

IMPACTING MS OUTCOMES THROUGH NUTRITION



2 KEY CONCEPTS TO FOCUS YOUR LIFESTYLE ON

Inflammation
Fire burning



Microbiome
Inner garden



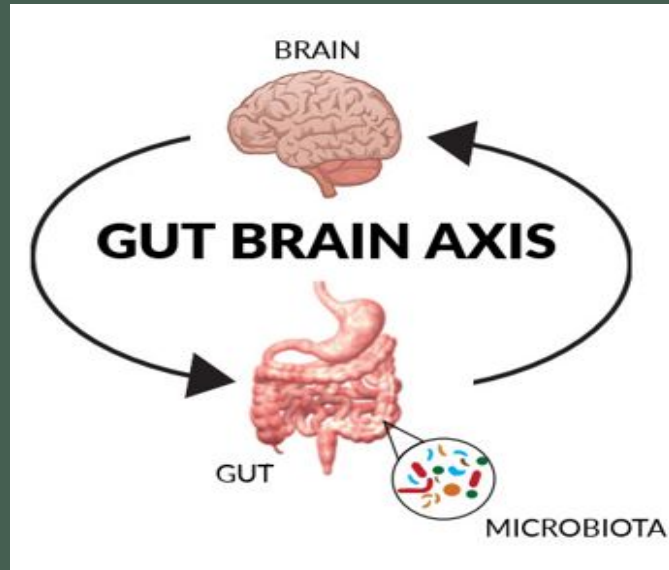
INFLAMMATION



BODY'S NATURAL RESPONSE TO INJURY OR ILLNESS, SIGNALS YOUR SYSTEMS TO SEND NUTRIENTS AND IMMUNITY BOOSTERS TO WHATEVER AREA NEEDS THEM.

PROBLEM: ONGOING INFLAMMATION. SOME CAUSES—TOXINS, MEDICATIONS, STRESS, INFECTIONS, DISEASE, DIET, OBESITY

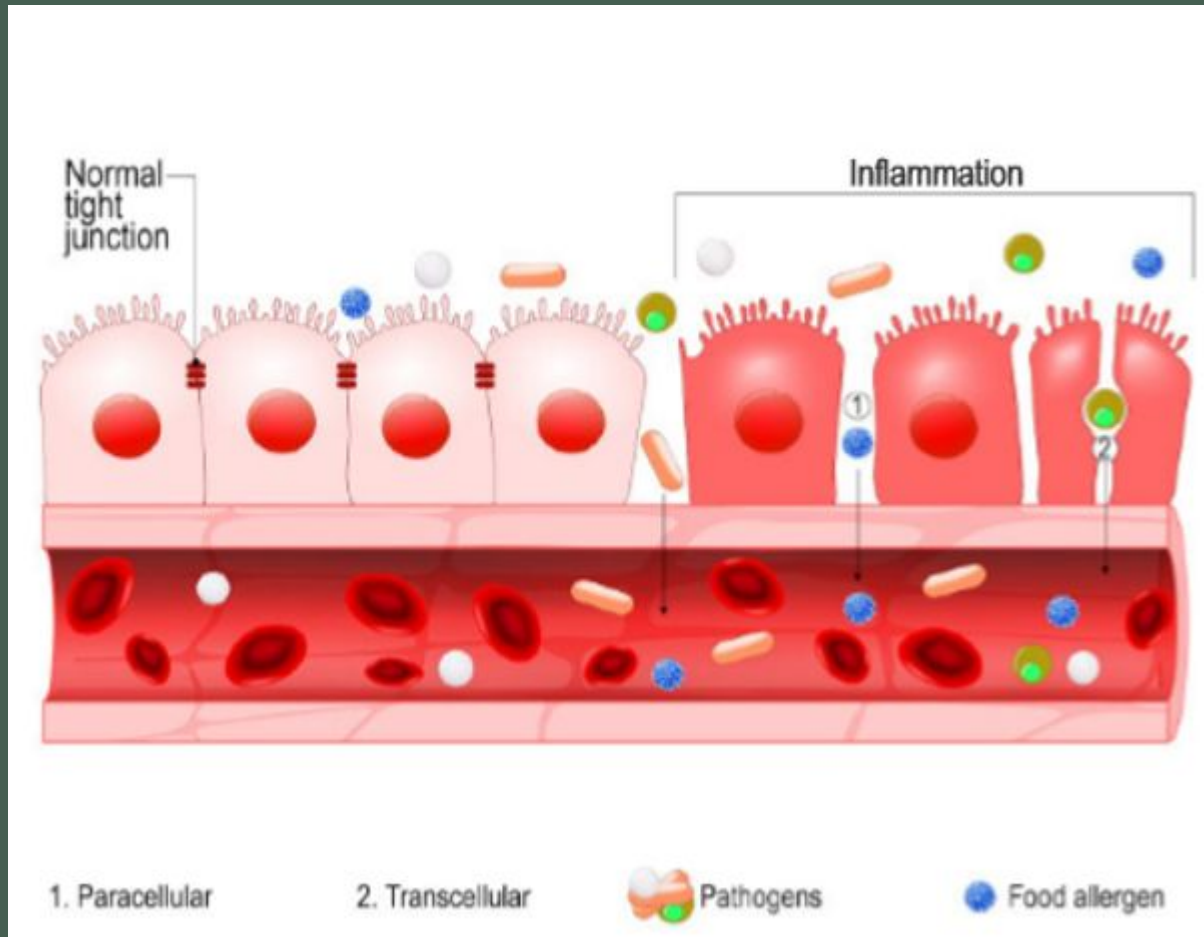
GUT MICROBIOME



Influences on: Weight gain, nutrient delivery, microbial balance, bowel movements, neurotransmitters, stress, anxiety, mood and behavior

90% of serotonin produced in the gut. A neurotransmitter responsible for regulating appetite, mood, sleep, relaxation.

LEAKY GUT



MINDSET & NUTRITION

How can I **adjust my mindset** about the way I eat?

EXPLORATION
NOT
DEPRIVATION

NOURISH THE
CELLS &
NOURISH THE
SOUL

MINDFUL-
BASED EATING
IN A RELAXED
ENVIRONMENT

PROGRESS
NOT
PERFECTION

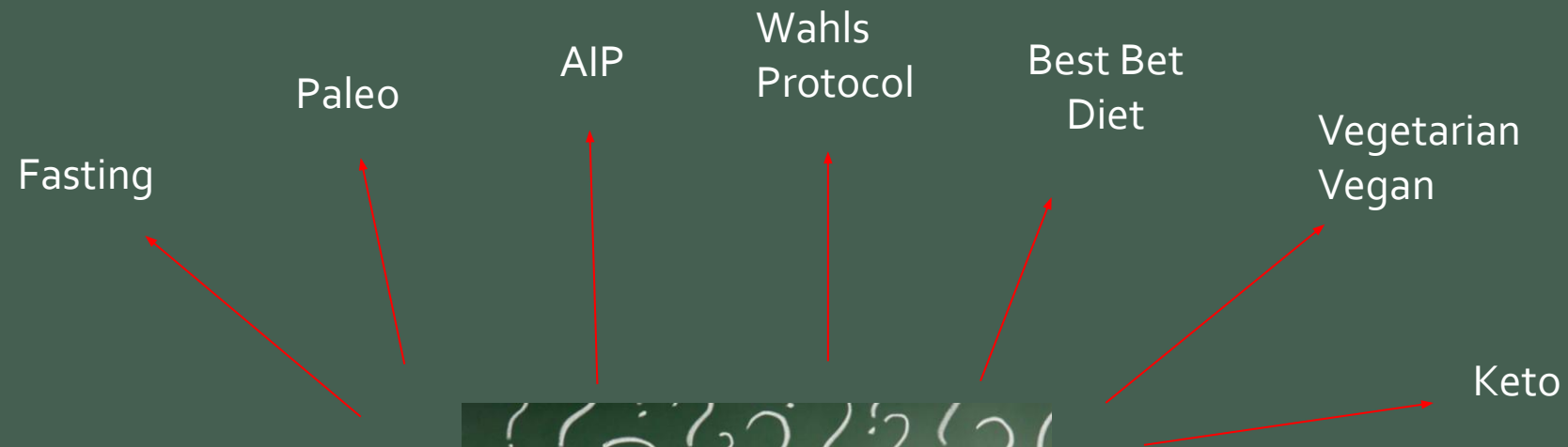
Your **thoughts** & your **mental & emotional** state **change** your biochemistry & digestion.

It's not just about types of foods.

How do you feel when you eat?
Stress, guilt, shame?

Address beliefs & patterns that aren't serving you.

WHICH EATING STYLE TO CHOOSE?



MOST HEALING DIETS HAVE THIS IN COMMON

Add

- Focus on whole foods that are nutrient-dense
- Anti-Inflammatory foods & beverages
- Consume nutrients that tend and feed the inner garden—our gut microbiome
- Vegetables and fiber, mostly organic & non-starchy
- Focus on the importance of eating healthy fats
- Importance of Vitamin D & other micronutrients

Subtract

- Avoid refined sugar and limit natural sugars
- Eliminate refined carbs
- Limit caffeine & alcohol
- Dairy is a common food intolerance
- Gluten-free & often grain-free
- Avoid processed fats & vegetable oils high in omega-6
- Avoid: packaged, refined, and fried foods, processed meats, synthetic sweeteners, fast food, GMO foods, artificial ingredients
- Most are soy-free and discourage legumes

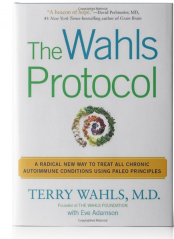
FOOD ALLERGY VS. INTOLERANCE

Food allergies: severe reactions that can be life threatening.

Common Culprits: Wheat (and glutes), corn, soy, dairy, eggs, fish/shellfish, peanuts/tree nuts.

Food intolerance: symptoms less severe, reactions can be delayed, harder to detect, more common; often connected to digestive problems. Immune system response to a food that the body believes is harmful, compromising our immune system and inflammation occurs.

WAHLS PROTOCOL™



Primary principle: **Maximize** the vitamins, minerals, antioxidants and essential fats that your brain & mitochondria need **to thrive**.

Level One Wahls Diet:

1. 9 cups of fruits & vegetables every day: 3-3-3
2. Gluten-free/Dairy-Free
3. High-quality protein: Organic, grass-fed, wild caught

WAHLS PROTOCOL™

Level Two: Wahls Paleo

1. Continue level one Wahls diet
2. Reduce all non-gluten grains, legumes, and potatoes to 2 servings/week
3. Add seaweed or algae and organ meats to your diet
4. Add fermented foods, soaked seeds and nuts, and more raw foods.

Wahls Paleo Plus

1. Eliminate ALL grains, legumes, and potatoes
2. Consume at least 6 cups of vegetables per day 2-2-2
3. Reduce cooked starchy vegetables (2 servings/wk) & fruit (1 serv/day preferably berries)
4. Add coconut oil and full-fat coconut milk
5. Eat twice per day and fast 12-16 hours every night

The Wahls Diet™ Cheat Sheet

Recommended foods:



Vegetarians & Vegans:

Have complete protein using gluten-free grains and legumes and take B12 supplements
Eat recommended foods according to your appetite.

Avoid Excluded foods:



Gluten



Processed Foods



Eggs



Dairy Products



Sugar

Source: terrywahls.com/diet

BEST BET DIET

Primary principles: Decrease the activation of myelin-sensitive immune cells and strengthen the veins in the brain so as to significantly retard the passage of harmful immune cells into the central nervous system.

Foods to avoid: Those which result in increased activation of the immune system.

1. All dairy products.
2. All foods containing gluten.
3. Legumes which include peas, beans, peanuts and all soy products.
4. Foods with a high sugar content.
5. Foods that cause an allergic reaction. Such foods can be determined by formal testing arranged by a naturopath and by simply monitoring how you feel after eating a given food.

BEST BET DIET

Foods to eat in moderation:

1. The intake of saturated fat. Eat lean red meat only 1x/wk week.
2. Omega 6 polyunsaturated fat found mainly in margarine and salad oils. Use olive oil for fat supply and dressings.
3. Non-gluten grains such as corn and rice. Try to reduce the intake of non-gluten grain products as much as possible.
4. Alcohol consumption should be kept low and restricted mainly to red wine.

Foods to increase (most of your diet):

1. Fish (especially fatty fish), skinless chicken breast and game meat.
2. As many vegetables as possible with a wide variety consumed.
3. Fruit with an emphasis on berries (blueberries, strawberries, blackberries).
4. Nuts.
5. Coffee and green tea can be consumed in normal amounts.
6. A variety of supplements.

PALEO

THE PALEO DIET IS A NUTRIENT-DENSE WHOLE FOODS
DIET BASED ON EATING:

EAT:

- ✓ A variety of quality meat, sea-food and eggs
- ✓ Tons of vegetables and fruits
- ✓ Nuts and seeds
- ✓ Healthy fats
- ✓ Herbs and spices

AVOID:

- ✗ Grains and pseudograins (like quinoa)
- ✗ Legumes (legumes with edible pods like green beans are fine)
- ✗ Dairy (especially pasteurized, industrially-produced)
- ✗ Refined and processed foods (including refined seed oils like canola oil and safflower oil, refined)
- ✗ Sugars, and chemical additives and preservatives)

AUTOIMMUNE PROTOCOL (AIP)

Focused on providing the body with the nutritional resources required for immune regulation, gut health, hormone regulation and tissue healing while removing inflammatory stimuli from both diet and lifestyle.

Following AIP guidelines 100% is often termed *the elimination phase*, designed to cut out the most likely food culprits while flooding the body with nutrients. Then you reintroduce some foods that you've been avoiding.

AVOID on the autoimmune protocol



AUTOIMMUNE PROTOCOL (AIP)

Rules of what to eat are:

- Quality meats (grass-fed, pasture-raised, wild as much as possible), organ meat, fish and shellfish
- Vegetables of all kinds, aim for 8+ servings daily
- Roots, tubers and winter quash (cassava, sweet potato, parsnip, beets, fennel, carrots, rutabaga, turnip, acorn squash, spaghetti squash, tigernut)
- Herbs and spices
- Healthy fats (pasture-raised/grass-fed animal fats, fatty fish, olive oil, avocado oil, coconut oil)
- Fruit (keeping fructose intake between 10g and 40g daily)
- Probiotic/fermented foods (fermented vegetables or fruit, kombucha, water kefir, coconut milk kefir, coconut milk yogurt, supplements)
- Gut microbiome superfoods (high-fiber and phytonutrient fruits and vegetables, cruciferous vegetables, mushrooms, roots, tubers, alliums, leafy greens, berries, apple family, citrus, extra virgin olive oil, honey and bee products, fermented foods, tea, and bone broth)
- Source the best-quality ingredients you can
- Eat as much variety as possible

symptoms of a reaction aren't always obvious so keep an eye out for any of the following:

× Increased mucus production: phlegm, runny nose, or postnasal drip

× Coughing or increased need to clear your throat



× Itchy eyes or mouth × Sneezing

× Reduced energy, fatigue, or energy dips in the afternoon, or a second wind in the late evening that makes it hard to go to sleep at a good time



× Trouble falling asleep or staying asleep, or just not feeling well rested in the morning

× Gastrointestinal symptoms: tummy ache, heartburn, nausea, constipation, diarrhea, change in frequency of bowel movements, gas, bloating, undigested or partly digested food particles in stool

× Cravings for sugar, fat, salt, or caffeine

× Pica (craving minerals from nonfood items like clay, chalk, dirt, or sand)



× Headaches (mild to migraine)



× Dizziness or lightheadedness

× Feeling anxious, less able to handle stress

× Mood issues: mood swings, feeling low or depressed

× Aches and pains: muscle, joint, tendon, or ligament



× Changes in skin: rashes, acne, dry skin, little pink bumps or spots, dry hair or nails



× Symptoms of any diagnosed disease returning or worsening



VEGETARIAN & VEGAN

A **vegetarian** is someone who does not eat any meat, poultry, game, fish, shellfish or by-products of animal slaughter. Vegetarian diets contain various levels of fruits, vegetables, grains, pulses, nuts and seeds. The inclusion of dairy and eggs depends on the type of diet you follow. Part-time vegetarians are often referred to as flexitarians.

Vegans: Vegetarians who avoid all animal and animal-derived products.

INTERMITTENT FASTING (IF)

An eating pattern that cycles between periods of fasting and eating.

Intermittent Fasting Methods

During the fasting periods, you eat either very little or nothing at all.

Most popular methods:

16/8 method: skipping breakfast and restricting your daily eating period to 8 hours, such as 11–7 p.m. Then you fast for 16 hours in between.

Eat-Stop-Eat: This involves fasting for 24 hours, once or twice a week, for example by not eating from dinner one day until dinner the next day.

The 5:2 diet: Consume only 500–600 calories on two non-consecutive days of the week, but eat normally the other 5 days.

KETOGENIC DIET

Changing fuel source from sugars to fats.

Foods to eat on a ketogenic diet include the following:

- Fat: A variety of nourishing good fats such as olive, avocado, coconut, macadamia and flax oils, grass-fed butter, ghee, MCT oil, nuts, seeds and their respective butters, olives, coconut products and avocado.
- Non-starchy Vegetables
- Low-carb Fruits: Blackberries, strawberries, raspberries, blueberries, avocados and lemons.
- Meat and Fish: Grass-fed beef, wild meats, organ meats, lamb, chicken, turkey, salmon, sardines and other fatty fish.
- Eggs: Whenever possible opt for eggs from pasture-raised chickens.
- Full-fat Dairy: Cheese, cottage cheese, plain, whole-fat yogurt, cream.

Foods to avoid: Processed/packaged foods. Trans-fats, Vegetable oils such as soybean, canola, corn, safflower, sunflower. Refined sugars, refined flour and grains, artificial sweeteners, processed soy.

SUPPLEMENT SUPPORT

Although the goal is for most of our nutrients to be supplied by the food we eat, supplementation is a necessary part of helping our body function at peak.

The following are a few core suggested supplements for optimal health:

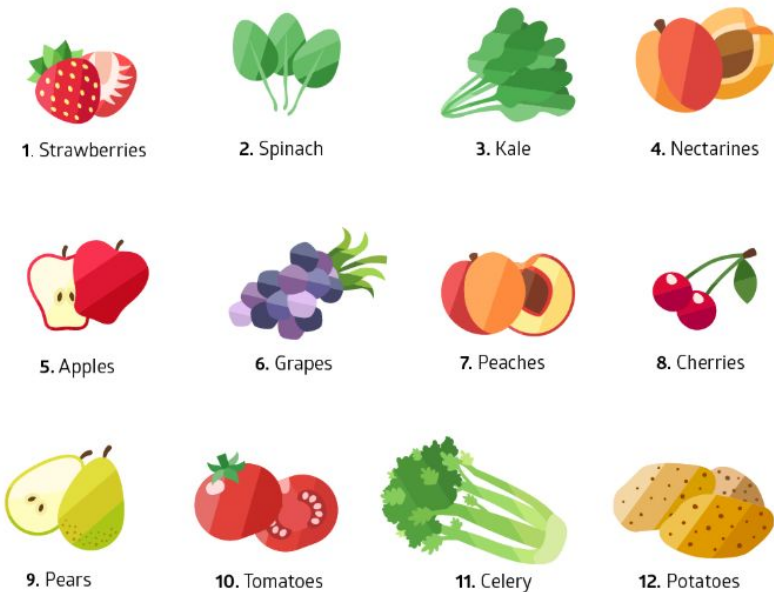
- Vitamin D, essential fatty acids, magnesium, digestive enzymes, probiotics

How can you improve your supplement routine?

EWG DIRTY DOZEN + CLEAN 15

The Environmental Working Group's 2019 Dirty Dozen List

The Fruits and Veggies With The Most Pesticide Residues



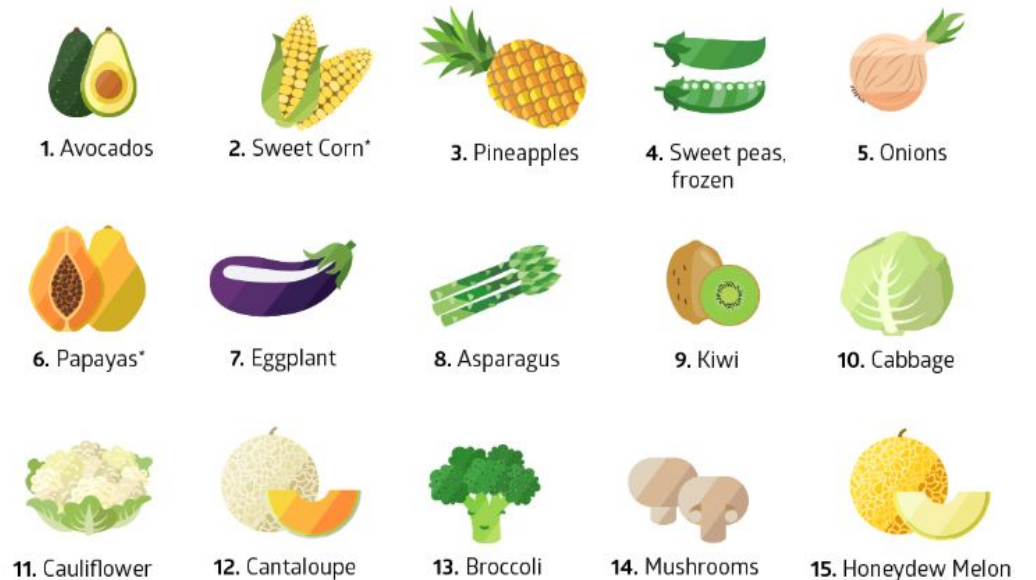
Strawberries and spinach were the worst offenders for the third straight year

18

Multiple samples of kale showed 18 different pesticides!

The Environmental Working Group's 2019 Clean Fifteen List

The Fruits and Veggies With The Least Pesticide Residues



* A small amount of sweet corn, papaya and summer squash sold in the United States is produced from genetically modified seeds. Buy organic varieties of these crops if you want to avoid genetically modified produce.

PROCESSED & CONVENTIONAL GRAIN-FED MEATS



Inflammatory compounds are created when processed meats are dried, smoked, pasteurized, and cooked at high temperatures. Preservatives, colorings, and artificial flavorings also register as foreign attackers to our immune system.

Choose meats without antibiotics and hormones.

Organic when possible.

Grass-fed beef has more omega-3s.

Marinate with lemon juice or vinegar-based dressing before grilling—acid acts as an antioxidant, protecting you from the harmful carcinogens producing during grilling.

ARTIFICIAL ADDITIVES



Artificial means not found in nature. So our body usually doesn't have a way to process it. Our immune system attempts to defend the body from these synthetic substances, which activates the inflammatory cascade. **Additives like emulsifying agents** used to thicken foods (**Pgpr**) can disrupt the bacterial makeup of the gut, leading to inflammation and weight gain

SYNTHETIC SWEETENERS

Common culprits: No-sugar-added products, no-calorie "Diet" soft drinks

Enhances the risk of glucose intolerance by altering our gut microbiome. Increase bad gut bacteria associated with type 2 diabetes. Disrupt the composition of our gut microbiota by decreasing levels of the good bacteria *Bacteroides*, known to help release anti-inflammatory compounds.



FAST & FRIED FOODS



phthalates (thāl-ates) are endocrine-disrupting chemical toxins used in plastic food & beverage packaging.

VEGETABLE OIL



Oils such as soy, corn, sunflower, safflower, or palm oil—Americans are eating so many vegetable-oil-laden products that the average person has an omega-6 to omega-3 ratio of around 20:1, should be 1:1.

MSer's YOU CAN DO THIS

When you experience massive improvements in your health...all your efforts with nutrition become well worth it.

