

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

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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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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

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Story by

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It all started with a dead leg. It was a few days after Christmas in 2002. I was fifteen years old, a straight-A student in school, and a good athlete. Our school basketball team had just been beaten in the semifinals of the school tournament. Earlier that year, I got a very bad bang on my left knee, which eventually led to a large piece of cartilage becoming dislodged and essentially floating around my knee area, not attached to anything. When I told my Mam, she laughed and thought I had been drinking alcohol! But then I showed her that I could move this piece of cartilage from one side of my kneecap to the other. This required surgery to remove it, and the surgeon even let me keep the piece of cartilage in a jar. It has shrunk a lot, but I still have it! The reason I bring this story up is that for Christmas in 2002, all I wanted was to build my leg muscles without having to do too much running or jumping, which could affect my knee. So, my parents bought me a step machine. What normal fifteen-year-old wants a step machine for Christmas? Me! So, on the 27th of December, while my parents and sisters were chilling out with

Christmas sandwiches and chocolates in front of the TV, I decided to do 10,000 steps on my new step machine. The next morning, I woke up, and my left leg was dead. I could walk but not normally. I attributed this to the 10,000 steps and thought to myself how out of shape I had become.

We usually have a gathering at my parents' house a few days after Christmas. I was helping to get the house ready, carrying bottles around, but I kept dropping them. Since it was my left arm now, I knew it wasn't a dead leg from stepping too much! Over the next few days, neither my arm nor leg got better; in fact—they got worse. On New Year's Day, I went to the local hospital, which is very small. After conducting some tests, they immediately sent me to the nearest emergency room, which was in Dublin. Since the emergency rooms tend to get very busy on New Year's Eve, with drunken or injured people, I was admitted to the hospital immediately. They sent for a wheelchair, but I thought to myself, "If I can walk, I'm not that sick."

At the stroke of midnight on New Years Eve, I was receiving a computed tomography (CT) scan. I was then admitted to a brain surgery ward and spent most of the day sleeping. I have never felt sheer exhaustion like these few days. I would wake to see that friends or family had visited, and I hadn't even heard them. After many more tests, I was moved out of the brain surgery ward and into a brain injury ward.

The brain injury ward was empty as it was the holiday season. The entire ward had opened just for me. Then, a junior doctor came along to retrieve some spinal fluid from me. Easy, I thought...until he showed up with a massive syringe and spent forty-five minutes trying to retrieve the spinal fluid. That led to forty-five minutes of a massive syringe being poked into my lower back—repeatedly. I was later informed that nothing showed up on my lumbar puncture (spinal tap). Still, a forty-five-minute time span I won't be forgetting soon!

The hospital I was in is a university teaching hospital. Almost every day, someone would come around to assess me or ask me to be assessed in front of junior doctors or medical students. On one particular occasion, I remember I kept laughing. I knew I was ill; I knew this was a serious situation and that nothing funny had happened, but I laughed. This happened on several different occasions. Later, I realized that this uncontrollable and unexpected laughter affects roughly 10% of people with MS and is known as the pseudobulbar affect. This can also manifest as crying.

One question I was often asked by various doctors was regarding family history. My Mam is from a large, traditional Irish family—she is one of thirteen children! One of her sisters, now sadly passed away, had MS. Other than this one aunt, there was little other family history regarding health issues. Since the doctors always asked about family history, and because only one out of my sixteen aunts and uncles had MS, I didn't think I had it. Anyway, after more and more tests, including magnetic resonance imaging (MRI), daily blood tests, and two weeks of intravenous (IV) steroids, I eventually returned home.

On the way home, we met my uncle for lunch. I remember my Mam cutting up my food. I could use my right hand but not my left; eating was one of many things that was difficult. In fact, I pretty much had to learn how to walk again and how to tie my shoelaces.

There were no answers. What had happened to me and why? I just remember the overwhelming feeling of relief after getting out of the hospital. Although I slept a lot in the hospital and had visitors every day, it was very boring and lonely. The plan was intensive physiotherapy to get my arm and leg working again. Initially, I had physio pretty much every day, which gradually decreased to every second day, and then to once or twice per week. I was getting more energy and growing stronger all the time. But I was still napping a lot every day. There was no way I would be able to return to school yet.

A few months later (around March 2003), I started to feel tingling and numbness on the left side of my face. I was reviewed by the medical team who prescribed epilepsy medications. But still—no official diagnosis.

I eventually went back to school, at first for up to two half days per week, and then more and more. That June, I sat for the official Irish state exams after missing almost six months of school. It was around this time that I had a routine hospital clinic appointment for updates on what had happened to me and why. The doctor, whom we had never met before, had a very poor manner. Abruptly and casually, he mentioned that I might have multiple sclerosis, completely out of the blue. This frightened me as I didn't know much about MS, except the still common depiction of people with advanced disability. This wasn't an official diagnosis, so life went on afterward.

Every day I spent time exercising and getting stronger. I was keen to regain full control and power of my left arm and leg. One Saturday morning in August 2003, I was in our garage, exercising on my mini

trampoline (again, to save my knee!). As I was jumping up and down, I kept veering to one side, even as I was conscious of this and tried to stop it from happening. A little concerned, I went into the house, and my godmother, an ex-nurse who happened to be visiting, said that we should get it checked out. On a Saturday, most local doctors (known as GPs in Ireland, similar to Primary Care Physicians) are closed, so we went to a locum GP, again—someone we'd never met before.

This locum doctor heard my history and sent me to the local hospital where I was admitted while waiting for a bed to open in the larger hospital in Dublin. This was certainly my third MS attack in eight months, but we still didn't know what was going on. Back then, there was no social media or smartphones. In fact, we didn't really use the internet at home. There was no such thing as "googling" my symptoms. The way I describe my first MS attack is the loss of 90% function of my left side. However, this third MS attack was more like losing 10% function, but this time on the right side. I was relatively functional, so I remember in the hospital there was a quiet staircase near my ward, and I used to run up and down, while holding the banister. This was partly due to boredom—no smartphones, Facebook, or TV streaming! But also, partially due to wanting to maintain my strength and fitness. But the main reason for wanting to run those hospital stairs every day was that I told myself, "If you can move and run stairs, you can't be that sick."

Testing facilities in this small regional hospital were limited, so I was moved to the larger Dublin hospital after about a week of IV steroids. I was admitted to the same brain injury ward as the first time I got sick. This alone gave me chills. However, I was much more functional this time. This hospital has a long driveway connecting to a main road. I used to walk up and down this driveway five times each morning. I remember once the doctors came around to assess me, but I was out walking! I got in trouble with the nurses, but I still remember my mantra: "If you can move like this, you can't be that sick."

I was scheduled for another MRI scan but thankfully no repeat lumbar puncture after the first one! A few days after the MRI scan, my parents and I were asked to meet with the entire medical team, including junior and senior doctors, as well as nurses. It was here that a single sentence changed my life:

"Conor, you have multiple sclerosis."

My Mam burst into tears and left the room. I'm not a parent, so I can't empathize with her. But I can only imagine how it feels to hear your child being told that they have a serious, incurable condition—especially

at the young age of fifteen. In addition, my older sister was born a twin, and my twin brother, Dara, passed away a month after birth. So, my parents had lost a son and now their only living son was being diagnosed with MS. In many ways, that day must have been harder for them than for me.

Strangely, my immediate reaction was relief—we had an answer, a diagnosis. We could come up with a plan and move forward. No more mystery. Except MS is very mysterious, but I didn't know that then. My second reaction was, "When can I leave the hospital!?" As I say, I was quite functional, having lost about 10% of function, but I could still walk unaided. One of my overriding memories of being in the hospital is boredom. There was nothing to do! I was the youngest in the ward by about fifty years. Although the other patients and I chatted, the days were long and boring. My third reaction was, "Will I be able to play sports?" This was one of my first questions for the medical team, and I remember them looking at me like I had two heads! I'm sure they were thinking, "We've just told this young fella he has MS, and he's worried about playing sports!?"

Thankfully, I was released! I was allowed to leave the hospital, but not before a serious discussion with the medical team about my treatment options, which were only presented as medications. No mention of exercise, nutrition, supplements, stress—medication only. Back in 2003, there were only three medication options, all injectable: two different types of interferon and Copaxone. The effectiveness of these three medications was very similar, so it was up to me to decide which I prefer. This would depend on how often I wanted to inject, the size of needle, side effects, etc. I went home to think about it, excited to be leaving the hospital. I later opted to go with one of the interferon medications.

As a young boy, the fact that school was about to start was just as significant for me. I was able to attend school, but I had to take a lot of time off for different medical appointments. The first relapse required almost an entire rebuild of strength and function, while the third relapse required more fine tuning. Both were difficult and frustrating!

At first, life went on, and I didn't really talk to anybody about MS. My friends were young, and there was (and still is) a perception that MS means life in a wheelchair. Not exactly a fun schoolyard conversation. I initially made some efforts to attend local MS meetups, but these were mostly attended by people fifty plus years older than me and with visible disability. So, I stopped going to these types of events. I was also advised against reading too much about MS as there was (and still is) a lot of

misinformation. So, I avoided MS talk mostly, and life went on. But my medication, the interferon injections, were causing nasty side effects, from bruising and soreness at the injection sites to cold-like symptoms and sleepless nights—not ideal while trying to attend school, study, play sports, and chase girls!

The medication side effects were constant and made me feel miserable. I knew that being miserable was not healthy. It was at this point that I decided to start reading about MS—every piece of information I could find. I started in the local library—not with Google but using real books—and I read everything around me. The information was not consistent, and it was more than a little confusing. Nevertheless, healthy eating seemed important, as did moving my body every day, controlling stress, and sleeping well. I decided I was going to stop taking the medications due to the severe side effects, but only while changing my entire lifestyle simultaneously. At the next clinic appointment, I told the doctors that I was stopping the medications. They essentially told me that I was being foolish. My parents did not agree with my decision but said they would support me.

Leaving the clinic room that day, I felt free but also nervous. I already had a diagnosis, and my severe medication side effects were about to stop. But would I get sick again? I told myself to keep moving and educating myself. This sounds great, but initially it was an absolute disaster. I look back now at the information I was reading and believing, and I understand that a lot of it was rubbish. Some of it was dangerous information. Nevertheless, I was on a mission to live a healthier life.

I still had three years of school left before I would be able to go to university. Since my dream of being the first Irish guy to play in the NBA seemed doomed (jokes! I was good, but not that good), I decided to focus my energies on getting healthy. Nutrition seemed pretty important; I was always vaguely interested in nutrition but mostly from a sports point of view, not necessarily health. This was twenty years ago at the time of writing this. Thankfully, things have gone from strength to strength since then; I have been symptom-free, relapse-free, and medication-free.

My simple advice for anyone newly diagnosed is to connect with other MSers (in person and/or online). There are so many groups available, enabling anyone to connect anywhere in the world with similar issues, thoughts, questions and ideas. Ask questions to your medical team, including neurologists, pharmacists, physiotherapists, occupational therapists, dietitians, etc.

Educate yourself but be careful of the source. It has never been easier to access information than it is right now. However, finding trustworthy and reliable information is harder than ever! Be careful who and what you believe. A lot of social media influencers are not qualified on what they speak about. In addition, be careful because sometimes people talk about new research performed on animals (like mice or rats) and assume the effect is the same in humans! Engage with your local healthcare team(s), as well as national MS Societies and trusted key healthcare professionals.

Move! As you can tell, if you've read the first part of my piece in this wonderful book, I am a big fan of movement. You don't have to be a bodybuilder or marathon runner but try to move your body on a consistent, daily basis. Start where you are, be sensible, and find something you enjoy and will commit to. This could be a walk with a friend, swimming, gardening, or playing with the grandchildren, for example.

All diseases are complicated. MS seems to be one of the most complicated! However, there are certain things which seem important to help manage MS, based on my own opinion, experience, and most importantly, the scientific evidence.

I think nutrition is so important yet underappreciated and underused when it comes to health in general and certain conditions, including MS. As I mentioned previously, after I was diagnosed, I read a lot regarding nutrition and MS, but it was very conflicting and confusing. I became more and more interested in nutrition as a means to get healthy and stay healthy. My solution was to formally study human nutrition and dietetics at the oldest and most prestigious university in Ireland, Trinity College, Dublin. Following graduation, I completed my doctorate studies through the School of Medicine at University College Dublin in conjunction with two Dublin hospitals. For nutrition research, which I designed and conducted myself, I won multiple national and international awards.

But when it comes to MS, there is conflicting research and school of thought regarding nutrition. On one hand, there is the plant-based, low saturated fat approach. On the other hand, there is the low carbohydrate, paleolithic/ketogenic approach. These approaches are quite different! My chapter is not intended to focus on nutrition and the complexities of nutrition research. However, there is some consistency. For example, all plans recommend lots of vegetables. So, as I always say to my patients, adding more vegetables is a great place to start! Other antioxidant-rich foods, which are heavily recommended based on research studies

conducted among those with MS as well as other neurological and autoimmune diseases, include nuts, seeds, and fruits, especially berries. Omega-3 rich foods, such as flaxseed (also called linseeds), walnuts, and oily fish, such as salmon, sardines, and mackerel, as well as certain fortified foods and omega-3 supplements, are also recommended. Some research supports small amounts of eggs and poultry products, but this is not consistent. On the other hand, foods which are not recommended based on research studies include processed meats, excess alcohol, refined cereals (such as white bread), high amounts of salt and sugar, fried foods, and trans-fats (e.g., processed salad dressing).

A fascinating area of research regarding health and disease, including MS specifically, is the gut microbiome. A really important nutrient for overall health and overall gut health is fiber.

And Kerley's golden rule of fiber is that it is only found in unrefined plant foods. This is a really useful guide when you are eating or shopping. Is there any fiber in milk? No, because it's not an unrefined plant food. Is there any fiber in white bread? Very minimal because although white bread is from plants, it is heavily refined. Is there any fiber in flaxseeds? Yes, because they are unrefined plant food. So, fiber-rich foods include legumes like chickpeas, lentils, kidney beans; nuts like walnuts; seeds like flaxseed; as well as wholegrains like oats, fruits, and vegetables. These foods form the basis of very healthy diets, including my own. Some research suggests that dairy products can be problematic for those with MS. I use mostly fortified soy alternatives, which are a great source of protein, as well as calcium, vitamin B12, and much more!

Here's a rough outline of my daily routine: As I've said throughout my chapter in this great book, movement is key for everyone, including those with MS. Initially, this was just my own thought as a stubborn, athletic boy, but modern science really does back up the therapeutic benefits of movement for MS (and other conditions). In the past, people with MS were encouraged to rest and not exercise. However, research conducted among those with MS and other neurological and autoimmune conditions has reported that movement and physical activity is good for muscle strength, bone strength, balance, coordination, brain function, and mental health, including mood, and much more! Research also demonstrates that exercise is actually beneficial for decreasing fatigue! I walk every single day outside in nature. I live on the third floor of a building and use the stairs down but also up multiple times per day. Using the stairs is a simple way to ensure that amount of movement throughout the day. I go to the gym most days and do a combination of strength activities with free weights and machines, aerobic training such

as a spin class, as well as some yoga. I am terrible at yoga, but I know I really need to work on my flexibility (note that my poor flexibility has probably been from sports injuries, not MS). I play sports when I can, usually football (soccer) and basketball, but I love the chance to play pretty much any sport.

For anyone—with or without MS—it is important to try to move daily but start where you are and seek professional advice and assistance if needed. For some, a short walk may be a good starting point. For others, some gentle exercise while seated might be most appropriate. Brand new research from 2023 demonstrates that perhaps the most important thing when it comes to the benefits of movement is consistency. In other words, don't worry about the finer details, just try to move every day, or even better, several times a day! I am not a bodybuilder or an Olympian, but I do move every single day.

I do not currently take any medication for MS—or for any reason. In fact, I have not taken medication since late 2003. However, this may not be appropriate for everyone. Work with your medical team, especially your neurologist and GP (Primary Care Physician) to formulate a good plan, tailored specifically to you. And remember, this plan may change, but make sure you are part of the conversation to formulate a treatment plan for yourself, and make sure you have input into the treatment decision.

I used to work in a clinical respiratory department at a Dublin hospital, which included a sleep laboratory. My time here emphasized the importance of sleep and healthy sleep habits. Similar to other aspects of lifestyle, I think the benefits of good sleep are underappreciated and underused. Sleep is so important for us all, especially those of us with MS. I know when I don't sleep well, it affects my energy, my mood, my ability to concentrate, my food cravings, my appetite, and much more. I try to go to bed and get up at roughly the same time of day everyday—even during the weekends. I try to avoid eating late at night. I have also started to wear a night mask in bed, which helps me sleep better. In addition, when we are exposed to darkness, our bodies make the hormone melatonin. But ideally, when we say exposed to darkness, we mean not being able to see past our own nose. This is not always practical with city living, etc., so a night mask works great to help your natural melatonin production. Modern research has demonstrated that melatonin levels can be lower in those with MS and that increasing melatonin can decrease inflammation, even resulting in improved brain and physical function.

Regarding supplements, the most focused research has been on vitamin D. However, when we look at the research on vitamin D and MS, it is largely disappointing. For example, scientific reviews of original research studies published in 2022 and 2023 reported: “No significant therapeutic effect on MS, according to the disability scores and relapses during research,” and “Vitamin D supplements (high or low dose) have no significant effect on relapse rate and disability during treatment in MS patients.”

At the same time, vitamin D is important as some studies have reported seeing benefits in MS patients, but the overall picture is not as promising. I suggest you consider taking a sensible dose of vitamin D, for example 2,000IU (50mcg) daily with food, but do not expect vitamin D alone to work miracles. I do take vitamin D in the winter here in Ireland, but I opt for some sensible sun exposure when available during the Irish summer over supplements. In fact, there is some fascinating research suggesting that sensible sun exposure, without ever burning, has lots of other benefits besides vitamin D, including helping to regulate sleep cycles, improve mood, and provide benefits for blood vessels and blood flow.

But how do we know the sun is strong enough for us to produce vitamin D? Just look at your shadow and follow Kerley’s rule: you want your shadow to be the same size or shorter than you for vitamin D production. When the sun is high in the sky, your shadow is short, and you can produce vitamin D. But when the sun is low in the sky, you will have a long shadow, and you can’t produce vitamin D. Use Kerley’s rule for any location in the world, any time of day, any time of year. Remember to never burn!

MS has also changed my attitude towards life. Health is so important, and I don’t think most people realize this until we get sick. I certainly didn’t think too much of my health as a fifteen-year-old...until I got very sick. I am not a health freak or overly strict with how I live my life, but I am healthy and have good, consistent habits. I would recommend that anyone with MS build healthy habits into their life, including movement, good sleep, stress reduction, and delicious, nutritious foods. You don’t have to change everything all at once, but healthy habits really do help! As I say to my patients, stack the odds in your favor. Imagine you can place a bet with ten chips, and the bet is for a long, healthy life. There are some chips which might be healthy sleep habits, daily movement, stress reduction, daily vegetables, walnuts, flaxseeds, vitamin D supplement and/or sensible sun, stress, pizza, and excess alcohol. If you bet on all these chips, which are healthy except the pizza and excess alcohol, you have seven healthy chips versus three unhealthy chips (stress, pizza, and

excess alcohol). Now, imagine that you can add in healthy or unhealthy chips to make the bet a longer, healthier life.

Personally, I don't listen to a lot of podcasts. Not because they're not good or I don't like them, it's just not a habit I have. However, there is a nice podcast from an expert neurologist in the UK that includes Dr. Agne Straukiene. The podcast is called *Bee Well with MS* by Dr. Straukiene. She is an MS expert, but she is very open-minded and speaks about all aspects of MS and potential therapies to help the disease, not just medications. In addition to Dr. Straukiene, some other prominent neurologists with multiple sclerosis expertise I followed include Dr. Aaron Boster (USA), Dr. Barry Singer (USA), Dr. Brandon Beaber (USA), and Professor Gavin Giovannoni (UK). I recommend following these experts for tips and updates.

When it comes to diet and diet books for MS, and as I mentioned above, there is conflicting research and schools of thought regarding nutrition. I am quite familiar with the Overcoming MS (OMS) program, designed by Professor George Jelinek in Australia. The OMS program includes advice on nutrition, movement, vitamin D/sun, stress reduction/mindfulness, with an option of adding medication. OMS has a great website and several books available. Their resources are very useful with recipes, meal plans, and an online community, as well as some offline communities. There is also the Wahls Protocol®, developed by Dr. Terry Wahls in Iowa, USA. The Wahls Protocol® is essentially a modified paleolithic diet with lots of meat, fish, vegetables, and fruit where dairy, eggs, grains, legumes, sugar, and some vegetables called nightshades are excluded. I recommend anyone with MS who is interested in nutrition to check out OMS and the Protocol®. I personally follow my own nutritional program based on my own reading and understanding of the research. This just so happens to be much closer to the OMS program than the Wahls Protocol®. But we shouldn't get overly bogged down. Anyone can start by simply adding more vegetables, fruits, nuts, and seeds, which everyone agrees is good for overall health.

I mentioned above that vitamin D is the most researched supplement for MS and gets the most attention, but evidence around vitamin D and MS is actually disappointing. During my own reading and research, I discovered that some natural compounds had much more powerful effects in research studies among those with MS than vitamin D. In fact, research with these plant-based compounds among those with MS demonstrated it. The effects included: less fatigue, less new MS lesions, less brain destruction, less disability, modification of the immune system, less oxidative stress and increased antioxidant activity, less

inflammation, less fatigue, depression, and pain. I have formulated a unique and research-based nutrition product called “Nervous System Phix”, which contains these compounds in the amounts demonstrated to be effective.

As a clinician, researcher, and patient, I try to keep up with all the new information about MS but also other conditions. This takes a lot of time! Some organizations I follow include Shift.MS and MS Lyfe, as well as MS News Today and MS Translate. There are obviously lots of different MS organizations around the world, but these are some that I find useful.

I am a fan of hip hop music. I found out a New York artist called Masta Ace was diagnosed with MS. He released a song call “Fight Song” where he says: “My spine’s tinglin’, my visions off and my fingers numb; he lookin’ for a vicious fight, I’m a bring him one.” In this sentence, he’s referring to MS, so Masta Ace is saying he will fight MS. Later, he goes on to say: “You might slow me a little bit, but you won’t stop me; you might stand in my pathway, but you won’t block me.” I love this song because of the clear defiance from Masta Ace. I try to live my life to defy MS, too!

A very brief summary of this short chapter and my attitude to MS and life: be defiant. Live healthy but enjoy life, especially exercise with friends and family. Connect with other MSers. Move it or lose it! If anyone reads my chapter in this book and would like to engage with me, ask any questions, or simply just connect, please do. I have included my contact details and social media links.

A final note: I’ve had MS well over half of my life. It changed my life in many ways—some bad but mostly for good. I think of how my attitude changed, all the great people I’ve met, and experiences I’ve had because of MS. MS used to be in my thoughts all day, every day; what I could and couldn’t do. However, having had MS for over twenty years, I am delighted to say that MS no longer consumes me and my thoughts. I still think about MS but not every day. Just like Masta Ace, I choose to bring the fight to MS—in what I do and don’t do, in how I think, and how I act. In this fight against MS, I am winning and long may it continue. I hope some of the words in this book can help even just one person in their fight, too.

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.