
Healing by Design

Multiple Sclerosis

10 STEP PROTOCOL TO PARTNERING WITH GOD'S DESIGN

1) Alkaline diet of fruits, veggies, greens and healthy fats. A cleansing, healing diet which allow the nerves to repair, essential fatty acids are crucial here.

- * ***Polar Power by North American Herb and Spice***
- * ***Raw, cold pressed flax seed oil***
- * ***Krill Oil***
- * ***Spirulina - HIGH amounts of beta carotene (vitamin A) and other healing nutrients***

2) Vitamin D and Sunshine - 15,000+ IU's daily.

- * ***Harmonic Innerprizes 10,000IU or Garden of Life 5,000IU's***

Countries generally get darker and darker as we move away from equator, representing higher prevalence of MS per 100,000 people. Canada (291 per 100,000), Norway (160 per 100,000) and Sweden (189 per 100,000) have some of the highest prevalence rates in the world and with being so far north, get some of the least amount of days with sun exposure. If we take a look at the prevalence country by country, and organized the countries from closest to the equator to furthest, you can see a very clear relationship of higher prevalence as we move further from equator.

3) CBD Oil - May be the most promising recent discovery for MS. Regulates the nervous system. This is a nutritive that heals the nervous system. It also takes away pain from the body, reduce stress & anxiety and puts the body into a relaxed state of healing.

Elixinol Liquids - 15mg 2x daily. 300mg or 3600mg liquid size
Elixinol Capsules - 900mg (1 capsule 2x daily)
Elixinol X-PEN - 1-2x servings daily.

* CBD Oil can be safely increased with NO known side effects, only benefits Many take up to 200mg daily for serious conditions.

4) B-Vitamins and especially B-12. Liposomal delivery best.

- * ***Quicksilver - MethylB Complex and Metyhyl-B-12***

5) Feeding the nerves - Nerves are made of lipids and the molecule PC (phosphatidylcholine) is in every cell of the body and crucial for cellular and nerve repair. Lecithin is a key component to healthy nerves, found in sunflowers and soy.

- * ***Phosphatidylcholine by Quicksilver (1/2tsp 2x daily)***
- * ***Sunflower Lecithin by NOW Foods, add to salads and smoothies, or take capsules***

6) Antioxidants - Oxidative damage can affect any part of the body. Strong antioxidants can prevent and reverse damage.

- * ***Astaxanthin by Nutrex***
- * ***Glutathione by Quicksilver sublingual spray***
- * ***Protandim***

7) Deer Antler to regenerate damaged nerves and grow new neurological tissues

- * ***Royal Velvet Deer Antler Spray***

8) Proteins or Amino Acids - The body uses amino acids to repair every cell and tissue in the human body. Many proteins are hard to digest to very acidic (like animal protein). Getting easily absorbed amino acids speeds repair of the body.

- * ***Perfect Aminos by Body Health, tablets or powder***

9) Minerals are also important for nerve function. Magnesium is the most important, but all electrolytes are key.

- * ***Magnesium Oil Foot soaks before bed (health and wisdom company)***
- * ***Quintessence Bioterrain Restore .9 - 1 daily for 1 month, THEN MOVE TO***
- * ***Quintessence Optimum Mineralization 3.3 - 1 daily for 1 month***
- * ***Food grade Baking Soda can be an effective therapy due to acidity and lactic acid buildup. 1/2 teaspoon in water on empty stomach twice daily.***

10) Essential oils are some of God's most powerful medicines. They are MANY plants well known for healing and regenerating the nerves. Here are our favorites:

- * ***Frankincense, Helichrysum and Peppermint by Aromatics International***

BONUS: Interferon is a popular treatment for MS by mainstream medicine. Interferon is an important part of immune function, produced in the liver. Unfortunately, all medical interferon is synthetic and has dangerous side effects. We have a product called ***Interferon Support by Cedar Bear*** that is an herbal formula designed to stimulate interferon naturally.