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Helping Multiple Sclerosis, By The Book

*Noticeable Relief For Multiple Sclerosis, By Following
The Recovery Plan For Long-Term Health*

By Robert Redfern

**Edition
3.0**

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The Recovery Plan For Long-Term Health*

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About the author

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www.MyGoodHealthClub.com



Robert Redfern was born in January 1946. He has helped thousands of people to date in more than 24 countries by providing online health guidance and resources in books, radio interviews, and TV interviews to share his nutritional discoveries. His new book series starts with *Improving Lung Health in 30 Days* and is designed to bring all of his health knowledge into one user-friendly format that anyone can understand when pursuing health recovery.

Robert's interest in health started when he and his wife Anne decided to take charge of their family's health in the late 1980s. Up until 1986, Robert had not taken much notice of his health – in spite of Anne's loving persuasion. It took the premature death of his parents, Alfred and Marjorie, who died in their sixties, to shock Robert into evaluating his priorities.

Robert and Anne looked at the whole field of health, available treatments, and the causes of health problems. They found, from doctors researching the causes of disease, that lifestyle and diet were the most important contributions to health. Robert and Anne changed their lifestyle and diet and, together with the use of **HealthPoint™** acupressure, the improvement to their health was remarkable.

In addition to improved health, Robert and Anne both look and feel like they have more vitality than they did decades before they started their new health plan. Currently, Robert, 73, and Anne continue to make healthy choices to live energetically and youthfully, based on a foundation of Natural Health.

ROBERT REDFERN
YOUR PERSONAL HEALTH COACH

Tells you everything you
need to know about:

Multiple Sclerosis:

Using the Science of
Immune System Rehabilitation to
Achieve a Healthy Immune System



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From the Publisher:

This book does not intend to diagnose disease nor provide medical advice. Its intention is solely to inform and educate the reader in changing to and living a healthy lifestyle.

Disclaimer: Product recommendations may change as current research is updated. Products and packages offered on websites may have some adjustments not yet reflected in this book but still have my recommendation.

Warning: Some information may be contrary to the opinion of your medical adviser. It is not contrary to the science of good health.

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YOUR ACTION PLAN TO COMMIT TO A HEALTHIER IMMUNE SYSTEM

TODAY	I DID THIS	Signed	Date
I Committed	To regaining and maintaining a healthy immune system for the rest of my life		
I Committed	To drinking 8-10 glasses of water a day		
I Committed	To getting out in the sun for 20 minutes a day (except when contraindicated)		
I Read	Robert's <i>Helping Multiple Sclerosis, By The Book</i> book		
I Ordered	The necessary supplements to facilitate my plan and my healing		
I Planned	My Daily Menu with ReallyHealthyFoods.com		
I Started	My breathing exercises		
I Started	Massaging the acupressure points		
I Reread	Robert's <i>Helping Multiple Sclerosis, By The Book</i> book		
I Reviewed	The necessary supplements to facilitate my plan and my healing		
I Reviewed	My water intake		
I Reviewed	My menu		
I Reviewed	My breathing exercises		
I Reviewed	My life-giving sun exposure (except when contraindicated)		
I Reviewed	Massaging the acupressure points		
I Recommitted	To regaining and maintaining a healthy immune system for the rest of my life		
I Recommitted	To <i>Helping Multiple Sclerosis, By The Book</i> book		
I Recommitted	To the necessary supplements to facilitate my plan and my healing		
I Recommitted	To my water intake		
I Recommitted	To following my menu		
I Recommitted	To doing my breathing exercises		
I Recommitted	To life-giving sun exposure (except when contraindicated)		
I Recommitted	To massaging the acupressure points		

What is multiple sclerosis (MS)?

Multiple sclerosis is an autoimmune disease that affects the brain and spinal cord (also known as the central nervous system). Up to 2.5 million people worldwide suffer from this progressive disease.

More women than men are affected by MS.

Women are three times more likely to have MS than men. While MS can appear at any age, it usually strikes in youth between the ages of 20 and 40.

This disease is characterized by injury to the *myelin sheath*, which protects nerve cells by providing coverage for them. When areas of the myelin sheath are damaged, they become inflamed and scarred. This inflammation and the subsequent scarring result in compromised nerve signals; they either slow down or stop completely. MS flares up in the midst of inflammation and disappears when inflammation subsides.

*Inflammation is behind the damage to the nervous system.
This damage can occur in the brain, optic nerve, or spinal cord.*



What is the immune system?

The immune system is an intricate system of interconnected cells, glands, and organs found throughout the entire body.

What does the immune system do?

The job of the immune system is to protect the body from foreign invaders like bacteria, viruses, parasites, and fungi. The immune system also protects against external forces, including stress, environmental pollutants (smoke and chemicals), and preservatives and additives in our food.

How does the immune system protect us?

An immune response happens when the body recognizes foreign invaders and their antigens (proteins on the invader cell's surface) and attacks them. Substances that contain these antigens are destroyed. We actually have our own antigens that a healthy immune system sees as normal and therefore will usually not respond to or attack.

The immune system protects us by activating an immune response.

5 fundamentals for proper immune function:

1. Identify foreign invaders.
2. Arrange a stronghold.
3. Manufacture cytokines (similar to hormones) to relay messages and exchange information with other immune cells.
4. Send out immune cells to destroy foreign invaders.
5. When mission is complete, execute a stop order to immune cells.



What is an autoimmune disease?

Approximately 80 different autoimmune diseases have been identified -- all unique and all affecting the immune system. This translates to roughly one in 15 people who may be diagnosed with an autoimmune disease.

When one autoimmune disease is present, it is much more likely a second one will develop.

An autoimmune disease is when the body is in a never-ending battle against ongoing resident viruses or bacteria and/or a reaction to un-natural foods, such as grains and cereals. It occurs when the body's own immune cells are constantly creating inflammation to battle our enemies while damaging healthy cells in the process. This residual damage can affect almost every part of the body resulting in a multitude of symptoms, some of them life-threatening.

What causes an autoimmune disease?

- **Gender:** Autoimmune diseases seem to favor women. As many as three quarters of those afflicted are women, particularly those in their reproductive years. *Gender may load the gun, but lifestyle pulls the trigger.*
- **Family history:** Those with relatives with an autoimmune disease are genetically predisposed to the condition, though not necessarily the same exact autoimmune disease. *Again, genes may load the gun, but lifestyle pulls the trigger.*
- **Environmental triggers:** These include chemicals, certain metals, bacteria, and viruses.



Source:

"Fact Sheet: Autoimmune Diseases." Benaroya Research Institute, U.S., 2019.

Autoimmune disease and inflammation

Inflammation is an entirely normal process used by the body to heal itself.

Examples of when the body uses inflammation for healing include exposure to toxins and the presence of unwanted microorganisms. The inflammation process starts with increased blood flow to the affected area, calling in various members of the immune system. The inflammation process ends when the members of the immune system have done their job by removing and killing pathogens and healing any damaged tissue.

An autoimmune problem occurs when the immune system is continually attacking the enemy and damages the body's own healthy cells in the process.

Symptoms vary for each autoimmune disease; however, they all cause inflammation and put the body into an inflammatory state.

The process of an attack:

1. The body's immune cells are called upon to attack a resident infection and/or un-natural food proteins.
2. Acute inflammation is created as part of this attack.
3. This inflammation becomes chronic and does not switch off.
4. The body's immune system is then said to be attacking itself, but in reality, it is the chronic condition caused by continually being called on to defend the body that creates the damage.

Depending on how symptoms manifest, a specific autoimmune disease may be diagnosable.



What causes multiple sclerosis?

- **Infection:** The prime cause is infection, and since research is poor, it seems likely the best guess is a virus of some sort or what has been termed *nanobacteria*.
- **Ancestry:** Those most likely to have MS are Caucasians of Northern European descent. MS is very uncommon in Asians, African-Americans, and Native people.
- **Environmental toxins:** The heavy metals mercury, lead, and possibly aluminum can cross the blood-brain barrier (the brain's protection against foreign invaders) and damage the myelin sheath by replacing healthy cells and creating free radicals. Other toxins can also start the autoimmune process or trigger episodes in people who already have MS.

MS can be aggravated by several factors. It's best to avoid:

- Taking hot baths
- Stress

MS signs and symptoms

Symptoms for multiple sclerosis vary as each episode or attack may be different. The length of an attack can vary too, ranging from days to months. There can also be time periods of complete remission.

Common symptoms include:

- Fatigue, dizziness, numbness, loss of coordination, tremors, weakness
- Constipation, frequent urination, incontinence
- Impaired vision, loss of vision, involuntary REM, eye pain

Other symptoms include facial pain, muscle spasms, abnormal feelings in extremities, depression, impaired hearing, cognitive problems, erectile dysfunction, vaginal dryness, difficulty speaking, and difficulty eating.



Multiple sclerosis tests

MS is diagnosed through the process of elimination, utilizing blood tests and neurological, eye, and spinal exams. An MRI for the brain and spine and a nerve function study may also be used to reach a diagnosis.

Multiple sclerosis drugs and side effects

There are too many drugs and treatments for MS to list, none of which have a good track record. The side effects associated with these drugs are:

- Liver damage
- Shortness of breath
- Fatal brain infection
- High blood pressure
- Vision problems
- Heart damage
- Dry mouth
- Weak legs
- Bleeding of the gastrointestinal tract



Alternative approaches to MS

Less conventional approaches to assist in MS recovery or at least coping with symptoms when they appear include:

- Chiropractic care, acupuncture, relaxation techniques, massage
- Exercise (aerobic and strength training)
- Tai Chi (controlled breathing)
- Toxin-free environment
- Nutritional therapy*

*People with autoimmune diseases, particularly multiple sclerosis, are sensitive to vegetable fats. Vegetable fats such as sunflower oil, canola oil, rapeseed oil, soybean oil, corn oil, peanut oil, cotton seed oil, safflower oil, etc., should be replaced with healthy oils such as olive oil, coconut oil, avocado oil, and most nut oils. A healthy-fat diet gives better results when the diet is focused on whole, plant-based foods (organic, if possible), and processed foods are avoided.

The Western Un-Natural Food Diet

In addition to non-adherence to the specific food guidelines laid out in this book, a diet which will definitely hinder one's recovery from MS is the Western Un-Natural Food Diet.

Nothing affects us more than what we choose to eat at least three to four times a day, every day.

Most of us lack the essential nutrients in our diet needed for good health, triggering inflammation. This absence of nutrients combined with one or several other unhealthy lifestyle factors can perpetuate MS.

The "Balanced Western Diet" (now better described as the Western Un-Natural Food Diet) is the number one disease-promoting and inflammation-producing diet in modern society. It is consumed more and more on a daily basis.

This highly inflammatory diet is made up of sugary foods in the form of breads, pastas, cereals, and potatoes. The Western Un-Natural Food Diet is far too high in unhealthy fats and lacks the antioxidants and phytochemicals that are crucial for eliminating free radicals. This all-too-common diet is lacking in high fiber foods and the foods that provide essential nutrients necessary to find relief from MS.

These missing foods include:

- Vegetables
- Dark-skinned fruits*
- Nuts
- Seeds
- Beans (except when temporarily contraindicated for recovery)

*Except the nightshade family (tomatoes, peppers, etc.) for those intolerant to these.



A healthy defense

Consuming a healthy diet enables the immune system to recover and do its job of finding and destroying harmful antigens, while leaving its own antigens alone.

This function can be impaired when certain foods are consumed. High-fat foods, namely vegetable oils, have been found to inhibit the immune system. While we know the immune system is overactive in an autoimmune disease, suppressing it in this way also inhibits it from doing what it's actually supposed to do: remove foreign invaders in the form of antigens.

Another solution? A lower-fat diet. Studies on lower-fat diets have exhibited the ability of healthy lower-fat foods to slow down the progression of autoimmune disease. A healthier lower-fat diet is also a source of antioxidants and other health-promoting nutrients that keep all areas of the body strong and able to function at an optimal level.

The dairy connection: A leading cause of autoimmune disorders

Many infants are given cow's milk instead of nature's perfect food: breast milk.

This may be where it all begins. Cow's milk is deficient in linoleic acid, an essential fatty acid, whereas breast milk contains five times more of this necessary nutrient. The lack of an essential fatty acid, along with a diet high in animal products (animal fat), may injure the nervous system, making it more vulnerable later in life.



In those who are susceptible, molecular mimicry may occur. The protein from cow's milk may enter the bloodstream from the intestine. The body sees this protein as foreign and produces antibodies to combat it. These antibodies not only attack the milk protein, they also recognize similar proteins in the body and lead the immune system to attack those proteins as well.

Three prime examples of autoimmune diseases affected by this scenario are multiple sclerosis, rheumatoid arthritis, and diabetes type 1.

In the case of MS, there are proteins in the myelin sheath that are similar to the proteins in cow's milk. This results in an autoimmune attack and destroys nerve tissues that are usually protected by the sheath.

Healthy substitutes include: Organic, unadulterated coconut milk and almond milk.

Source: Manzel A, Muller DN, Hafler DA, Erdman SE, Linker RA, Kleinewietfeld M. Role of "Western diet" in inflammatory autoimmune diseases. *Curr Allergy Asthma Rep.* 2014;14(1):404. doi:10.1007/s11882-013-0404-6.

Increased intestinal permeability or “leaky gut”

Increased intestinal permeability, which may sound more familiar as a leaky gut, refers to the small bowel or small intestine, not the stomach.

A leaky gut occurs when cells that make up the lining of the gut have abnormally large spaces between them.

This leaves openings and opportunities for undigested food particles, along with various other substances (like microorganisms and chemicals), to enter the blood. When the intestinal lining is damaged, its ability to protect the body from these substances is hindered. These particles can leak out of the gut (the intestine) into the bloodstream and ultimately affect other body systems, including the organs, in a negative way. This sets the stage for an autoimmune reaction.

The vast majority of those with an autoimmune disease have a leaky gut.

What damages the gut? A multitude of substances can damage the intestinal lining, including:

- Grains, cereals, and sugar
- Exposure to environmental toxins
- Drinking too much alcohol
- Taking NSAIDs and antibiotics
- Western Un-Natural Food Diet

The gut must be healed, or the leaky gut process will continue — exacerbating the symptoms of autoimmune disease.



Steps to heal leaky gut include:

1. **Taking probiotics.** It is difficult for those with an autoimmune disease or leaky gut to keep a healthy balance of flora in the intestines. Low levels of good gut bacteria may also have direct ties to multiple sclerosis. Probiotics encourage good bacteria to grow to outnumber bad bacteria and their overgrowth.
2. **Cutting out dairy.** Studies show the removal of dairy products from the diet is beneficial for healing the gut; when reintroduced, the gut becomes leakier, and inflammation returns.
3. **Cutting out grains, cereals, and other high-sugar foods and drinks.**

The irony of taking many of the drugs prescribed for autoimmune disease is that they irritate the intestinal barrier and increase the risk for leaky gut.

Sources:

Kim MS, Hwang SS, Park EJ, Bae JW. Strict vegetarian diet improves the risk factors associated with metabolic diseases by modulating gut microbiota and reducing intestinal inflammation. *Environ Microbiol Rep*. 2013 Oct;5(5):765-75. doi: 10.1111/1758-2229.12079. Epub 2013 Jul 19.

Chen T, Liu X, Ma L, He W, Li W, Cao Y, Liu Z. Food allergens affect the intestinal tight junction permeability in inducing intestinal food allergy in rats. *Asian Pac J Allergy Immunol*. 2014 Dec;32(4):345-53. doi: 10.12932/AP0443.32.4.2014.

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5 eating tips for autoimmune disease

What you put into your body, especially when you have one or more autoimmune diseases, can dictate how you feel and impact your future health.

Following some simple eating tips can support MS rehabilitation:

1. **Don't overeat.** Digestion requires a lot of energy the body can otherwise use for healing.
2. **Consume a high-vegetable fiber, healthy-fat diet.** Vegetable oils create an inflammatory state. Avoid trans-fats, hydrogenated oils, and fats in processed foods. Essential fatty acids, however, are crucial to a strong immune system, as well as to maintaining the integrity of the blood vessels. Consume monounsaturated fats in the form of moderate amounts of nuts (walnuts), seeds, and avocados.
3. **Simplify your diet.** Additives, hormones, and drugs run rampant in our food supply, especially in processed foods and animal products. Avoid them by eating whole foods and organic foods whenever possible.
4. **Take essential digestive enzymes.** Digestive enzymes supply enzymes for the small intestine and help with regular digestion, facilitating the breakdown of food to minimize chances of the leaky gut effect.
5. **Avoid sugar, alcohol, caffeine, and dairy.** In 2019, American researchers learned that something as simple as drinking sugary sodas may increase MS symptoms and level of disability.



Source:

American Academy of Neurology; Meier-Gerdling E, et al "Dietary Intake and the Effect on Disease Progression in People with Multiple Sclerosis," AAN 2019.

Can I reverse multiple sclerosis?

I do not believe it is appropriate to use the term "cure" for MS since most cases are brought on (or made worse) by lifestyle choices.

Cure is a medical term, and medicine does not offer any cures. However, everything has a cause. Take away the cause, apply the science of a non-inflammatory lifestyle, and your body will be able to reverse the MS itself with a little bit of help. Support tissue regeneration with a healthy lifestyle and the proper nutrients, and in the majority of cases you can become healthy again. If you call that a cure, that's up to you. I prefer to call it living a sensible, healthy lifestyle that produces a healthy body.

Remember, these conditions are inflammatory in nature and, therefore, will benefit from an anti-inflammatory approach. By hydrating the body with pure, clean water {6-8 x 500 ml (16 oz.) glasses a day} and replenishing it with the proper nutrients and antioxidants in the form of vitamins, minerals, essential fatty acids, healthy carbohydrates (from vegetables and fruits), and amino acids, the repair and healing of the body can start to take place.

Nutritional therapy supports healing.

The initial detox can be uncomfortable but only temporarily.

Eating right can minimize the effects.

... regenerate with healthy lifestyle and nutrients ...



The nutrients you need

Studies show the following nutrients will help prevent or control MS in most people:

- **Vitamin B complex** - Increases immune function and converts EFAs into prostaglandins, crucial anti-inflammatory substances.
- **Bio-identical SBO Probiotics Consortia™** - A group of natural, friendly microorganisms that help to renew the gut and create a healthy balance between the good guys and bad guys among your gut bacteria.
- **Nascent iodine** - Essential for balanced hormones and metabolism. Supports the immune system, the thyroid, metabolism, and energy levels.
- **SerraEnzyme serrapeptase, Curcuminx4000, ecklonia cava (Seanol), and vitamin D3** - Needed to clear inflammation and promote health recovery.
- **Multivitamins/minerals** – Full spectrum multivitamin/mineral, which you should already be taking daily.
- **Krill oil** - Contains a potent antioxidant to protect cell membranes and boost immunity.
- **Vitamins D3/K2** – Supports a healthy immune system response and hormonal balance.
- **Liposomal curcumin/resveratrol** - Helps improve a range of health conditions due to its proven anti-inflammatory benefits and ability to significantly increase nutrient blood serum levels.



Why doesn't my doctor tell me I can get better?

The Immune System Rehabilitation Program can help you get better! Your doctor is obliged to conform to the drug model that is designed to maintain the monopoly that the pharmaceutical industry, the GMC in the UK and the AMA in the USA, have over all things connected with the health of individuals.

These organizations make profits by caring for sick people and do not have a business model that caters to real healthcare and recovery. They pursue a patented drug model where they can charge exorbitant prices for a lifetime of drugs that, at best, help individuals feel better and, at worse, speed up their death.

These industries are not designed to get anyone healthy, ever!

In the USA, they are shielded by the FDA and in the UK by the MHRA. The political parties and the most powerful politicians all receive money from these organizations and are responsible for making the laws that perpetuate this disease management monopoly.

When carefully followed, the Immune System Rehabilitation Program will show results within 30 days.



The Immune System Rehabilitation Plan

Your 10 steps to a healthy future

The following protocol works for any MS condition, to some extent.



1
Clearing inflammation and promoting healing.



6
Eating Really Healthy Foods.



2
Strengthening your immune system.



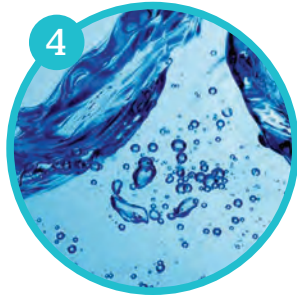
7
Walking and moving daily.



3
Taking nutrients missing from food in supplement form.



8
Breathing properly.



4
Drinking enough water.



9
Stimulating acupressure points.



5
Avoiding un-natural/junk foods.



10
Getting out into the sun as much as possible.

It is almost unheard of for a person applying a good percentage of these lifestyle changes to their daily life to not clear their MS symptoms to some degree, and in many cases completely.

For details of the following suggested formulas, turn **page 32**.

1. Clearing inflammation and promoting healing

MS Health - Essential Plan

- **B4HealthSpray**: Supports healthy homocysteine levels and the immune system. Take 5 sprays x 3 times a day.
- **Prescript-Biotic™**: Contains "Bio-Identical" SBO Probiotics Consortia™, a group of natural, friendly microorganisms that help to renew the gut and create a healthy balance between the good and bad gut bacteria. Take 2 x 2 capsules daily.
- **Nascent Iodine**: Helps balance hormones and metabolism and is essential for immune function. Take 3 x 1-3 drops per day in 20 ml of water; swish around the mouth for 30 seconds before swallowing.
- **Serranol™**: Needed to clear inflammation and promote health recovery. SerraEnzyme serrapeptase, Curcuminx4000, ecklonia cava (Seanol), and vitamin D3. Take 2 capsules x 3 times per day, 30 minutes before eating a meal with water; reduce to 1 x 3 after a good relief.



Click
for more
details

2. Boosting the immune system

MS Health - Ultimate Plan

- **B4HealthSpray:** Supports healthy homocysteine levels and the immune system. Take 5 sprays x 3 times a day.
- **Prescript-Biotic™:** Contains "Bio-Identical" SBO Probiotics Consortia™, a group of natural, friendly microorganisms that help to renew the gut and create a healthy balance between the good and bad gut bacteria. Take 2 x 2 capsules daily.
- **Nascent Iodine:** Helps balance hormones and metabolism and is essential for immune function. Take 2 x 1-3 drops per day in 20 ml of water; swish around the mouth for 30 seconds before swallowing.
- **Serranol™:** Needed to clear inflammation and promote health recovery. SerraEnzyme serrapeptase, Curcuminx4000, ecklonia cava (Seanol), and vitamin D3. Take 2 capsules x 3 times per day, 30 minutes before eating a meal with water; reduce to 1 x 3 after a good relief.
- **Active Life™:** Offers an all-in-one blend of 130 nutrients including approximately 75 plant-derived minerals, 12 vitamins, and 3 other nutrients to help replenish storages in your body that are naturally depleted each day. Take 2 x 3 capsules daily.
- **The Krill Miracle™:** Combines a unique group of antioxidants found in omega-3, 6, and 9 oils. Provides protection for cell membranes and boosts the immune system, amongst its other health benefits. Take 1 x 2 capsules daily.
- **Vitamin D3/K2 Spray™:** Supports a healthy immune system and hormonal balance. Take 5 sprays daily.
- **Brain Power™:** Helps improve a range of health conditions using a Liposomal Curcumin and Resveratrol formula, due to its proven anti-inflammatory benefits and ability to significantly increase nutrient blood serum levels. Take 6 ml (just over 1 teaspoon) daily.



3. Supplementing the missing nutrients

Optional nutrients - but suggested for the first 1 to 2 months at least

- **1st Line Immune Support™:** To clear any infection that may reside in the cells. Take 1 kit daily for 3 days (total of 3). Always take at least 90 minutes after food and 90 minutes before food. Three kits should be taken as a minimum; in serious conditions, 10 kits are better if finances allow.
- **D.I.P. Daily Immune Protection™:** Supports a balanced immune system and protects against infections. Take 3 capsules daily.
- **Essential Digestive Plus™:** Ensures the proper digestion of food. Take 1-2 capsules daily before food.
- **Ubiquinol (8 times more effective than CoQ10)** - Eight times more effective at restoring cell energy than CoQ10. Take 2 capsules daily with food for 1 month.



4. Drinking more water

Drink 6-8 glasses of distilled or RO filtered water per day, with a large pinch of bicarbonate of soda (baking soda) for internal organ support.



5. Avoiding eating un-natural junk foods

Until completely recovered, stop eating all starchy carbohydrates (breads, pastry, cookies, breakfast cereals, potatoes, and pasta), processed foods, and milk products.

Note: Do not eat potatoes, parsnips, turnips, and rice (except for a small amount of wild or brown rice and yams/sweet potatoes).



6. Eating Really Healthy Foods

******Include some of the following foods every 2 hours for the first few months:



Eat 9-14 portions of fresh or frozen veggies daily (in soups, juiced, stir-fried, steamed, etc.); 50 percent raw juiced (use the pulp in soups) and organic if possible. Blended makes for better digestion.



Eat 5 portions of antioxidant-rich, dark-skinned fruits (blueberries, cherries, red grapes, etc.) daily.



Avocados are the all-time super-food with nearly a full spectrum of nutrients. If they are available where you live, make sure you have at least 2 per day for good health recovery. All MS issues (as well as cancer and diabetes) are helped by these.



Eat 5 portions of beans, nuts, and seeds (soaked and mashed for the nuts and seeds).



If you want to eat meat, then choose pasture-fed meats or chicken and eat only a small amount weekly. Grass-fed is healthier than grain or corn-fed animals.



If you eat fish, then eat at least 3-4 portions per week of oily fish and vary it by choosing fish such as salmon, sardines, mackerel, etc. Even canned fish is very nutritious, and wild caught fish is best.



Include hemp, omega-3, or krill oil and other healthy oils like olive oil and coconut oil.



As healthy alternatives to carbs, consider amaranth, quinoa, buckwheat, chai and millet seeds, and healthy pasta made from pulses and stocked in many good grocery stores. Cous cous can be used, except for those who are allergic to gluten proteins (celiacs, etc.).



Take 3-5 (depending upon your body mass and the heat) teaspoons of sea or rock salt daily in food or a little water. Sea or rock salt does not contain the critical mineral iodine, so add Nascent Iodine to your daily dose.

Which vegetables to eat

Note: Not all vegetables listed are available in every country.

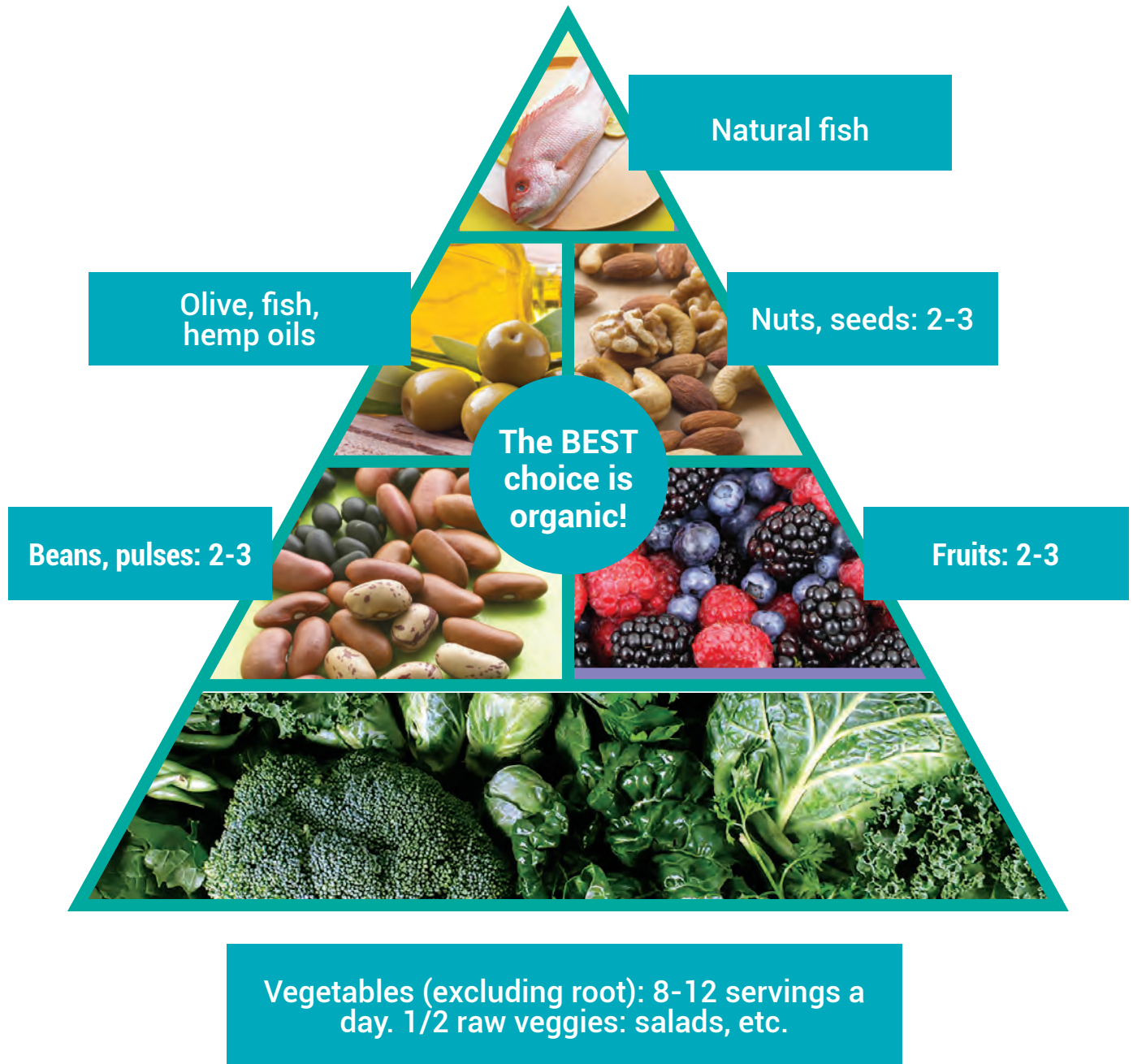
- Artichoke
- Asian vegetable sprouts (wheat, barley, alfalfa, etc.)
- Asparagus
- Avocado
- Beetroot
- Broad beans
- Broccoli
- Brussels sprouts
- Cabbage (various types)
- Capsicum
- Carrots
- Cauliflower
- Celeriac
- Choko
- Cucumber
- Dandelion leaves
- Dried peas
- Eggplant (aubergine)
- Fennel
- Garden peas
- Garlic
- Kale
- Kohlrabi
- Kumara
- Lettuce (kos and various types)
- Mangetout peas
- Mushrooms
- Okra
- Onions (red and white)
- Petit pois peas
- Radishes
- Runner beans
- Seaweed - All types (kelp, wakame, noni, etc.)
- Silver beet
- Spinach
- Squash
- Sugar snap peas
- Zucchini (courgettes)

Which fruits to eat

Note: Not all fruits listed are available in every country.

- Apple
- Apricot
- Avocado
- Bilberries
- Blackberries
- Blackcurrants
- Blueberries
- Cherimoya
- Cherries
- Damsons
- Dates
- Durian
- Figs
- Gooseberries
- Grapefruit
- Grapes
- Kiwi fruit
- Limes
- Lychees
- Mango
- Nectarine
- Orange
- Pear
- Pineapple
- Plum/prune (dried plum)
- Pomegranate
- Rambutan
- Raspberries
- Salal berry
- Satsuma
- Strawberries
- Tangerine
- Western raspberry (blackcap)

The Garden of Eden Pyramid



7. Walking and moving daily

Contrary to the opinion of fitness fanatics, there are two simple ways to get your body working better and stronger. And no, they do not include swimming and cycling, although you can add these later if you want to.

One of the two simple ways to exercise is to build up to walking 3-5 miles per day, in a fast, purposely strong way with as long a stride as you can. Keep your hands moving from chest level to belt level as you move with each stride.

Use weights or wrist weights as you improve.

If this is difficult for you at the start, and your lungs are weak, then lie down to exercise to make it easier.



Lie down in a comfortable place. On your bed (if it's firm enough) when you first wake up is a great time and place for this. Bring a knee up to your chest as high as you can get it and then alternate with the other knee. Do as many of these as you can while keeping count. Do this every day and set yourself targets to increase the speed and the number as the weeks go by. You should be doing enough to make your lungs and heart beat faster. At the same time, as you improve your count on your back you need to be starting your walking and building this up.



The second great exercise for strengthening your lungs is to build up slowly where you can exercise at maximum rate for 2 minutes, 6 times per day. It does not matter what exercise you do, e.g. skipping, star jumps, running on the spot; just about anything, as long as your heart and lungs are working at maximum capacity.

Exercise will stimulate the feel-good hormones called endorphins. It is critical to feel good to maintain your recovery plan.

Movement is a vital part of your recovery plan.

We all know how beneficial exercise is; however, when you are in chronic pain, exercise is probably the last thing you want to do. As inflammation subsides and the body strengthens, gentle exercise can be incorporated into the treatment plan.



8. Learning proper breathing

It is critical to breathe properly for a healthy body. Oxygen is the prime source of health.

There are two ways to breathe:

1. The first way is an anxious breath in the chest.
2. The second way is a relaxed breath in the diaphragm, or more precisely, in the tummy area.

The first breath in the chest is part of the stress response and involves hormones such as cortisol. This type of breathing should last no longer than it takes to deal with a problem in life, and then another hormone kicks in to create relaxed breathing. If this stress type of breathing becomes chronic or habitual, then the cortisol and retained carbon dioxide become part of the problem, and the body's natural healthy systems cannot function properly. It also weakens the immune system and opens you up to infections, which is the last thing you need with MS.

Your goal is to relearn relaxed, healthy breathing, where you clear cortisol and carbon dioxide. Too much carbon dioxide in your bloodstream destroys something called hemoglobin, which is the blood's method of carrying oxygen around the body. So it's critical to be able to breathe in a relaxed way from the diaphragm.

HOW TO BREATHE PROPERLY

The simple way to learn is to lie on your back in a firm bed or on the floor on a blanket or mat. Put a bit of weight over your belly button, such as a heavy book. Take a breath into your nose so that the book rises as you fill your diaphragm (tummy) with air. Hold the breath in your tummy for the count of 4 and then breathe out through your nose and feel your tummy deflating. Let go of any tension you may have with the out-breath. Then repeat. Your upper chest should not move at all, which shows you are relaxed and not stress breathing.

Practice over and over again while lying down, and once you have really got the long, slow rhythm of relaxed breathing, then try it standing up. You may feel dizzy to begin with getting all this fresh oxygen, but you must practice this every spare minute you have. **You can access more resources on breathing lessons at GoodHealthHelpDesk.com.**



9. Stimulating the acupressure points

Another part of your recovery plan is to stimulate acupressure points connected to your health recovery system. There are various points that you can massage gently with your finger or stimulate with an electronic stimulator that mimics the action of acupuncture. The recommended device is **HealthPoint™**, and you can read more about this on **page 39**.



10. Getting out into the sun as much as possible

A critical vitamin for a healthy body is vitamin D3. There is a large dose of this in the important supplement I recommend on **page 33**, but it is still essential to get some vitamin D from the sun. New research – from a 2018 *Neurology* study – also shows that sun *avoidance* is linked to MS.

The sun is the bringer of all life, and a silly myth has developed that the sun is our enemy, and we should keep out of it, or worse still, put some toxic chemicals all over us so we can go out in it.

I am not saying that we can go out on a really hot sunny day and lie in the sun for 6 hours for the first time. We are supposed to build the skin's tolerance to the sun over many weeks in the spring to stimulate protection from it, so that by the time the hot summer sun comes along we can tolerate much more.

Recommendations:

- A. Get as much skin exposed to the sun as you can every day, e.g. on your daily walk.
- B. Build up slowly from the spring to summer time.
- C. Try not to stay out in the middle of the day without covering up, and cover up rather than use a barrier cream.
- D. If you do use a sun cream, get an organic one rather than chemical ones with well-known names.
- E. Remember, the sun is your friend, and as with friends, try not to get too much in one go!



Source:

Tremlett H, Zhu F, Ascherio A, Munger KL. Sun exposure over the life course and associations with multiple sclerosis. *Neurology*. 2018 Apr 3;90(14):e1191-e1199. doi: 10.1212/WNL.0000000000005257. Epub 2018 Mar 7.

More about clearing inflammation and promoting healing

B4 Health Spray

Homocysteine is a toxic amino acid formed in the body when other amino acids in your blood are broken down by normal body processes. High blood levels of homocysteine have been linked to a higher risk of heart and vessel disease and are considered even more of a threat to heart health than high cholesterol. Homocysteine also damages cells that line the veins or arteries and stimulates the development of scar tissue in the damaged area. Key nutrients in **B4 Health Sublingual Spray** may help convert homocysteine to other substances, thus preventing an unwanted buildup of homocysteine often seen in MS patients.

900% Better Absorption Than Capsules – Good Health Naturally Nutrition B4Health™ Sublingual Spray can help maintain healthy homocysteine levels, immunity, brain function, and heart and cardiovascular systems.

Ingredients:

Vitamin C - 60 mg
Vitamin D - 400 IU
Vitamin B1 - 1.5mg
Vitamin B2 - 1.7mg
Vitamin B3 - 20 mg
Vitamin B6 - 2 mg
Folate (as (6S)-5-methyltetrahydrofolic acid) (equivalent to 800 mcg of (6S)-5-methyltetrahydrofolic acid, glucosamine salt***) - **400 mcg**
Vitamin B12 - 6 mcg
Biotin - 300 mcg
Selenium - 70 mcg
Pantothenic Acid (Vitamin B5) - 10mg

Dosage:

Take 5 sprays x 3 times a day.



Click
for more
details

Prescript-Biotic™

Prescript-Biotic™ "Bio-Identical" SBO Probiotics Consortia™ is a group of natural, friendly microorganisms that help to renew the gut and create a healthy balance between the good guys and bad guys among your gut bacteria. "Bio-Identical" SBO Probiotics Consortia™ means life-giving and identical; Prescript-Biotics' soil-based bacteria are nearly the same as the life-force bacteria naturally found in your gut. The soil-based bacteria found in Prescript-Biotics have been called a "biological miracle." These SBOs are an organic food source and are meant to be ingested every day. Like the soil brings you food to eat, Prescript-Biotics' soil-based organisms give your gut life, just as Nature intended.

Ingredients:

Bifidobacterium BJIldum, B. Lichenformls, L.Acidophilus, L. Lactis, L. Casei, B. Subtilis, L. Rhamnosus, and L. Plantarum, a superior formula of SBs (Soil Born Organisms), symbolically blended in a proprietary nutrient-rich host medium of Humic & Fulvic Acids. (Naturally dehydrated and encapsulated in its nutrient-rich food source for long-lasting efficacy.) Other Ingredients: Hypromellose (Veggie Cap).

PURE & NATURAL: No dairy, no salt, no artificial color, no flavoring, no sugar, no preservatives, and no fillers have been added to this product.

Dosage:

Take 2 capsules x 2 times per day.



Click
for more
details

Nascent Iodine

Nascent Iodine is totally different from the typical iodine in its denser state sold as an antiseptic, or as iodine tri-chloride (claiming to be atomized), or as added to potassium iodide to make it soluble in liquid. Nascent Iodine is consumable iodine in its atomic form rather than its molecular form. It can provide benefits in thyroid and immune support, detoxification, metabolism, improved energy, and more.

Ingredients:

Iodine (in its atomic form) - 350mcg

Dosage:

Take 3 x 1-3 drops per day in 20 ml of water; swish around the mouth for 30 seconds before swallowing.



Click
for more
details



Click
for more
details

Sources:

Jung WK, Ahn YW, Lee SH, Choi YH, Kim SK, Yea SS, Choi I, Park SG, Seo SK, Lee SW, Choi IW. Ecklonia cava ethanolic extracts inhibit lipopolysaccharide-induced cyclooxygenase-2 and inducible nitric oxide synthase expression in BV2 microglia via the MAP kinase and NF-kappaB pathways. Food Chem Toxicol. 2009 Feb;47(2):410-7. doi: 10.1016/j.

Super Nutrient Serranol™

Super Nutrient Serranol™ offers professional strength support for healthy joints, cells, heart, blood flow, circulation, and cholesterol with ingredients like:

- **Serrapeptidase (technically Serriatia Peptidase)** is a multi-functional proteolytic enzyme that dissolves non-living tissues, such as scarring, fibrin, plaque, blood clots, cysts, and inflammation in all forms – without harming living tissue. Serrapeptidase helps promote better wellbeing for your inflammatory system and supports your whole body, not only the lungs but also arteries, digestive tract, colon, joints, and anywhere blockages/inflammation needs resolving.
- **Curcumin (CurcuminX4000)** is one of the best natural anti-inflammatory herbs to stimulate glutathione to protect cells and tissue from inflammation and help modulate the immune system. Curcumin has also been studied for its anti-bacterial, anti-viral, and anti-fungal properties.
- **Ecklonia cava (Seanol®)** – For centuries, people throughout Asia have consumed ecklonia cava extract, a species of edible brown algae. Harvested from the coastal waters off Japan, Korea, and China, all studies indicate ECE offers outstanding health benefits.
- **Vitamin D3** is critical to keep your immune system strong. The cells that make up the immune system contain vitamin D3 receptors. If there is an insufficient amount of vitamin D3 present to bind receptors, immune cells become weak and cannot protect the body from infections. **Women with a vitamin D deficiency may have a 43-percent higher risk of developing MS.** Vitamin D3 deficiency is increasingly common in people of all ages because we spend less time outdoors in the sun, but this vital vitamin cannot be stored in the body. So replenishment through daily supplementation is essential to immune health.

Ingredients:

SerraEnzyme Serrapeptase® 160,000iu
Curcumin X4000 250mg
Ecklonia Cava Extract (Seanol®) 50mg
Vitamin D3 1000iu

Dosage:

Take 2 capsules x 3 times per day, 30 minutes before eating a meal with water; reduce to 1 x 3 after a good relief.

25-Hydroxyvitamin D deficiency and risk of MS among women in the Finnish Maternity Cohort Cassandra L. Munger, Kira Hongell, Julia Áivo, Merja Soilu-Hänninen, Heljä-Marja Surcel, Alberto Ascherio Neurology Oct 2017, 89 (15) 1578-1583; DOI: 10.1212/WNL.0000000000004489.

More about immune-strengthening formulations

Active Life™

Active Life™ Capsules have been formulated with only your wellbeing in mind. Just as the name suggests, Active Life™ Capsules can help to support a busy modern life where stress, high demands, and a poor diet are often a reality. Active Life™ Capsules are a complete all-in-one nutritional supplement to complement any Active Life™ style.

Ingredients:

Vitamin A (Palmitate/10% Beta-Carotene)

Vitamin C

Calcium (from Calcium Citrate)

Vitamin D3 (from Cholecalciferol)

Vitamin E

Vitamin K2 (K2 - Menaquinone)

Vitamin B1 (Thiamin)

Vitamin B2 (Riboflavin)

Niacin - Vitamin B3 (from Niacinamide)

Vitamin B6 (Pyridoxine Hydrochloride)

Folate

Vitamin B12 (Methylcobalamin)

Biotin

Vitamin B5 (from Pantothenic Acid)

Iodine (from Potassium Iodide)

Zinc (from L-OptiZinc®)

Selenium (from Selenomethionine)

Copper (from Copper Gluconate)

Manganese (from Manganese Gluconate)

Chromium (from Chromium Polynicotinate)

Molybdenum (from Molybdenum Citrate)

Chloride (from Fulvic Trace Minerals)

Potassium (from Potassium Malate)

Boron (from Boron Citrate)

Strontium (from strontium Citrate)

Aloe Vera Powder (200:1)

Bilberry Extract 5:1

Choline Bitartrate

Inositol

Fulvic Trace Minerals

Lutein (from the Marigold flower - ZanMax®)

Zeaxanthin (from the Marigold flower)

L-Cysteine

L-Glycine

L-L-Taurine

Amount per Serving

5000IU

500mg

120mg

400IU

400IU

80mcg

10mg

10mg

80 mg

10mg

800mcg

100mcg

300mcg

20mg

150mcg

25mg

200mg

2mg

4mg

120mcg

75mcg

16mcg

216mg

1mg

1mg

2mg

300mg

25mg

40mcg

200mg

20mg

4mg

10mg

10mg

400mg

Click for more details

Dosage:

Adults and children over age 12 - Take up to 3 capsules twice per day after meal. Children under age 12 - Take 1-2 capsules per day or as directed by a healthcare professional. If taking thyroid or iron medication, wait 2 hours before using Active Life™ capsules.

The Krill Miracle™

The Krill Miracle™ contains omega-3, 6, and 9 oils that support protection of cell membranes and strengthen immunity.

Krill are tiny shrimp-like crustaceans found in the Southern Oceans. The Southern Oceans are the only oceans in the world that remain unpolluted by the heavy toxic metals that are now found in many fish oils. Krill are a super-rich source of omega-3, 6, and 9, and their antioxidant levels are 300 times greater than Vitamins A and E and 48 times greater than omega-3 found in standard fish oils. (Please note: People with seafood allergies should notify their physician prior to taking a krill or fish dietary supplement.)

The unique combination of antioxidants; omega 3, 6, and 9 oils; and other potent ingredients in 100-percent natural Neptune-sourced Antarctic Pure Krill Oil offers support for:

- A reduction in lung/heart-damaging inflammation
- Improved concentration, memory, and learning
- Improvement in cholesterol and other blood lipid levels
- Stabilization of blood sugar levels
- Healthy joints, with a decrease in pain and symptoms associated with arthritis
- Fighting the damaging effects of aging
- Protecting cell membranes
- Healthy liver function
- Bolstering the immune system
- Healthy mood regulation
- Optimal skin health
- Improved quality of life

Ingredients:

Superba Boost™ Krill Oil - 1180mcg
Phospholipids - 660mg
Total Omega 3 - 318mg
 EPA - 178mg
 DHA - 82mg
Choline 82.6mg
Astaxanthin 100mcg

Dosage:

Take 1-2 capsules a day with food.



Vitamin D3/Vitamin K2 Spray

This formula contains the most bioavailable form of vitamin K2 and the only vegan-approved vitamin D3 available. This combination, which absorbs directly in the mouth, helps to support calcium absorption and reabsorption and promote well-balanced health. Vitamin D3 can improve calcium absorption, but vitamin K is just as vital to route calcium in the body.

Vitamin D3/Vitamin K2 Spray ensures optimal immune health, calcium absorption, hormonal balance, and phosphorus absorption in the blood and bones.

Ingredients:

Vitamin D3 – 1000IU
Vitamin K2 MK7 – 100mcg

Dosage:

Take 5 sprays x 1 time daily.



BrainPower™

BrainPower™ is a combination formula of curcumin and resveratrol that uses liposomal technology and non-GMO ingredients to deliver maximum nutrient strength.

When curcumin and resveratrol are encapsulated in a highly-absorbable liposomal delivery system, they mimic nutrient delivery in the body's natural form. This means they remain in the blood for longer and at higher concentration.

Maintaining high blood concentrations is important because, as a 2018 *Neurological Sciences* study indicated, curcumin's ability to modulate cell signaling pathways could have therapeutic potential to protect against MS.

Suitable for vegetarians and vegans, BrainPower™ may help to protect the brain, lower blood pressure, improve insulin sensitivity, relieve joint pain, and lengthen lifespan, amongst other benefits.

Ingredients:

Curcuminoids (from tumeric root) - 200 mg

Resveratrol (from Japanese knotweed root) - 75 mg

Dosage:

Take 6 ml (just over 1 teaspoon) before dinner, daily.



Source:

Qureshi M, Al-Suhaimi EA, Wahid F, Shehzad O, Shehzad A. Therapeutic potential of curcumin for multiple sclerosis. *Neurol Sci.* 2018 Feb;39(2):207-214. doi: 10.1007/s10072-017-3149-5. Epub 2017 Oct 27. Review.

More about missing/optional nutrients

1st Line (Thiocyanate) Immune System Support Kit

1st Line is an all-natural product designed to fight against many types of infections, including viruses. It is a patented formula by a British Chemist containing Thiocyanate Ions. When added to water, 1st Line provides a drink, which forms the same molecules that make up our body's first line of defense against all types of bacteria, yeast, fungi, flu, germs, and viruses.

1st Line offers the aggressive attack to these unwanted infections without doing harm to healthy bacteria in the body, a common side-effect when using antibiotic drugs. 1st Line is safe and easy to use.



Ingredients:

Sodium Thiocyanate - 100ppm
Sodium Hypothiocyanite - 60ppm

Dosage:

Always take at least 90 minutes after food and 90 minutes before food, approximately. Take 1 kit daily for 3 days (total of 3). 3 kits should be taken as a minimum. In serious conditions, 10 kits over 10 days are better if finances allow.

Daily Immune Formulation (D.I.P.)

An alternative way to help keep infections away is to take **D.I.P.**, a formulation designed to keep your immune system in balance. This formulation does not kill an existing infection but does help to prevent a new infection and allergen responses.

- **EpiCor®** is a powerful antioxidant with an ORAC (Oxygen Radical Absorption Capacity) value of 52,500/100g, so it has huge health benefits as a free radical scavenger. Supported by years of research and development, EpiCor® is a unique product and is a valuable supplement for your immune health.
- **ExSelen®** – Selenium is an essential trace mineral that the human body is dependent on, but can't produce on its own. Selenium must be ingested through foods in our diet or by supplementation. ExSelen® is a highly bio-available organic selenium that guarantees consistently high levels of selenomethionine – the preferred form for efficient absorption by the body. This high quality raw material is backed by 15 years of research and by 70 years of proprietary fermentation technology. It is also a natural antioxidant that helps protect healthy cells from free radical damage and helps balance immune functions. Selenium supports the body's normal inflammatory response in the lungs and may protect breast, prostate, and thyroid health.
- **Vitamin D3** is critical to keeping your immune system strong. The cells that make up the immune system contain vitamin D3 receptors. If there is an insufficient amount of vitamin D3 present to bind receptors, immune cells become weak and cannot protect the body from infections. Vitamin D3 deficiency is quite common in individuals because it cannot be stored in the body, making replenishment through daily supplementation vital to immune health.

Ingredients:

EpiCor® - 500 mg
ExSelen (2% Selenium) - 100 mcg
Vitamin D3 (Cholecalciferol) - 500 IU
Vitamin C (Ascorbic Acid) - 60 mg
Immune Assist - Micron Powder - 80 mg
Larch Arabinogalactan Powder - 600 mg
Beta Glucan 1,3 1,6 (Glucan 85%) - 90 mg
Elderberry Fruit Extract 4:1 - 200 mg
OptiZinc 20% - 21 mg
Dimethylglycine HCL - 250 mg

Dosage:

Take 2 capsules per day.



Essential Digestive Plus™

The Need for Digestive Enzymes

The digestive system is a truly integrated system – the function of one aspect usually affects the other. Because of this interrelationship among the components of the digestive system, it is often difficult to determine the exact cause of any digestive disturbance. However, using the proper digestive enzymes can eliminate most of the problems.

Incomplete digestion and yeast can be the main contributors to the development of many diseases. Ingesting foods and nutritional supplements are of little benefit if their break down and assimilation are inadequate, but supplementing with enzymes helps allow for better absorption.

Proper small intestine absorption requires effective digestive enzymes like **Essential Digestive Plus™** coupled with fully functional absorptive surfaces. Improving small intestine function includes addressing the underlying issues that cause the discomfort and disease. Digestive enzymes can help bring relief to food intolerance and allergies and provide support when the body is suffering from a lack of enzymes, low immune status, and too much sugar in the diet.

Ingredients:

Total Carbohydrate - <1 g

Enzyme Blend 608 mg **

Protease 4.5 (170,000 HUT), Amylase (16,000 DU), Pectinase (110 endo-PGU), Peptidase (250 DPP-IV), Alpha-galactosidase (600 GalU), Glucoamylase (40 AGU), Invertase (3,206 SU), Protease 3.0 (50 SAPU), Lactase (2,000 ALU), Lipase (2,700 FIP), Cellulase (1,200 CU)

Inulin - 200 mg

Dosage:

Take 1 capsule 3 times daily before food.

UB8Q10 - Ubiquinol

CoQ10 or coenzyme Q10 is a greatly beneficial vitamin-like enzyme that is present in almost all plant, animal, and human cells. Coenzyme Q10 is considered as your body's POWERHOUSE ENHANCER and ANTIOXIDANT. **UB8Q10**, also known as Ubiquinol, is a Coenzyme Q10 that is 8 times better absorbed compared to ordinary Coq10!

The highest amounts of CoQ10 are found in your heart, kidneys, liver, and pancreas. However, although Coenzyme Q10 can be made in the body, the amount may not be enough, and deficiency can occur. The body might not be able to replenish the difference needed, as many people do not get enough of the vitamins and elements required to synthesize CoQ10 for optimal health. This means that you may not be getting enough for your optimal health. And as you grow older, you are not replenishing the CoQ10 you need to carry on with your daily functions.



Ingredients:

Ubiquinol CoQH - 100mg

Dosage:

Take 2 capsules x 2 times a day with food for 1 month.

More about acupressure

Stimulating the following points from the book **Mastering Acupuncture** will help to balance your health:

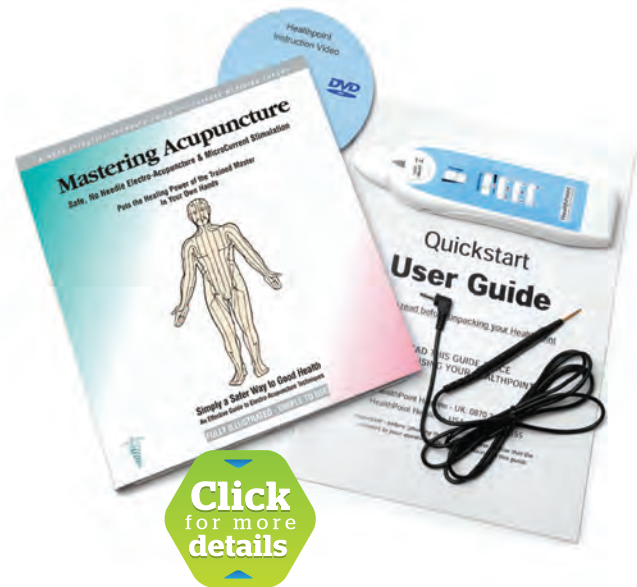
- Stimulating the Cranial Electrotherapy Stimulation (CES) ear points for anxiety shown in the ear clip instructions.
- Stimulating the MS Points on page 0.2.
- Stimulating acu-points for each painful joint shown in "Painful Disorders" points on pages 1.1-1.28.

These points can be effectively and safely stimulated using the **HealthPoint™** electro-acupressure kit. The advantage of the kit is that it gives you the power to precisely locate the acupuncture point, and indeed other points, so you can enjoy the benefits of acupuncture at home and without any needles.

HealthPoint™ is easy to use, painless, and effective. It includes an instructional DVD and book covering over 150 pain and non-pain conditions that can be helped, such as headaches, back, neck, and joint problems.

The gentle and systematic stimulation of the body's natural healing system can speed recovery in many cases.

HealthPoint™ breakthrough technology was developed by leading pain control specialist Dr. Julian Kenyon, MD, 25 years ago, and today features the latest microchip technology to quickly locate acupuncture points key to specific health conditions, including the points for MS.



In conclusion:

The Immune System Rehabilitation Program is a complete program, one designed to address all aspects of what is required to prevent or control your MS.

Multiple sclerosis is essentially a lifestyle disease, meaning if the lifestyle is changed, there is every likelihood of some recovery. With the changes in this 10 Step Plan put into effect, the body is perfectly capable of healing and recovering good health.

Drugs don't make you healthy.

Drugs do not work in that they do not make you healthy. At best, drugs will help you feel better; at worst, they will speed up degeneration and contribute to premature death. The pharmaceutical business would prefer you continue your present, ineffective treatment plan, only utilizing toxic pills in the form of immune-suppressing drugs and avoiding the true path to prevention and healing.

You are now learning there is a better way.

The Immune System Rehabilitation Program is structured for those patients struggling to prevent or control their MS, even after other medical treatments have failed:

- A program that can help you learn how to love your health and improve your quality of life. The Immune System Rehabilitation Program includes treatment in the form of exercise, education, and coaching.
- A personalized program that incorporates therapy and support, assisting the person in achieving the maximum results possible.

The Immune System Rehabilitation Program is detailed within this book and, when carefully followed, will show results within weeks.

You will always end up healthier with this plan.

The worst thing that can happen with this plan is that you will get healthier but still need to take drugs if they or the disease have damaged you to the extent that you are reliant on them.

Take it all slowly and step by step.

Unless you are already used to making changes in your life, you will find adopting these habits of healthy living can be difficult to sustain. Persist. Because...

Make no mistake...Your life is worth it.

Robert Redfern, Your Health Coach

Email **Robert@goodhealth.nu**

www.MyGoodHealthClub.com for step by step coaching and support.

Sample Daily MS Rehabilitation Plan

Time

Action

Amount

OPTIONAL

Any time of the day before or after food	1 st Line Immune Support	At first sign of infection conditions, take 1 kit at least 90 minutes before or after food. Ideally take 1 kit daily for 3 days or as per health plan requirements.
With food	D.I.P. Daily Immune Protection™	Take 3 capsules
Before each meal	Essential Digestive Plus™	Take 1 or 2 capsules
With food	UB8Q10 Ubiquinol	Take 2 capsules daily

BREAKFAST

30 minutes before breakfast	Nascent Iodine	Take 1-3 drops in 20 ml of water; swish around the mouth for 30 seconds before swallowing.
30 minutes before breakfast	Serranol™	Take 2 capsules
Before breakfast	B4 Health Spray	Take 5 sprays
With breakfast	The Krill Miracle™	Take 2 capsules
After breakfast	Active Life™ Capsules	Take 3 capsules

LUNCH

30 minutes before breakfast	Nascent Iodine	Take 1-3 drops in 20 ml of water; swish around the mouth for 30 seconds before swallowing.
30 minutes before lunch	Prescript-Biotics™	Take 2 capsules
30 minutes before lunch	Serranol™	Take 2 capsules
Before lunch	B4 Health Spray	Take 5 sprays
With lunch	Vitamin D3/K2 Spray	Take 5 sprays orally or sprayed onto food

EVENING MEAL

30 minutes before dinner	Prescript-Biotics™	Take 2 capsules
30 minutes before dinner	Nascent Iodine	Take 1-3 drops in 20 ml of water; swish around the mouth for 30 seconds before swallowing.
30 minutes before dinner	Serranol™	Take 2 capsules
Before dinner	BrainPower™	Take 6 ml (just over 1 teaspoon)
Before dinner	B4 Health Spray	Take 5 sprays
After dinner	Active Life™ Capsules	Take 3 capsules

**All of the products you see in this book
can be obtained from the following links:**

Good Health Naturally UK (and Europe)

www.goodhealthnaturally.com

Tel: 03337 777 333

(Open Mon-Fri 9am-5pm)

Good Health USA

www.goodhealthusa.com

Tel: 1800 455 9155

(Open Mon-Fri 7am-3pm Pacific)

Good Health Canada

www.goodhealthcanada.com

Tel: 1 800 455 9155

(Open Mon-Fri 7am-3pm Pacific)

Good Health Australia

www.goodhealthoz.com

Tel: + 61 (0)7-3088-3201

From 9am to 5pm AEST

Good Health India

www.goodhealthnaturally.in

Tel: +91 9640428251

From 10am-6pm IST

My Good Health Club

Robert Redfern – Your Personal Health Coach
www.MyGoodHealthClub.com



Robert Redfern is passionate about providing you with the right tools and information to help you become an expert in natural health so that you and your family can achieve great health. This book brings Robert's research and work on MS into an easy-to-follow Immune System Rehabilitation Plan that everyone can use for improved health.

To help you further, Naturally Healthy Publications has built a website for dedicated Good Health Coaching based on Robert's books.

Visit www.MyGoodHealthClub.com today for more support for health problems related to:

- Hashimoto's thyroiditis
- Juvenile arthritis
- Lupus
- Lyme disease
- Motor neurone disease
- Psoriatic arthritis
- Rheumatoid arthritis
- And much more

"Robert, I have been taking Serranol™ now coming up to two months and also commenced Krill Oil, which replaced my intake of ORAC omega supplements. I have also made alterations to my diet, making it all more alkalizing as suggested by yourself. I have been focused on doing yoga 3 to 6 times per week. I can see significant benefits to my wellbeing, which includes a reduction in my MS symptoms. Many thanks."

- Sarah S.

All the books in this series:

Curcumin: Nature's Miracle Spice
 Helping Acne, Eczema and Psoriasis, By The Book
 Helping Alzheimer's, By The Book
 Helping Arthritis, By The Book
 Helping Arterial-Vascular Disease, By The Book
 Helping Asbestosis, By The Book
 Helping Bronchiectasis, By The Book
 Helping Bronchitis, By The Book
 Helping Cancer, By The Book
 Helping Candida, By The Book
 Helping Chronic Cough, By The Book
 Helping COPD, By The Book
 Helping Cystic Fibrosis, By The Book
 Helping Diabetes Type 2, By The Book
 Helping Emphysema, By The Book
 Helping Endometriosis & Fibroids, By The Book
 Helping Eye Disease, By The Book
 Helping Fertility, By The Book
 Helping Fibromyalgia & Chronic Fatigue, By The Book
 Helping Fibrosis, By The Book
 Helping Heart Disease, By The Book
 Helping High Blood Pressure, By The Book
 Helping Kidney Health, By The Book
 Helping Lung Health, By The Book
 Helping Lupus, By The Book
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The 'Miracle Enzyme' Is Serrapeptase
 Turning A Blind Eye
 Mastering Acupuncture
 EquiHealth Equine Acupressure

ABOUT THIS BOOK

Robert Redfern – Your Personal Health Coach



Robert Redfern is a passionate health coach. He strives to offer you the best information and tools so that you can become a natural health expert to support you and your family's health.

This book combines all of Robert's work and research on lung health into a user-friendly Pulmonary Rehabilitation Plan that can be used for naturally improved health.

For more information, you can consult the Naturally Healthy Publications website for dedicated Good Health Coaching from Robert Redfern.

- Asbestosis
- Bronchiectasis
- Bronchitis
- Chronic Cough
- COPD
- Cystic Fibrosis
- Emphysema
- Pneumoconiosis
- Pulmonary Tuberculosis

If you need help, please visit
www.GoodHealthHelpDesk.com
and ask questions there.

Let us know how you are doing by emailing
feedback to: robert@goodhealth.nu



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