Multiple Sclerosis

Multiple sclerosis (MS) is a progressive, degenerative disorder of the central nervous system, including the brain, the optic nerve, and the spinal cord. The disease affects various parts of the nervous system by destroying the myelin sheaths that cover the nerves and leaving scar tissue called plaques, ultimately resulting in destruction of the nerves. This process is known as sclerosis.

Symptoms vary in individuals, depending on which portion or portions of the nervous system are most affected. **In** the earlier stages, a person may experience episodes of dizziness; emotional changes such as mood swings and/ or ~ depression; eye problems such as blurred or double vision; a feeling of tingling and/or numbness, especially in the hands and feet; loss of balance and/ or coordination; muscular stiffness; nausea and vomiting; slurred speech; tremors; a vague feeling of weakness and/ or fatigue; difficulty breathing; and, for men, impotence. As the disease progresses, a person with MS may have trouble walking and develop a staggering gait. In the advanced stages, movements may become more spastic, and paralysis and breathing difficulty may occur. Bowel and bladder problems, especially chronic urinary incontinence or urgency, are not uncommon, and extreme fatigue-one of the most disabling symptoms of MS-may set in.

The disease follows a pattern of periodic flare-ups, called exacerbations, followed by periods in which symptoms diminish or even disappear. MS is variable in its rate of progression. It can be relatively benign, with only a few minor attacks spread over decades, or it can be rapidly and completely disabling. Most commonly, it progresses slowly, disappearing for periods of time but returning intermittently, often in progressively more severe attacks.

The cause of MS is not known, but it is widely believed to be an autoimmune disease in which white blood cells attack the myelin sheaths as if they were a foreign substance. Stress and malnutrition, whether from poor absorption or poor diet, often precede the onset of the disease. Some experts suspect that an as-yet-unidentified virus may be involved. Heredity may also be a factor. Another theory is that this disease is caused by food intolerances or allergies, especially allergies to dairy products and gluten.

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

Many experts suspect that mercury poisoning is behind many a case of MS. Mercury has been shown to bind to the DNA of cells and cell membranes, causing cellular distortion and inhibited cell function. The installation of mercury amalgam dental fillings (the chief source of mercury exposure for most people in the United States) has been known to produce symptoms indistinguishable from those of multiple sclerosis in some people. Further, the levels of mercury in people with MS have been found to be an average of seven times higher than those in healthy people.

Finally, diet may playa key role in the development of MS. This is suggested by the fact that MS is fairly common in the United States and almost unheard of in some other countries, such as Japan, Korea, and China. The consumption of saturated fats, cholesterol, and alcohol, so common in Western countries, leads to the production of a hormone like substance called prostaglandin 2 (PG2), which promotes the inflammatory response and worsens symptoms of multiple sclerosis. People in Asian countries typically consume much less fat than people in North America and northern Europe

do. Their diets are also rich in marine foods, seeds, and fruit oils, which are high in essential fatty acids, including the omega-3 essential fatty acids, which have an inhibitory effect on the inflammatory response.

MS is usually diagnosed between the ages of twenty-five and forty. Women are affected nearly twice as often as men are. MS is rarely diagnosed in children and in people over sixty years of age. Magnetic resonance imaging (MRI) may be used to diagnose MS. However, there is no single diagnostic test for the disease, and diagnosis must be done indirectly, by ruling out other possible causes of symptoms.
There is no known cure for this disease, but the supplement and dietary programs outlined in this section have been shown to be helpful. Long-term sufferers of MS may not benefit as much, but younger people who are just starting to exhibit symptoms may find that the correct supplements slow or even stop the progression of the disease.

Recommendations

1. Avoid Junk Food
2. Consider the possibility of gluten intolerance or other allergies.
3. Correct hormone abnormalities, especially estrogen dominance.
4. Investigate the possibility of heavy metal poisoning.
5. Obtain adequate Vitamin D from sunlight or cod liver oil.
6. Obtain nutrients essential for building and supporting healthy brain and nerve cells.

Nutritional Supplements recommended…

1. This is significant… Multiple Sclerosis may develop as a result of immune dysfunction due to Vitamin D deficiency. Gluten intolerance, estrogen excess, and heavy metal exposure including lead or mercury, may also be factors in causing MS.
2. One of the most remarkable characteristics of MS is that occurrence is inversely related to Vitamin D intake. This true whether the vitamin D is obtained by consuming fish oils or exposure to the sun. Incidence of MS in equatorial regions is nearly zero. It is much less common on the Norwegian coast where fish oils rich in Vitamin D are consumed. MS rates are low in high altitudes in Switzerland where more direct sunlight is available and high in low altitudes where less sunlight is available… Vitamin D deficiency has been identified not only in MS but also in juvenile diabetes (IDDM) and rheumatoid arthritis. ***Supplement with GNLD 's Vitamin A+D (Cod-liver oils source).***
3. Adopt a low fat diet which will tend to lower estrogen levels and prevent white and red blood cells from clumping together. Especially, avoid intake of saturated fat and particularly hydrogenated oils as they case a break down in brain and nerve structure and function. However, and this is very important … increase your intake of Omega 3 oils, and antioxidants. ***(Supplement with GNLD Omega 3 Salmon Oil Plus)***… These should replace the junk fats in the diet, which cause deterioration in the vitality and health of brain and nerve cells. Omega 3 is absolutely necessary for a healthy nervous system, for the brain, and also works as a powerful anti-inflammatory … Also add to this the ***GNLD's Tre-en-en…***
4. ***GNLD's Vitamin B Complex***… Absolutely essential for the health and stimulations of the nervous system and the brain. Maintains healthy nerves and helps prevent nerve damage by maintaining the protective myelin sheaths.
5. ***GNLD's Acidophilus Plus*** … helps to detoxify harmful substances, enhances absorption of nutrients and aids digestion…

6. ***GNLD's Betaguard …*** will help to detoxify the system of heavy metals, toxins and poisons and contain antioxidants for building the Immune System. A course of Betaguard to detoxify the system would be absolutely beneficial… and should be considered.
7. ***GNLD's Calmag*** … Deficiency of Calcium may create a predisposition to developing MS and Calcium is a necessary nutrient in the formation and maintenance of the Protective Myelin Sheaths. Magnesium is needed for calcium absorption and proper muscular coordination and reflex.
8. ***GNLD's Phytodefence… or Carotenoid Complex…*** Powerful group of Antioxidants…which is essential in building the immune system… and in the case of MS … correcting the immune system thus neutralising Auto Immune Disease.
9. ***GNLD's Nutrishake and Formula IV*** All Nutrients are necessary … with Nutrishake or GR2 Protein Shake providing all 22 Amino Acids,(Whole + high delicious Complete Protein Shake)… Vitamin and Minerals… and Formula IV providing Vitamins, Minerals, Essential Fatty Acids and digestive enzymes.
10. I would strongly recommend that any one with MS joins up as a Distributor so that they can purchase all above life and health giving products at Distributor Cost Price… There are a lot of supplements recommended… and they are all necessary but the most important are…

    Lyn's GNLD Recommendations…

    - Vitamin A+D … 2 capsules per day
    - Omega 3 Salmon Oil Plus… 3 per day
    - Carotenoid Complex… 3 per day
    - Tre-en-en… 3 per day
    - Vitamin B Complex… 1-2 tabs per day.
    - Calmag… 3-6 tabs per day to be taken at night before sleep.
    - Formula IV … 1 x sachet per day and / or Nutrishake

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