



## MULTIPLE SCLEROSIS

**1. The causes of multiple sclerosis include, but may not be limited to:**

- a.) Genetics
- b.) Infections
- c.) Diet

**Answer:** All of the above. Genetics is an underlying factor, while toxins and infections for example may allow genetic predispositions to manifest as disease activity.

**2. True or false? The medications typically used in multiple sclerosis are well tolerated with a clear track record of benefit in multiple sclerosis patients.**

**Answer:** False. Unfortunately, the medications used today for multiple sclerosis often carry such significant side effects that many patients choose not to use them.

**3. True or False? Vitamin B12 and folic acid are commonly needed for those with multiple sclerosis?**

**Answer:** True: Serum B12 and folic acid levels are useful as measures of need ONLY when the levels are low. High levels of these nutrients may actually indicate intracellular (inside the cell) deficiency of these nutrients. A homocysteine and methylmalonic acid tests can indicate if these nutrients are being "misused" in the body or deficient. Also, there are several different forms of B12 and folic acid and the best choice needs to be determined (i.e., cyanocobalamin, adenosylcobalamin, hydroxycobalamin, L-5-methyltetrahydrofolate).

**4. True or False? The use of a tri-peptide amino acid called n-acetyl cytokine (a.k.a NAC) potentially provides antiviral, detoxifying, mucolytic and immune balancing effects in MS?**

**Answer:** True.

**5. True or false? Vaccinations are also considered causal factors for multiple sclerosis.**

**Answer:** True. According to a study entitled, "Environmental Risk Factors in Multiple Sclerosis Aetiology", that appeared in the Journal: Lancet Neurology in December 2004.

**6. True or false? The best treatment for multiple sclerosis is the use of a clean organically-based diet along with the appropriate nutritional supplements.**

**Answer:** Neither True NOR False. Dietary therapies, plus others used in alternative medicine, are certainly essentially in our opinion for both the prevention and treatment of multiple sclerosis. Careful laboratory assessments should be used by an experienced practitioner for determining individual needs of nutritional supplements. For example, low vitamin D levels are inversely related to an increased risk of multiple sclerosis and a downward spiral of the disease; sun exposure or taking vitamin D supplements is no guarantee of correction.

**7. True or false? The average neurologist does an excellent job at looking for the cause of multiple sclerosis.**

**Answer:** False. Sadly, the typical neurologist makes very little attempt to look for the actual underlying causes of MS in some individual. The medications approved for MS are quite clear to neurologists and these medications tend to be recommended. Potential causes of multiple sclerosis involve exposure to toxins that may have occurred during any period of the person's life, various nutritional deficiencies and other lifestyle factors such as stress.

**8. True or false? A variety of nutritional factors have been well or reasonably well studied in multiple sclerosis and should always be used given their long track record of safety and overall health benefits.**

**Answer:** Absolutely True. Why not use natural therapies that can be used with complete safety if they offer the possibility of a greater quality of life? Although many natural textbooks exist and information in the media is abundant describing various natural approaches for MS, each individual is different. Trained health professionals that have both classic and natural training in multiple sclerosis offer the best healing solutions.

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