THE TRUTH ABOUT MULTIPLE SCLEROSIS

POWERFUL AND EFFECTIVE ALTERNATIVE NATURAL MEDICINE PROTOCOLS FOR HEALING FROM MS

BY

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The Truth About Multiple Sclerosis by Keli Taylor

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DEDICATION

This book is dedicated to my Aunt Dehan and others living with MS all around the world.
DISCLAIMER

The focus of this book is not to diagnose or treat any illness and isn’t intended to replace professional medical advice. This book is to serve as a resource. The ideas, facts and suggestions are not intended as a substitute for medical advice. If you have been diagnosed with MS, you should consider the advice given to you by a professional healthcare specialist, carried out under regular supervision before acting on something that could affect your health, result in financial loss or have legal implications. Do your research and due diligence to ensure it’s the optimal healing for you. The author is NOT a doctor, nutritionist, psychologist or counselor nor cannot legally diagnose or treat any disease or illness. All information provided is the author’s personal opinion based on research backed with facts. The author and the publisher shall not be liable for and specifically disclaim any loss, injury or damage allegedly arising from any information or suggestions in this book. The author and publisher are also not responsible for the reader’s specific health or allergy needs that may require medical supervision or for any adverse reactions to any products contained in this book. It is the reader’s responsibility to ensure his or her own health and medical needs are met. Readers are encouraged herein to research their findings and dig deeper to find the answers or direction that they feel is adequate for them.
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INTRODUCTION

“Everybody has a self-mechanism inside their body, that is not what’s being taught.”

- Dr. T Group, MD and Public Speaker
My father passed away with prostate cancer in May 2009, 3 months after his diagnosis. When he was diagnosed, I began spending every free moment I had reading about cancer to familiarize myself with his condition so I could be supportive with his care.

But it was not meant to be. His decline was fast and I didn’t have a clue how to grieve when he was gone. Years later, I continued to research deeper into cancer as well as other chronic and degenerative diseases. Looking back, I believe it was my idiosyncratic way of coping with his death.

Incidentally, whilst researching chronic illnesses, I recognised symptoms similar to my own, like trembling internally and in my hands and face, general daily fatigue, brain fog, slurring and tingling all over my body. I was under the impression I had MS and turned to my aunt Dehan to learn more about her MS journey. I soon gave up smoking as I suspected this could have been the culprit. I found that the majority of the symptoms disappeared, although some still remain.

After seeing a neurologist, she ruled out MS, and so I continue to take further tests for any possible diagnosis (May 2017). My aunt Dehan has been an inspiration in the way she has coped with her condition on an intuitive, psychological and physical level.

This lead me to focus my research on MS. It’s an epidemic and I’m convinced there are better ways of coping based on the research and studies I have encountered which are not widespread or promoted.
There are people out there like my aunt that naturally get on with it. As patients, we are so accustomed to medication, drugs, and medical institutions; doctors rarely view us as individuals. So, we must make allowances, adjust to this, and take on the responsibility of healing ourselves.

I hope that by the time you finish reading this book you will have a different mindset towards taking accountability for your health and recovery. You may be shocked and even anxious by what you discover in this book, but the good news is there are solutions.

This book will pave the way to a healthier, happier you by helping you make informed decisions regarding your health. I consciously ensure all information I give is backed up with evidence from leading experts in various fields.

This book is packed full of useful, actionable information to help you deal with MS naturally. Let’s take a look at what we will cover...

I begin by defining **What is Multiple Sclerosis**. What happens at a microscopic level when parts of the central nervous system are compromised? This gives a real insight into how to go about healing your body. This book navigates away from the mainstream medical definitions of ‘autoimmune diseases’. You’ll discover how your body is not simply ‘attacking’ itself and instead we will look at perspectives from leading experts’ on what your body is really fighting.

The research presented here is based on **Functional Medicine**, which addresses chronic and autoimmune health
problems using a holistic systems-oriented approach. It aims to find out what’s causing your health problems, rather than simply treating the symptoms. Functional Medical Practitioners have extensive knowledge of the human body and the way it works; from the digestive tract through to neurological systems. It is essential for MS patients to work in partnership with their doctor in a holistic way. In this book, I examine how Functional Medicine can serve to be a better alternative for MS patients or anyone with a chronic illness.

You will uncover studies from leading medical experts about why Multiple Sclerosis should be called Toxic Metal Syndrome. We will look at the damage these toxic metals cause to the body through environment and lifestyle, without you even knowing about it.

You will discover how research suggests YES! Vaccines CAUSE Multiple Sclerosis. Pathogens, among other lethal chemicals present in some vaccines, cause catastrophic harm to the brain and body, posing a serious threat. It’s a chemical warfare out there, yet we easily consent to harmful medications, never knowing how they will affect us in the short or long term. We will look deeper into these poisonous cocktail mixes; included are, suggestions on what to do if you are force-vaccinated.

You will learn how Multiple Sclerosis can be triggered by Exposure to Pesticides and Chemical Solvents. We are physically threatened and challenged every day with the sheer amount of toxins in our foods, in the air and water. In this book, I share effective solutions on prevention and protection from further harm.
We are continuously misled and misinformed about the harmful toxins found in our food. *Sprinkles of Sweet Deception* explores the truth about Aspartame, Methanol, Formaldehyde and Monosodium Glutamate (MSG). These common, widespread chemicals wreak havoc on your central nervous system and brain. I expose the real toxic truths and share helpful tips on how to eliminate them from your diet and life.

You will also learn about **The Adverse Effects of Yeast, Fungus and Mould.** Discover the toxins that are lurking in your home and destroying your wellbeing. We will look at how to identify and crack down on these poisons in order to recuperate.

During my research, I deliberated on including information on **Chronic Cerebrospinal Venous Insufficiency (CCSVI).** However, my decision to do so was based on the possible connection to MS. It was founded by Dr. Paolo Zamboni, a vascular surgeon who states that 90% of people with MS have some sort of defect or blockage in the veins. I talk about CCSVI symptoms, types, testing and treatment options. You will discover Dr. Ashton Embry’s personal account of his son who lives with MS and was diagnosed with CCSVI.

Learn the connection between **Emotional Trauma and Multiple Sclerosis.** In this book, you will read about leading experts’ definition of trauma up close. Included is a case study together with some fascinating facts and statistics revealing the disturbing affects emotional trauma can have. Recognizing and dealing with the issues and stress we carry daily in our lives will have a tremendous impact on moving forward to a healthier future.
Why are Women Twice as Likely to Experience Multiple Sclerosis than Men. Read about one study with astonishing findings linking female hormone balance and MS. Find out more about what happens to pregnant women with MS and how the fetus is affected. Included is a helpful step-by-step guide on how to realign your hormones naturally.

Discover how pharmaceutical drugs do more harm than good and the alternative natural methods that assist MS recovery. Principal medical experts speak out against harmful statin (cholesterol-lowering) drugs. Is reducing cholesterol really in our best interest? I uncover the truth behind the ‘statin disaster’ and why Cholesterol and Healthy Fats Help Improve Multiple Sclerosis.

Learn how Vitamin D can help Reverse Multiple Sclerosis and how up to 90% of MS patients are lacking in vitamin D. We will take a look at deficiency symptoms and how Vitamin D improves MS and overall health.

Recent studies have reported that Leaky Gut Syndrome can weaken the immune system leading to chronic diseases. Get the gut right and the rest will follow. Also discover the Natural and Wholesome Diet Treatment System for MS that will help your body heal. We follow a leading doctor who lives with MS; her innovative diet system focuses on reversing MS symptoms with great success. This chapter is packed with the right foods to eat and great suggestions to get you started.

Get access to the 27 Potential Steps You Can Take Right Now to an upgraded you. There is no need to worry about what
to do next. You will get my checklist of practical steps so get started today!

Lastly, the Testimonials section serves up powerful anecdotes of people living with MS. They took matters into their own hands and have found alternative, natural products that healed their bodies effectively. Some have experienced life-changing breakthroughs! Read through these moving and inspiring stories to encourage you on your own journey.

This book serves as the complete guide of essential Multiple Sclerosis healing principles. At the end of each chapter is a combination of informative facts, valuable information and supportive protocol guidelines to help you heal your MS naturally and effectively. I hope it serves you on your journey with MS!

Due diligence does not hurt anybody!

Does the intro chapter quote from Dr T Group sound familiar? No, I didn’t think so. Yet, page after page I write about the identification and triggers of Multiple Sclerosis (MS) and how it can be reversed. The same can be said for other chronic and autoimmune conditions alike. It is unacceptable to worry yourself day and night about issues you have with your mind or your body and when all the tests come back and you sit in a consultancy room waiting for a diagnosis, you are given vague and discouraging information! Each time you return nothing changes much. The words remain the same vague answers. You keep substituting different drugs due to the side effects, which never actually work that well in the first place.
Millions of people have Multiple Sclerosis, it’s nothing new! It has been around since 1911, yet 100 years later billions of dollars have been pumped annually into research, education, new drugs, MS societies, medical journals, marketing, conducting tests, drug trial initiatives, nevertheless medical professionals want you to believe that “your genes are to blame.” “It’s hereditary.” or “Your body is attacking itself.” This is purely mass manipulation that conceals the real causes of MS and many other chronic diseases.

If you Google the meaning of Multiple Sclerosis, it will bring up the same definition over and over: “Autoimmune is a disease in which the body produces antibodies that attack its own tissues...the cause is unknown” (Dictionary.com). Why would the body want to attack itself? It makes more sense that the body is ‘fighting’ and ‘defending’ itself against the very thing that destroy the brain cells and nerves – a toxic environment.

Imagine your brain cells and nervous system bathing constantly in a soup of toxic chemicals and sludge. Of course, the brain cells will eventually die and the brain will shrink as a result. So, there is the answer in a nutshell. I discuss this in more detail later on.
Disinformation, disease mismanagement - What healthcare?

Unfortunately, there is a massive amount of disinformation out there regarding MS. Promoted primarily by the mainstream ‘western’ medical establishment and pharmaceutical companies. Of course, some MS symptoms (depending on severity) can be treated or improved without drugs, with the right diet, supplements, and alternative treatments. But they covered this up in order to make money selling symptom-relievers to MS patients. Curing a disease would mean that the sale of those drugs would stop, and that’s the last thing Big Pharma wants.

The pharmaceutical companies also operate the market by
financially supporting public service campaigns run by nonprofit organizations that promote health matters such as managing the severe symptoms of depression disorders like bipolar. Other campaigns may be focused reducing cholesterol to decrease cardiovascular dangers. Pharmaceutical manufacturers sponsor this marketing. This style of advertising is distributed to the public and it’s extremely effective with consumers who think their welfare and interest in their health are the motivation behind these campaigns.

Although the nonprofit organizations may indeed mean well, the pharmaceutical companies are not charities. They are constantly looking to increase their profits and push their drugs. These are just marketing ploys intended to increase consumer awareness, thus increasing prescription sales.

In her book, *Confessions of an RX Drug Pusher*, Gwen Olson demonstrates how drug companies are only concerned about their financial projections:

“Pharmaceutical companies are not the great humanitarian organisations we might want to believe they are. These executives don’t rise to their morning coffee every day bursting with philanthropic desire to heal the world. They are businessmen who are accountable to stockholders and are basically motivated by bottom-line profits. Healthy profits! As my first regional sales manager pointedly told me in my final interview, ‘If it’s altruism that motivates you, kid, join the Peace Corps. But, if it is money that motivates you, let me show you how you can retire a millionaire with this job!’”
Now with the amount of expenditure we the consumer pour into the medical and pharmaceutical sector, we ought to have an incredible healthcare system operating right now. We ought to be reversing and ending diseases on the spot. But instead the acceleration of diseases just keeps rising. In a US study by the American Medical Association in 2001, the third leading cause of death is due to medical negligence. That was sixteen years ago and nothing much has changed. You may have thought cancer or heart disease was the biggest killers. However conventional medicine is catching up and is responsible for 250,000 deaths per year (in the U.S) due to medical errors (BMJ, May 2016). Bear in mind that these numbers are not precise, as the study does not take into account deaths which occurred in homes or nursing establishments.

So, let’s take a look at the stats:

- 12,000 die from unnecessary surgery
- 7,000 die from medication errors in hospitals
- 20,000 die from other errors in hospitals
- 80,000 die from hospital-acquired infections
- 106,000 die from the negative side effects of drugs

So, on an annual basis, medical blunders cost an extra $77 billion dollars, 8 million extra admissions to hospitals and 77 million extra drug prescriptions. Hospitals are a dangerous place to be!
We’re in the midst of the worst autoimmune epidemic humans have ever faced in our history. There are 250,000-350,000 MS cases in the United States (Ann Neurol 31:333, 1992) of which, 92,000 MS patients are hospitalized per year (National Hospital Discharge Survey, Vital & Health Statistics, 1997). With $2.5 billion in estimated annual medical costs (Report of the NINDS Task Force, 1994). In addition, the UK have an estimated 100,000 people with MS with an additional 5,000 diagnosed each year (2013 McKenzie et al, University of Dundee). As for the rest of the world there is an estimated 2.5 million MS people worldwide. That’s hard to believe, right? Even I had trouble believing the stats but the numbers don't lie (well, they’re probably underestimated).

So why is the healthcare sector not working?

Well, the simple answer to that is it’s not healthcare, more like disease management. If you have a heart attack, accident, a loss of limb or pneumonia, you want a quick-thinking doctor to apply the appropriate contemporary medicine at a trauma center fully equipped to deal with your injuries with surgery or life-saving technology. We are all thankful about such interventions. However, diving in with drugs, and other acute care treatments too often does not succeed in helping those with chronic debilitating ailments, such as MS, diabetes, heart disease or arthritis.

Unfortunately I don’t feel confident about being referred to a specialist consultant with a disease. Not if my only choice is drugs without so much as a thought as to what’s causing my disease. Yet this is exactly what I was faced with. A rather severe chronic condition. Over the past 20 years I would visit that same
consultant every six months with the hopes of a new breakthrough or some great innovative solution. But all I got was the same predictive questions, followed by a check-up. He is a top consultant in both the private and NHS sector in London. He told me the same thing over and over again on every visit, “Keep on taking the steroids, sooner or later your condition will burn itself out”.

But it never did. Instead I got more serious, chronic symptoms to deal with and more drug prescriptions dispensed. From my experience, the healthcare sector is not good at promoting health nor is it good at treating or preventing diseases. With all these additional pangs, I was referred to different hospital departments to see yet more specialists. None of these sectors ever talk to each other, it’s crazy, and how am I supposed to get better?

Nutritional health is minimal in the industry because there is no profit in it. They can’t monetize Mother Nature; it cannot be registered as a patent. The system is focused on suppressing symptoms with drugs. That is our healthcare in a nutshell.

If you are low in mood and depressed, you’ll be given a drug to manage your mood. Or if you have high blood pressure you’ll be given drugs to manage the pressure. There’s rarely any investigation into what caused the problem in the first place.

**Why the drugs don’t work for everybody or long-term**

Let us appreciate that every human being has a unique body, with a different blood type; no pulse or heartbeat is the same. Our food intake differs from others, at a different digestion rate. Even our
souls are different. All these variables affect the way the systems in our body regulate. So, the same can be said for human clinical drug trials. They can never be precise because in order to have an accurate experiment you would literally have to clone say, 100 people (because everybody’s biochemistry is different), have them exposed to the same diet every day, same liquids consumed every day, same emotional and physical stress levels every day; it’s technically impossible to do an accurate clinical trial. So, it’s fair to say that drugs do more harm than good. Side effects can kill and we have looked at the statistics above pertaining to this. Drugs rarely address the real problem. To use an analogy by Dr. C Kresser:

“Let’s imagine that you had a rock in your shoe and it was making your foot hurt. You could certainly take Ibuprofen or some other painkiller to reduce the pain in your foot, but wouldn’t a better solution be simply taking off your shoe and dumping out that rock?”

The industrial age affects our health and lifestyle

Another major reason why hospital records are so high is because of the industrial revolution. There’s no hesitancy that agriculture led to a noteworthy decline in our general health. It brought us to where we are today, with white sugar, flour, and vegetable oil causing obesity and other associated problems.

In addition, we are working longer hours and stress levels are at an all time high. We don’t feel like we have enough time for rest or leisure, and even when we do get away from it all we are still
wired to our email, social media, text messages, accounts and work related issues.

We are not as physically active, and are sleep deprived. A third of Americans now sleep fewer than six hours a night (Center for disease control and Prevention 2015). This intense mismatch between our genetic heritage and the environment that we live in is responsible for the epidemic of modern disease.

What is a toxic environment?

The environment conveys what we are exposed so let's take a look at a further breakdown: an overcrowded small apartment in a large polluted city, or a spacious, airy house with surrounding garden in the middle of the woods. An environment also refers to the words coming at you, the people that you interact with, family, friends, these are all external environmental matters that shape you. Also the varied food you eat, the electromagnetic radiation fields, the negative belief patterns. We have too many toxins coming into the body and not enough coming out.

Genetics accounts for 10 percent of human disease

That means the environment is 90% responsible for most chronic and autoimmune diseases that society develops. The positive changes we make in real time can affect our gene expression for the better, meaning better genes passed on to the next generation. However, that works on the basis that we improve our diet, lifestyle, and environmental factors that cause us harm. Being more pro-active and independent about our health decisions, and working with health specialist that have our
interests at heart, will make a huge difference.

This book is written in 16 parts consisting of the causes of MS and the alternative solutions, all backed up with facts. It’s written in the hope that it will help change readers’ mindsets into being more pro-active about their medical condition. Treat this guide like a toolbox. Take from it the tools that you find useful.

The intention of this book is to encourage those with MS or anyone with a chronic or autoimmune disease to consider alternative solutions that work for them and help reverse or ease their symptoms. Conventional medicine is more superficial. It masks or suppresses symptoms but does not address the underlying cause, and this tends to create patients for life. The sad truth is that the strong, toxic effect of all these drugs gradually poisons the whole body, which at the end of the day, evolves into an ever-decreasing cycle.

It shouldn't be of any surprise to people that naturel nutrition consisting of simple plants; vegetables and vitamins can be the basis for powerful healing. Contrary to popular belief, even prescription drugs aren't wholly manufactured from synthetics. Taking drugs to numb the symptoms may temporarily help but they are NOT the real solution. Aim to be kind to your body and treat it as naturally as possible to counteract any drugs in your system. Know the limitation of what the medical sector can do when treating disease; it’s only ever about suppressing symptoms with drugs.