

BEATING MULTIPLE SCLEROSIS

Empowering Stories of Self-Healing and Thriving

AGOTA NAWROTH
& PAIGE NEWSOME

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To my loved ones,

This book reveals the transformative path of my MS journey and daily dedication required for a healthy life. I'm taking care of myself, so you don't have to.

To the multiple sclerosis community,

May our stories empower and inspire, fostering understanding, compassion, and progress. Together, let's navigate the challenges of this journey, knowing that we are never alone.

With love and deepest admiration,
Agota Nawroth

ACKNOWLEDGMENTS

I would like to express my deepest gratitude and appreciation to everyone who has contributed to the creation and completion of this book.

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I would like to extend my heartfelt gratitude to all the remarkable individuals who graciously shared their heartbreaking stories for this book. Your bravery in opening up about your journeys will undoubtedly resonate with others who find solace and strength in knowing they are not alone. I am honored to have had the opportunity to give voice to your stories and express my deepest appreciation for your invaluable contribution.

Lastly, I extend my gratitude to my followers, readers, and supporters. Your enthusiasm, feedback, and reviews inspire me to continue sharing my story and the knowledge I've acquired along the way with the world, raising awareness about diseases that can be prevented.

To all those mentioned above and the countless others who have contributed in various ways, your presence in my life has made this book a reality. Thank you for being a part of this remarkable journey.

With heartfelt appreciation,
Agota Nawroth

AUTHOR'S NOTE

Many individuals are searching for a diagnosis while struggling with various symptoms. For those of us already diagnosed, having answers can be a relief but also adds a lifelong burden. At times, this weight can feel overwhelming. I wish a book like this had been available when I was first diagnosed four years ago. It would have made a world of difference. Back then, I wouldn't have felt so alone and lost. I wouldn't have had to search through numerous books to connect the dots. My goal with this book is to provide you answers and give you practical guidance to regain control and steer your life back on track.

The stories in this book showcase the remarkable potential within us as human beings. We can heal our minds and bodies, making full recoveries from autoimmune diseases when we cultivate the right mindset and well-being practices. I haven't encountered anyone who thrives with a pessimistic outlook. Our minds are incredibly powerful. It's crucial to remember that the path to healing often begins there. While change can be a challenge, it's a necessary step for those seeking a healthier life.

So, who is this book for? It's not exclusively for people with MS. This book is filled with ideas to improve the lives of anyone, diagnosed or not, who is facing symptoms. Each chapter is a glimpse into someone's life, flourishing despite the diagnosis. My hope is that you'll discover a story or two that resonate with you. Please share this book, help us spread the message, and raise awareness about this complex condition. It doesn't have to lead to life in a wheelchair.

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Final Note

“Wellness is the complete integration of body, mind, and spirit – the realization that everything we do, think, feel, and believe has an effect on our state of well-being.”

– *Greg Anderson*

DISCLAIMER

The stories shared in this book provide personal perspectives and experiences, reflecting individual accounts. These stories should not be construed as professional medical advice or recommendations.

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Story by

LAILA

Diagnosed in 2010

Currently 30 years old

Lives in Connecticut, United States

I was a senior in high school in Connecticut. I'd spent my time, like most teenagers during these years, active in sports, hanging out with friends, and eating junk food. One day during drama class, I noticed what felt and looked like a piece of fuzz in my eye that wouldn't rub away. A few days later, I told my parents. Photos of my optic nerve were taken, showing current inflammation. Turns out, it was optic neuritis. My first magnetic resonance imaging (MRI) showed eight inactive brain lesions. I was diagnosed with multiple sclerosis (MS) on the spot.

My parents were both devastated and confused. They thought the best and only course of action to take was medication, especially my dad with whom I lived at the time. My two older brothers did not have much of a reaction because we were all relatively young. Solu-Medrol (a prescription glucocorticoid) eventually restored the blurry spot in my vision. I'd like to add as a disclaimer that Sulo-Medrol is not a multiple sclerosis medication.

Naturally, I googled multiple sclerosis because I knew nothing about it. The search results were terrifying. My research told me I'd soon be disabled. I freaked out like any 17-year-old would. I started medication quickly after being advised to do so. Being so young, I also thought it was the best decision. I do not feel comfortable naming the three medications I took from 2010-2014. Every case of multiple sclerosis is different, causing medication to be the best course of action for some. Later in 2014, I decided to get off medication because I was still experiencing problems with my vision. Letting go of the medication was the start of my natural healing journey, ongoing still to this day. I gave up red meat, desserts, and tap water. This eventually led me to build a more routine diet, which is very similar to the paleo diet. In addition to dietary changes, I began regulating my sleep schedule and slowly eliminating stress. Learning to manage life stressors became extremely important. Deep breathing helped. I try to do some form of stretching and exercise daily.

I scheduled MRIs for every six months. My first MRI was the most emotional. I have now undergone so many that I've become used to the loud noises and enclosed space. Sometimes the noises even lull me to sleep. I'm usually not nervous about results because I can sense what they will be based off how my diet and symptoms (or lack thereof) have been progressing. I'm pretty in tune with my body and can feel when something is off, unless there is an asymptomatic lesion. Some have appeared but not a lot. Unfortunately, my neurologist, whom I'd seen for thirteen years, passed away. As of 2022, I'm seeing a new neurologist at the same clinic.

I married in 2021 to a man I met previously and decided to reconnect with. I was upfront about having MS from the beginning. I was open and honest because it is part of who I am and how I live. Anybody who fears that cannot be on my team. Which goes without saying, if you meet someone who can't accept ALL of you, then you are better off without them.

This brings me to my next milestone with multiple sclerosis: pregnancy and having a baby. Pregnancy itself was a breeze. The neuroprotective hormones did their job, while all dieting went out the window for nine months. My husband imports pink salt for work. I relied on stone massagers and salt foot soaks for relief from non-MS related aches and swelling. The delivery was all natural, no epidural, and I pushed for only an hour! I drank red raspberry leaf and ate dates during the third trimester. Right after delivery, I had to take a five-day course of three

antibiotics to treat sepsis and Group B Streptococcus (GBS). Goodbye, microbiome!

Two weeks later, I returned to the hospital for malnourishment due to a lack of nutrients while nursing. A full MRI of my spine and brain was conducted to determine if the weakness was MS related. There were no lesions. One month had gone by without any regrowth of beneficial gut bacteria, accompanied by a cute, crying, sleepless newborn. It's only natural that a lesion came next. It was the most impactful and noticeable lesion I've had since being medicated. Fortunately, IV steroids restored a lot of the walking and visual impairments, coupled with the strictest paleo diet I had ever followed. I noticed if I drank a latte or ate something sugary, my vision got blurry. There was no room for cheating on the diet.

My multiple sclerosis diagnosis ultimately changed my life for the better. I eat organic foods, exercise, and sleep regularly. You may have gotten the takeaway above but keeping good gut bacteria on your side will only serve to benefit. A healthy microbiome plays a vital role in your overall wellbeing. I've recently found all sorts of articles published on this topic. There is no way I would be taking these steps to improve my lifestyle without MS.

Before my diagnosis, I lived a very erratic lifestyle. The bottom of my food pyramid was littered with Slim Jim's and chocolate. I barely slept. Multiple sclerosis was the catalyst that turned it all around after about a decade of slow and steady changes. (Diet/lifestyle changes mentioned above.) My daily routine is to be as routine as possible. That can be tough with a newborn. Before pregnancy my routine was cookie cutter—I'd wake up and go to bed at the same time every day, while nourishing myself with healthy paleo meals.

One piece of advice I would give to someone looking to explore more natural approaches to MS is to not get discouraged—take it day by day. Initially, the diagnosis can be overwhelming. But, if it manifests earlier in life, you can slowly shift your routines and habits around for the better to see what works for you (diet-wise, supplement-wise, and lifestyle-wise). Everyone is different, so get to know your body. Through trial and error, test what works/doesn't work for you. Doctors are great, but they do not know YOUR body better than you.

I learned about the power of black seed through the Prophet Muhammad (peace and blessings be upon him). He narrated it has the ability to cure every disease except death. Post medication, I had nothing to lose. I tried

it, and my MRI activity took a turn for the better. I have taken it every day since (minus pregnancy). It is taken orally through the forms of seed, oil, or pill. I heard about the power of olives as they are mentioned in the Quran. After reading about how their leaves protect the tree and their properties, I decided to take the extract.

If you are reading this and taking an MS medication that works for you, that's great, also. Do not take any of this as instruction, rather just a shared experience from me. There is no intention to treat or diagnose by sharing my story.

The Wahls Diet TM served me for some time. These days, I listen to the podcast “The Autoimmune Doc”, hosted by Dr. Taylor Krick. I also like to read white papers on multiple sclerosis and its effects on the nervous system. I dream one day of receiving mesenchymal stem cell therapy (MSC), but it's not offered at my clinic.

Because of the baby, I'm getting pressure now more than ever to start medication in order to control my symptoms, although I'm very apprehensive. I am in the process of weighing my options, leaning towards taking it one MRI at a time. Meaning, if I can get things to stabilize, then I will not start medication again.

I would like to have more children, but I am first prioritizing my health by weighing all my current life factors. If the MS did not exist, I would have ten kids—they are so cute! But I know my body needs to be strong and stable to raise them. If my journey has taught me anything it is to listen to my body. So, I will take the steps I have in place and revisit this topic later down the road. Until then, I remain hopeful. The human body is an amazing machine! It is always trying to heal itself, despite the immune system attacking the myelin sheath.

Clean eating overall has helped me and is something I will continue to implement. Ironically, fasting from food and drink has helped me detox my body, as well. I feel better after a traditional fast (no food or drink from sunrise to sunset.) Agota, the creator of the Instagram page “@beatingmymms” is an inspirational figure to follow. She has a great support system and attitude about multiple sclerosis. This is vital for moms with MS!

FINAL NOTE

"Before you heal someone, ask him if he is willing to give up the things that made him sick." -Hippocrates

As we reach the end of this book, I hope these stories have not only inspired you but also encouraged you to take a moment to reflect on your own life. The purpose of this book has been to shine a light on aspects that deserve recognition and change. It's not just about MS or autoimmune diseases; it's a call to awareness, an invitation to slow down and reevaluate our lives.

Our ancestors had wisdom we can learn from, and with today's technology and knowledge, we can create a healthier, more harmonious world, instead of heading down a destructive path. It's as simple as pausing to take a deep breath, enjoying the smell of flowers, and appreciating the beauty that surrounds us.

We hope you've found this book to be a valuable guide. In closing, remember that while healing isn't guaranteed, it's always within reach. The life you choose to lead is firmly in your hands. Join us on **www.BeatingMultipleSclerosis.com** to explore all the limitless possibilities together.