

## The Relationship Between Nutrition and Autoimmune Diseases

### Multiple Sclerosis

- A. Disease of CNS
  - B. Disease Process
  - C. Many scars=MS
  - D. Research
  - E. Symptoms, Fatigue, Double vision, Pain, numbness, tingling, Bladder and/or bowel problems, Stiffness, Dizziness and vertigo, Thinking, memory and attention deficits, Weakness, Coordination and balance problems, Sensitivity to heat, Invisible symptoms
- I. Incidence of MS
- II. Diet and Nutrition
- A. Low saturated fat diet
  - B. Polyunsaturated fats (Omega 3) Salmon, Sardines, Trout, Tuna (albacore best), Mackerel, Herring, Black Olives, Seeds – sunflower, sesame, flax, Nuts – Almonds, cashews, Dark green, leafy vegetables
  - C. Omega 6 Foods (Saturated fats) Fried foods, Whole milk products, Red meats, Butter, Coconut Oil/ Palm Oil, Cured Meats/Cold Cuts
  - D. Swank diet
    1. Maximum fat allowed is 3 teaspoons a day or 15 grams
    2. Avoid dairy products
    3. Unsaturated fat intake should be maintained at a minimum or 20 grams (4 tsp)
    4. Diet rich in legumes, fruits and vegetables
    5. Avoid frying foods. Instead bake, broil or poach
    6. Normal allowance of protein – vegetables, nuts, fish, white meat of turkey and chicken (skin removed), and lean meat
- III. Juice Plus+ Products – Capsules, JP Complete, Thins, JP Vineyard
- IV. Lifestyle Changes
- A. Adequate filtered water intake
  - B. Exercise
  - C. Stress reduction
  - D. Emotional health
  - E. Avoid caffeine, alcohol, tobacco
  - F. Decrease free radical damage
  - G. Avoid refined sugar
- V. Scientific Research of Juice Plus+