats, since these types of fats are difficult for the body to digest, making this type of fat more of a problem for those diagnosed with MS. Cutting out butter, cream or any other types of saturated fats are a good idea too. Using unsaturated fats, such as olive oil, safflower oil, rapeseed oil, nut oils (almond, walnut, etc.) and seed oils (sunflower, sesame seed, etc.) are beneficial oils to use in place of other fats when cooking, baking or making salad dressing. I have found that extra virgin coconut oil is very good for reducing digestive problems and it is an oil that is good for cooking with since it can handle high heat without degrading the oil.

With my case of Multiple Sclerosis, my diet changed many times in an attempt to find something that could be helpful for helping me to lose excess weight and to rebalance many of the metabolic imbalances, vitamin deficiencies and other apparent problems that I have experienced as my case of MS kept changing over the time since I was diagnose with MS.

The Best Bet Diet for Multiple Sclerosis

The Best Bet Diet for Multiple Sclerosis is based on measuring the level of a particular protein that is found to be in higher concentrations in the bodies of those that have been diagnosed with Multiple Sclerosis. The foods that are recommended to avoid and that are commended for those that should be eaten are based on reducing the levels of this particular protein in the bodies of those, diagnosed with Multiple Sclerosis.

The main premise with the Best Bet Diet is that for the conditions of the body to be set up for the disease of Multiple Sclerosis to attack our bodies, there are 2

conditions that have been found to be present in the majority of the cases of Multiple Sclerosis. The first condition is called Leaky Gut Syndrome, which is where there is damage to the intestines, either the large or small intestines or both, that allows partially digested food to escape or leak from the intestinal track into the blood stream.

This condition cause inflammation and greatly reduces how well our bodies absorb the vitamins and other nutrients from the foods that we eat. This sets our bodies up for a broad range of vitamin deficiencies. As MS research progresses, researchers are beginning to find that certain vitamins actually help to protect and prevent the occurrence of Multiple Sclerosis in our bodies. As more severe vitamin deficiencies develop in the vitamins that appear to help protect the body, this can set our bodies up to being more vulnerable to Multiple Sclerosis to be able to attack our bodies.

Even though, I myself have not followed this diet myself directly, many of the dietary changes that I have tried and still use for my particular case of Multiple Sclerosis tends to be closer to what this particular diet recommends for helping to reduce the frequency and severity of the symptoms of MS.

The Best Bet Diet for Multiple Sclerosis

Basically, Ashton Embry's Best Bet Diet (BBD) works on two fronts.

1 - To stop, or at least restrict, the consumption of foods whose molecular structure is so similar to the myelin in our own bodies that they could ignite the autoimmunity process and cause an attack on the myelin in the CNS. These "suspect" foods are as follows;

- **Dairy** - Avoid all animal milks, and all butters, cheeses, and yoghurts made from them, and all products that contain them. Where appropriate, replace in the diet with rice milk or low fat coconut milk, both of which are widely available on the supermarket shelves, these days.
- **Gluten** - Avoid all wheat, rye and barley, and all products containing them. It is advised that oats are also avoided despite new research suggesting they contain no gluten. For our purposes, they are still regarded as a "modern" grain, added to the diet only in recent times, and the chances of avoiding autoimmune reactions is greater without them. These "suspect" grains are replaced in the diet with rice, corn, quinoa and a whole range of other grains/flours that are both gluten-free and widely available these days.
- **Legumes** - Avoid all beans, peas and pulses, especially soya, and all products containing them. All other vegetables are allowed, in particular the green leafy ones, like spinach and broccoli that are high in omega 3 EFA.
- **Refined sugar** is also avoided, wherever possible, because it can make the leaky gut worse and can also adversely affect the immune system. More acceptable alternative sweeteners are honey, maple syrup, fruit sugar(fructose) and stevia.
- **Eggs and Yeast** are both allowed in limited quantities as long as the individual shows no specific allergic reaction to them.

Please note: As an additional precaution, it is suggested that the individual also has an ELISA blood test done to identify which, if any, foods have escaped across the leaky gut in

the past. The argument goes that the individual's immune system will have created an IgG antibody, as part of its defense mechanism, the presence of which can be detected during the test, when presented with a sample of the same food. The assumption being that the individual may be hypersensitive to these foods and they may be contributing to the porous nature of the gut. It would seem sensible, as part of the overall strategy, to either avoid or reduce the intake of these foods in the diet, at least for a time, to give the leaky gut a chance to heal.

In general, those following this approach enjoy a diet based primarily on the breast of chicken or turkey, fish, game meats and beef from cattle that have been fed exclusively on grass. The diet is also low in saturated fat and aims to achieve a far healthier balance of omega 6 - omega 3 fats than is normal in today's western society, where the condition is now rife.

2 - To take a range of supplements that can have a positive effect on each aspect of the disease process. In other words,

- To reduce the risk of autoimmune reactions by "dampening down" the immune system. These include vitamin D₃ (cholecalciferol), calcium, magnesium, omega 3 fish oil and vitamin E.
- To help repair the leaky gut and prevent the escape of intact food proteins into the bloodstream in the first place. These include acidophilus, grape seed extract, fish oil and enzymes.
- To strengthen and heal the blood brain barrier to prevent attacks on the myelin in the Central Nervous System. These include ginkgo biloba, grape seed extract, pycnogenol and co-enzyme Q₁₀.

Now, given the amount of scientific research data already to hand in this area, we believe this to be a strategy that is both prudent and sensible for anyone with MS to adopt, particularly when considered together with the wealth of anecdotal evidence of improvement from members of this group and beyond.

Vitamin D Supplementation

Vitamin D has been found to be deficient in the majority of the cases of Multiple Sclerosis. It is also found that the higher incident rate of Multiple Sclerosis is found in countries, where people live where they do not get enough vitamin D from the reaction of the skin to the sunlight shining on the skin. These countries are located in areas that receive a reduced amount of day light hours that often reduce the levels of vitamin D in the body to a point where the majority of the people, located in these countries, end up with a vitamin D deficiency.

Since it has been found that there is a strong connection between vitamin D deficiency and the occurrence of Multiple Sclerosis, vitamin D supplementation is definitely recommended to reduce MS symptoms, along with the frequency and severity of MS attacks, relapses or exacerbations.

I have found, that in my case of Multiple Sclerosis, that taking 7,000 iu of Dry Vitamin D helps tremendously in boosting my immune system, reducing the frequency and severity of infections, increases how well my body fight off infections, and helps with reducing the frequency and severity of MS relapses.

The Best Bet Diet for MS recommend taking Vitamin D and other supplements, along with dietary changes

The MS Recovery Diet

What is MS Recovery Diet?

The MS Recovery diet avoids five common trigger foods that can set off the symptoms of MS--dairy, grains containing gluten, legumes, eggs and yeast and other foods may also be the culprits. The MS Recovery Diet book provides information and recipes for following the diet.

The MS Recovery Diet treatment addresses all the components of the MS disease process. This approach illustrates how much our bodies have evolved to use a certain nutritional regime, namely the Paleolithic Diet. Most of the many contributing factors we have no control over; it happened in the past, is part of our DNA, or is unknown. What is known is that the immune system is activated before it crosses the blood-brain barrier and wreaks havoc in the CNS. Given that food is one of the main things that can activate the immune system, it is one area where we can stop the sequence of events that leads to the inflammation and destruction of the myelin or the axonal damage that characterizes MS. We can control what we eat.

To take the path to healing, it is important that people with MS adhere strictly to the specific nutritional regime that works for them.

1. Suspect and investigate dairy, gluten containing grains, legumes, eggs and yeast as possible allergens and eliminate them from your diet.
2. Avoid all other allergenic foods which you have identified as triggers.
3. Limit saturated fats, processed sugar, alcohol and caffeine. Stop smoking.
4. Eat fish, skinless breast of chicken or turkey, wild game or other low fat animal meat, and nuts for protein, fruits and vegetables for carbohydrates and micronutrients. Also use oils such as flax seed, olive and sunflower which are polyunsaturated and monounsaturated.
5. Limit use of NSAIDs and antacids. Use antibiotics judiciously. After use replace gut microbes with probiotics.
6. Chew your food thoroughly. Eat plenty of fruits and vegetables.
7. Eat a lot of flavonoid rich foods like blueberries and cherries.
8. Spend some time in the sun.

9. Get plenty of rest.
10. Exercise
11. Reduce stress.

Herbs, Vitamins and other Supplements

Essential Fatty Acids (EFAs)

With me, I've also found that supplementing with Evening Oil Primrose twice a day helps my nerves to function better. Based on my opinion, I think that since the myelin sheath is a fatty tissue, that the "Low fat diet" approach, that is sometimes recommended for those that have been diagnosed with Multiple Sclerosis is a bad idea. For the myelin sheath to be "repaired", I think that we need to cut out all hydrogenated and partially hydrogenated fats, and add in Extra virgin Olive oil, Extra virgin Coconut oil, Evening Oil Primrose and Black current oil either through adding them to your diet or taking them in supplement form. This can be a consideration that may help with your case of MS. I've also found that replacing butter in the diet with Extra Virgin Olive Oil and some Sunflower Oil (tastes a little like butter) helps too. Ask your doctor about this to see what your doctor would suggest, based on your particular case of MS.

Helpful Herbs

There are quite a few herbs that can help to reduce the many of the broad range of symptoms that can be associated with Multiple Sclerosis, but several factors should be considered before herbs are something that can bring you more good than harm. An herbalist should be consulted, where it is possible or a medical doctor that has more experience using herbs for helping to reduce the symptoms of MS or other related health conditions.

Restoring Vitamin Deficiencies

There are quite a few ways to restore vitamin deficiencies through taking a broad range of vitamins and other food supplements, in addition to juicing vegetables and fruits, changing the diet to include more of the foods that help to boost the immune system, restore vitamin, restore mineral and other deficiencies that can be present with the diagnosis of Multiple Sclerosis. The vitamin, mineral, and other deficiencies can contribute to many of the symptoms of MS. Check with your doctor to have the doctor test you for vitamin deficiencies and to determine which vitamins are needed for your particular case of Multiple Sclerosis. Vitamins and Herbs and other supplements should not be taken without consulting with a qualified and experienced doctor that can supervise and monitor your body's response to the supplements to ensure that there is no over doing the amount you are taking or to monitor the levels of what your body needs. Vitamin deficiencies are more common in those of us diagnosed with Multiple Sclerosis, but the vitamin deficiencies can vary greatly from one case of MS to the next.

Whole Food Supplements

This can include any number of supplements, which are produced using powder, granular or other forms of whole foods as the base for the supplements. It is better if you can find these whole food products that are a combination of organically grown vegetables, fruits, and nutritional grasses. These are higher in nutrients, vitamins and minerals that help to boost the immune system and give the body what it needs to help it to replenish repair the

damage to the body as a direct result of the scarring and nerve damage that results from Multiple Sclerosis. Finding whole foods supplements may not be easy or they may not be available to you, even if you can find them. The alternative would be grinding whole foods or juicing to help increase the amount of vitamins and nutrients that are consumed to help boost vitamin, mineral and other substances that your body may be deficient in. In my opinion juicing and grinding whole foods is a better solution than taking supplements if you can find a way to do this on a more regular basis, but vitamin supplements and juicing or grinding whole foods can be combined if it is helpful for you to help you to function better.

It is strongly recommended that before you start any type of dietary changes or vitamin or other supplements that you consult with a licensed health care practitioner or other health specialist before you start any type of program to determine what is needed and what is safe for your particular set of MS symptoms.

Chapter 8: Rehabilitation Therapies for Multiple Sclerosis

We often hear about how Exercising can help keep our bodies more physically fit by helping how does any of this help those of us that have been diagnosed with Multiple Sclerosis.

Intense physical therapy has been found that it can help to reduce symptoms and improve how well people that have certain medical conditions can function (an example would be people that have had a stroke, but can intense physical therapy help those that have been diagnosed with Multiple Sclerosis by reducing their symptoms and helping them to function again?

Yes, physical therapy and other exercise related therapies can dramatically help to increase how well those that have been diagnosed with Multiple Sclerosis can function, not just by decreasing the MS symptoms, but to actually address and retrain the brain and the nerve function throughout our bodies. The problem with this actually working for us to help us gain the benefits that are possible, is that the majority of doctors are not focused on these type of therapies as a way of helping those of us that have been diagnosed with Multiple Sclerosis. Doctors will do intense physical therapy and other therapies with those that have had a severe stroke, and these patients can show much improvement from these type of therapies, but doctors overall don't consider that those of us that have been diagnosed with Multiple Sclerosis can gain much more benefit by taking this type of approach with us. But I have found more information recently that supports these ideas that the physical and other therapies listed below can actually help to restore function to those of us that have been told that we have nerve damage as a result of the scarring and damage caused by our particular cases of MS. The problem that I have been finding is finding doctors that will work with me in these areas. Not all doctors are open minded to finding or at least trying new methods or ways to help us find ways to regain what MS has taken out of our lives.

How does exercising help to reduce the symptoms of Multiple Sclerosis?

Exercising has been found to stimulate muscles AND the nerves that are linked to these muscles. This is great news for those that have been diagnosed with Multiple Sclerosis, because that means that intense physical therapy and many other different kinds of exercises done on a regular basis can stimulate and push the nerves to redevelop the neural pathways that allow the nerve signals to travel throughout the body.

A good way to understand how this works is to look at how a remote controlled car moves by responding to the signals that it receives from the remote controller for the car. The

signal that is sent to the car from the remote controller gives instructions to the car, such as whether to move the car forward, turn right or left or to go in reverse.

Our brains work like the controller for the remote controlled car. The brain sends signals throughout our bodies and gives the body instructions on how to move, how to digest food, how to pick up things and a whole host of other functions. When the signal is interrupted from arriving to its final destination, as is so often the case with Multiple Sclerosis, this can result in the inability for our bodies to function as they should.

Since our bodies are about two-thirds nerves, or neurons, that's a large amount of "wiring" that can become confused from the damage to the myelin sheaths in the spinal cord or damage to other nerves throughout the Brain and the rest of the body. Exercising and Intense Physical therapy can help to regenerate and reconnect the damaged neural pathways throughout the body, but unlike exercising muscles, nerves take much more stimulation and time to repair cellular nerve tissue and redevelop neural pathways that help the body to function better. This is not a quick fix for MS, but it gives us hope that there are ways to help to repair and restore function to different parts of the body that have experienced nerve damage, as is so often the problem with the majority of the cases for those that have been diagnosed with Multiple Sclerosis.

Medical doctors are increasing how many of their patients, that have been diagnosed with Multiple Sclerosis, that they are sending for intense physical therapy and they are starting to see more dramatic results in how much more these patients are able to do to function so much more than they could, before they were sent for the intense physical therapy. This appears to be a good step in the right direction in helping those of us that have been diagnosed with Multiple Sclerosis to return to being able to do more of the things that we enjoyed before MS entered our lives.

Can MS physical therapy be used to help reduce the symptoms of Multiple Sclerosis?

Doing intense physical therapy with those that have been diagnosed with Multiple Sclerosis can help to reduce ms symptoms and help to improve how well these people can function in many ways.

Some of the symptoms of MS that **Physical therapy** can help to improve include the following:

- * reduce spasticity
- * increase muscle strength
- * increase muscle mass
- * improve overall physical balance
- * improve how well a person can stand by improving balance during movement
- * improve how long a person with MS can stand before they have to sit down and rest, by improving endurance and stamina.

Different Types of Additional MS therapy can include:

Occupational Therapy

- * Helps to evaluate a person that has been diagnosed with MS to see if they can return to working again.

* Helps to retrain the person to do average tasks that are required to perform many job-related activities.

Speech Therapy

* Retrains the person with MS to be able to speak more clearly again, to reduce stuttering, slurring words or problems with forming words or being able to speak more clearly to make it easier to understand what the person affected by MS is trying to say.

* This also applies to dyslexia or word scrambling that can also be present in some cases of MS because of the location of the scarring either in the brain or with the myelin sheath on the spinal cord. This word scrambling can make it difficult to speak, to write sentences that make sense or to read, since putting the words in a useable order may be difficult. Retraining the brain through Speech therapy and other brain retraining and exercising therapies can help to redevelop the neural pathways in the brain to help straighten out this problem.

* Although the Multiple Sclerosis effects on the body can vary from case to case, there are some cases that can include stuttering, scrambling information (or dyslexia) or problems with slurring your words that can make it difficult for those, with the Multiple Sclerosis diagnosis, to be able to communicate with other people.

Speech therapy is a treatment for Multiple Sclerosis that can help to reduce the effects of MS on speech for those that have these problems with their particular case of MS by helping to retrain the speech center of the brain.

Speech therapy helps to retrain the Multiple Sclerosis brain for the person to be able to speak more clearly again, to reduce stuttering, slurring words or problems with forming words or being able to speak more clearly to make it easier to understand what the affected person is saying.

I have found two brain exercise programs that complement each other, that target specific parts of the brain, including the speech center, that help to redevelop neural pathways by exercising the parts of the brain that are often affected by the scarring or damage to the brain, that can be associated with MS.

These 2 programs, which can be installed on a computer, help retrain the brain through giving both auditory and visual instructions for being able to perform the exercises. If these brain exercises are done consistently over a period of time, they can be strengthened and improved how well the brain can function positively to a more significant degree.

For more information on "The Brain Fitness" program and "Insight with Cortex" program and how they both can help to retrain different parts of the brain in different ways to help redevelop neural pathways in the brain that do help with restoring more of the ability of the brain and the body to function better, go to <http://www.positscience.com/products/demos/> for more information.

Water (Aqua) Therapy

* Allows the person with MS to be able to exercise while reducing the fatigue that is often associated with more intense exercising.

- * Can retrain a person to walk again in water, even if they can not walk on land by supporting the weight of the body without added exertion by the person undergoing the therapy.

Aquatic or water therapy, is one of the therapies, that is gaining more popularity with helping to give those with Multiple Sclerosis exercises, that we can do, without over exerting the body and making those of us with MS too exhausted. In some cases of Multiple Sclerosis, traditional physical therapy and other exercises can sometimes be too much for the person's body to tolerate. In these cases of MS, the result of doing more strenuous physical therapy just adds to the fatigue that is already present, without the person gaining all of the benefits of doing the exercises.

Exercising in a pool, with the water about waist deep, can help much more in many cases of Multiple Sclerosis by:

- * Supporting the weight of the body
- * Reducing over exertion and fatigue to Multiple Sclerosis patients
- * Cushioning the impact on the joints
- * Strengthening the muscles by the resistance provided by walking in water, that the muscles need to work against for strength training.

The exercises that are chosen, to be used in aqua therapy for MS patients, are chosen to target and strengthen specific muscle groups that can help to increase balance, increase muscle strength, increase flexibility and help to build up stamina and endurance.

More doctors are also finding that aqua or water therapy can help those diagnosed with Multiple Sclerosis walk again, because if you can't walk on land, you can still walk in a pool. This is possible because the water supports the weight of the body and the body does not have to compete against the pull of gravity for a person to be able to stand up and walk. The pool has to be at least waist deep for the person to walk, but it allows the body to practice walking again, even if you haven't been able to walk for several years.

Horse (Equine) Therapy

- * Exercising on a horse strengthens the muscles, and helps to retrain the brain to get used to the movement and natural gait of walking again, even if the person is not able to physically walk for a period of time.
- * Equine therapy has the potential of being able to help people, which have been diagnosed with Multiple Sclerosis walk again, by retraining the brain to become more accustomed to what it is like for the body to walk again.

What is Equine or Horse Therapy ?

Equine or Horse therapy is where a series of exercises are performed, while the person is sitting or riding on a horse.

Exercising on the horse strengthens the muscles and increases balance, which allows the person to be able to stay on the horse without falling off. Once the person is able to balance

on a horse, so that they don't fall off, the therapists can lead the horse around, while the person undergoing therapy is sitting on it. This helps to get the person used to the movement of walking again and can actually help to retrain the brain to get used to the movement and natural gait of walking again, even if the person is not able to physically walk for a period of time.

How can doing Horse or Equine Therapy help to reduce MS and symptoms or the symptoms of MS?

Equine therapy can help to increase muscle strength, increase balance, by increasing the strength of trunk muscles (the muscles around the waist and the lower back that help us to sit up and keep from falling off of a chair), increase leg strength and retrain the body and the brain for walking (gait training therapy). It has been found that the Natural gait of the horse mimics the natural walking gait of a person walking. This can be used to help retrain our brains for helping those with MS to learn to walk again.

Equine therapy has been reported to have been used with good results for certain types of health conditions, where the people were unable to walk before starting with this type of therapy, and, after doing extensive exercises using Equine therapy, they were able to walk again. This means that equine therapy has the potential of being able to help people, who have been diagnosed with Multiple Sclerosis walk again, by retraining the brain to get it used to what it is like for the body to walk again.

Using Equine therapy with the MS patients over an extended period of time gradually helps to retrain the brain, followed by strengthening and basically retraining the body through physical exercises may be something that can really help those with MS return to being able to function again. To evaluate this idea, more research needs to be done in this area to determine if this is something that can provide the desired end results for Multiple Sclerosis patients. This is the concept behind Equine or horse therapy. The idea that there may be a way to retrain the brain of those with MS that have been unable to walk for an extended period of time is a promising idea for helping those of us, who have been diagnosed with Multiple Sclerosis and have been unable to walk for a period of time, to regain the ability to walk again.

Brain Strengthening Exercises and Therapy

- * Helps to redevelop Neural Pathways in the parts of the brain, which have been damaged or confused by the scarring that results from MS.
- * This typically involves exercises specifically designed to stimulate and strengthen the parts of the brain that allows those with MS to function better on a daily basis.
- * This can include increasing the ability to speak, increasing how well we can form sentences, increasing how well we can think logically, improving memory (both short and long term), increasing the ability to respond to outside stimulation, and improving how quickly our brains can respond to what is going on around us, and increasing cognitive function, including many other functions that the body performs daily.

Brain Retraining Therapy

* Several different methods, medical devices and techniques fall under this category, which can stimulate the brain in different ways to help improve how well the individual can function.

Before you start any type of exercise program, you should consult with your doctor to find out which type of exercises that are recommended for your particular case of Multiple Sclerosis.

The main therapy that falls under this category is Biofeedback. There are several different types of Biofeedback and the one that I have undergone sessions with that I have found to be effective for retrain the brain is EEG Biofeedback. The basic premise behind most forms of Biofeedback is to retrain the nerve responses in the body, which is more typically retaining the brain.

In EEG Biofeedback, a sensor is placed on the forehead that measures brain activity levels in the frontal lobe of the brain. The sensor is typically an infrared sensor that is used to measure the warmth of the forehead. When the brain wave levels in the frontal drop to low, the forehead cools off. The way that this type of Biofeedback is done is that the brain wave levels are transmitted to a computer through an EEG that measures the brain wave activity. The data is fed into a software program that can interpret the data as a bar chart, a line graph, or as a 3D image of the brain that is color-coded to show which parts of the brain are more active and which are not. A base-line is set as a comparison and whenever the brain wave drops below the baseline the idea is to boost the brain wave activity by focusing on thinking about the forehead becoming warm. It is amazing that our minds have such control over how our brains function! If this particular type of biofeedback is done over a period of time, the brain response can be restored back to a "normal" level for a well functioning brain.

I started out with only 20% to 25% of the frontal lobe of my brain functioning because of the MS scarring that I had in my brain at the time. I had tremendous cognitive problems as a result of MS attacking my brain, but after a period of time, my brain response is up to 75% TO 80% on a regular basis, because of using the Biofeedback to retrain my brain to function better again.

Scio Biofeedback also retrains the nerves throughout the body, but the Scio Biofeedback uses a different method of stimulating different parts of the body. The Scio Biofeedback has helped me to function better in so many more ways than I did at the beginning of when I first had undergone a Scio session. I didn't start going for Scio Biofeedback sessions until I had been diagnosed with Multiple Sclerosis 8 or 9 years, simply because I had not heard of Scio Biofeedback at that point.

Because I have a more extreme case of MS and my nervous system tends to short circuit more easily from over stimulation, the type of stimulation that is used for reducing my MS symptoms has to be more closely monitored and adjusted, based on how my nervous system reacts to it.

Scio Biofeedback has helped my body to fight off infections more easily, increases cognitive function, reduces insomnia, reduces stress to my nervous system and my body, helps relieve anxiety and depression,

Both EEG Biofeedback and Scio Biofeedback have helped to stimulate the nerves in my body in different ways, but I have found that I function better with doing both of these types of biofeedback within the same week.

Whole Body Vibration Exercise and MS

What is whole body vibration exercise and can it help with reducing the symptoms of Multiple Sclerosis?

Whole body vibration uses sonic vibration that helps to exercise the muscles in a way that your body responds as if it is actually working out much more strenuously than it actually is, making the muscles increase muscle strength, as well as giving your body other benefits without over exerting that body.

In the case of Multiple Sclerosis fatigue can be a big factor that can make it more difficult for those with this diagnosis to exercise and still be able to end up with the benefits that we need to help us to be able to physically function better.

Can whole body vibration help with regenerating nerve cells and ms?

The thinking of the medical community is changing more towards the idea that intense physical therapy or exercise can help to regenerate the nerves that are connected to the muscles that are being exercised in this way.

How does doing whole body vibration exercises help those of us that have been give the diagnosis of multiple sclerosis?

- Whole body vibration exercises help those with ms exercise in ways that help provide the benefits of working out without creating large amounts of fatigue, which is typically a problem already for those of us that have already been given the diagnosis of multiple sclerosis.

Whole body vibration exercises offer the benefits of:

- Provides benefits of both anaerobic and aerobic exercise
- Increases physical strength, dexterity, and endurance
- Increases balance and coordination
- Increases flexibility, range of motion and mobility
- Reduces arthritic pain, joint and ligament stress
- Enhances critical blood flow throughout the body (oxygenation and lymph drainage)
- Increases secretion of hormones that are important in regeneration and repair processes, such as HGH (Human Growth Hormone), IGF-1, and testosterone
- Increases bone density
- Improved pelvic floor function (this can help to reduce bladder incontinence)
- Relieves menopausal symptoms
- Increases the "happiness" hormones serotonin and neurotrophine, substances that support our thinking process (this helps to reduce depression in Multiple Sclerosis)
- Decreases the stress hormone cortisol (reduces stress levels in those with ms)
- Rehabilitates injuries and ailments
- Enhances explosive strength and fast twitch muscles (reduces ms spasms)
- Enhances conventional training results
- Speeds training recovery

- Accelerates weight loss
- Enhances pain reduction
- Improves collagen production
- Reduces appearance of cellulite
- Tightens Facial Muscles
- Eliminates the effects of stress
- Relieves tension and chronic pain in ankles, knees, lower back and neck

To find out more about this form of therapy go to <http://www.TurboSonivusa.com> for more information.

You can also call 1-800-800-9119 and ask for Christy to find out more information. You can also email Christy at: Christy@maxamlabs.com if you are outside of the USA. If you call or email Christy for information, mention to Christy that you were referred to her by Diane Delap. You can also request a free DVD and information on the Turbosonic or to find out if there is a Turbosonic near where you are located, if you would like to test it out to see how it can help you find relief to your symptoms of MS. They do ship internationally, if you are not located in the USA. As the use of this device becomes more widespread, more clinics, gyms and other wellness and therapy centers, within the USA and in more countries outside of the USA, are purchasing this device to allow more people to benefit from its use without having to purchase it themselves directly. There are many ways that using the Turbosonic can help those, that are diagnosed with Multiple Sclerosis, to bring us relief and to assist the body in repairing itself and reducing the symptoms of MS.

Light Therapy (for Reducing Depression in MS and Insomnia often present with MS)

What is Seasonal Affective Disorder (SAD) and how does it affect those who have been with the diagnosis of Multiple Sclerosis?

SAD is a seasonal depression that is more common than you think and it is based on how a person's body reacts to the shortened periods of day light hours during the winter months. SAD can present a much worse dilemma for people that live in countries where they receive less day light hours per day than the average day light hours that a person receives that lives in a country closer to the equator.

Our skin produces vitamin D as a response to the skin being exposed to the sun light. Our bodies need the increased levels of vitamin D to boost our immune system and make it easier for our bodies to be able to fight off infections. This is so much more vital to those of us that have been given the Multiple Sclerosis diagnosis, since Multiple Sclerosis sets us up for our immune systems to become much weaker to start with.

For those of us that have been given the diagnosis of Multiple Sclerosis, it is so much more important for us to find a way to boost our vitamin D levels. I have found that for my own case of MS, that if I do find a way to increase my vitamin D levels, this reduces the number of infections that I end up having each month and it also reduces how frequent and how severe the infections can become when they do occur.

Our brains also produce more serotonin in response to the day light hours when we are up and about doing things during the day light hours, but being out in the sun works much better at boosting the serotonin levels. Serotonin is a neurotransmitter that helps to regulate our sleep-wake cycles and helps us to maintain a regular sleep pattern. Ending up

with enough sleep is so important for those of us that have been given the diagnosis of Multiple Sclerosis for several reasons.

The majority of those of us that are battling with Multiple Sclerosis have more problems already with decreased levels of serotonin and the problems of the reaction of our bodies to the shortened day light hours just adds to the problems that we already are experiencing because of the effects of MS on our bodies with reducing our serotonin levels.

Serotonin also helps to regulate mood and if the levels of serotonin in our brains drop too low, depression, anxiety and total unrest can result. If the serotonin deficiency is severe enough, the depression can become more severe to the point that it heads towards suicidal tendencies.

What can be done about this?

There are 2 options that I found that can help to reduce this problem.

One option is to take vitamin D tablets or softgels, as either dry vitamin D or as fish oil vitamin D. I tend to take the dry vitamin D in tablet form, so that I can take it in larger doses, as needed (this is recommended by my doctor, since vitamin D is NOT considered as toxic like some other vitamins are if taken at higher doses for longer periods of time).

The Second option is to purchase a device that uses what is called light therapy, which uses light that mimics natural sun light fairly closely that allows you to be able to use it to shine this light on your skin each day to boost vitamin D and serotonin levels in the body and to rid the body of SAD. The benefit of using this type of light is that it eliminates the effects of being exposed to ultra violet radiation that we also are exposed to when we sun bathe.

Light therapy can actually help to reduce or maybe even eliminate depression in MS by elevating the amounts of serotonin in the brain, which helps to regulate mood.

How does light therapy work?

Ultraviolet radiation from the sun is known for accelerating the aging process and causing skin cancer. Using the light therapy device allows you to eliminate the exposure to ultraviolet radiation from the sun, while allowing you to receive the benefits that would be generated in your body from your skin being exposed to sun light on a daily basis. It would be better if you can find a way to sit out in the sun without covering up all of your skin to allow your skin to be able to produce the serotonin and vitamin D that your body needs, but if finding the time and a way for you to get out in the sunlight enough during the day, this is a good alternative.

If you would like more information on the lite book device that I have been describing go to: <http://litebook.com> for further information.

Several sites actually sell this product, if you are interested in purchasing it. Amazon.com (<http://www.amazon.com>) is one place that it can be found at possibly a cheaper price, but googling "lite book" may give you other results that might provide you with a site that you can purchase this device for less. I have tried using this device (I have a friend that let me borrow hers) and this device is amazing at how well it works for reducing "the blues" or depression that is a direct result of SAD being present. I struggled with SAD most years when I was growing up, long before I was even diagnosed with Multiple Sclerosis -- mostly during the seasonal change of fall and during the first 4 to 6 weeks of the winter months.

Since there has been more studies done on the effect of vitamin D on Multiple Sclerosis and on how vitamin D deficiencies not only set up the body for MS to attack it, but the vitamin D deficiency can actually cause the symptoms of MS to become much worse. Part of the problem is that a vitamin D deficiency actually weakens the immune system, which is already a major problem with the majority of the cases of Multiple Sclerosis that are diagnosed around the world. Because there are so many benefits to increasing the amount of vitamin D in our systems, especially after we are diagnosed with Multiple Sclerosis, I would highly recommend purchasing this device and using it daily to increase your vitamin D levels, help reduce depression, reduce insomnia and help to boost the immune system and reduce the frequency and severity of the symptoms of MS.

Chapter 9: Other Fitness and Exercise for Multiple Sclerosis

Yoga, Tai Chi and Qi Gong

These are both forms of movements and exercises, which originated in China, and are being used and taught throughout the USA and other countries throughout the world. There are different forms and ways of thinking and focusing through a few different in different countries throughout the world. Both Tai Chi and Qi Gong are these slow and non-strenuous exercises that help to rebalance the energy patterns in our bodies that help to normalize and also energize the overall nervous system in our bodies. As far as being used for Multiple Sclerosis, both of these types of exercises help to balance the body in different ways. Both Tai Chi and Qi Gong are considered to be energy balancing or 'energetics'

How Energy balancing or 'energetics' can help those with MS

The term energy or energetics as applied to Tai Chi or Taijiquan and Qigong refers to a multi-layered concept originating in China several thousand years ago. The energy system in the body can be likened to an electrical grid. The central station is a region amidst the lower dan tien and the kidneys (about 2" below the navel; 'hara' in Japanese systems, first and second Chakra in the Indian systems) with various other stations formed by the internal organs. From these central stations different electrical "wires" known as meridians, run throughout the body conducting positive (yang) and negative (yin) currents to the spine, limbs, appendages, brain, etc. There are a total of 18 meridians that begin forming at conception and finish connecting with each other around puberty.

The stations are originally filled with energy and genetic qualities of the parents at the time of conception. This is referred to as "prenatal Qi" or "original life force." There is a set amount of prenatal Qi and when it is gone, death occurs. However, during the course of one's life, one continually goes to various refueling stations: food, air, water. This is referred to as "post-natal Qi." Depending on the quality of "fuel," life force can be plumped up or enhanced and less of the limited prenatal Qi is used to sustain life. Certain types of exercise can also fill up our Qi reserves, Taiji and qigong among them.

Taiji and Qigong are elegant refueling stations because they not only boost post natal energy; they also heal deficiencies in pre-natal energy. The practices of Taiji and Qigong turn up the dimmer switch within the body. The result is a healthier, brighter, and more self-sustaining way of life!

What is the difference between Qigong and Tai Chi?

Dating back approximately 5000 years, Qigong is the process of intentionally gathering, moving and releasing energy. This is accomplished through mental focus, deep breathing

and physical movement. Qigong is considered a branch of Chinese Medicine along with Acupuncture, Massage and Herbs.

There are many different forms of Qigong and the choreography of each varies widely. Some are very athletic, some completely still. Additionally, Qigong has recently adopted classifications such as Buddhist, Taoist, Martial, Medical and Confucian, yet its roots are undifferentiated. No matter which Qigong you practice each will heal and strengthen your body and your mind leading to greater overall vitality.

Tai Chi dates back to the 1600's and is rooted in the internal martial arts. (Internal Martial Arts are defined as those who are non-aggressive and use principals of energy flow and softness vs. strength and hardness). The movements of Tai Chi originate from 5 key Family lineages each who had an idea of efficient and powerful movement. Each style has a meditative, fluid quality and choreography that is likened to "shadow boxing." It should be noted that even though Tai Chi comes to us from the martial arts, most modern Tai Chi has evolved into more of a health and philosophical framework than a martial framework.

In the end, Qigong and Tai Chi are more similar than they are different. They move energy, strengthen the body and clear the mind. Whereas their choreography and feeling may differ, each is equally beneficial.

What are the different forms of Qi Gong?

They will all result in the same health and mental benefits. Essence Qigong is the simplest of the Qigong's. 8 Treasures is very simple but has a bit more movement. Jade Body and Soaring Crane are simple but have quite a bit more movement and stretching. The Hands of 18 Luohan is the most vigorous of all of the Qigong's we offer, much like a flow Yoga.

I like the idea of Tai Chi. which form do I take?

The best idea here is to take a couple of classes of each. Chen and Yang Taiji are different in their choreography and feeling but both are excellent ways of learning to balance power and softness, to receive health benefits and to learn a lovely self-practice routine.

What is Yoga?

Hatha Yoga offers an individualized approach honoring the needs of each person. It encourages the individual practitioner to listen to her/his own body in each moment with compassion and acceptance. Each class incorporates breath work (pranayama); postures (asana); relaxation (savasana), and a time for reflection and meditation. You do not have to be in good shape or able to tie yourself in knots to enjoy the profound healing benefits of this class!

What is the difference between Yoga and Tai Chi/Qigong?

The most obvious difference between the two systems is how the physical forms look. Generally speaking (and there are always exceptions) one will see more stretching in Yoga, holding postures for a time and in most cases breaks in-between the postures. Tai Chi and most Qigong's are linked choreography where one movement flows into the next. The terminology is different in each because they originated in different parts of the world. (Yoga-India), (Tai Chi, Qigong -China). One will hear much more about "prana" in Yoga and "qi" in Tai Chi/Qigong. The inner energetics of each system however is extremely similar. Qigong and Yoga are probably the most aligned in terms of their intent. The roots of each of these systems are very old and each developed as methods to make the body a stronger place for meditation and spiritual development. Tai Chi is a newer practice and whereas it is also a practice for strength and development, it has its roots in the martial arts.

When will I see benefits?

The benefits of practice are instantaneous. With the very first breath and movement, the nervous system begins to calm down. A person becomes more focused and starts to relax. Over time, the health benefits continue to grow and develop. When each person begins to perceive the benefits is individual. As with everything, patience and practice are the keys.

How long will it take for me to learn a form?

Generally one gains a sense of familiarity with the core basics of a form in about 4-6 months. Most Qigong forms can be learned in 3-6 months. A short Tai Chi form usually takes 6-12 months, longer forms 1 ½ - 2 years. It is important to remember that practicing is the key. And that these are health and meditative art forms that want to become integral to one's lifestyle.

How often should I practice?

Practice a little every day. Try 5 minutes. The most important thing is to practice with a sense of curiosity and playfulness. The harder you 'try' to learn the movements 'perfectly' the more illusive they become. The key point is to integrate them into your lifestyle. There is a good story:

- Qui Gong or Qi Gong

What is Qi Gong?

QiGong's is a series of gentle, rhythmic exercises that are done as a mirror to the movements of that we observe in nature, especially the fluidity of water. These exercises are not difficult or strenuous to do and are done to promote energy balancing through out the whole body. Qi Gong movements and gentle exercises help to release and promote the flow of energy throughout the body.

Combined with simple breathing techniques, QiGong is uniquely suited to relieving stress, boosting the immune system, and increasing the body's innate healing abilities.

- Tai Chi
- Yoga

Tai chi: Improved stress reduction, balance, agility for all

The ancient art of tai chi uses gentle flowing movements to reduce the stress of today's busy lifestyles and improve health. Find out how to get started.

The graceful images of people gliding through dance-like poses as they practice tai chi (TIE-chee) are compelling. Simply watching them is relaxing. Tai chi, in fact, is often described as "meditation in motion" because it promotes serenity through gentle movements — connecting the mind and body.

Originally developed in China as a form of self-defense, tai chi is a graceful form of exercise that has existed for some 2,000 years. Practiced regularly, tai chi can help you reduce stress and enjoy other health benefits.

Understanding tai chi

Tai chi, sometimes called tai chi chuan, is a noncompetitive, self-paced system of gentle physical exercise and stretching. To do tai chi, you perform a series of postures or movements in a slow, graceful manner. Each posture flows into the next without pausing.

Anyone, regardless of age or physical ability, can practice tai chi. It doesn't take physical prowess. Rather, tai chi emphasizes technique over strength.

Tai chi is used to:

- Reduce stress
- Increase flexibility
- Improve muscle strength and definition
- Increase energy, stamina and agility
- Increase feelings of well-being

Tai chi has more than 100 possible movements and positions. You can find several that you like and stick with those, or explore the full range. The intensity of tai chi varies somewhat depending on the form or style practiced. Some forms of tai chi are more fast-paced than others, for instance. However, most forms are gentle and suitable for everyone. And they all include rhythmic patterns of movement that are coordinated with breathing.

Although tai chi is generally safe, consider talking with your doctor before starting a new program. This is particularly important if you have any problems with your joints, spine or heart.

Stress reduction and other benefits of tai chi

Like other practices that bring mind and body together, tai chi can reduce stress. During tai chi, you focus on movement and breathing. This combination creates a state of relaxation and calm. Stress, anxiety and tension should melt away as you focus on the present, and the effects may last well after you stop your tai chi session.

Tai chi may also help your overall health, although it's not a substitute for traditional medical care. Tai chi is generally safe for people of all ages and levels of fitness. Older adults may especially find tai chi appealing because the movements are low impact and put minimal stress on muscles and joints. Tai chi may also be helpful if you have arthritis or are recovering from an injury.

Despite its ancient history, tai chi has been studied scientifically only in recent years. And that research is suggesting that tai chi may offer numerous other benefits beyond stress reduction, including:

- Reducing anxiety and depression
- Improving balance and coordination
- Reducing the number of falls
- Improving sleep quality, such as staying asleep longer at night and feeling more alert during the day
- Slowing bone loss in women after menopause
- Lowering blood pressure

- Improving cardiovascular fitness
- Relieving chronic pain
- Improving everyday physical functioning

Learning to do tai chi

Wondering how to get started in tai chi? You don't need any special clothing or equipment to do tai chi. To gain the full benefits, however, it may be best to seek guidance from a qualified tai chi instructor.

A tai chi instructor can teach you specific positions and how to regulate your breathing. An instructor also can teach you how to practice tai chi safely, especially if you have injuries, chronic conditions, or balance or coordination problems. Although tai chi is slow and gentle, with virtually no negative side effects, injuries are possible if tai chi isn't done properly. It's possible you could strain yourself or overdo it when first learning. Or if you have balance problems, you could fall during tai chi.

You can find tai chi classes in many communities today. Contact your local senior center, YMCA or YWCA, health club, community education center or wellness facility for help finding qualified instructors.

During tai chi classes, the instructor can give you personal guidance and correct any errors in your style before they become habit. Eventually, you may feel confident enough to do tai chi on your own. But if you like the social element, consider sticking with group classes.

Putting tai chi into practice

To reap the greatest stress reduction benefits from tai chi, consider practicing it regularly. Many people find it helpful to practice tai chi in the same place and at the same time every day to develop a routine. But if your schedule is erratic, do tai chi whenever you have a few minutes.

You can even draw on the soothing concepts of tai chi without performing the actual movements if you get stuck in stressful situations — a traffic jam or a work conflict, for instance.

Depending on how flexible your body is or depending on what positions you are able to place your body in because of how Multiple Sclerosis can adversely affect your body and reduce how well your body can function, this may limit your initial choices on which type of exercises your body is able to do. I have found, that with my own case of Multiple Sclerosis, that if I at least start out doing some type of exercise that gets my circulation starting to move better again, this helps with boosting my immune system, reducing the frequency and severity of my MS symptoms. If you are unable to walk, you can still do stretching exercises and

Whatever form of exercise, therapy or other method that you choose for reducing stress, exercising and oxygenating the body, relaxing the nervous system or any of the other many benefits that you can gain from doing exercises, therapy or meditation, doing any of these consistently will give you the maximum benefit by increasing what your body can handle and by increasing how well your body can function.

Yoga and MS

Yoga is a holistic fitness exercise program, that has been used with good success with many cases of MS, has helped those with MS by producing greater physical flexibility, reducing the amount of ms fatigue, bringing pain relief, reducing stress and bringing a sense of regaining control of their life again.

Yoga is gaining popularity as a complementary health approach, where the students' physicians are recognizing yoga as an appropriate and safe treatment with potentially profound results.

The benefits of yoga for ms are obtained by doing yoga postures, doing stretching or flexibility exercises, working with the breath, and meditation that may also include increased body awareness, release of muscular tension, (that can help with relieving spasticity), increased coordination and balance, increased flexibility and strength, control over fatigue, increased tolerance to heat, improved circulation and breathing, improved organ function (including bowel and bladder control), enhanced alertness, better management of stress and an overall feeling of well-being.

There are yoga instructors that work primarily with MS patients at many different levels of functionality, including those that can stand and walk some of those that are more confined to a wheelchair, that require more specialized help for the management of MS and with helping to reduce the symptoms of Multiple Sclerosis.

Doing Yoga can help reduce the frequency and severity of MS relapses and help with reducing MS symptoms, when it comes to each of the 4 of the types of Multiple Sclerosis.

The 4 types of MS, that are recognized internationally, are:

- Relapsing and Remitting Multiple Sclerosis
- Primary Progressive Multiple Sclerosis
- Secondary Progressive Multiple Sclerosis
- Progressive and Relapsing Multiple Sclerosis.

There are many forms of yoga that can be practiced that can be used for those that have been diagnosed with Multiple Sclerosis, that can help in many ways to ease the symptoms of MS.

How can doing Yoga Help with each of these types of MS?

Relapsing-Remitting MS

Yoga can help with reducing symptoms of MS that include spasticity, reducing numbness and tingling, balance issues and intolerance to heat, just to name a few of the Multiple Sclerosis symptoms connected with the Relapsing and Remitting Multiple Sclerosis.

If yoga exercises are done more slowly, mindfully and with complete awareness, this reduces the fatigue that can often result from doing exercises, especially if severe MS fatigue is already present. It might be easier to join a yoga class, where the instructor has worked with MS patients before and works well with choosing exercises, which can help

more with helping to reduce MS symptoms, instead of causing more flare ups and exacerbations.

Meditative practices and guided imagery can also be part of the practices that are included as part of yoga that help those of us with MS much more in allowing our bodies to relax distress and allow our bodies to start to repair and heal on a cellular level. Yoga can also help to reduce the stress that is often a problem for those of us with MS.

If done over time, the flare ups can also be reduced in severity and frequency and it can also help there to be more balance in our lives that definitely helps to reduce the Multiple Sclerosis symptoms in how often they appear.

Secondary-Progressive MS

In some cases of Secondary Progressive MS, the case may be advanced enough that a person's symptoms may include near-blindness, severe vertigo when reclining, slurred speech, and muscle weakness. If the person with this form of MS is still able to transfer into a folding chair or other type of chair other than being in a wheelchair while performing the yoga exercises this would make it easier to do the yoga poses and positioning. Two chairs can be used to simulate doing the poses on the floor.

The exercises and poses can be modified, but often when the person is confined to a wheelchair for extended periods of time, it is better to do forward bends, seated back bends, hip openers, twists and modified standing postures, such as forward bends, and even a variation of the warrior pose can help with increasing flexibility, strengthening trunk muscles, reducing spasticity, increasing balance, relaxing the nervous system, reducing stress and restoring balance to the overall body. It is a good idea to also include strong breath awareness to get the diaphragm working again and to get some life-force stirring inside the body.

Doing these poses and exercises can also help to help those that have been in a wheelchair for several years to regain muscle strength and flexibility lost to years of being in a wheelchair, and help the person to stand for brief periods. Even if the person is unable to keep up with any kind of physical activity in the past, it has been found that if the person continues to faithfully practice these poses and exercises, every day, and add more as they can function better, this will help to maintain and increase how well the person can function, more so than they could before they started doing yoga.

Primary Progressive MS

Progressive MS or Progressive Relapsing Multiple Sclerosis can also be helped by doing certain forms of yoga. Even if more severe physical limitations are present, such as limited range of movement of much of your body, as is sometimes be the case with some people that are diagnosed with Progressive and Relapsing Multiple Sclerosis, some hands-on manipulation can be done, where appropriate, of the arms, hands, and legs, but it may be that the main way that yoga can be more useful for these people, that have the more severe cases of Progressive MS, with more mindful breathing, dynamic movement of the parts of the body that do have movement linked to breath, and guided imagery meditation to promote mindfulness and relaxation.

Progressive-Relapsing MS

Progressive MS or Progressive Relapsing Multiple Sclerosis can also be helped by doing certain forms of yoga. Even if more severe physical limitations are present, such as limited range of movement of much of your body, as is sometimes be the case with some people that are diagnosed with Progressive and Relapsing Multiple Sclerosis, some hands-on manipulation can be done, where appropriate, of the arms, hands, and legs, but it may be that the main way that yoga can be more useful for these people, that have the more severe cases of Progressive MS, with more mindful breathing, dynamic movement of the parts of the body that do have movement linked to breath, and guided imagery meditation to promote mindfulness and relaxation.

It may be that the obvious physical limitations can make it too difficult for the person assisting with performing the yoga poses and movements may not be able to do even a modified physical yoga practice to a great degree, because of the physical limitations. However, yoga does not stop at the physical level. It permeates into the other aspects of our being, such as the energetic, mental, emotional, and spiritual aspects. The work with these patients can help to improve the quality of the patient's life on all these levels, even though what can be done with the yoga practitioner may not appear to the outside observer as being what is typically thought of as "yoga".

If you are searching for a yoga teacher, be sure to look for one who has more experience working with students with MS, and that are willing to consider any other special concerns that you may have that is a result of your particular case of MS. Search for a teacher or instructor that does limit themselves or their students to the physical alone. Ask if they also use breath work, mindfulness based meditation, guided imagery, and if they are willing to experiment gently to find the appropriate practice for their students, keeping in mind the students' needs and desires.

Yoga can be performed on your own using either charts or other written instructions and diagrams for describing and picturing how to do the yoga poses or a DVD of someone performing the Yoga poses can be used that can allow you to follow along and do the yoga poses and exercises with the instructor.

Which ever way that you choose for you to be able to develop a consistent routine of doing yoga exercises can help to reduce MS symptoms and help your body to function better by increasing balance, flexibility, reducing muscle stiffness, reducing spasms of legs, arms, hands or feet, reduce the effects of stress on the symptoms of MS, along with many other benefits to you that can help you to function better by reducing your MS symptoms.

Other forms of exercise that can be done at home, that are beneficial to those with MS, can include stretching exercise (using stretch bands, sheets, other exercise devices), strengthening exercises (using hand weights, or other exercise devices), balance exercises (different balance exercises done with yoga are very good to do for increasing balance), resistance exercises (using stretch bands and other devices that help to give the different parts of the body resistance to have to exercise against to help to strengthen various muscle groups through out the body), practicing standing (using a walker, balance bars, grab bars or whatever gives you the ability to keep your balance, while helping increase your stamina and ability to stand), walking (if this is something that you are still able to do).

Intense physical therapy can also help those of us with Multiple Sclerosis to help our bodies to function better and to exercise the muscles, redevelop nerves (that are connected to the various muscle groups), reduce spasticity, improve balance, increase stamina, increase the ability to stand and even walk. Intense physical therapy is done under the supervision of a doctor or other health care practitioner. Intense physical therapy is often covered under many health insurance plans. Check to see if intense physical therapy can be recommended by the doctor that you are working with and also check to see if your health insurance covers this therapy, instead of having to pay for it as an out of pocket expense, if you can avoid this extra expense for you.

Chapter 10: References

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