

## Multiple Sclerosis

Multiple Sclerosis is an autoimmune condition. Autoimmunity means the body sees its own cells as foreign and attacks them. In Multiple Sclerosis, the cells it attacks are the nerves in the brain and spinal cord. This causes lots of symptoms and these vary person to person. MS is a very unique disease.

Having an autoimmune condition makes your immune system over active and your body remains in an inflamed state.

Following a diet that reduces inflammation in your body may help to slow the progression of the disease or reduce the severity of relapses.

### **Diet**

Increase:

- Fibre in fresh vegetables and fruit help to carry toxins out of your body once the liver has processed them. A faster transit time will help to remove toxins quickly. Lowering toxins reduces inflammation within the body. High levels of fruit and vegetables also provide essential vitamins, minerals and antioxidants.
- Inflammation in the body is acidic, eating an alkalising diet may help to reduce the inflammation in the body. This includes green leafy vegetables, whole fruit, legumes, lean meat, fish and lots of fresh water each day.
- Essential fatty acids in nuts, seeds and fish have an anti-inflammatory effect on the body and help to reduce the damaging inflammation of the MS
- Have protein with every meal to balance blood sugar levels. This keeps the insulin and cortisol levels balanced and this reduces inflammatory hormones from getting out of sync
- Vitamin D from Herring, Mackerel, Salmon, Oysters, Cottage cheese, Eggs etc is essential for supporting the immune system and for inhibiting NF Kappa B.

- CoQ10 is anti-inflammatory and can be found in dark green leafy vegetables, nuts, fish, shellfish, pork, chicken and beef.

Reduce:

- Trans fatty acids block the receptors for Essential fatty acids and this leads to increased inflammation.
- Fried foods contain free radicals which can lead to inflammation
- alcohol may put extra stress on the liver and increase inflammation
- Processed foods and high sugar foods can put pressure on the liver and increase inflammation.

### **Support the liver**

The liver is responsible for removing toxins from the body. If your lifestyle and diet contains lots of toxins, this puts extra strain on your liver. When the liver isn't able to filter out toxins, this can overload the immune system and cause inflammation. The digestive system contains bacteria that help to digest food and helps the system out. If your liver is overwhelmed and harmful bacteria get into the digestive tract, this creates more work for the liver and puts stress on the immune system. Having a diet high in processed sugar and carbohydrates leads to an environment that harmful bacteria love to live in.

### **Identify and remove food intolerances**

The digestive tract is designed to break food molecules down into their most basic components before these molecules enter the blood stream. People who have intolerance to wheat, dairy, gluten etc and continue to eat these foods can cause damage to their intestine. This leads to a 'Leaky gut'. This means the food molecules get into the blood stream when they are too big. The immune system then see's these big molecules and reacts by mounting an immune response. As an MS sufferer

you want your immune system to be as relaxed as possible. Continuously having to mount attacks on food molecules may lead to flare ups in your MS condition.

If you suspect certain food groups don't agree with you, an elimination diet may be beneficial. Slowly reintroducing the potential intolerance after 8 weeks of elimination will show if intolerance is present.

### **Reduce stress**

Our bodies respond to stress in a similar way to thousands of years ago with the standard fight or flight response. In the past, a stressful situation was usually life threatening. Now days we find stress in minor things and this leads to increased adrenaline. When your body is getting ready to run away from a Sabre toothed tiger, the last thing it needs to do is digest food. This means that stomach acid and enzymes for food digestion are inhibited. If food isn't being broken down properly in the stomach, nutrients won't be absorbed properly further down the track. It also allows harmful bacteria into your system which may cause an immune response.

### **Gentle exercise and lifestyle**

Your lymphatic system is a network of nodes throughout the body that are used to transport various things. This system also picks up toxins along the way. Gentle exercise helps to move the lymphatic fluid and get the toxins to the liver so they can be excreted. It's important to incorporate movement into your daily life.

Reducing smoking is another way to reduce toxins in the body.

Your MS is as unique as you are. This means different things will work for each person. If you would like a consultation one to one where we can explore the best way to deal with your MS please contact me. We can design a plan together to make your MS more manageable.

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