



MULTIPLE SCLEROSIS

Nutritional Support Protocol

Supplement Recommendations:

Use Metabolic Synergy as a core nutrient program recommended by your Health Care Professional and/or from the results of your most recent Designs for Health Metabolic Profile:

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|---------------------------------------|----------------------------------------------------------------------------------------|
| ImmunoMod-A: | 4 capsules per day with meals |
| OmegAvail Synergy: | 2-4 softgels |
| Brain Vitale Powder: | 1/2 teaspoon |
| Ultimate Antiox Full Spectrum: | 3 capsules daily with meals |
| Vitamin D Supreme: | 1-2 caps per day <i>Measure blood levels of 25(OH)D3 (optimal range 60-70mg/mL)</i> |
| C3 Curcumin Complex: | 1 capsule twice per day |
| Q•Avail VS 100: | 1 softgel twice per day |

The goal is to remove all foods that may be triggering the body to attack its own tissues. Researchers believe that one of the possible causes of autoimmune ailments, such as MS, is certain foods that are new to humanity (grain products, dairy products, lentils and beans, and yeasted foods) which have only appeared in the past 40,000 years. Meats, nuts, vegetables and fruits have been eaten for over 2 million years. Therefore, returning to a diet that is made of meat, nuts, and produce may remove one of the main offending causes behind autoimmune problems. It can take 3-6 months to assess whether this dietary elimination of mimetic proteins in allergenic foods is effective. Check for candida albicans and chronic viral infections and apply the corresponding Nutritional Support Protocols. Mercury is also considered to be possible contributing cause of MS. Check heavy metal levels and detoxify if indicated. Test blood vitamin D levels (25(OH)D3). Check CMP for possible excess AA, deficient EPA and possible higher than optimal AA/EPA ratio (which is known to exacerbate auto-immune activity). Consider ordering the MS panel from Immunosciences (antibodies to myelin sheaths and brain structures)

Based on hormone levels and hormonal balance consider: DHEA, which shifts immune balance toward tolerance (TH1/TH2). Progesterone and pregnenolone may help regenerate myelin sheaths and may have a neuronal regenerative effect.

Diet: Dairy, grain, yeast and legume free, high in EFAs.

OTHER RECOMMENDATIONS:

Try to expose most of the body in the sun between 11-2pm for at least 20 min on each side. This may result in the production of 10,000IU Vit D per day. Sun exposure had additional benefits for the immune system aside from stimulating Vit D production.

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