Multiple Sclerosis (MS)

Multiple Sclerosis is a tragic illness. It strikes primarily young adults – though it can develop at any age – and conventional medicine offers no cure. Thankfully, and in stark contrast, MS responds well to the methods of Biological Medicine.

Why can we offer progress where school medicine cannot? Because we have a theory of the disease that reveals its underlying causes, and gives us a comprehensive treatment plan that yields results.

Every conventional doctor will say "the causes of MS are unknown". But this is clearly not true. MS is an autoimmune disease in which the patient's own immune system attacks the myelin sheaths that protect our nerves, thereby disrupting their signalling.
Are the causes of autoimmune disease unknown? Certainly not. The immune system is only one of several self-regulatory mechanisms of the body. The factors that disrupt its subtle workings are well-known to Biological Medicine. We also know how to arrest the decline of such systems, and in some cases, even to restore their normal function.

We measure progress in several ways. Patients feel much better and physically much stronger. Most patients benefit from increased relapse-free intervals. Numerous patients show a far-reaching improvement of their symptoms, and in some patients, we even achieve an improvement in the central nervous system deficits and associated motor limitations. In general, patients experience a significant enhancement of quality of life.

Biological Medicine is a comprehensive approach to health based on the Four Pillars. Let's discuss their application to the treatment of MS.

1. Detoxification

Toxicity is commonly a key cause of autoimmune disease because of the highly disruptive effect of such poisons on the body's self-regulatory systems. In-depth and specialized laboratory diagnostics are particularly important in determining the toxic load for each patient. We carefully examine genetics, the intestinal flora and intestinal function, the immune system, metabolic function of blood and saliva, hormones and glandular systems, the nervous system, the inner milieu, heart rate variability, stress and detoxification functions, as well as dental health.

Modern life is not conducive to our health. Our food, drink, cosmetics, medicines, dental treatment, and even our air are packed with preservatives, additives, pesticides and heavy metals, but also solvents and detrimental acids. Some of these are fat-soluble toxins with nerve-damaging effects (insecticides for example are neurotoxic).

Our body can also produce tissue-damaging, organic substances as a result of metabolic stress, which are also neurotoxic and trigger localized inflammation. Examples of these are free radicals and metabolic end products of bacteria, viruses, fungus and parasites.

Problems with the food we eat cannot be underestimated. For example, fried fats (trans fatty acids), saturated fats of animal origin, as well as hydrogenated fats and an excess of linoleic acid (omega 6), as found in ready-to-eat foods (cookies, roasted peanuts, chips, etc.) are all factors leading to an increased production of arachidonic acid and thus to an increase in prostaglandins, which in turn can contribute to the destruction of myelin sheaths. Many

patients also present with a deficit of the nutrients they need to build myelin sheaths.

Furthermore, dental toxins have to be considered (1). Root-canals are particularly of concern. They are dead teeth with cadaveric poisons which include: thioethers, aldehydes and skatoles, all highly neurotoxic (2). Prof. Boyd Haley from the University of Lexington KY/ USA has proven that the same toxins were found in the destroyed myelin sheaths of MS patients as in the root-treated teeth of patients (3). That is why dental examinations are always included in our treatment approach.

Toxic loads can be eliminated in a targeted manner through individualized detoxification and chelation infusions, specific intestinal treatments and recolonizing the microbiome. In addition, supplements like spirulina, chlorella and zeolites which have an increased capacity to bind heavy metals like mercury, can be used. The liver is also supported in its function of processing organic toxins with homeopathic remedies, trace elements and amino acids, such as L-glutamine. Biological dental restoration including the elimination of amalgam and root canals is of utmost importance in the treatment of MS and in our experience has made a major difference to many MS patients.

Given the toxicity of these factors – accumulated over a lifetime – an intensive detoxification should only be conducted under the supervision of an experienced physician. But for the majority of MS patients for whom toxins are a root cause of their illness, progress cannot be made without intensive detoxification.

2. Immune System – Microbiome and Nutrition

The adaptability of the immune system is one of the miracles of a healthy organism and the microbiome plays a large part in these workings. Doctors at Paracelsus have long supported the view that the intestinal microbiota has a major influence on intestinal related and non-intestinal related autoimmune diseases such as MS (4). Since intestinal cells are one of the most rapidly renewing tissue cells (every 3-5 days) and the bacterial flora is able to adapt according to its substrate within days, we are able to modulate the immune system to optimize its highly complex function (5,6).

Nutrition is thus another important factor not only for intestinal health but also for cellular detoxification and regeneration. Dietary habits are individually adjusted and should contain the correct fibres, high-quality vegetable oils (which are correctly prepared) and especially no dairy products and no foods containing toxins like preservatives, additives and other toxins. Furthermore, the diet should contain plenty of vegetables including raw vegetables, sprouts and lots of green-leafy vegetables (phytochemicals).

The main cause of cell membrane and cell damage in humans is lipid peroxidation. Fats can oxidize in the body, become "rancid" and destabilize cell membranes, thus damaging nerve cells. This process can be reduced by taking antioxidant substances in therapeutic dosages such as selenium, vitamin C and B6, but also B12, beta-carotene and vitamin E. This antioxidative therapy is an important component in our therapy scheme and is usually done initially by means of infusions. It is often impressive how much better patients feel.

According to conventional medicine, MS is not an infectious or viral disease. However, both orthodox and alternative doctors recognize that infections caused by high viral loads, bacteria, mould and/or stress factors play a role (10,11). Conventional medicine just doesn't connect the dots between cause and disease. On the contrary, Biological Medicine looks at the entire physiology of the body, allowing us to see clearly the connection between prior or chronic infections and long-term disruption of immune response.

MS patients generally present with so-called "neurotropic" and "lymphotropic" viruses, especially cytomegalovirus, herpes simplex and zoster, hepatitis B, Epstein-Barr and also vaccine-transmitted viruses (i.e. live vaccines).

We treat such viral loads with nosodes (ascending dilution concentrations of antibodies, which stimulate the immune system to work against targeted viruses) and see a decrease in antibody concentrations, which often leads to an improvement in the patient's symptoms.

The therapy with interferon has a similar mechanism of action, using a substance that can have an antiviral effect by stimulating the white blood cells, which is recommended in orthodox medicine. We find, however, that this conventional therapy is too highly dosed and is associated with many side effects with often questionable results. However, if the patient already has interferon and does not dare to switch it off, then both the interferon therapy and Biological Medicine treatments can be used in tandem.

Based on new findings, it is also postulated that bacteria that have been altered by antibiotic therapy (cell wall deficient forms or bacterial parts) can have a damaging effect (oxidative stress) on nerve cells and especially on lymphocytes (12). These tissue-penetrating "amoeba-like" elements are no longer recognized correctly by the immune system and cause autoimmune reactions. A relatively new immunological therapy approach, called hapten therapy, can mark the cell wall deficient microbes with partial antigens and make them recognizable for macrophages (cell-eating blood cells).

3. Regulation and cell regeneration

Cells and tissue are constantly renewing themselves, which includes nerve cells. The replacement rate varies by cell type; in nerve tissue it's very slow and depends on an adequate supply of nutrients for the newly forming fibers. The myelin sheaths destroyed in MS consist mainly of high-quality fats. If we want to promote their development, we need to supply high-quality fats (omega-3 polyunsaturated fatty acids), but also vitamins and high-quality essential amino acids, such as lysine, taurine, tyrosine, etc. The so-called "orthomolecular" medicine (targeted nutrient replacement) makes an important contribution here.

When indicated, we also utilize specific hormones for optimal body regulation to help strengthen the regeneration capacity of the body overall. Guided by our diagnostic tests, we use an individually prepared, bio-identical prescription produced in our own pharmacy to balance hormones and improve cell regeneration.

4. Autonomic Nervous System

Even conventional doctors recognize that autoimmune disease involves a disruption of the self-regulatory mechanism of the immune system. That's why they describe the immune system as "always on" in autoimmune disorders. But instead of treating that problem, they offer drugs which "turn off" the inflammatory immune response across the board.

In Biological Medicine we directly restore the subtle responsiveness of the immune system, so it "turns on" and "turns off" exactly as your body requires in order to stay healthy. Key to that effort is restoring the healthy function of the autonomic nervous system. This system is a marvel of evolution comprising the parasympathetic and sympathetic nervous systems – our so-called "fight or flight" response. Centered on the vagus nerve, this system integrates neurological, vascular, digestive and endocrine functions – and the basic regulation of our immune response. With literally every heartbeat, our bodies balance the sympathetic and parasympathetic, turning off our immune and digestive systems and our healing functions

when action is needed, and turning them back on when conditions allow (13).

All schools of medicine now recognize the major role of stress in most diseases, from cancer to heart disease to autoimmune disorders. But conventional medicine treats these disorders without considering how chronic stress impairs immune function. That's in no small part because there is no pharmacological therapy for the autonomic nervous system – they only have drugs to suppress immunity.

Fortunately, Biological Medicine offers effective tools to address imbalances within the autonomic nervous system. HRV (heart rate variability) is one way of testing the autonomic nervous system, and gives us information about our personal capacity to self-regulate (14). This is particularly important in chronic disease and if healing blockages are present. The results are discussed with the patient and we suggest Body Mind therapies to rebalance the autonomic nervous system with lifestyle changes including breathing, nutrition, kinesiology or/and acupressure (15). Patients quickly and easily learn how to modulate HRV to stimulate and support a healthy, self-regulating immune response. There are many other health benefits, too, especially in lower blood pressure, hormonal balance and better absorption of nutrients.

MS takes years to develop, so it's no surprise that the therapy takes time as well. The approach of Biological Medicine generally requires one or two years, initially very intensive with frequent visits to Paracelsus. After that, the therapy can also continue at home.

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MULTIPLE SCLEROSIS

DIET

This is most important: whole foods diets (fresh veg. and whole grains with addition of fresh unrefined sunflower and/or flax oils, evening primrose oil(refined). Unrefined safflower and sesame oils should also work. The key is the oils are fresh and unrefined. A high fat diet impairs the conversion of linoleic acid to prostaglandin E1.

- **No Gluten (no wheat, barley, oats, rye)**
- **No Glutamates (eg. MSG)**
- **No Sugars**
- **No transfatty acids: bread (usually contains hydrogenated something), margarine, crisco, icecream,**
- **deep fried foods, potato chips, peanut butter, corn chips, phosphatidyl ....**
- **Stick to organic products but still read the labels.**
- **Use very little animal foods. Eat every third day.**
- **Restore metabolic health. Don't get fooled into treating symptoms exclusively. The symptom really is demyelination. What is needed is nutrients to enable the body to build healthy tissue.**
- **If your weight drops too low, add more nuts and potatoes.**
- **Fresh juices, digestive enzymes are helpful.**
- **Do not miss meals. Hypoglycemia (low blood sugar) will excite the adrenals which produces**
- **hormones that affects the liver in such a way that the liver is encouraged to dump glycogen and that is turned into sugar, which elevates the blood sugar.**
- **Have skim milk instead of whole milk.**
- **No olive oil, instead use cold pressed sunflower or safflower seed oils. Do not cook with oils. Keep them refrigerated.**
- **No peanuts or peanut butter, especially if getting a cold or flu.**
- **Green leaves exist because of xanthophills (green pigments) and carotonoids (orange pigments).**
- **Oxidative damage in the body is greatly helped by green leaves. When looking for a substitute for wheat, think of yams, carrots, pumpkin, squash, and green herbals such as chard, spinach, mustard greens, leaf lettuce, beet greens etc.**
- **Quercetin blocks lipoxigenase found in the yellow onion, broccoli, and russet potato and may be helpful for MS.**
- **Proanthocyanidins are a group of chemical compounds found in foods that has been very powerful in helping MS people get back on their feet. It is often called flavonoids, found in blueberries, elderberries (if you can get concentrations of elderberry juice you are really blessed), green tea, black currants, grapeseeds and grape skin, bilberry, red raspberry, boisenberry, blackberry. Eat a cup a day of berries. Frozen berries are even better than fresh, the freezing breaks down the cell for assimilation. Frozen juice is fine (without sugar). Blue corn chips (organic, baked, oil free) are a good source. This helps to decrease the inflammation in the nerve tissue.**
- **Apricots as a food contains every major category of liver detoxification molecule we know of. Has about 40 flavonoids. The oldest living people in the world eat lots of apricots.**
- **Teas: Heat doesn't destroy flavonoids which is why you can have tea. Green tea has been steamed as soon as picked which destroys the enzyme that denatures them. Black**

tea is treated differently. Both are said to be high in flavonoids.

Healing is slow. You may need to stick to rigid diet for four years before symptoms are relieved.

OILS

- **Vitamin F which is Oil of Evening Primrose Oil or Borage Oil – also known as Omega 6 has helped many people. You should also take Cod liver oil or some other fish liver oil at the same time. M.S. people have low concentration of essential fatty acids, plasma red blood cells and platelets in the nervous system. Take 4,000 to 6,000 mg of Oil of Evening Primrose or Borage Oil a day.**

VITAMINS THAT ARE IMPORTANT:

- **Vit. B1**
- **Vit. B2**
- **Vit. B6**
- **Vit. C**
- **Vit. D**
- **Vit. E**
- **Folic Acid**
- **Inositol) found in**
- **Choline) lecithin**
- **Nicotinamide**

MINERALS

- **Take a good mineral supplement which includes calcium, magnesium, copper, iron, selenium, zinc.**
- **The mineral Germanium releases a lot of oxygen which can be helpful.**

NO's

- **No smoking.**
- **No alcohol.**
- **Absolutely no mouldy environment: No basements. Check sleeping area carefully. If you use ozone, be careful because it is an irritant and can bother auto immune problems. Certainly do not have the ozone machine close to the person. Better to have a filtration system (if you can't move into an atmosphere that has no mould spores).**
- **Chlorine, as in bath water and swimming pools.**
- **Fried foods using oils.**
- **Hydrogenated oils.**

HERBS

Rosemary Sage Rosehips
Licorice root is an anti-inflammatory. It encourages reduction of cortisol also.
Yucca is anti-inflammatory
Turmeric is a powerful anti-inflammatory and also benefits the liver

IF YOU GET A COLD

Use the Wild Oil of Oregano right at the onset of symptoms (4-5 drops at back of tongue, take a swig of water, swish it around, gargle and swallow. Do every 1/2 hour for 3 doses, then do once

three times a day for 2 days.
If you don't catch it with the Oil of Oregano, take 2,000 mg Lysine three times a day and take one "00" capsule of goldenseal four times a day. Homeopathics are also available to help with the symptoms. There are also tablets with Oil of Oregano that can be swallowed if the taste is too offsetting.

ATTITUDE

Attitude seems to play the biggest part in healing. A need for change is indicated. Get angry, challenge your disease. Don't accept it. You will need to heal yourself, no one else can really do this for you.

MEASLE RESIDUE

Often a measle residue is found in the spine. This may be from having the measles or taking measle shots. Homeopathics can be used to remove it from the body.

MERCURY

Many find they need to have dental filings of mercury, silver or nickel removed.
If this can't be done. Here are some natural ways of removing mercury from the body:

Protect against mercury with:

- **Pectin**
- **Sulfur bath**
- **Amino Acids**
- **Vitamin C, E, A, B complex**
- **Calcium helps neutralize and excretes it safely (up to 1,000 mg day)**
- **Hydrochloric Acid, one tablet after each meal if over 40 and deficient in HCl.**
- **Selenium binds with mercury, allows body to detoxify.**
- **Take garlic every day to pull mercury out of body.**
- **Dry saunas help eliminate mercury from the body.**

Help with (if available):

- **Heavy Metal Detox supplements**
- **Homeopathic Mercurium**
- **Homeopathics: Mercury Pro, Mercury, Mercury VIV, Vinoid, CORR (seems to be in hepatitis shot), BIN. 72-20 (mercury in tailbone) 81.1-16 (mercury in kidneys), Mercury in Brain, Mercury in Brain Stem, Mercury in Spine.**
- **Osmium(trace mineral) with Selenium**
- **Green algae helps bind Mercury and calcium poison**
- **Do not use regular tap water.**
- **Lecithin minimizes toxic effect. 1-2 tbsp granules/day.**

Reading Material regarding Denistry:

"Denistry without Mercury" by Sam Ziff.
Dr. Huggins who was a dentist that wrote the book "It's All in Your Head", says removing fillings has enabled his MS patients to get up out of wheelchairs and walk.
Jim Harrison in Florida has written book "Denistry without Mercury Amalgams"

DEPRESSION

Exercise is one of the best regulators of depression. It helps regulate the oxygen supply. Walking is considered the best exercise, swimming the next best. Proper posture, sitting erect also helps relieve pressure from various organs and glands.

Place a basin of cold water by your bed (and a towel). In the morning when you get up, place both feet into the water, count to ten, then place feet on the towel and exercise the toes as it trying to pick up a barbell. Do this ten to thirty times. When you goto bed at night, do the same routine. Continue for at least 60 days. This helps the circulation, and also helps you out of depression.

EXERCISES:

1. Sit down, head resting, feet flat on floor. Breathe calmly, hear your breath going in and out. Take very deep breath, and when exhaling say to your self "relax". Do this three times. Now relax all muscles of body beginning with eyes and mouth. Squeeze face tight together, then suddenly let go, feel wave of relaxation travel down your body. Relax consciously your neck, shoulders, arms, hands, stomach, back, upper legs, calves and feet. When you have done this try to remember a pleasant spot where you would like to be. A lake, a mountainous area, just some holiday spot of which you have fond memories. Imagine you are there and stay with the memory for a couple of minutes.

2. Now you are going to visualize your illness. You are going to see with your mind's eye your spinal cord and in this white glistening cord you see some inflamed patches. Sort of gloomy, grey patches that do not look bright, and you are going to see with your mind's eye how the bodily defences deal with them. You see blood vessels opening, bringing a flood of healthy blood loaded with vitamins. You see building cells, restoring your fatty layer around the nerve track. If you want to imagine the thing as electric wires being restored with new insulations being put around them, it is alright. As long as you see with your mind's eye how, with the help of vitamins, minerals and the body's own defence system, the spinal cord is restored to its old function. Now see your bodily defence as strong and your illness as week. See yourself full of vitality. Pat yourself on the back for having done so well. Breathe deeply three times.

Do this exercise 3 times a day in a quiet room. Do not skip an exercise. Do not force yourself, just see it with your mind's eye.

Do not overdo it with the exercising, just mild effort so not to tax the body.

OTHER

Hydrotherapy.

Swimming (as in a lake or ocean), cleansing (eg. in morning on empty stomach drink ½ litre of water or weak herbal tea to which has been added a level teaspoon of Epsom Salts.

Dry brushing of the skin before baths and showers.

Massage is helpful. Reflexology is good. With reflexology, careful not too much excitement is aroused esp. when there is muscular spasms.

SLEEP/REST

Plenty of sleep.