Nutrition and MS: Diet Patterns

best foods and targeted supplements for people with Ms.. Backed by groundbreaking nutrition research trials. I am your host. And I'm so glad that you were here.

This is one of the most common questions that I received from my, followers. What should I eat and what supplements would be helpful? Now, ultra processed, is sugar sweetened beverages and flour based breads, cereals and pastas.

And, consuming more sugar sweetened beverages. More flour based foods is linked with a higher risk of all sorts of health problems, worse disease severity for people with M. S., worse depression, worse anxiety, learning problems in children, lower quality of life in Parkinson's, dementia and Alzheimer's.

More obesity, diabetes, heart disease, cancer all cause mortality. So less sugar, less flour will be very helpful. Now in observational studies, we know that patients consistently are not meeting, very many vegetables.

In fact, 80% have less than three servings, per day in American, on average, it's 1.5 servings per day. And that comparing Ms. nutrition compared to controls.

We have a more limited diet. Lauren. Take 31 nutrients. Zinc, iron, B vitamins are below the estimated average requirement, which means, that's the nutrient level below that, you're likely to have, develop a disease state.

The total antioxidant capacity is lower, fewer polyphenols. Those are the bright colors in, berries, nuts, colored fruit, vegetables, and spices. And nutritional status is worse in patients with more severe disease, harmful foods, lots of salt, sugar, white flour.

I've already mentioned that these are the ultra processed foods.

Mitochondria, Brain Health, and Key Nutrients

And foods like chemicals, food dyes, so reducing fast foods, reducing processed foods will be very helpful. This is a map of our metabolic pathways. Life is a series of controlled chemical reactions facilitated by thousands of enzymes that chaperon on, all that chemistry.

But we know that so many people have nutrition that is poor, that puts them at risk for developing disease states. These are the, how poor nutrition was 2003 to 2006.

And then, look at 2005 to 2016. This is a smaller look at some key immune related nutrients. Again, many people are low in magnesium, chromium, calcium, vitamin A, vitamin C, vitamin E, vitamin D and mitochondria, generate the ATP, which our cells use to drive the chemistry of life.

The brain uses 25% of all the ATP that gets generated. If you don't have enough ATP, there's more oxidative stress, damage to the mitochondria, damage to the cell.

And again, the brain has the most mitochondria. So, if you don't have enough ATP, there's more cognitive decline, more brain fog, accelerated aging and accumulation of disability.

So supporting the mitochondria, is vital. Things that we can do, more omega three fats that help support the creative. If a healthy membrane on the outside, the mitochondria and those squiggles you see on the inside a B vitamins facilitate those chemical reactions that the mitochondria use, making the ATP, magnesium and zinc are co-factors for many of the enzymes in the brain and in the mitochondria.

Coenzyme Q is, a compound that is really key to making, ATP. Again, remember, very complicated, chemistry that happens in our cells. Our chemistry is so complex.

We have 2 billion reactions every second in our cells. Nutrients support the enzyme efficiency and the physiology of how that chemistry happens. Our vitamins interact with one another to support, those enzymes.

And if you are insufficient, that leads to, the cells struggling, leading to the organs struggling, leading to us struggling. Vitamins rarely act alone.

Magnesium and zinc are cofactors for hundreds of enzymes. There are 40 vitamins and minerals that are co-factors for thousands of the metabolic reactions that are key to life, particularly a key in the brain.

Targeted Supplements for MS Support

So Bruce Ames, talked about the critical role of improving diet. So we do see the sugar heavy, more vegetables, less white flour, then adding targeted supplements because a high dose targeted nutrients can connect some genetic defects, repair neurologic damage, facilitate healthy aging.

It's talking about cognitive decline. Alzheimer's, Parkinson's, multiple sclerosis. Now, here's longevity and brain health cocktail. He had 40. He stressed vitamin D, vitamin K, vitamin A, vitamin E, a multivitamin, multi mineral magnesium, in the B vitamins, creatine, lipoic acid.

And then he had a longer list of antioxidants, as well. He also stressed coenzyme Q, L and all had about 40 that, he would use with his, patients with a neurologic, issue now in Acetylcysteine is it add on to support better brain function and support the detoxification pathways?

It's helpful adjunct therapy for those who have any kind of neurologic problem. So again, Parkinson's, Alzheimer's, multiple sclerosis, people with psychiatric symptoms, anxiety, depression, obsessive compulsive disorder, and of course, multiple sclerosis.

Magnesium is essential for cell membrane communication. It's a key mineral in our teeth and our bones. That's very important for muscle contraction. It's a cofactor for 300 plus enzymes, in the brain.

And the mitochondria. Magnesium three and eight is the only form that crosses the blood brain barrier. It's very helpful for sleep, chronic pain and muscle spasm.

Now, people with Ms. often have more Candida, than controls. And if you have more Candida, there's more anxiety, depression or immunity. And if you had early antibiotics in the first three years of life or were born via C-section or took multiple antibiotics later in life, there's a higher risk of Candida overgrowth.

And once that's established, it is a lifelong issue. Verbal suppression of that candida is often very helpful. So, suppress the yeast, add probiotics, that stress people back to your lactobacillus, have a lower carb diet.

And add lactobacillus. Okay. And that is calm. Anxiety is depressive symptoms. So the key concepts most people with brain symptoms have suboptimal nutrition.

Better diet is linked to fewer symptoms. Have more vegetables, more whole grains, less ultra processed foods fewer fast foods. The basic supplements for people with M. S.

we talk about vitamin D that also includes a vitamin K2. That's really helpful. The K2, is, helpful for getting the calcium into your teeth.

Candida, Mood, Sleep, and Closing Disclaimers

In your bones. We know in the animal models, it's very helpful for supporting me. Myelination omega three. The

amount of absorbed, omega 1300 is very well absorbed.

The multivitamin multi mineral advanced multi. It has the key minerals and the key vitamins. Now the next supplements for people who have fatigue and brain fog, we add the activated B vitamins.

Coenzyme Q and and Acetylcysteine. And then for people with anxiety and depression I add candida clear in the probiotic MD and the probiotic calm for the probiotic support.

And remember, that will be a lifelong issue. And then for people who have difficulty with pain, difficulty falling asleep, staying asleep, or have muscle spasms, additional magnesium three and eight at bedtime with better brain mag, will be very helpful.

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