

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 **SOFIA COLESNIC**

Diagnosed in 2013

Currently 33 years old

Lives in Raleigh, North Carolina, United States

Instagram: @sofiawalkingwithms

I am not my disease; I am Sofia. I need to separate myself from my disease. It puts up a daggum good fight, but I am strong, and you are, too. What should you focus on first? Not vitamins or therapy—although those are important—but POSITIVITY. Positivity is difficult at times, but it's so important.

I had to choose between a natural treatment or a disease modifying drug. Both were scary as heck but having a multiple sclerosis (MS) diagnosis, in general, is scary as heck. The medication had so many possible side effects, and it only lessens the number of flare-ups—it's not a cure. I had sixty-to-seventy lesions. I couldn't afford to just lessen the number; I had to get rid of the flare-ups and lesions altogether. Unfortunately, the medical community deems this impossible. To alleviate the symptoms, I wanted to try natural treatment options, but support was few and far between. That was scary. The stress of trying to make this decision was exacerbating my symptoms. I didn't know then how much the decision to

seek natural treatment would positively change my life, quality of life, and my overall health.

In 2013, I experienced the first symptom. I'd brushed my teeth a thousand times before, but on this day, I just couldn't steady my hands when holding water to rinse with. My hands were developing tremors. Soon after, I started experiencing very bad headaches, occasional dizziness, and dry eyes. A few more symptoms appeared (numbness and tingling down the left side of my body), and with that, I went to get magnetic resonance imaging (MRI). I didn't expect a major diagnosis, but to my surprise, in 2013, I was diagnosed with MS at the age of twenty-three.

The lesions were located mainly in my brain, with some also found in my spinal cord. I was told I would soon be in a wheelchair for the rest of my life. I received this diagnosis while my mom and boyfriend were in the room. Before this diagnosis, I was an active, healthy girl who played soccer for my college. I loved playing violin, skiing, exploring nature, and all things movement and outdoors related. The symptoms became noticeable when I was a preschool teacher at a Children's Development Center. I absolutely loved that job, but as a teacher of two-and-a-half to five-year-old cuties, I often taught fine motor skills. I noticed that my fine motor skills were getting worse. I would write lesson plans every month and turn them in to my director, but those plans became less and less legible. This was embarrassing because my plans of teaching the children fine motor skills were evidence of my own fine motor skills going out the window.

If I had been serious about the disease in the beginning, then everything might have been different. It is not easy to be serious about something when it doesn't seem real. I advise not waiting for something bad to happen but to address it through healthy, natural treatments before things progress. If only I had prevented these additional flare-ups. My timeline seems scary, and it was difficult to write, but just know that there is a light at the end of this tunnel, as well as light all along the way.

In 2015, I married a godsend of a man who was with me through the diagnosis. I somewhat followed the Terry Wahls diet and took some supplements, but the MS was not bad yet. So, I didn't try as hard as I should have.

In 2016, my doctor recommended that I stop taking vitamin D because my levels were high, according to him. My level was 97 ng/ml, and I was taking 25,000 IU's. Dr. Mercola says we need 70ng/ml-100ng/ml for

serious diseases, like MS, cancer, etc. I wish I had continued taking vitamin D, but it's important not to dwell on the past. Please know that some doctors are not aware of the importance of high doses of vitamin D for MS. Shortly after, I got food poisoning, and I was sick in bed for three days. This led to a horrible flare-up, with foot dropping and dizziness. I began using a wheelchair at times. I was also unable to drive safely due to my dizziness, so I stopped driving!

By 2017, my life had spiraled so out of control that my ability to walk, drive, or enjoy any freedom had been taken away from me. I tested positive for *H. pylori*, which I healed with Mastic Gum. I had several falls due to dizziness, and, unfortunately, landed headfirst on the granite countertop and the floor several times, leading to concussions. The dizziness I experienced was not vertigo—I had already dealt with that and successfully resolved it, using the Epley maneuver. However, this persistent dizziness is one of the big reasons I stopped walking well.

On top of the constant dizziness, my eyesight was also giving me trouble. Because of this, I was referred to The Mackowsky Visual Learning and Rehabilitation Clinic. This clinic is in Raleigh, North Carolina, where I live. I was referred to Dr. Mackowsky by Darcy Dane, a chiropractic neurologist that I see occasionally. I went through a series of visual rehabilitation, where I completed visual homework with eye exercises and had weekly appointments to check my progress. They discovered I had nystagmus, optic neuritis, blurred vision, and more. I got prisms in my glasses, learned about binasal occlusion, and went through a lot of visual rehabilitation. Through this healing journey, I no longer need the prisms!

This was a rough year for me and my husband; he helped me so, so much. Thankfulness is important, and I am so very thankful. My chiropractor recommended stem cell treatment, but my brain was too foggy to grasp the suggestion. I tried intravenous (IV) vitamin C, low-dose naltrexone (LDN), and horseback riding. These seem to help many people, but I was still having flare-ups. Looking back, I remember not being able to use my hands because of the tremors. Originally, I was right-handed, but when that hand got shaky, I was forced to become left-handed. For a while, both of my hands were malfunctioning. I was unable to do certain tasks safely, like applying makeup or drinking a cup of hot coffee.

I was working part time for my parents' real estate management company, so they were able to pick me up for work every day. Thankful. Most days it would be my mom, and she would help with my makeup,

but some days my dad would come to pick me up. I already couldn't walk. At the very least, I wanted to wear mascara. My dad would stand behind me, with his arm around my neck, and ever so slowly, touch my eyelashes with the mascara wand. It was a very strange way of putting on mascara, but it worked.

During this time, I discovered that Hyperbaric Oxygen Therapy (HBOT) works wonders in healing so many things, such as concussions, inflammation, and more. I have read about people healing multiple sclerosis with HBOT alone. HBOT involves breathing 100% oxygen while enclosed in a pressurized chamber. While in this chamber, the air pressure inside rises to a level higher than normal air pressure, which significantly increases oxygen supply to your cells and tissues. This elevated air pressure in the chamber increases levels of oxygen in our blood plasma, speeding up our body's natural ability to heal. In 2018, I ramped up the usage of HBOT and had success. To this day, I use this modality of therapy when I am feeling inflamed or very unwell.

I studied electromagnetic frequencies (EMF), and their effect on everyone, especially sick people. Electromagnetic frequencies/fields are produced anywhere electricity is used. We are exposed to these invisible toxins every day from Wi-Fi routers, smartphones, Bluetooth devices, powerlines, cell phone towers, even dirty electricity in walls, and more. Unfortunately, these toxins are more dangerous than most people, including myself, ever realized. Having an autoimmune disease means that we cannot tolerate toxins because our toxic load is already very high. It is important for all of us to read up on this specific toxin and share the information with others. I wear a necklace called the Harmoni pendant, which has been tested and shows great results in, not only repelling harmful EMFs, but also neutralizing them. I keep my cell phone on airplane mode every night, I use speakerphone instead of holding the phone close to my ear, I went back to using a wired mouse and keyboard, I opted out of utility companies smart meter program, and I practice grounding/earthing (standing barefoot outside) to assist with equalizing to the earth's negative charge. Grounding is very beneficial for everyone. Being barefoot outside on the grass, sand, or even concrete is supposed to help with the electrical signals we are subjected to daily.

Then, the biggest take away, and most effective therapy, came along. My dad drove my mom and me, with my wheelchair in tow, from North Carolina to Florida, to start the Coimbra protocol of high doses of vitamin D. If you haven't already heard, vitamin D is important for everyone. Dr. Coimbra has been able to suppress disease activity in about 95% of MS cases. In addition to vitamin D, he also prescribes other

supplements (depending on the patient), such as vitamin B2 (riboflavin), B12, magnesium, and omega-3 DHA. He recommends a diet excluding calcium, plus an intake of extra fluids, with a minimum of 2.5L/day. Doctors practice the Coimbra protocol all around the world, but there are only several practitioners in the United States. Because I live in the U.S., I am now a virtual patient of Dr. Scott Jensen M.D., in Arizona. Since starting the Coimbra Protocol, my flare-ups subsided, but I was still dealing with past symptoms. I had gone from wheelchair to walker, but my hands were still shaky, my dizziness was present, and I was unable to safely drive, or even walk well, with a cane!

When my brain fog began to lift, I started studying different ways of repairing the damage my lesions had caused. I watched a great Joe Rogan interview with Mel Gibson about stem cells and their healing, then I remembered my chiropractor's suggestion to receive stem cells to assist with my healing. My husband and I were eager for my healing to speed up because we wanted to have a baby before we were too old. So, in 2021, I was able to travel to Panama City, Panama, to receive Mesenchymal Stem Cell (MSC) Therapy at the Stem Cell Institute. This was expensive, but oh so beneficial. Since this first stem cell treatment, I began driving again, my dizziness that I had for four years disappeared, and my hand tremors improved! I started an Instagram page to share some of what I have learned @sofiawalkingwithms. I returned to Panama for more MSC therapy in 2022. I again received 132 million stem cells that revved up my healing!

Back in 2013, and then again in 2016, I tested high for Lyme disease. The diagnosis was always unclear whether I had it, so in 2019, I took a saliva and urine test that was positive for Lyme disease. My chiropractic neurologist ordered the urine test through DNA Connexions, and the saliva test through MacTech Imaging. Again, the results came back very high for Lyme disease. The lab technician called my doctor because mine was the highest load of spirochete they had ever seen. My chiropractic neurologist had me do a nebulizer treatment for Lyme. These factors, along with MS, Epstein Barr Virus, H. pylori, and my MTHFR gene, prevented me from improving, even though these treatments can be effective for others.

Prior to getting mesenchymal stem cells, I worked to detoxify my body and clear out heavy metals to clear the path for the stem cells. The first time, my acupuncturist recommended Chinese herbs, and the second time, I tried Extracorporeal Blood Ozonation and Oxygenation therapy (EBOO) to clear any obstacles for my stem cells. I found a healthcare provider in Pittsboro, NC, at Restorative IV Therapies, PLLC. They offer

great nutritional IVs, as well as great healing advice. This treatment was actually very beneficial in removing biofilms, such as toxins, heavy metals, molds, and spirochete, from Lyme disease. A good amount of my energy returned after the EBOO treatments.

As strange as it sounds, I have become somewhat thankful for the education this disease, and its natural healing, has taught me. I am now able to share so much with my family and friends. Changing my diet has helped immensely. I try to cook at home as much as I can. It's important to make it fun, so my mom, sister, and I like to share recipes of what we have experimented with. I recommend eating dairy and gluten-free, as it is much better for your body. Now that I am doing better, my husband and I eat some gluten on occasion, especially sourdough bread because it has a lower glycemic value. I've learned that white cheese is better for you than yellow, so we have a little bit of dairy, but not much. When we do eat out, we try to eat healthily, even though it's more expensive. It pays off in the long run. Here is a recipe for my dairy-free parmesan cheese: almost 1 cup of cashews, 2/3 tsp sea salt, 1/4 tsp garlic powder, 3 tbsp nutritional yeast - mix all ingredients in food processor.

In January of 2023, I received stem cells and exosomes through an epidural in the U.S.! I was a little bit nervous because not many people have tried this—it is very new. I had great success. I just recently started walking without a cane! I am walking, driving, and feeling great. I began taking tap dancing lessons, which really helps with my brain-to-body coordination, and my drop foot.

Throughout my journey, I've gone to church and Bible Study Fellowship. I also continue to see a great chiropractor and a wonderful acupuncturist. I stay close to God, as He has seen me through and given me, "Peace beyond all understanding". I incorporate various practices into my routine for my health and well-being. These include prayer, yoga, exercising with a stationary bike, red-light therapy (Vie light), grounding, using some EMF protection, and little-to-no dairy or gluten. I also take daily supplements, based on my 23andMe gene test, use liposomal vitamins, such as C and Glutathione, occasionally use melatonin, and CBD oil almost nightly. In addition, I receive massage therapy, engage in physical therapy through tap dancing, take Epsom salt and baking soda baths, and incorporate liver into my diet. I prioritize cooking healthy, mostly organic meals with lots of vegetables, celery juice, and use all-natural cleaning and bathing products. I have gained a lot of viable information from the research by Dr. Jack Kruse, neurosurgeon, who strongly suggests sunlight, red-light therapy, and DHA fish oil for everyone with MS. I highly recommend reading some of his work. Other

helpful reads include *Breath* by James Nestor and *The Brain Fog Fix* by Dr. Mike Dow, which I listened to through Audible. I also recommend following @themsgym on Instagram, who is a great resource with helpful neuro-based exercises.

I have experienced and learned so much. If I had to do it all over, I would 100% do the natural treatments. My hope in writing this is to encourage you. Don't panic. Start by making sure you are not anxious. Then, start praying, exercising, and sleeping well. The next step is to focus on diet and supplements.

It's been ten years since I was diagnosed with multiple sclerosis, and I'm so thankful for all the help, healing, and advice I have received. I have felt pulled in many different directions of healing. In an ever-changing world with a wide range of natural therapies, there are so many to focus on. We can't do it all. Remember not to get bogged down! You will become familiar with what works for your body better than anyone else. Listen to advice and pray for clear direction but know that you are in control of what paths you choose.

“Be joyful in hope, patient in affliction, faithful in prayer.” Romans 12:12

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.