AUGUST 2015

HomeCures that work!

WEIGHT CONTROL • SPIRITUAL WELLNESS • HEALTHY RECIPES • LIVING HEALTHY

How to Overcome Multiple Sclerosis with Nutrition
A DIET TO FIGHT MS

Free Yourself From MS Naturally
NATURAL, SAFE AND EFFECTIVE ALTERNATIVES

6 Exercises to Get Your Life Back from MS
LEARN THE BEST EXERCISES TO BOOST STRENGTH, COORDINATION, AND BALANCE

4 Ways to Recharge Your Energy Batteries
FINDING REAL ENERGY AND POWER

Lower your Risk of Disease with Produce
HOW TO ADD FRUITS AND VEGETABLES YOUR DIET TO PROTECT YOUR HEALTH

How to Reverse Multiple Sclerosis
NATURAL PROTOCOLS TO BEAT MS

Table of Contents

Letter from the editor

The life we imagine for ourselves isn't always the one we live. Our paths make sudden turns down unexpected paths, leaving us to survive unchartered territory….like the 2.3 million people worldwide who are living with the unpredictable disease multiple sclerosis.

Multiple sclerosis is a chronic, degenerative disease of the nerves in the brain and spine. The disease causes the body to attack an insulating substance around nerve cells called myelin. When the myelin is damaged, nerve function deteriorates, resulting in symptoms such as muscle weakness, imbalance or loss of coordination, vision loss, and tremors.

It is now understood that environmental factors, especially diet, play a large role in the development of this degenerative disease. The Wahl's Protocol and the Paleo Diet are some of the most important ways for individuals with MS to control and reverse their disease. A diet packed with nutrients to protect the nervous system and immune system consists of whole foods from grass-fed meats, vegetables, fermented foods and nuts. These specific foods high in B vitamins, iodine and omega 3 fatty acids support myelin growth and repair, which are crucial to stall further deterioration.

Furthermore, a pioneering new stem cell treatment is allowing multiple sclerosis sufferers to walk, run and even dance again, in results branded "miraculous."

Don't take your body for granted. The human body wants to heal itself, but sometimes you have to respect it and help it to get there. This month's issue of Home Cures That Work is the resource you need to tackle this illness.

Have faith in yourself, your future, and perhaps in something which transcends both.

Cheryl Ravey

Editor, Home Cures That Work

P.S. MS fighters speak a language of strength, love, hope and courage. But do they speak of a cure? There ARE Home Cures That Work for multiple sclerosis in this month's issue.

How to Reverse Multiple Sclerosis

by Dr. Scott Saunders, M.D.

Natural Protocols that Reverse MS

We often use the word "disease" to denote a "syndrome" or collection of symptoms. To define a disease requires that we know the cause of the symptoms. Thus, correctly stated, multiple sclerosis is not a disease, but rather a syndrome. The causes are not one, but many, making it difficult to find a single cause for all the symptoms that we call Multiple Sclerosis (MS).

Because MS affects the nervous system it can have effects anywhere in the body on any function of the body. Some people have terrible pain, others get numbness. Some have weakness of certain muscles, while others have brain dysfunction and memory impairment. Commonly, people with classical MS get visual disturbances such as blindness or double vision.

Four disease courses have been identified in multiple sclerosis:

- Relapsing-remitting MS (RRMS)
- Primary-progressive MS (PPMS)
- Secondary-progressive MS (SPMS)
- Progressive-relapsing MS

Each of these disease courses might be mild, moderate or severe.[1]

Neurological problems that resolve in a matter of days to months, but then recur in other areas characterize relapsing-remitting. Thus, for example, a person with RRMS may have weakness in the left leg for months which then resolves, and later get double vision, only later to get pain in the other leg. These MS patients usually go on to develop a progressive form.

Progressive MS is exactly as it sounds. The disabilities don't resolve, but rather continue as new ones are

added. This usually leads to paralysis, pain, and even mental dysfunction.

Multiple Sclerosis Causes

There seem to be multiple factors involved in the cause of the symptoms of MS. These may include:

- Genetic – Generally, close family members have a higher risk of MS that may not be due to environmental factors. For instance, an identical twin of someone with MS has a 1 in 4 chance of developing MS. However, fraternal twins have about a 1 in 40 risk, the same as other family members. The general population has about a 1 in 1000 risk.
- Autoimmune – The debate over MS as an autoimmune disease rages. There is definitely inflammation in the brain, but specific antibodies are hard to consistently find.
- Nutrient deficiencies – The fact that MS attacks happen more in the winter may indicate a vitamin D deficiency, but no causal relationship has been shown.Vitamin D is also an important immune system activator and may prevent viral illnesses.
- Infectious diseases – Viral antigens have been found in the spinal fluid of people with MS, but not consistently enough to assure a causal relationship.

Mainstream Medical Treatments for MS

There are several MS drugs on the market that are approved by the FDA for treatment of MS.

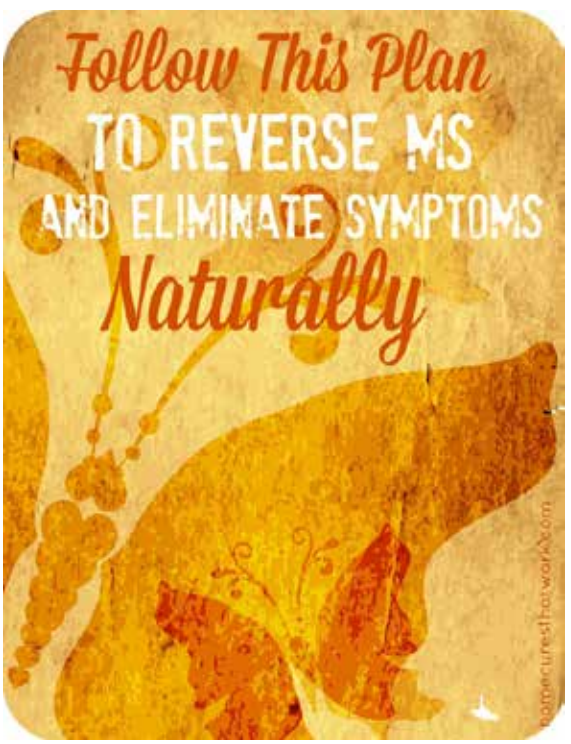
Disease-modifying drugs that have been shown to reduce exacerbations and slow the progression of MS include:

- Avonex (interferon beta-1a)
- Rebif (interferon beta-1a)
- Betaseron and Extavia (interferon beta-1b)
- Copaxone (glatiramer acetate)
- Novantrone (mitoxantrone)
- Tysabri (natalizumab)
- Aubagio (teriflunomide)
- Gilenya (fingolimod)
- Lemtrada (alemtuzumab)
- Plegridy (peginterferon beta-1a)
- Tecfidera (dimethyl fumarate or DMF)
- Ampyra (dalfampridine)[2]

These MS drugs clearly state that although they may decrease the number of relapses, they don't cure the disease. Some people have good results from using them, but eventually progress with more MS complications anyway. Plus, many of the drugs have side-effects that are more harmful than the disease. I recommend people use drugs for symptomatic relief, if needed, while they are working on reversing the illness.

Alternative Medical Treatments for MS

I'm not going to discuss each alternative MS treatment here, because my purpose is to reverse the disease, and not to put a Band-Aid on it. The use of these protocols should be in consultation with a doctor who can prescribe it.



Stem Cells

Stem cells have been touted as being able to cure anything from diabetes to kidney disease – and even MS – but rarely work. However, there is a stem-cell treatment that is more like a bone marrow transplant that actually shows promise.

Step 1. Harvest your stem cells.

Step 2. Take heavy doses of chemotherapy agents (toxins) that completely destroy the bone marrow.

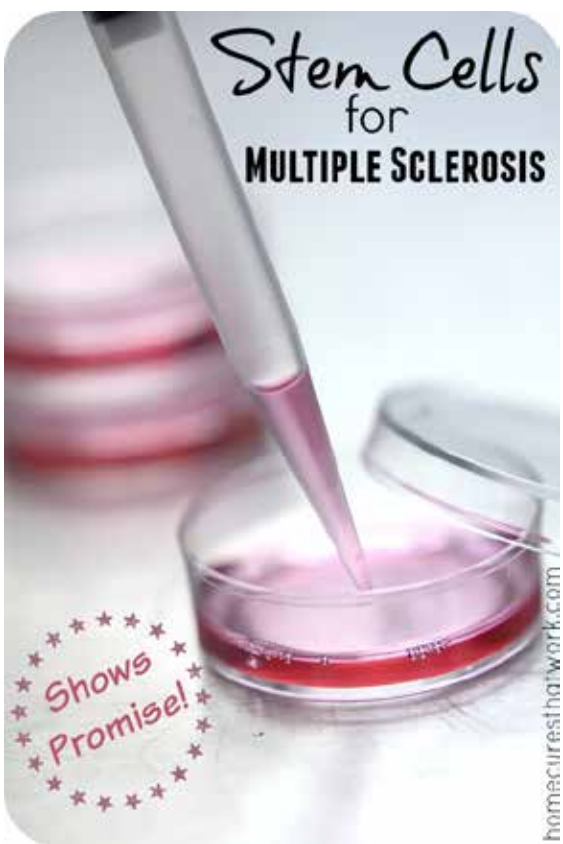
Step 3. Re-institute your own immune system with harvested stem cells. It is a serious treatment has worked for some, and large trials are underway. It would not be my first choice, but if there were no other options, I might consider it.

Cerebral Venous Insufficiency

Dr. Paolo Zamboni in Italy has characterized MS as a slowing of the blood in the veins from the brain.[3] Several doctors have used a surgical treatment to enlarge the veins coming from the brain to improve blood flow. Some report improvement, and others don't. There have been no trials to test the theory. It's controversial at this point, and the evidence for it isn't strong. While some may have relief of symptoms, it doesn't seem to reverse the disease.

Reversing MS

Aside from these medical treatments, progress in overcoming multiple sclerosis in the past decades has been tremendous. We now have multiple cases of reversing the illness that provide hope to many who have it. While there may be some genetic pre-disposition, the environment, as discussed previously, plays a much larger role in reversing MS. The object is to restore function to all systems involved at the same time.



A search on the web will largely produce medications and "miracle supplements" to cure MS. A quick review might leave you with a lot of questions. Any MS treatment will address these factors in the long run:

- Repair the intestines
- Improve nutrient absorption and utilization
- Improve energy function

The good news is research shows that there are ways to reverse this terrible illness!

It appears that the basis of MS is a disease of energy. The mitochondria, little bacteria that inhabit every cell of the body and make energy for the cells, become weak and unable to function. This causes energy to drop in every cell. This also explains why fatigue is a common symptom of MS.

Dr. Terry Wahls has written a book about her own recovery from progressive MS in a wheelchair to normal functioning. She did so by improving the function of her mitochondria, the bacteria that produce energy in every cell.

She began by going to the Cleveland Clinic where the "best doctors" gave her the MS drugs listed above, without benefit. Since she

continued to get worse, she decided to take matters into her own hands and began to study what actually works.

She discovered that nutrition in animal models could improve mitochondrial function. So, she began taking supplements. While these helped her feel better, they did not reverse the disease. Next, she looked into getting the same nutrients from food. She came up with a diet plan that includes nine cups of fruit and vegetables every day, along with organic meats. It is important to note that there are no milk or grain products on the list.

Following her new diet plan, now known as The Wahls Protocol, Dr. Wahls was able to halt the progress of her MS and eliminate most of her symptoms.[4]

All the other protocols that reverse the illness are similar in nature.[5] Recovering from MS, or even stopping the progress, requires:

- Avoiding toxins
- Detoxifying the liver
- Getting rid of inflammation
- Absorbing the nutrients needed from the intestines

The following protocol will do just that.

Diet

- Nine cups of organic vegetables (raw or cooked at low temperatures) and fruits daily.
- Three cups (about one heaping plateful) of leafy green vegetables.
- Three cups of sulfur-rich vegetables: cabbage, broccoli, cauliflower, turnips, onions, mushrooms and asparagus.
- Three cups of colorful vegetables and fruits, three different colors each day. They have to be colored all the way through. Apples and bananas don't count, but berries, peaches, oranges, beets, peppers, sweet potatoes, and carrots do.[6]
- Wild-caught fish – twice per week
- Organic eggs – two per week
- Organic/grass-fed meat or poultry – two servings per week
- Liver – one serving per week
- Seaweed – one serving per week

Supplements

- Extra Virgin Cod Liver Oil (EVCLO) – 1 teaspoon per day.
- B-complex and B12 – one of each per day with food
- Vitamin D3 – 50,000 IU once per week

Other treatments

- Sunlight – as much as possible
- Meditation – 30 minutes daily
- Exercise – 20-30 minutes, approximately 5 times a week, preferably outdoors

Fasting

Going without food helps to reset the systems of the body.[7]

- It improves immune function.
- It repairs adrenal function.
- It resets the metabolism.
- It makes ketone bodies, which allow healing and regeneration of brain tissue.
- It also causes the release of human growth hormone (HGH) to help regenerate all cells in the body and restore function.[8]

Following her new diet plan, now known as The Wahls Protocol, Dr. Wahls was able to halt the progress of her MS and eliminate most of her symptoms.

After two weeks on the diet above, the next step is to fast for a week, drinking water only – no supplements or food of any kind. Continue exercise and meditation. Repeat this pattern, two weeks of eating, one week of fasting, as many times as you like for six months to a year, or until you no longer have any symptoms or trace of MS.

It's hard to sift through all the hype surrounding the purported "cures" for MS. The current MS drugs and medical procedures are hit-and-miss. Their side-effects can be severe and they are not able to reverse the illness. Medical science has not yet found a cure. However, there is good evidence that you can reverse the illness by improving the function of your mitochondria. Only those who have not tried this will tell you it won't work. Only those who have done it will tell you it does work.

Ask Dr. Wahls:
https://www.youtube.com/watch?v=KLjgBLwH3Wc

Or, read her book:
http://terrywahls.com/way-to-adopt-the-wahls-diet/

Other great benefits of better functioning mitochondria are that you will not get cancer, heart disease, diabetes, Alzheimer's disease, macular degeneration, arthritis, or any other of the many "diseases of aging." There are no side-effects – only good effects.

Sources:[1] http://www.nationalmssociety.org/What-is-MS/Types-of-MS [2] http://www.rxlist.com/multiple_sclerosis_ms_medications/drugs-condition.htm [3] http://jnnp.bmj.com/content/80/4/392.full.html [4] http://terrywahls.com/about-the-wahls-protocol/ [5] http://www.overcomingmultiplesclerosis.org/Recovery-Program/Program-Overview/ [6] http://www.huffingtonpost.com/meryl-davids-landau/multiple-sclerosis-diet_b_2258056.html [7] http://www.howtofast.net/ [8] http://www.amazon.com/The-Transformational-Power-Fasting-Rejuvenation/dp/1594774668

Dr. Scott D. Saunders, M.D. is a practicing physician, specializing in preventative health care, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine. View natural remedies with Dr. Saunders at: http://drsaundersmd.com

How to Overcome Multiple Sclerosis with NUTRITION

by Amanda Box, N.D.

A Diet to Fight MS

Having been in the natural health industry for nearly 15 years, I've been on the receiving end of all sorts of criticism. I've heard the natural methods I've supported for years referred to as new age, witchcraft, a placebo effect, old wives tales and hippy.

Multiple sclerosis, or MS, is a chronic autoimmune disease that occurs twice as often in women as in men. It is also more common among Caucasians than any other ethnic group. MS slowly deteriorates the protective myelin sheath that surrounds the nerves in our brain and spinal column. This leads to:

- Muscle weakness
- Vision loss
- Numbness and tingling
- Problems thinking clearly

Once diagnosed, MS may steadily worsen. Or, acute attacks may occur followed by remission of MS symptoms. The protective myelin is damaged in multiple sclerosis due to its autoimmune destruction. The specific cause of MS is not known, but exposure to and accumulation of heavy metals and other toxic compounds can induce MS.

The good news is that there is hope for those diagnosed with MS! Dietary changes and proper nutrition can dramatically improve MS symptoms. In some cases, MS symptoms can be eliminated completely! The body has the innate capacity to heal itself when given what it needs.

When addressing MS, it is also important to stop habits that disrupt and damage the immune system. Don't forget that your body is made from natural materials and incorporates a system that needs natural products such as food to constantly build and heal.

Many of our modern day foods contain artificial ingredients that aren't safe for human consumption. Some of these ingredients alter the normal activity of your nervous system,

resulting in disease. So, it is important to understand the dangers and side effects of these artificial additives.

The Dark Side of Diet Soda

Many people with good intentions forego sugar-laden sodas and desserts in favor of their sugar-free counterparts. However, artificial sweeteners have a dark side. Aspartame in particular, the primary sweetener used in diet soda, has a distinct connection to MS.[1][2]

Aspartame is composed of aspartic acid and phenylalanine. Aspartic acid raises the levels of both aspartate and glutamate in the blood. Once these compounds reach the brain, they can cause an influx of calcium into the brains cells. This influx excites the cells to the point of their death! This is why aspartate and glutamate are often referred to as excitotoxins. If you suffer from MS, these excitotoxins can freely enter the site of injury, magnifying the damage produced from MS.

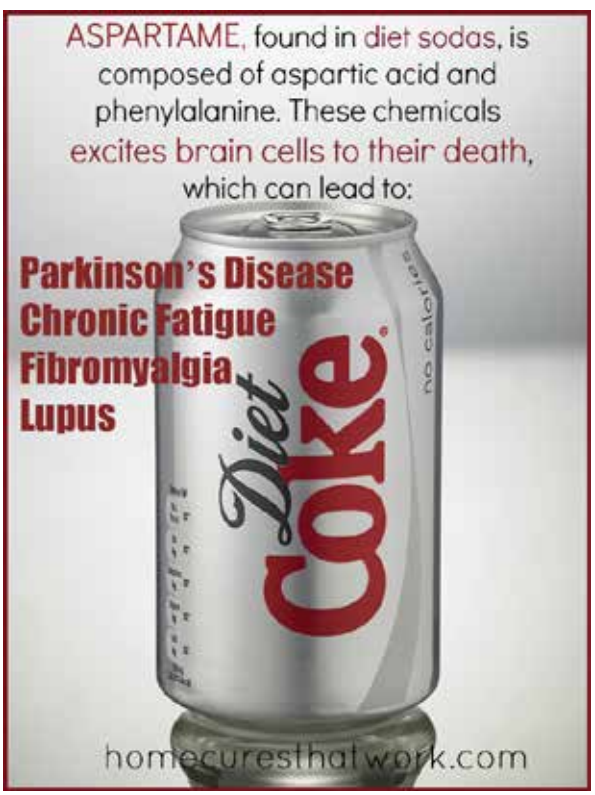
Aspartame can also rapidly break down into methanol, which can easily crosses the blood-brain barrier.

Once methanol reaches the brain, it converts to formaldehyde and begins to break down the protective myelin sheath that surrounds our brain cells. This demyelination can lead to MS symptoms and other diseases such as:

- Parkinson's Disease
- Fibromyalgia
- Lupus
- Chronic Fatigue

Several other processed foods are also high in methanol and should be avoided. Some of the most common include:

- Canned fruits and vegetables
- Smoked foods



- Overly ripe fruits and vegetables
- Tomato sauce

Always read labels and be on the look out for aspartame and other artificial ingredients. These chemical additives cannot only cause symptoms of MS, but other diseases and chronic health problems as well. The damage caused by chemical preservatives and sweeteners can be catastrophic to the human body. These man made ingredients trigger a chain reaction of unnatural responses in the body, which ultimately lead to disease. MS is one of many diseases that can result from putting unnatural substances into our natural bodies! None of us would think of drinking formaldehyde, wood alcohol or other toxic substances. And yet, when we consume diet sodas or other processed foods that contain toxic chemicals, it's like drinking poison!

MS and Leaky Gut Syndrome

Though rarely talked about, there is an intimate connection between the intestinal tract and autoimmune disease. A disorder called Leaky Gut Syndrome can play a role in the occurrence of MS.

Leaky gut syndrome occurs

when the intestinal tract becomes permeable due to inflammatory damage and destruction from the overgrowth of microbes and yeast. This permeability allows toxins and microbes that your body would normally eliminate, leak from the intestinal tract into the bloodstream! Once these toxic substances begin to circulate in your system, inflammation can occur in other areas of the body. This can lead to autoimmune reactions, like MS, where the body attacks itself. This self attack mode is set off by the presence of toxins that would not be present if the intestinal tract was not leaking.

A recent study found a connection with leaky gut syndrome and MS.[3] The study found that mice infected with an MS-like disease not only had leaky gut, but had intestinal inflammation before they even showed symptoms of MS! Dr. Terry Wahls, former MS victim and author of the Wahls Protocol stated, "More studies are finding that increased intestinal permeability or 'leaky gut' has a role in the development of multiple sclerosis and other autoimmune disorders."

The good news is you can prevent leaky gut, as well as cure it! Following specific

dietary recommendations can heal the digestive tract, and halt inflammation system-wide! This can actually resolve MS symptoms and help those with MS regain a normal, active life!

A Diet to Fight MS

Dr. Terry Wahls was diagnosed with MS in 2000. A medical doctor herself, she sought out the best care and took the latest and most effective drugs on the market. However, her attempts at managing her disease failed and her MS worsened in 2003. She then completed the recommended chemotherapy, but became bound to a wheelchair. Soon after chemotherapy, she became bedridden.

This is when Dr. Wahl began to take her health into her own hands. She started researching nutrients that would feed her brain and halt the progression of her disease. She noted that in MS there was shrinkage of the brain due to poorly functioning mitochondria. Mitochondria are our cell's energy source. They need specific nutrients to function at optimal capacity. Through her research, Dr. Wahl identified 3 specific nutrients that are essential for mitochondrial function:

- Omega 3 fatty acids (from fish)
- Creatine
- Coenzyme Q10

She then began to research the proper nutrients needed to prevent damage to the myelin sheath, the primary cause of MS. She discovered the following were important in the maintenance and proper function of myelin:

- B1
- B9
- B12
- Omega 3 fatty acids (from fish)
- Iodine
- Antioxidants

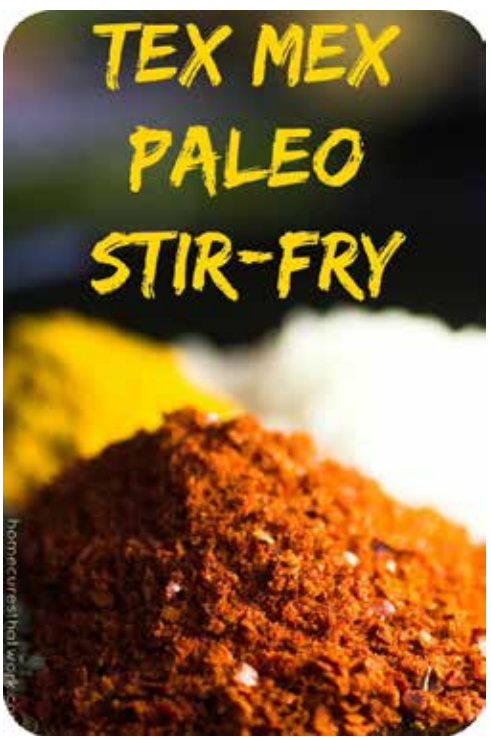
Dr. Wahl also went on to discover the nutrients essential for neurotransmitter functioning. Our neurotransmitters are chemical messengers, which send information between

nerve cells. The two most important nutrients for our neurotransmitters are:

- Sulfur
- B6

Much of the typical American diet is totally lacking in nutrition. Instead of consuming nutrient dense food, most op for processed and fast foods that are void of nutrients, but rich in artificial based preservatives and additives. It's really no wonder that our health is declining and obesity rates are skyrocketing.

Dr. Wahls recommends following a paleo style diet that is high in essential nutrition for mitochondria and myelin sheath function. This diet includes:



- Unlimited green vegetables - these are high in B vitamins and minerals
- Onions and garlic - rich in sulfur
- Fatty fish - contains omega 3 fatty acids
- Grass-fed meat - rich in creatine and healthy protein
- Organ meat (liver, heart, etc.) - a source of CoQ10 and protein
- Colorful fruits and vegetables - contain a plethora of vitamins, minerals, and antioxidants
- Seaweed - a source of essential iodine

The Wahls protocol also recommends avoiding:

- Starchy vegetables (corn and potatoes)
- Grains (gluten in particular)
- Dairy
- All processed foods

Once Dr. Wahls began to follow this dietary protocol, her MS symptoms began to improve. Within a matter of months, she went from being bedridden to walking again! She is now symptom free and travels the globe spreading the good news of how proper diet can reverse MS!

Interestingly, this diet not only feeds the brain, but heals the gut as well! The principles outlined in the GAPS protocol, which is a diet designed to heal leaky gut syndrome, are nearly identical to the foods recommended in the Wahls protocol! A diet that addresses leaky gut syndrome is a powerful ally in the fight against any autoimmune disease.

Following these dietary recommendations allows you to heal the brain, but also heal your inflamed leaky gastrointestinal tract, the possible source of MS!! This will help end the source of inflammation and put an end to autoimmune reactions throughout the body.

In addition to the Wahls protocol diet, I recommend adding a powerful, multi-strain probiotic such as Renew Life's Ultimate Flora. Supplementing with a probiotic helps balance the intestinal tract by boosting beneficial bacteria and crowding out damaging microbes.

A great rule of thumb when boosting nutrition is to add a lot of color to your daily meals. Colorful fruits and vegetables are full of antioxidants which are essential in the health and integrity of our nerve cells. The following recipe incorporates the Wahls protocol by including grass-fed protein, green vegetables, sulfur rich onions and other colorful veggies. This recipe is so tasty you won't even

notice that it is grain free![4]

Tex Mex Paleo Stir-Fry

Ingredients:

- 1 lb grass-fed ground beef
- 2 red bell peppers, diced
- 1 yellow bell pepper, diced
- 1 red onion, diced
- 1 yellow onion, diced
- 2-4 cloves garlic, finely chopped
- 8 oz white or baby portabella mushrooms, diced
- 2 limes
- 1 tsp sea salt
- 1 tbsp cumin
- ½ tsp pepper
- ½ tsp garlic powder
- 2 teaspoons smoked paprika
- 1 teaspoon ground chipotle pepper (optional for extra heat and flavor)
- 1 bunch cilantro, finely chopped
- 2 cups baby spinach, chopped
- 1 cups baby kale, chopped
- 2 tbs coconut oil
- 12 grape tomatoes, diced

Instructions:

1. Brown ground beef with salt and pepper and set aside.
2. Next, sauté peppers, onions, mushrooms and garlic in coconut oil.
3. Once these veggies are browned, add salt, pepper, garlic powder, cumin and paprika.
4. Place chopped spinach, kale and half the cilantro in a food processor with grape tomatoes and carefully process by pulsing on and off and stirring if necessary until finely chopped.
5. Stir browned beef into the pepper mixture, and then stir in the greens and tomatoes until greens are slightly wilted.
6. Add the juice of two limes freshly squeezed and add sea salt to taste. Garnish with the second half of the cilantro, finely chopped.

Green smoothies have become all the rage, and rightly so! What an easy and convenient way to condense lots of nutrition into a single easy-to-consume drink! The problem that most people run into, however, is making a green smoothie that tastes good. Many times people will try and hide the “grassy” taste of a green smoothie with high sugar fruit juices. The added sugar in fruit juices defeats the purpose and increases your risk of diabetes and weight gain.

This smoothie recipe not only incorporates healthy greens and vitamin rich fruits, but also has the addition of lemon flavored fish oil. Don’t worry…this oil doesn’t taste fishy! Rather, it gives the smoothie a slight lemony kick that is also packed with brain

boosting omega 3 fatty acids!

Omega 3 Green Smoothie

Ingredients:

- 1 1/2 cups coconut water
- 1/2 cup coconut milk
- 1 tsp Carlson’s or Nordic Naturals lemon flavored fish oil
- Juice of one small lemon
- 1/2 apple (roughly chopped, seeds and core removed) OR 1 pear (roughly chopped, seeds removed)
- 1/2 orange (peeled, roughly chopped)
- 3 stalks of celery (roughly chopped)
- 4 large kale leaves (ribs removed)
- 6 romaine lettuce leaves

Instructions:

- Add all ingredients to the blender.
- Blend until smooth.
- Serve over ice.

Those of you who are battling MS, you don't need to lose hope! This is a battle you can win with the proper dietary choices and nutrition.

Begin by eliminating artificial additives and sweeteners, including diet soda.

Then fill your diet with nutrient dense foods that nourish your brain cells and help to prevent any further deterioration.

Also, add probiotics to your daily regimen to help promote a healthy gut and quell system wide inflammation.

A healthy, rejuvenated life free of MS symptoms can be your future! Give your body what it needs and watch your life transform!

Sources: [1] http://www.truthinlabeling.org/Blaylock-AspartameAndMultipleSclerosis-Neurosurgeon'sWarning.html [2] http://articles.mercola.com/sites/articles/archive/2012/11/11/aspartame-dangers.aspx [3] http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0106335 [4] Recipe adapted from http://mamadweeb.com

---

Amanda Box is a Traditional Naturopath and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 12 years and currently practices naturopathic consulting in the Kansas City, Missouri area. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic practitioner to turn to for your personal needs, Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at http://amandabox.blogspot.com/ for contact info.

Natural, Safe and Effective Alternatives to the Toxic Conventional Medicine

Being diagnosed with any disease is devastating. It can dash dreams, rob you of your joy and leave you in a state of uncertainty for your future. Multiple sclerosis (MS) is a disease that devastates thousands of lives every year. It is a disease in which your body literally turns on itself and begins attacking the protective coating of your nerve cells in the brain and spinal column.

Honestly, up until that point, I This protective coating is called myelin. When an autoimmune disease like MS damages the waxy, protective myelin, the nerves begin to disintegrate over time. When this occurs, MS symptoms begin to manifest such as:

- Muscle weakness
- Numbness and tingling of limbs
- Balance problems
- Tremors
- Blurred vision

Multiple sclerosis manifests in 4 different ways:

- Relapsing-remitting: This form comes and goes over time. Symptoms can be severe for a time but then disappear. About 85 percent of multiple sclerosis patients develop this form of MS.
- Secondary-progressive: After the initial attack, symptoms do not subside and the disease worsens.
- Primary-progressive: People who develop this form are typically older in age. They decline slowly, without many ups and downs.
- Progressive relapsing: Symptoms progress slowly, but eventually worsen over time.

Multiple sclerosis is unpredictable. No one truly understands why one person's MS manifests differently than someone else's. The cause of MS is still unknown. However, many in alternative and integrative medicine believe that nutrition and many other environmental factors play a large role.

When treating MS, neurologists typically prescribe drugs that suppress the immune system. The hope in prescribing these anti-inflammatory drugs is that they will halt the autoimmune attack on the myelin and lessen MS symptoms. However, these drugs have terrible side effects and often do more harm than good.

Though the initial diagnosis of MS can be crushing, there is hope! Fortunately, there are many natural, safe and effective alternatives to the toxic treatment methods offered by conventional medicine.

The Power of Vitamin D

Many studies have confirmed that the further from the equator a country is, the more prevalent the cases of MS are.[1] Plainly said, people who live closer to the equator, where there is a lot of sunlight, have a lower risk of developing MS. Many suspect that higher levels of vitamin D are the reason behind this difference.

A recent study conducted by Harvard and published in JAMA Neurology found that vitamin D can greatly benefit MS patients. In the study, those with lower vitamin D levels, below 50 nanomoles per liter, were more likely to develop new brain lesions. They also had a worse prognosis than those with higher levels. Dr. Ascherio, lead researcher of the study stated, "Individuals… with symptoms suggesting MS should be screened for possible vitamin D deficiency, and this should be corrected by vitamin D supplementation."[2]

Vitamin D is crucial for regulating the immune system. Therefore, many believe that when insufficient vitamin D is available, the immune system can go awry and autoimmune attacks can occur.

Getting enough vitamin D is quite simple in the summer time. Just exposing your skin for 20 minutes a day will produce 25,000 IU of this sunshine vitamin! Supplementing is another option for the winter months and those with extremely sensitive skin. Begin by getting your vitamin D levels tested. If your levels are below the ideal 70-90 ng/ml, start supplementing vitamin D at around 35 IU per pound of body weight per day.

Protecting your Mitochondria

In each and every cell there are hundreds to thousands of tiny energy producing mitochondria. They produce the energy needed by the cells throughout our entire body! When mitochondria aren't working properly, the effects can be seen in our nervous system and other parts of the body. Malfunctioning mitochondria contribute to damage and loss of both axons and neurons. Neurons, otherwise known as nerve cells, and their fibers called axons are responsible for muscle movement, sensation and so many other functions throughout the body. Because of this nerve damage, many speculate that dysfunctional mitochondria are a contributing factor to MS.

Mitochondria need very specific nutrients to complete the chain reaction of energy production. These specific nutrients, when added to the body through foods or supplementation, can give mitochondria what they need to thrive and produce boundless energy. This can prevent and reverse symptoms of MS! The top nutrients for mitochondrial function include:

Creatine

Creatine is similar to an amino acid. It is converted into a compound called phosphocreatine, which is used as a source of energy. Phosphocreatine contains a lot of energy and is normally used by our muscle cells for

strenuous activity. Creatine is naturally found in red meat, but it can also be found at a local health food store. The recommended dose is 15-20 grams a day separated into three equal doses.

Antioxidants
Free radicals are highly reactive molecules that damage cells. They cause the same oxidizing process that turns metal into rust. When mitochondria produce ATP (Adenosine triphosphate), they give off a low level of free radicals. However, if the mitochondria aren't working correctly, even more free radicals are produced!

These free radicals cause damage to mitochondrial DNA, which creates a recurring cycle of damage and increased free radical production. Antioxidants help neutralize free radicals, therefore minimizing damage to mitochondrial DNA and other cells in the body!

Some fantastic antioxidants to take for MS include:

- CoQ10
- Turmeric
- Alpha Lipoic Acid
- Vitamin C

Green leafy veggies and bright colorful berries also pack high levels of antioxidants

that you can incorporate into your daily diet.

L-Carnitine
Lactic acid and other metabolites can build up in the cells of people with mitochondrial dysfunctions. Supplementing with L-carnitine can help rid the body of these excess metabolites.

Carnitine is naturally made in the body. It is a compound that binds to metabolites and escorts them out of the cells into the kidneys where they are flushed out in the urine.

L-Carnitine can be purchased at your local health food store. The recommended dosage is 1000 mg a day.

Omega 3 Fish Oil

Omega 3 fatty acids have an array of benefits in the body. These essential fatty acids fight inflammation and are neuroprotective. Fatty acids compose much of your myelin sheath, which naturally lose their concentration over time. Supplementing with omega 3 provides nerve cells with a boost of needed fatty acids to keep their protective membrane strong and healthy!

Fish oil is also known for its ability to quell inflammation in the body, making it another beneficial supplement for MS. Many times inflammation causes nerve cell death. Omega 3 fatty acids can prevent unneeded nerve cell death which helps maintain healthy nerve function.

Studies have also shown that omega 3 fish oil positively altered mitochondrial phospholipid composition. Again, healthy well-functioning mitochondria are crucial to overcoming symptoms of MS.[3]

A study was performed to evaluate the benefits of fish oil on MS. The group taking 10 grams of fish oil a day had less disability progression and fewer relapses than those taking the placebo. [4]

The benefits of fish oil for MS, or any inflammatory disease, are numerous. Though 10 grams a day may seem like a lot, it is worth the pay off. I recommend Nordic Naturals or Carlson Labs brand of fish oil. Cheaper versions can be contaminated or contain rancid oil. Quality fish oil is imperative in order to reap the positive results!

The Power of Nutrition

As with any health issue, diet is a large part of bringing the body into a state of health and wellness. Because MS is rooted in inflammation, it is important to avoid foods that feed or initiate inflammation in the body.

The following foods exacerbate MS. Eliminating them can bring relief of MS symptoms and help rid the body of inflammation:

- Gluten (found in wheat and barley)
- Processed foods (in particular those containing aspartame and MSG)
- Dairy
- Sugar

Instead, fill your daily diet with fresh colorful fruits and vegetables that are packed full of vitamins, minerals and antioxidants to protect and nourish your nerve cells! Try keeping a food diary and note any foods that cause any sort of negative reaction in your body. Eliminate these foods because you may have an allergy or sensitivity that will manifest inflammation.

Eat quality protein sources such as grass fed beef, free range chicken and eggs, and wild caught fish. They are important to supply the body with protein, creatine and healthy fats. I also recommend using organic coconut oil for cooking because this saturated fat is beneficial for brain cells.

There is a light at the end of the tunnel for those of you diagnosed with MS. Our bodies can overcome disease when given what they need to find balance. Put out the fire of inflammation and feed your mitochondria with proper nutrition and supplements. Then, watch your life change. And don't forget, "You are what you eat!" A healthy, well balanced diet that is free from inflammatory foods can go a long way toward restoring nerve function and revolutionizing your life!

Sources: [1] http://www.mssociety.org.uk/ms-news/2011/10/where-you-live-affects-likelihood-of-developing-ms [2] http://consumer.healthday.com/cognitive-health-information-26/brain-health-news-80/vitamin-d-may-slow-multiple-sclerosis-study-suggests-684034.html [3] http://circ.ahajournals.org/cgi/content/meeting_abstract/120/18_MeetingAbstracts/S744-d [4] http://www.nationalmssociety.org/Living-Well-With-MS/Health-Wellness/Diet-Nutrition/Omega-3increase-flu.aspx [8] http://www.thelancet.com/journals/laninf/article/PIIS1473-3099%2811%2970295-X/abstract

6 Exercises
To Get Your Life Back from MS

by Rob Fischer

Learn the Best Exercises for MS to Boost Strength, Coordination, and Balance

Perhaps many reading this article are like me. We've grown up during the era of vaccinations and have never experienced any long-term negative complications from a vaccination. But now we're hearing of a growing movement that is raising serious concerns about the health of vaccinating—especially vaccinating small children.

Regular exercise is one of the keys to a healthy lifestyle and especially if you have multiple sclerosis. Even though MS affects each individual differently, physical activity can significantly improve the quality of life for anyone suffering from MS.

But here's the rub: some of the most common symptoms of MS include:[1]

- Fatigue
- Difficulty walking
- Numbness or tingling
- Spasticity
- Weakness
- Dizziness
- Pain
- Balance issues

Any one of these symptoms could easily discourage anyone from exercising. Now combine two or more of these symptoms of MS and the thought of engaging in physical activity may feel daunting!

If you are suffering with MS, the choice to exercise is not a matter of just sucking it up and doing it. Instead, by choosing to exercise regularly, you can expect to actually counter many of the symptoms that plague you. And that's a great reason to get physical!

Look at some of the benefits of regular physical exercise cited by the National Center on Physical Activity and Disability:[2]

- Improves overall health
- Enhances cardiovascular fitness
- Increases range of motion and flexibility
- Improves balance
- Manages spasticity
- Increases energy
- Decreases muscle atrophy
- Enables one to better perform the activities of daily living

Without my pointing it out to you, no doubt you see the correlation between this list of exercise benefits and the symptoms of MS.

In addition to the above benefits, recent studies have also shown that exercise is pivotal in preventing cognitive decline in people with MS. Regular exercise also kicks the butt of depression and a foul mood, which so often accompany MS. [3] Physical activity also reduces the risk of complications due to MS and inactivity in general.[4]

Additionally, two proteins, BDNF and NGF, have been found to protect and repair the neurons in a person with MS. And as you might have guessed, exercise significantly increases the levels of those two proteins in those with MS. [5]

Finally, researchers are suggesting that staying active may even delay the progression of MS.[6]

Ashlea Deahl contracted MS 14 years ago at age 22. Since then she's been a devotee of regular exercise involving: Yoga, weight training, walking, Crossfit, hiking, stretching and anything else to keep herself active. Her advice to others suffering from MS is two-fold, "Forget about what you can't do. And whatever you do, keep moving!"

Closer to home, my late mother-in-law, Elsie Kahle, would heartily agree with Ashlea. Mom contracted MS in her late 20s. Into her mid 50s she stayed active by pushing a service cart around a huge office complex every day. The miles she walked pushing that cart, coupled with the great social interaction that the job provided did wonders to keep her ambulatory and in a positive state of mind. (Mom lived to 90!)

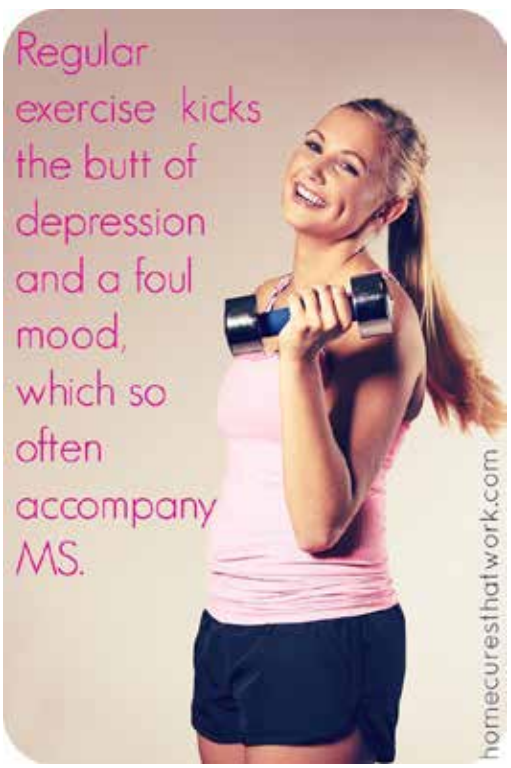
Exercise Tips for those with MS

If you have MS and you're unaccustomed to exercise, then the same rules of thumb apply to you as to anyone else:

- Consult with your doctor before you begin
- Start out slowly
- Include stretching, warmups and cool-downs as part of your exercise regimen
- Find activities that are readily available and that you can enjoy
- Purchase comfortable shoes, clothing and other gear to make your experience safe and pleasurable

Here are some additional guidelines if coping with MS:

- Stay cool – heat often exacerbates MS symptoms and exercise can raise body temperature. Drink plenty of cold liquids, avoid exercising in the heat, and consider water aerobics or swimming to keep cool.[7]
- Seek guidance from



a physical therapist. A physical therapist can evaluate your strengths and weaknesses and help you design an exercise program tailored to you.

- Don't overdo it! Forget about that worn-out, misleading phrase, "No pain; no gain." You don't have to become a fitness fanatic to enjoy the many benefits of exercise. Your goal should be movement and enjoyment without increased pain or injury.
- Take frequent breaks. If you tire, take a break and exercise in shorter bursts. Don't allow yourself to become discouraged. Find what works for you and stay with it.
- Exercise at least 30 minutes, 3 to 5 times per week. Make exercise a part of your daily and weekly routine. Once it's ingrained into your schedule, you won't want to miss it!

6 Exercises to Boost Wellness with Multiple Sclerosis

Exercise physiologists at the National Center on Health, Physical Activity, and disability (NCHPAD) and Active MSers recommend the following types of exercises for those living with MS to improve their MS symptoms.[8], [9] These represent possible options rather than a to-do list! Choose one or two that strike your fancy. Try an activity to see if you like it.

1. Water aerobics (swimming or water walking).

You can add weights, kickboards, and other equipment to achieve the level of cardio workout you desire.

2. Walking.

If you are able to walk, walking is perhaps the easiest, most versatile way to get your exercise. You can walk almost anywhere, anytime. Consider walking or hiking (a more adventurous form of walking) with trekking poles to assist with balance and to add some upper body workout.

3. Stretching, Yoga, or Tai Chi.

These exercises emphasize deep breathing and flexibility. Breathing deeply means more oxygen to the cells for a healthier body. Flexibility translates to greater mobility and fewer and less severe injuries.

4. Strength training.

While weakness is a common symptom of MS, you can counter it by retraining those muscles and halting their decline. There are a myriad of exercises that assist with strength training including: Pilates, Crossfit, free weights, weight machines, resistance training, exercises that rely on your own body weight, etc. Check out these sites for more options on strength training: Everyday Health and Active MSers.

5. Bicycling.

Again, even though balance can be an issue for someone with MS, don't assume you can't ride a bike. If a two-wheeler becomes more than you can handle, consider a recumbent three-wheeler. These are a new breed of bikes that are sleek, light-weight and comfortable.

6. Dancing.
Dancing can keep you light on your feet, helping with balance and coordination. Also, dancing with a partner can not only add to your enjoyment, but also provide a measure of physical stability should you need it. You may also want to try a Zoomba or Dancercise class.

Really, the list of exercises that MSers are capable of is endless. If you're self-conscious about going to a gym or exercising outdoors in public, consider using a DVD or exercise program via TV. Just keep moving!

In 2006, David Lyons was 47 when he was diagnosed with MS. David had been a bodybuilder, the owner of fitness centers, a martial artist and boxer. He writes:

When I decided to get back into the gym after my MS diagnosis it was not an easy task. My balance was off, my coordination was terrible and between the pain, tingling and numbness I wasn't sure just where to start. But working out with a disease like MS takes you back to square one and you have to adapt to the new symptoms your body has to face each and every day.[10]

David found tremendous help through a fitness trainer with MS training certification. David's first long-term goal was to participate in a body-building contest at 50!

Now, competing in a body-building competition may be the furthest thing from your mind! (It hasn't crossed my mind lately!) But consider all the amazing benefits of regular exercise and how it can provide you with a fuller, more enjoyable, healthier life—even if you have MS.

What's your next step toward initiating a fitness plan in your life? Let us challenge you to take action within a week of reading this article. Follow the guidelines presented here and experience for yourself how you will benefit from a more fit you.

Sources: [1] National Multiple Sclerosis Society, "MS Symptoms," nd, http://www.nationalmssociety.org/Symptoms-Diagnosis/MS-Symptoms. [2] Active MSers, "Exercising with Multiple Sclerosis," nd, http://www.activemsers.org/exercisesstretches/tipsexercisingwithms.html. [3] Active MSers. [4] Kimberly Holland, "Nine Exercises for Advancing MS," Healthline, March 20, 2012, http://www.healthline.com/health/multiple-sclerosis/exercises. [5] Overcoming Multiple Sclerosis, "Exercise," nd, http://www.overcomingmultiplesclerosis.org/Recovery-Program/Exercise/. [6] Active MSers. [7] Kimberly Holland. [8] Beth W. Orenstein, "10 Best Exercises to Boost Wellness with Multiple Sclerosis," Everyday Health, 3/5/2015, http://www.everydayhealth.com/pictures/best-exercises-boost-wellness-with-multiple-sclerosis/#01. [9] Active MSers. [10] David Lyons, "My MS Fitness Challenge: Working with a Trainer," Everyday Health, June 10, 2013, http://www.everydayhealth.com/columns/ms-fitness-challenge/ms-fitness-trainer/.

Rob Fischer has been writing professionally for over 35 years. His experience includes writing curricula, study guides, articles, blogs, newsletters, manuals, workbooks, training courses, workshops, and books. Rob has written for numerous churches, for Burlington Northern Railroad, Kaiser Aluminum, and Barton Publishing. He has also trained managers in effective business writing. Rob holds two Master's degrees, both focused heavily on writing. Rob has published eleven books and serves as an editor and ghostwriter for other authors.

by Rob Fischer

4 Ways to Recharge Your Energy Batteries

Finding Real Energy and Power

Since 1989, the Energizer Bunny® has been beating his drum as a symbol of energy and power. While this now famous pink bunny "keeps going and going," multiple sclerosis sufferers find their "batteries" getting low. Those that believe vaccines brought an end to these diseases.

As you've read in this issue of Home Cures That Work, Dr. Scott Saunders refers to MS as "a disease of energy" – or lack of it, that is. MS renders the mitochondria in the cells weak and unable to function properly sapping one's strength and energy. We wonder in awe that something so miniscule could impact us so profoundly!

Unfortunately, there are other influences at work in our bodies that also deplete our energy and strength. Some of these dark influences include: discouragement, self-pity, depression, and anger. If you suffer from MS or some other chronic disease, it's totally understandable that you might experience some of these negative emotions—who wouldn't?

The problem is that negative attitudes and emotions lead to chronic stress that can severely impact our health. We now know that chronic stress often brought on by these negative feelings can lead to high blood pressure, cardiovascular disease, digestive problems, infections, and cause us to age faster. [1] Especially for a person suffering with MS, this is the last thing you need!

This serves as another reminder that people are integrated, whole beings. What happens in any one facet of our lives profoundly impacts all other areas.

You Are the Boss

We often wrongly assume that we are just victims of our emotions. We are quick to blame our circumstances—or even God for our plight. As a result, we behave as though we can't help feeling angry, bitter, resentment, or discouraged.

On the one hand, we need to cut ourselves some slack. We are only human after all. We are ultimately frail. From time to time we all feel down and disheartened . . . but we mustn't live there.

On the other hand, you are not a victim, but the boss of your emotions. You are not at the mercy of the whims of your emotions. Don't play the victim with your emotions and allow them to sap even more of your energy and strength! Instead, take control.

Let's take a look at some positive things we can do tap into the power and energy we need, especially when trying to overcome a debilitating disease. We'll look at some practices to avoid and others to pursue to prevent energy-sapping negativity in your life and bring energy to your life instead.

4 Practices to Avoid

1. Avoid comparing your suffering with that of others. This only leads to further feelings of self-pity and other morose thoughts. Dr. Jerry Sitser lost his wife, his mother and his daughter all in the same car accident. In his grief, he wondered whether his pain was any greater than that of anyone else's who loses a loved one. He concluded that such comparisons were futile.[2] You don't want spend your valuable energy on things that will further drain your energy.

2. Don't push God and others away. Pushing God and others away in our suffering only increases our sorrow and gains us nothing. This behavior is counter-productive and further depletes our energies.

3. Leave the question "Why?" to God. Certainly it's human to ask, "Why am I suffering so?" But this quickly degenerates to the demand, "What did I do to deserve this?" And more often than not, the answer is, "Neither you, nor God brought this disease upon yourself." Much of life and what happens to us is a mystery. We often don't know "why?" The real question is, "How will you respond in your suffering?"

4. Resist the temptation to focus on yourself and your problems. I hate to be the one to tell you this, but it's not all about you (or me)! Focusing on oneself is very small behavior. Self-focus is energy-depleting behavior.

4 Practices to Increase Your Energy

1. Find strength in God.

For 13 years, David lived as a fugitive hunted by an evil king who wished him dead. Banished from his homeland, he returns from a journey only to find that enemy raiders have burned his home town and carried off his family and possessions and those of his 600 men. And if things couldn't get worse, his men turn mob-like and speak of stoning him to death! How did David respond? "David found strength in the Lord his God."[3]

The end result was David gaining back all that was stolen. The hopelessness that MS brings can be very overwhelming, leaving you in a state of grief and nothing to look forward to. Like David, you can take a step to find strength in God and gain back what MS has stolen from you.

2. Have fun with your friends.

One of the surest paths out of depression and sorrow is to spend time with people that are easy for you to be with. Enjoy their company. Laugh together. People who laugh with others generally feel good about themselves and life in general. There's something energizing and relaxing about laughter. Watch a comedy together, play games, or exchange jokes.

King Solomon knew what he was talking about when he wrote, “A cheerful heart is good medicine, but a crushed spirit dries up the bones.[4]

3. Go back to what you know.

Often suffering becomes so distracting that we forget the basics on which we are grounded. What are the basics? Being grounded in what we know gives us strength and energy to continue.

God loves you and cares for you more than you can possibly imagine.

Your character (who you are becoming) is of far greater importance than what you’re suffering.

Trust in God and He will take care of you. “God has said, ‘Never will I leave you; never will I forsake you.’”[5]

Be hopeful and pray for your healing. MS can go into remission, or as Dr. Saunders describes, you may be able to reverse it. Couple the diet that Dr. Saunders provides with prayer asking God to give you strength to follow through with it and see your MS reversed.

4. Spend time each day attending to your spiritual health.

Spiritual health doesn’t just happen. We need to take action to cultivate our spiritual health, just as we do our mental and physical health. Attend to your spiritual health by reading God’s Word, the Bible and taking time to talk with God in prayer. Fellowship with other followers of Christ. Listen to music and let its soothing energy wash over you. Once hesitant to do so, the medical community now clearly sees the connection between spiritual health and physical health. Studies demonstrate that spiritual health lowers depression, improves blood pressure, boosts the immune system, offers social support, and improves coping skills.[6]

So, “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”[7] Now that’s energizing!

Finally, as you or someone you loves suffers with MS, some other chronic illness, or other great misfortune, let me encourage you with a prayer that the Apostle Paul prayed for the followers of Jesus in the ancient city of Ephesus:

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

There is real energy and power to be found in Christ. Trust Him today!

Rob Fischer has been writing professionally for over 35 years. His experience includes writing curricula, study guides, articles, blogs, newsletters, manuals, workbooks, training courses, workshops, and books. Rob has written for numerous churches, for Burlington Northern Railroad, Kaiser Aluminum, and Barton Publishing. He has also trained managers in effective business writing. Rob holds two Master’s degrees, both focused heavily on writing. Rob has published eleven books and serves as an editor and ghostwriter for other authors.

Lower your Risk of Disease with Lots of Fresh or Frozen Produce

How to Add a Variety of Fruits and Vegetables to Your Diet to Protect Your Health

The quarter of the population eating the fewest fruits and vegetables has over three times as much heart disease as the quarter of the population that eats the most. Eat a minimum of six servings of fresh vegetables per day. This isn't as much as it seems. One serving equals only one-half cup or one cup if they are leafy vegetables. A good rule of thumb is to stay with brightly colored veggies. And eat a wide variety—mostly raw and organic, if possible.

Also add one to three servings of fresh fruit per day. Again have a wide variety—and again, raw and organic if possible. Buying local produce may be more important than buying organic, since freshness is so important. You're better off buying fresh, vibrant, conventionally grown produce than wilted organic.

Stay away from white potatoes, too. Your body reacts to them like it reacts to white bread. Increasing vegetables and fruits from two servings to only five servings a day can cut the incidence of many cancers in half. That's only two and one-half cups. Consider getting a Vita Mix. It's like a kitchen in one appliance and is the best juicer on the market.

Make sure you get your money's worth from your juicer. Drink five glasses of fresh juiced fruits and veggies every week. I combine them in my drinks, changing the mix each time. As an alternative, you might get a high quality "green drink" in powder form. Mix with water and drink every day. There are lots of good ones on the market. I use Barlean's Greens and Life Extension's Vital Greens Mix.

The human body evolved with a diet that was high in fruits and vegetables. If you fight nature with your diet, your health and energy level will tank. People are shocked at how much better they feel after substituting high-fiber foods for fast foods and processed foods. You need fiber to regulate your bowels, for good colon health and for weight loss if you are overweight. Eating fruits and vegetables increases your fiber intake. Juicing makes it easy.

How you combine your foods is also important. The best combinations are proteins or fats with vegetables, vegetables with simple carbohydrates or vegetables with fat. Combining your fruit with protein and healthy fats slows sugar/carbohydrate absorption. In fact, make protein the first bite of each meal to slow absorption even more. That means less fat storage, longer lasting energy levels and fewer food cravings shortly after you eat. And you will easily accomplish that by eating less. In fact, even if you eat unhealthy food from time to time, eating less of it at each meal can be almost as important as eating the right food.

Remember to lower your carbohydrate intake by replacing high-calorie, low-nutrient carbohydrates (white bread, pasta, rice, table sugar, soda, candy) with low-calorie, high- nutrient carbohydrates (brightly colored fruits and vegetables and sweet potatoes).

If you add sweeteners to anything, the healthiest sugar substitute we know of is stevia. Stevia is a delicious natural herb sweetener with added health benefits. You can find it your local health food store. Avoid artificial sweeteners. Most are toxic and can undermine your health.suffering with MS, this is the last thing you need!

For example, high doses of aspartame may lead to neurodegeneration. Aside from the damage it can do to your brain, aspartame can cause cancer. One well-controlled, peer- reviewed, seven-year study even found that as little as 20 mg per day can cause cancer in humans. One 12-ounce diet soda contains about 180 mg of aspartame, so you do the math for that risk!

It can also lead to multiple sclerosis, Parkinson's disease, Alzheimer's disease, memory and hearing loss and hormonal problems.

How about Splenda? That's harmless, right? Well, look at what a recent study, published in the Journal of Toxicology and Environmental Health found. Splenda reduces the amount of good bacteria in your intestines by 50 percent, contributes to weight gain, increases the pH level in your intestines (bad for your digestion) and affects a glycoprotein in your body that can have crucial health effects, particularly if you're on certain medications.

"Diet soda anyone?"

In addition to changing what you eat, consider changing when you eat. The fluctuations in your insulin levels, which are so damaging to your system, can be controlled by

eating smaller, more frequent meals. This will also boost your metabolism, causing calories to be burned faster, and will raise your energy level.

Research indicates that eating certain foods can help lower your risk of several diseases.

Eat at least four servings of vegetables a day — Vegetables are loaded with vitamins and minerals, contain fiber, have no cholesterol, and are low in fat and calories. They're a great source of many nutrients that appear to help reduce the risk of chronic diseases such as heart disease, cancer and diabetes. Eat a variety of vegetables to get all the health benefits.

Eat at least three servings of fruits a day — Fruits are filled with vitamins, minerals, antioxidants and fiber. Except for a few, such as avocado and coconut, they're virtually free of fat. Fruits are a major source of nutrients that may help lower the risk of cardiovascular disease and cancer. Choose a variety of fruits to get the most health benefits.

Eat foods high in omega-3 fatty acids — Eating at least two servings (about 4 ounces each) a week of fish that are rich in omega-3 fatty acids — such as salmon, trout, tuna, herring and sardines — can help reduce your risk of heart disease. Instead of frying, bake or grill the fish. Note: The Food and Drug Administration (FDA) advises pregnant women, nursing mothers and young children to avoid king mackerel, shark, swordfish and tilefish (golden bass or golden snapper), which are higher in mercury. Tuna steak and albacore tuna generally have more mercury than canned light tuna. Plant sources of omega-3s may not have the same effect. These include canola oil, soybeans (whole and oil) and walnuts (whole and oil).

Choose whole-grain foods — Eating whole grains may lower your risk of cardiovascular disease, type 2 diabetes and cancer. In addition to the more familiar wholegrain breads and cereals, add variety to your diet with hulled barley, brown rice, buckwheat, bulgur, millet, quinoa, whole-wheat pasta and wild rice.

David Kekich (Living Healthy to 120: Anti-Aging Breakthroughs) is President/ CEO of Maximum Life Foundation that focuses on aging research, a 501(c)(3) corporation dedicated to curing aging-related diseases. For more information, visit: www.MaxLife.org. David contributes to our column Living Healthy to 120: Anti-Aging Breakthroughs. MaxLife is helping to make the anti-aging dream a reality with cutting edge Bio-Engineering research and products.

barton
PUBLISHING

You have made a smart and important decision to join with others from around the world, learning how to use natural and drug-free home remedies that work to help you feel healthy again. For additional relief, visit **www.bartonpublishing.com**

ADHD / ADD
Allergy & Asthma
Anti-Inflammation
Arthritis
Back Pain
Bad Breath
Cholesterol Secrets
Depression
Diabetes
Erectile Dysfunction
Fat Loss
Fibromyalgia
Flu
Gallstones
Gout
Graves Disease
Hair Loss
Herpes
High Blood Pressure
Hypothyroidism
Irritable Bowel Syndrome
Joint Pain
Kidney Stones
Low Testoterone
Lyme Disease
Prostate Secrets
Scabies
Sinus Infection
Sore Throat
Ulcers
Urinary Tract Infection
Wholetones Frequency Music
Yeast Infection

OUR MISSION

We help people experience vibrant, amazing health through natural healing remedies.