

MS and Auto-immune Responses September 2013

by Jeanie Williams, RN

MS is an attack of the immune system. Autoimmune diseases such as fibromyalgia, arthritis, lupus, chronic fatigue, irritable bowel, diverticulitis and Hypo-Thyroid (Hashimoto) fall in this category. 1 out of 5 Americans are diagnosed with an autoimmune disease.

The Myelin is the covering of your nerves and this is attacked in MS. The myelin should be able to regenerate but in MS it doesn't. The impact of diet makes a big difference for outcome. Jeanie had a lot of problems walking, was off balance and fatigued. She had to step down from her full-time nursing position because she couldn't handle it anymore.

“Degenerative diseases are a combination of a dietary excesses and deficiencies.” –Dr. Paul Williams

Fatigue is one of the worst symptoms of MS. MS is being diagnosed younger and younger – a 2 year old is the youngest person to be diagnosed with MS, thus far in Iowa – it used to be 40 to 45 year olds, then 20 to 25...and now this!

The MS Diet Book by Dr. Swank is the low fat diet for treatment that she used. A diet high in rich foods is a problem for everyone. If we get MS patients on a diet before disability sets in, 95% of them live 30 years disability free!

The diet tells you to limit saturated fat to less than 15 grams a day – the low fat diet strengthens blood vessel walls. She eats fish and high concentrations of vegetables.

Essential fatty acids are important and you need Omega 9, 6 and 3 in the 1-4 ratio. Polyunsaturated fats should be a 6 to 3 ratio. Add omega 3 fats to your diet – fish – avocados – black olives – dark green veggies – nuts – almonds - cashews - walnuts – seeds – sunflowers – sesame – flax and pumpkin seeds

Avoid omega 6 (saturated fats) processed foods, butter, milk, etc. Eat less meat and dairy and have more veggies. A low fat plant based diet is good for everyone's health. The Swank diet allows you max. Saturated fat per day of 3 tsp/day or 15 grams – this is meat and eggs. Eat omega 3 fats each day – 4 tsp or 20 grams. Eat legumes, fruit and vegetables, Bake, broil – steam – avoid fried foods. Have a regular allowance of protein- veggies and nuts, fish, white turkey and chicken, lean meats. 1 oz fish lessens heart attacks and cancer.

Vitamins: The average multiple vitamin has 31 total isolated nutrients. Consumer Reports had a recent report titled: “10 Surprising Dangers of Vitamins” In a nutshell, heart and cancer protection by vitamins is not proven. And now a New York hospital is prescribing fruits and veggies for patients. We need enzymes in our diets and they only exist in raw food – cooking food deactivates the enzymes. Eats colors for optimum health. Food will strengthen or weaken an immune system - you decide.

5 days after picking the produce it loses 75% of nutritive content!!! There's 80% less nutrient content in broccoli than we had in 1940 – no wonder we have to eat so much today

Juice Plus+: JP is life giving food –it's our safety net for health. Quality Control is unsurpassed – it's tested 6 times from farm to capsule for contaminants, herbicides, and pesticides and metals. JP has a higher nutritive value because it is vine ripened and juiced and brought to a powder quickly.

Lifestyle changes to make for better health: -Drink ½ body weight in oz a day –Exercise - Reduce our stress -Check your emotional health -Avoid caffeine, alcohol and tobacco -Avoid refined sugar, this feeds inflammation; should have less than 7 tsp a day. Average American has 40tsp a day. 150 lbs a year compared to 5 pounds in 1900 ; use Stevia and agave

Causes of free radicals are: Rancid fats, MSG, Chemicals in food, radiation, air pollution, infection, stress. Antioxidants neutralize free radicals

Vitamin D3 is very important for MS – want your level to be between 50-100. Get out in the sun for just a few minutes each day. Low levels of D3 lead to cancer

JP is farm fresh nutrition: You are going to spend money on prevention or disease – you choose. “If your lifestyle doesn't control your body eventually your body will control your lifestyle.” 18 JP studies are bioavailable. 11 show reduction of oxidative stress. 4 shows supports normal healthy immune system. 3 shows protect DNA – 40% reduction in all ages, 66% reduction in elderly population. Inflammation is the silent killer – 3 studies show positive affect on inflammation. 70% of heart disease is related to inflammation. 8 studies show it's good for the heart. Soy in Complete shake contributed to better protein status with no issues. Be powered by JP. Quality Control level is that of a pharmaceutical.

We inspire healthy living around the world - a great cause to be aligned with!