

# Multiple Sclerosis

Multiple Sclerosis or MS, is a chronic progressive condition that affects the nervous system. Some believe that MS is a form of autoimmune disease that attacks the central nervous system.

## **Possible Causes and Contributing Factors:**

- Genetic pre-disposition
- Heavy metal body burden
- Parasites (amoebic)
- Bacterial/viral/candida infection
- Food/environmental sensitivity
- Exposure to chemicals, environmental toxins, pollution, etc.
- Vitamin D and other deficiencies
- Vaccinations
- Aspartame
- Iodine deficiency
- Meat intolerance

## **Suggested Dietary Changes:**

- Try eliminating foods that may trigger reactions – start with eliminating all dairy for 2 months – if that does not help, experiment with wheat, corn, soy, sugar, citrus fruits, one group at a time
- Water Cure

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.*