

The Best Bet Diet for MS has been designed on the basis of the current scientific information on how various dietary strategies can significantly slow or even halt the MS disease process.

The dietary strategies to accomplish the above are in three parts – foods to avoid, foods to eat in moderation and foods to increase.

A fourth part of the Best Bet Diet, the use of supplements, is presented in a separate document.

FOODS TO AVOID

The foods to avoid are those which result in increased activation of the immune system and which cause increased leakiness of the veins. The science supporting the need to completely avoid such foods is solid and plentiful.

1. All dairy products including milk, cheese and yoghurt and any food containing a dairy product.
2. All foods containing gluten which is found in wheat, rye and barley. It is essential to read ingredient labels because many foods can contain small amount of gluten (wheat).
3. Legumes which include peas, beans, peanuts and all soya products.
4. Foods with a high sugar content, especially candy, soft drinks and candy bars. A good rule of thumb is to avoid any food product which has sugar or corn syrup as the first, second, or third ingredient on the label.
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.

FOODS TO EAT IN MODERATION

By reducing the intake of some foods, problematic reactions can be avoided. Such foods to reduce include:

1. The intake of saturated fat which is found mainly in red meat. Eat red meat once a week and use only lean cuts.
2. Omega 6 polyunsaturated fat which is 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.
5. Eggs should be eaten in moderation.

FOODS TO INCREASE

These foods are the ones that should make up 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 can be a great snack.
5. Coffee and green tea are not a problem and can be consumed in normal amounts.
6. A variety of supplements which are detailed in a separate document.

SUMMARY

Multiple sclerosis is an autoimmune disease in which an impaired immune system causes inflammation in the central nervous system of the brain. The inflammation is due to an immune attack on myelin, which is the substance that insulates the nerve fibres that carry the brain's messages. Persons with MS have an overly aggressive immune system which is sensitized to myelin and which is poorly controlled.

The above dietary strategies in combination with the recommended supplements will significantly lower inflammatory reactions in the CNS and will strengthen the veins in the brain. Both effects will greatly slow the MS disease process and may well halt it as many have experienced.

The main effects of the dietary strategies presented above are to:

1. Greatly decrease the activation of myelin-sensitive immune cells and to bolster the control side of the immune system.
2. To strengthen the veins in the brain so as to significantly retard the passage of harmful immune cells into the central nervous system.