

What is Multiple Sclerosis?

It is a degenerative disorder of the central nervous system, including the brain, optic nerve, and spinal cord.

Simply put MS interrupts the flow of information between the brain and the body and stops people from moving.

What are the common symptoms?

- Tingling
- Numbness
- Loss of balance
- Weakness in one or more limbs
- Blurred or double vision

What symptoms are sometimes missed?

- Slurred speech
- Sudden onset of paralysis
- Lack of coordination
- Cognitive difficulties

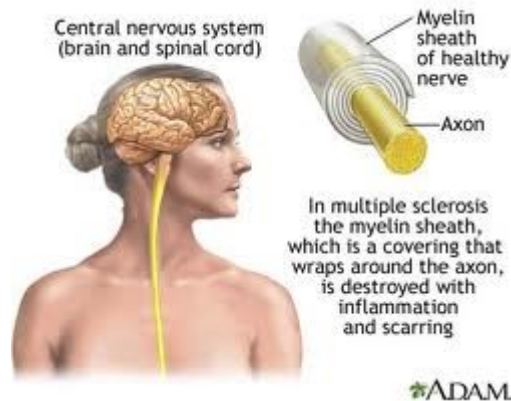
As the disease progresses, further symptoms may include: sensitivity to heat, fatigue, changes in thought processes and sexual disturbances.

It is important to remember that MS is not a one size fits all disease; everyone is unique as are his or her symptoms

Dealing with MS

Today, for those recently diagnosed with MS there is every reason to hope for a long and healthy life. For individuals already suffering with disability there is a real potential to slow or completely stop the progression of the illness.

MS is most prevalent in developed countries; this may be due to our sophisticated and yet oversubscribed fast food diet. However, every individual is unique; tests should be taken to discover the type of food being consumed that activates against the tissue in the central nervous system, due to the molecular similarities between the food proteins and self-proteins.



The Keys to combating MS are halting the activation against tissue, healing, and strengthening various systems including the gut, BBB and the immune system.

Gut irritation is caused by food allergens, supplements may help to heal the gut and include acidophilus, glutamine, glutathione, grape seed extract, evening primrose oil, fish oil, fibre, and enzymes.



Supplements

The following list of supplements is suggested for daily ingestion, the indicated amounts are well below toxicity levels.

- up to 300 mg grape seed extract (use pycnogenol or bilberry if you are sensitive to grapes)
- 2 grams cod liver oil (includes 5,000 IU vitamin A and 400 IU vitamin D)
- 4 grams salmon oil
- 2 B-50 complex pills
- 100 mcg of B-12 (have your B-12 level routinely checked)
- up to 3 g of vitamin C
- up to 800 IU of vitamin E
- up to 1500 mg of calcium depending on dairy consumption (I strongly suggest no dairy consumption ever)
- up to 750 mg of magnesium (a good Ca/Mg ratio is 2:1)
- 25 mg of zinc
- 2 mg of copper
- 50 mcg of selenium
- up to 5 g of evening primrose oil or borage oil
- Up to 10 g of flax oil (make sure you are not hypersensitive to flax!)
- 4 capsules of acidophilus
- 6 capsules of enzymes (see Bateson-Koch, 1994 for use of enzymes for relieving food hypersensitivities)
- 2400 mg of Lecithin



In Summary

The key elements of diet revision for MS are:

- Avoid all dairy, grains, legumes, eggs and yeast.
- Avoid all allergenic foods, which are identified by skin and ELISA tests.
- Avoid all red meat and margarine
- Eat fish and skinless breast of chicken and turkey, for protein fruits and vegetables for carbohydrates and micronutrients and extra virgin olive oil and unrefined sunflower oil for fats.
- Take as many of the 17 recommended supplements as your budget allows.



It would be naïve to think that MS is caused by diet alone; therefore, extensive testing is needed for each individual. Environment may play a vast contributing factor. Whatever the cause, help is at hand.



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WELLNESS PROGRAMMES

MULTIPLE SCLEROSIS

