

# BEATING MULTIPLE SCLEROSIS

**Empowering Stories of Self-Healing and Thriving**

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& PAIGE NEWSOME

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ISBN: 979-8-218-27971-4

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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.

First and foremost, I extend my heartfelt thanks to Paige Newsome. Without you, this book wouldn't exist. Your belief in this project, constant motivation, and endless hours of work have been a driving force. You shaped this book in ways I couldn't have imagined.

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**

**MELODY WINSBORROW**

Diagnosed in 2013

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My story isn't like most...Ten years ago, I was diagnosed with multiple sclerosis (MS) at fifteen years old. When I was in high school, I was an athlete and loved playing softball. One day, after a rough three-hour practice (these long practices were typical for me), I tried to pick up my fork to eat some of my favorite pancakes. Suddenly, I felt a jolt shoot through my body; I dropped my fork as my opposite leg started shaking. I didn't know what was going on—I was so stunned that tears came to my eyes (which was very unlike me).

I felt like I was going crazy before my diagnosis! My norm consisted of vision loss, muscle weakness, spurts of trouble with walking, vertigo, pins and needles, MS hugs, migraines, brain fog, fatigue, knives in my back, and so on. On top of everything, I was exhausted all the time.

I ended up in the hospital once due to severe chest pain and a feeling of breathlessness. My doctors attributed these symptoms to possible anxiety, and they also linked my daily joint pains to sports injuries, suggesting that physical therapy would solve the issue. They concluded that my symptoms were normal growing pains and sports injuries that needed some physical therapy, just like any other teenage athlete. This whole experience felt insane to me because I knew I was happy, and I knew it wasn't just a simple sports injury. Also, the "growing pains" were out of the question since I hadn't grown an inch since the fifth grade.

I am so grateful that my mom kept PUSHING the physicians to find more answers for me. After two years of doctors' visits, my neurologist diagnosed me with multiple sclerosis. It felt amazing to finally have an answer! The relief quickly ended when he told us that if I didn't go straight on medication, then I would end up in a wheelchair! I was devastated. The life I was planning—all my dreams—went out the window then and there. When he presented my options, I knew that there was no way needles or pills would be my answer. My mom and I felt something deep inside of us telling us to continue looking for alternative answers. I said no to the medication, and it was the best decision I made.

My mom, my angel, dove into research for me. She found Dr. Wahls—my biggest inspiration. Even though she had "limitations" to her diet, she was alive and truly healthy, which seemed like a blessing. The Wahls Protocol® answered so many questions and, at the same time, saved and changed my life. After complete focus, determination, and patience, I was able to feel like me again!

When I went off to college three years after my diagnosis, I thought I could be more lenient with my diet. Since I felt so many symptoms completely disappear for so long, there was a part of me that thought I was healing from my MS and that it would be just fine if I had a little sugar and dairy here and there. It was hard seeing all my friends living their lives fearlessly and not joining in with them.

A couple years after starting those "small cheats", I had to remind myself that even though I felt better, I wasn't "healed" from the disease. All those traces of food from cheating (sugar, dairy, etc.) hit me so much harder when a big stressor came into my life; it felt like a ton of bricks. I went partially blind, I couldn't walk far, brain fog returned, and I lost use of my hands for months. Throughout the entire process, one thing remained clear: I had healed myself through dieting before, and I knew I

could do it again! Positivity with my MS didn't come easy. I learned one lesson though: no matter how far I have fallen, I can always come back.

Since regaining my health through nutrition and lifestyle habits, I knew it was my mission to guide and teach other warriors to do the same. In 2019, I became a holistic practitioner. I then became a Nutritional Therapist and a Wahls Practitioner, and then, in 2020, I began working with clients. I wanted to let them know, "I'm here with you. I stand with you because I was you. Here is a way to gain hope and get power back!" In a lot of ways, I am grateful for my diagnosis! Without it, I would have never found my purpose—helping autoimmune warriors take their lives back.

Being diagnosed with MS at the young age of fifteen made giving up my favorite comfort foods difficult, like ice cream and pizza; but once I understood "why", it became so much easier. And once I started feeling better, I knew this was what I had to do. I wasn't blindly heading into this; there is science behind it.

When I began my wellness journey, I wanted to eliminate all the common autoimmune trigger foods to get rid of excessive inflammation in my body. I first removed gluten, dairy, and eggs. The first two, gluten and dairy elimination, are absolutely critical. Gluten and dairy have similar molecular structures, and they turn into morphine-like compounds in the brain, stimulating opioid receptors. So, if these foods are extremely hard for you to eliminate, it's because your body is addicted to them.

Let's look at gluten first. Gluten is everywhere in our modern society. Modern-day gluten is NOT made of the same ingredients that our grandparents ate. Our bodies are unfamiliar with this new form of gluten that can dissolve into our meals, shampoo, and even toothpaste. Our bodies do not know what to do with this new "gluten" strain.

Gluten has three main detrimental effects that cause chaos in the body. Firstly, it is the primary culprit of leaky gut, as it weakens the gut barrier. I love the following analogy by Dr. Myers: "Think of your gut lining as a drawbridge. Teeny tiny boats (micronutrients in food) that are meant to travel back and forth are able to go under the bridge without a problem. However, when gluten releases zonulin, it causes the drawbridge to go up and allow bigger boats (large proteins) to cross over that aren't meant to travel through. In the case of your gut, its microbes, toxins, proteins, and partially digested food particles passing under the drawbridge and escaping into your bloodstream." When you eat a piece of gluten, it

travels to your stomach, eventually arriving at your small intestine. This triggers the release of zonulin. Zonulin is a chemical that signals the intestinal wall to open, creating a “leaky gut”. A leaky gut allows proteins, foods, and toxins throughout the body that contribute to our inflammation.

Secondly, when the body detects a foreign invader, its natural response is inflammation. It’s trying to eliminate anything it sees as dangerous. As a result of being overworked and overstimulated, chronic inflammation occurs. Our bodies are constantly working to protect us, fighting off viruses, gluten, and other foreign substances that may have penetrated a compromised gut barrier.

Your stressed immune system is less able to attack pathogens and invaders with precision. Instead, it begins indiscriminately, sending wave after wave of attacks, eventually hitting your body’s own tissues, which leads us to the third reason of why eliminating foods, such as gluten and dairy, is so critical. Leaky gut is a main factor in the manifestation of autoimmune disease. When gluten molecules slip through the leaky gut, the body wants to fight it off. This is when the PROBLEM arises. This phenomenon is called molecular mimicry because its identity can be mistaken for its similar structure. The immune system is memorizing these structures, and it will not be able to tell the difference between these “foreign invaders”. The body is trying its best to keep us safe, but when it’s overworked, antibodies do not function perfectly. It eventually starts accidentally attacking us. This is why we need to help our bodies out. We want to make sure that the drawbridge is shut, so the foreign invaders don’t pass through because it will cause the body to constantly overwork and create persistent inflammation.

Just like gluten, dairy has a similar molecular structure and the same inflammatory response throughout the body. The casein in dairy creates gut issues and worsens autoimmune diseases. Eggs are also a potential risk factor. They can allow proteins (usually lysozyme from the egg white) to cross the gut barrier where they don’t belong and contribute to molecular mimicry. A lot of people with autoimmunity will notice that eggs are triggers for them, but it’s not the case for everyone. To test if you are sensitive to eggs, cut them from your diet completely for at least sixty days and slowly reintroduce to see if they are a trigger for you.

When a client of mine goes gluten or dairy-free, I’m always asked if substitutes, such as dairy-free ice cream or gluten-free bread, are compliant. The answer is yes, they can be. This is how I started my wellness journey, too. It made the transition accessible for me. No one is

expecting you to be perfect. These foods are so hard to give up! But I will ask that you read the labels. Make sure there are no refined sugars, gums, or oils. This will only create other problems in your body. Stay mindful of how these foods make you feel. If they cause symptoms, it's a good idea to stop immediately. Keeping a food journal to track your food sensitivities provides valuable insights into your body and helps you better understand the impact of your diet.

If you're starting your own wellness journey, there are a few things you need to know before officially diving in. I wish I had this knowledge when I completely changed my entire diet and lifestyle regimen.

Before embarking on your wellness journey, it's important to remember that you may initially experience temporary discomfort, as your body undergoes the detoxification process. However, this is a natural part of the healing journey, and it will pave the way for better health. I want to remind you that this process is temporary, and the length of time and intensity varies from person to person. This process is also known as the "carb flu", so if you start experiencing headaches, increased fatigue, brain fog, and/or flu-like symptoms, just know this is all natural, especially if you are significantly decreasing your carb intake and are not used to eating lots of fiber and nutrients daily.

With the rapid changes in diet (increasing fibers and fats while decreasing carbohydrates), it is normal to experience temporal gastrointestinal issues (loose stools, bloating, constipation, belching, etc.) within the first few days or weeks. Your gut microbiome is adapting and becoming healthier by producing more acids to absorb, digest, and assimilate nutrients properly. Again, these symptoms will be temporary. Keep in mind that your body is starting to cleanse itself. These increased symptoms are normal at the beginning; this does not mean that the process is not working for you. It means it's just starting. Remember each person is different. These symptoms can last anywhere between a few days or over a month. Stay strong and keep going; it's worth getting over the first part of this hill.

During this time, drink lots of water to stay hydrated and help your body flush out toxins. Water is crucial—not something to skip out on! Fill your body with complex carbs from fruits and root vegetables. This will also help you manage cravings at the beginning and help fill that sweet tooth while staying compliant to the journey.

Another trick I have also found helpful is taking activated charcoal during the withdrawal period. Activated charcoal binds to toxins or

substances in the body to remove it faster and decrease inflammation. Start with one per day. I recommend not going over three per day. Only take activated charcoal for two weeks at the most since it is known to cause constipation if taken for prolonged periods of time.

Starting this journey is definitely tough. Remember, giving yourself grace during this healing and wellness process is critical. You may have a few slip-ups, especially at the beginning. Just because you had a cookie does not mean you messed up the whole process, and you should just give up. NO! Not at all! I do not want you to give up. Making mistakes just means you're human. This is called a journey for a reason, not a destination. Forgive yourself, get back up, and start over.

Healing isn't linear; it is going to have many twists and turns. There are going to be times when you're getting better so quickly, you'll think you finally figured it out. Then, out of nowhere, symptoms will rear their ugly heads, and you'll feel like you're going backwards again. Don't get discouraged. Sometimes we must get worse to get better. We have to be extremely mindful and tune in to what's working for our bodies and what's not. It's all part of the journey! When riding this rollercoaster, it helps to reach out to a fellow warrior who is on a wellness journey for encouragement and support. More often than not, you'll find fellow warrior friends who are going through extremely similar things. You don't need to go through any of this alone!

The foundation of my daily routine for managing life with MS begins with the food I eat. I aim to eat six-to-nine cups of veggies daily, along with fermented foods (apple cider vinegar, bone broth, sauerkraut, or yogurt). I make sure my macronutrients (proteins, fats, and carbs) are balanced. I completely eliminated gluten, dairy, refined sugar, and refined oils. I do light exercise every day, like walks, Pilates, yoga, or stretching. Hydration is key! Also, a good night's sleep (six-to-eight hours every night) is a must for me to feel great all day.

Warrior, if you're looking to take a holistic approach to managing your autoimmunity, it's 100% worth it! What we feed our bodies, what we tell our minds, and what our daily habits are (such as sleep and hydration) all play a role in our vitality. Aim to give your body the tools (nutrients) it needs each day. Find a support team to help you. Stay determined, patient, and consistent. Focus on progress, not perfection. I know it's tough, but I promise you'll be thanking yourself in the long run. You got this!

## 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](http://www.BeatingMultipleSclerosis.com)** to explore all the limitless possibilities together.