

key factors that can trigger autoimmune diseases

- **Diet/Leaky Gut**
 - Allergies
 - Food Sensitivities
 - Loss Of Antioxidants
- **Stress/Infections**
- **Environmental Toxins**
 - Chemicals
 - Heavy Metals
 - Radiation
 - Hormone Disruptors
- **Genetics**
 - Hereditiy
 - Allergies

There is no cure for Multiple Sclerosis but you may be able to put it into remission by eating real food & removing toxins. There are some lifestyle changes you or any MS sufferer can make right now to get your health back!

history of MS

- Late 1800s MS emerges as a disease
- 1878 Louis Ranvier discovers myelin
- 1946 The National MS Society is founded
- 1955 The Disability Status Scale (DSS) is established
- 1960s researchers label MS as an autoimmune disease
- 1978 CAT scans are used to evaluate MS lesions
- 1981 MRI scans improve brain imaging in MS patients
- 1993 the first drug was approved for MS
- 2010 the FDA approved the first oral drug for MS

The doctor of the future will give no medicine, but will instruct his patient in the care of the human frame, in diet and in the cause and prevention of disease.
- Thomas Edison

Note: Please contact your doctor for any question about your health.

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multiple sclerosis



treatment approach

- **Avoid Gluten/Grains, Dairy and Legumes**
 - Paleo
- **Avoid Processed Foods**
- **Avoid Refined Oils**
- **Increase Your Vegetables**
 - Eat a wide variety, a rainbow of colors
- **Eat Good Fats**
 - 2-3 tablespoons Coconut Oil daily
- **Reduce Sugar**
- **Remove Toxins**
 - Environmental
 - Stress
- **Sleep**
- **Exercise**
 - Keep Moving!
- **Sunlight**

 **MS Wellness Route**

 A Path To Better Health 

diet

REMOVE GLUTEN/GRAINS

When you first start out you need to educate yourself as to what gluten is, gluten is the wheat it's what holds things together.

Foods That Contain Gluten:

Barley
Bulgur
Couscous
Farina
Graham Flour
Kamut
Matzo Flour, Meal, Bread
Rye
Semolina
Spelt
Triticale
Wheat - including Wheat Flour, Whole Wheat Flour, Durum Wheat, Wheat Germ & Germ Oil, Wheat Bran, Wheat Grass.

Oats, oat fiber & oat bran are gluten free but they may contain traces of gluten due to the packaging process. You can buy it only if it is certified as Gluten Free (GF). You could eliminate them for awhile then reintroduce them to see if they cause a reaction.

FOODS TO BE AVOIDED

All breads, all pastry items such as donuts, cakes, cookies, muffins, pies, bread/cake mixes, etc. Pancakes, waffles, cereals, crackers, dressings, croutons, bran. Pasta, pizza, flour tortillas, malt, commercial bullion & broths, marinades, sauces, gravy, breaded foods including vegetables, processed dry roasted nuts, beer. Meat substitutes, soy based veggie burgers, caramel color or flavors. Rice Dream (rice milk) it contains gluten.

REMOVE DAIRY

Foods That Contain Dairy:

Milk, powdered milk, buttermilk, evaporated milk
Chocolate milk, and other flavored milk
Cheese, cottage cheese, cream

• cheese, cheese-whiz
• Ice cream, ice milk, sherbet (sherbert)
• Yogurt, frozen yogurt
• Heavy cream
• Half-and-half
• Coffee creamers
• Fruit dairy drinks
• Butter, margarine, margarine types
• Whip cream
• Milk chocolate
• Non-dairy creamer & non-dairy whipped topping (they contain milk derivatives)
• *Eggs are sold in the dairy section but the are not dairy, eggs are OK to eat.*

REMOVE LEGUMES

• A legume is a seed, pod, or other edible part of a leguminous plant used as food. They contain Phytates & Lectins, which are binding and prevent your body from properly digesting them. They can also cause inflammation, indigestion, bloating and gas creating a leaky gut and allowing toxins to cross into the bloodstream. Legumes are made up of beans, lentils, peas & peanuts.

Foods That Contain Legumes:

• Alfalfa
• Beans, all beans
• *Some common beans: Black beans, Broad beans, Kidney beans, Lima beans, Navy beans, Pinto beans, Soybeans, White Kidney beans*
• Fava coceira
• Frijol bola roja
• Frijole negro
• Lentils
• Lespedeza
• Licorice
• Peanuts
• Red clover
• White clover
• Canned Tuna contains soy, I use Wild Planet it's soy free & the can is BPA free.

• *Green beans, French green beans, peas and snow peas are OK to eat, they have such a small amount of Phytates & Lectins making them less toxic and are considered safe to digest.*

AVOID PROCESSED FOODS

• Processed foods are full of all kinds of things that are bad for you, like high fructose corn syrup, maltodextrin or partially hydrogenated soybean oil. It's best to avoid the center isles of the store, that's where most of the processed foods, shop on the outside isles. Prepare your meals at home, double a recipe and freeze half for a quick meal later. I like to keep a Lara Bar in my purse for when I'm out and I get hungry, then I'm not tempted to eat something that can hurt my body from healing.

EAT A HUGE VARIETY OF VEGETABLES DAILY!

• Vegetables are your main meal, with protein as a side dish. Eat organic as much as possible check the [Environmental Working Group](#) for the dirty dozen. Grow your own vegetable garden, eat locally as much as possible, eat a huge variety & eat in season.

• Dark Leafy Greens

• Arugula, beet greens, bok choy, chard, collard greens, dandelion greens, kale, lettuce, mustard greens, parsley, spinach.

• Sulfur (cruciferous)

• Asparagus, cabbage, cauliflower, chives, bok choy, broccoli, brussel sprouts, kale, turnips, radishes, onions, garlic, chives, leeks, shallots, mushrooms, rutabaga.

• Colored, eat a rainbow of colors everyday.

REDUCE SUGAR

• Since the 1970s researchers thought that high fat caused cardiovascular disease they were wrong, it turns out that it's sugar. Sugar is a toxin so no processed or artificial sweeteners. Instead,

• use raw honey, real maple syrup, organic sugar or organic coconut sugar.

• Stevia is natural so it's OK.

QUALITY FATS

• Coconut Oil, unrefined (2-3 tablespoons daily)

• Coconut Milk, full fat

• Avocado Oil

• Olive Oil

• Bacon Fat, nitrate free

• Oily Wild Caught Fish

• *Sardines are an excellent source*

FERMENTED FOODS

• Kombucha

• Cabbage, Sauerkraut, Kimchi & Pickles

• Nutritional Yeast

FLAXSEEDS

• Flaxseeds have huge health benefits and should be consumed everyday, they are a good source of fiber, Omega 3 fatty acids & protein.

HERBS & SEASONINGS

• Learn to use different herbs & seasonings while preparing meals, turmeric is especially beneficial.

BONE BROTH

• Helps heal a leaky gut, you should be consuming it everyday.

WHAT CAN YOU EAT?

Fruits & Vegetables, organic preferably
Eat Good Quality Protein
Grass Fed Beef or Game Meat
Organ Meats
Free Range Poultry and Eggs
Wild Caught Fish
Canned Tuna & Sardines, BPA free (Wild Planet)
**Omega 3 fats found in wild caught salmon & sardines can help reduce inflammation.*

more than food...

REMOVE TOXINS & STRESS

This includes what you use in & around your house and what you put on your body like shampoo, lotion, toothpaste, household cleaners, etc.

SLEEP

• Getting enough sleep is essential for your health, get 8 hours each night.

EXERCISE

• Weight training helps to keep muscles strong, also try yoga, stretching, bicycling, walking, swimming, marching in place, or stair climbing. **Just keep moving!**

SUNSHINE

• Sunshine is extremely important, spend at least 15 minutes outdoors everyday.

WATER

• You should be drinking half your weight in ounces everyday, so if you weight 150 lbs you should be drinking 75 ounces of water. This helps remove toxins from your body.

SUPPLEMENTS

• **Vitamin D** - Get checked, your score should be between 60-80.

• **Omega 3's** - helps reduce inflammation, improve neurological function & promote better nerve functioning.

• **Probiotic & Prebiotic** - to help heal your gut, I use [Prescript-Assist](#).