

Multiple Sclerosis and the Baseline of Health

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Multiple sclerosis is one of those diseases that responds extraordinarily well to the Baseline of Health program, but it is not unique. It is merely representative of how effective the program can be in dealing with a whole range of catastrophic illnesses from diabetes to COPD, from Grave's to hepatitis C, and from Parkinson's to all of the intestinal diseases such as Crohn's, IBS, and ulcerative colitis, etc. -- but it is an especially good example because the results have been so dramatic. Virtually 100% of the MS patients who have gone on the whole program have experienced a dramatic, long-term improvement in symptoms. One of the first was [Sue Ellen Dickinson](#), who told [her story](#) some five years ago. (She still enjoys the same dramatically improved health.) A number of others have followed in her footsteps, and several, including Sue Ellen, have written books about their experiences. For the rest of this newsletter, though, let's use the MS example to explore why the Baseline of Health program is so effective for so many illnesses -- and how it works to avoid these illnesses in the first place.

A fascinating side note is that Sue Ellen contacted the state chapter of one of the major MS societies in which she was a member to tell them about her success on the Baseline of Health program and to see if she could get the society to participate in some formal studies. Much to her surprise (but not so much to mine), the society did not agree. In fact, the society broadcast a message to the rest of their members telling them not to talk to this renegade, charlatan who was making "false claims" about a miracle cure. They, of course, then added to their note that the best thing that their member/MS sufferers could do was to support "real" medical research by leaving all their money to the society when they died so that "one day we can find a cure." It was a very inspirational message.

Multiple Sclerosis (MS)

MS is a chronic inflammatory disorder of the central nervous system. It is a young person's disease. The mean age at onset is 33.2 years, and the mean age at diagnosis is 39.2 years. It is the most common neurological cause of debilitation in younger populations and affects about 500,000 people in the United States and about 6,500,000 worldwide. The disease involves repeated episodes of inflammation of nervous tissue in any area of the central nervous system. The inflammation, which is caused when the body's own immune cells attack the nervous system, destroys the covering of the nerve cells in that area (the myelin sheath) leaving **multiple** areas of scar tissue (**sclerosis**) along the covering of the nerve cells. (Myelin is composed of about 80% fat and about 20% protein). The loss of normal myelin is called demyelination. Demyelination produces a situation not unlike that resulting from cracks in the insulation surrounding an electrical lamp

cord. When the insulating surface is disrupted, the lamp will short-circuit and the light bulb will flicker or no longer illuminate.

In contrast to a single wire pathway in a lamp cord, there are thousands of nerve pathways of the Central Nervous System (CNS). The symptoms of multiple sclerosis depend largely on which particular nerve fiber pathway is involved in the CNS. Tingling, numbness, sensations of tightness, or weakness may result when loss of myelin occurs in the spinal cord. If the nerve fibers to the bladder are affected, urinary incontinence may follow. If the cerebellum of the brain is affected, imbalance or lack of coordination may result. Since the damage can occur in any location of the CNS, it is easy to understand why no two MS patients have exactly the same symptoms.

Cause of Multiple Sclerosis Unknown

As with many other illnesses, the actual causes of MS are unknown, but we do know that it is not contagious, and it is not directly inherited. All indications are that the disease probably results from an environmental agent that triggers the illness in genetically susceptible individuals.

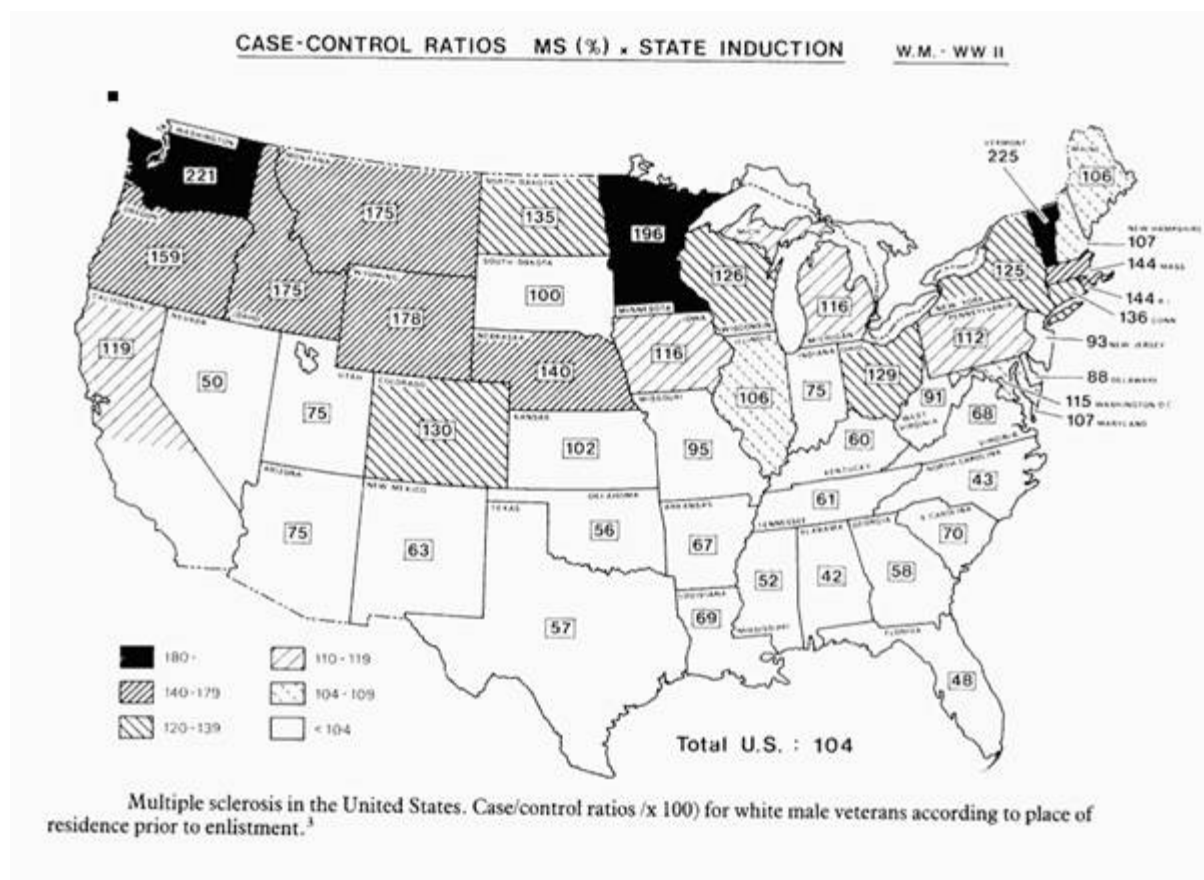
The genetic component of multiple sclerosis:

While genetics does not play a defining role in most catastrophic illness, it is often a contributing factor. MS is no exception. Certain genes occur more frequently in persons with MS than those without. The risk of developing MS in the general population is approximately 0.15%. However, the risk to members of families who have a father, mother, sister, or brother with MS is between 1.0 and 4.0%. However, it is important to note that although this data supports the role of genetics in MS, it relegates it to a minority role. Keep in mind that the risk in identical twins, where one twin has MS, is only 25-30% in the other twin. That means at least 70% of the cause lies elsewhere.

Another interesting fact is that women suffer from MS almost twice as much as men. This indicates that hormones may play a role, but it may also indicate a more direct genetic link. [Researchers have identified](#) a variation in a gene that controls an immune messenger chemical called interferon (IFN) gamma. Unlike interferon betas, which are used to treat MS, IFN gamma has been linked to immune attacks in MS. Interferon gamma appears to be a new key variable in understanding who gets MS, and recent evidence suggests that it is more active in women than in men.

The environmental component of multiple sclerosis:

A map of the United States shows that the prevalence of MS increases with northern latitude. For example, the prevalence of MS in North Dakota is approximately twice that observed in Florida.



The relationship between latitude and prevalence of MS is also evident in other countries throughout Europe, New Zealand, and Australia.

Even more interesting is the fact that MS appears to be influenced by the length of residence within a geographical area. Individuals born in high-risk areas appear to acquire a lower risk if they relocate to a low-risk area before the age of fifteen. In contrast, individuals born in low-risk areas may acquire a higher risk if they move and establish residence in a high-risk area before the age of fifteen.

What environmental factor is responsible for multiple sclerosis?

Investigators strongly suspect that exposure to viral or bacterial infections, environmental toxins, duration of sunlight, changes in temperature and humidity, or diet probably in some way produce or aggravate MS although no specific environmental factor has yet been proven to be at fault. Incredibly, this lack of clarity in terms of environmental factors holds true for most catastrophic illnesses. **Look up the list of possible causes (genetics, environmental factors, and the immune system, etc.) for idiopathic diseases such as [Parkinson's](#), [rheumatoid arthritis](#), [lupus](#), and [Crohn's](#), for example, and they're virtually interchangeable with MS. This is significant, or should be, to anyone with an open mind.**

The Role of the Immune System in MS

Whatever the cause of MS, there is considerable evidence that a mis-programmed immune system is involved. The theory is that a virus, bacteria, or environmental toxin excites an immune response, which destroys the invader and builds a memory of it so that the immune system can respond more quickly the next time it sees the invader. There is reason to believe that in MS, the immune system gets confused and identifies peptides in the myelin as identical to the peptides found in the original invader. This "mistaken identity" causes the immune system to attack the perceived invader (the myelin) -- thereby inflaming and damaging the myelin surrounding the CNS nerve cells.

Once again we find commonality with so many other catastrophic illnesses. Look at increasing incidence of thyroid diseases such as Grave's. What triggers the immune system to attack the thyroid? Why does medicine only deal with the final effect and not the possible causes if the disease is triggered by out of balance hormones and environmental factors? Why does the same program, the Baseline of Health program, work so well when dealing with such different diseases as MS and Grave's?

The Hormonal Component of MS

It's no secret that hormones significantly impact autoimmune disorders and any disorder related to systemic inflammation. For example, as I've already mentioned, MS is more common in women than men, as are most thyroid disorders such as Graves disease, and the progress of these diseases follows [the rise and fall of hormones during the monthly cycle](#). It has also been known for years that pregnant [woman with MS get better in the last trimester of their pregnancy](#).

In the third trimester, the hormone estriol (the gentle estrogen) is at high levels. It appears that a key role of estriol is to inhibit the "escape" of white blood cells from blood vessels into the Central Nervous System, where they can then attack myelin. [In testing with MS patients](#), after the first three months of estriol treatment, brain scans showed the number of lesions in a group with relapsing-remitting MS decreased by 82 percent, and the volume of those lesions decreased by 79 percent (both compared with pre-treatment scans). The decrease persisted for the rest of the first treatment period. When the women stopped taking the estriol over the next six months, the number of lesions gradually increased again--all the way back up to pre-treatment levels. [In another study](#), administering estriol until treatment levels reached levels consistent with those in late pregnancy completely ameliorated the disease.

And [in studies done earlier this year](#), researchers found that testosterone therapy with those who have MS may help improve cognitive function and slow brain atrophy. It's believed that testosterone helps protect nerve cells from damage caused by the kind of autoimmune system attack that occurs in people with MS.

Recapping MS

So what do we know? From a medical standpoint, mostly hunches and guesswork, but it does appear that MS (as with most idiopathic autoimmune disorders), is the result of an overall system imbalance triggered by things within our ability to alter, and the final causative factor in the chain of events is inflammation.

The primary medical treatment offered is the immunomodulator interferon beta-1a. For many people it can reduce symptoms for 1-4 years, but over time, [as the body forms neutralizing antibodies](#), its effectiveness will diminish. It also comes with a whole host of side effects including: fatigue, chills, fever, muscle aches, and sweating. Symptoms of depression including ongoing sadness, anxiety, loss of interest in daily activities, irritability, low self-esteem, guilt, poor concentration, indecisiveness, confusion, and eating and sleep disturbances, are also possible.

But a quick recap of the possible causative factors in MS makes clear the interferon beta-1a intervenes at only the very last steps and does nothing to eliminate the underlying causes -- a common problem with the medical approach to virtually all of the autoimmune disorders.

Factors we need to account for if we truly want to reverse MS:

- Bacteria and viruses
- Chemical toxins, pesticides, and heavy metals
- Diet
- Hormones
- Plaque build-up
- Scarring
- Protein damage
- Minimizing both the production of advanced glycation end-products and the body's glyceemic response.
- Immune system imbalance
- Inflammation
- Supplementation
- Etc.

Although not specifically designed for MS, the Baseline of Health program addresses each and every one of the above factors just as a matter of course, simply by following the program. It does so, not because it is MS specific but, rather, because it is designed to improve the health of the entire body, to simply allow the body to do what it was designed to do: work properly and stay healthy. And that's why it is just as effective when dealing with most other forms of catastrophic illness. **This is significant, or should be, to anyone with an open mind.**

The Baseline of Health Program and Multiple Sclerosis

The subtitle of *Lessons from the Miracle Doctors*, which details the Baseline of Health Program, is "A Step-By-Step Guide to Optimum Health and Relief from

Catastrophic Illness." By simply following the principles of the program, you naturally protect yourself from virtually all of the major illnesses of our time such as MS. For example:

- Bacteria and viruses are destroyed through the use of [immune builders and pathogen destroyers](#).
- Chemical toxins, pesticides, and heavy metals are removed through a series of [detoxes](#).
- Diet is addressed by [reducing the amount of unnatural fats consumed and supplementing with Omega-3 fatty acids](#). It is important to remember that myelin is comprised of 80% lipid fats. It is also addressed by the elimination of synthetic sweeteners and flavor enhancers such as [aspartame and MSG](#), which greatly exacerbate the symptoms of MS.
- Hormones are balanced by eliminating synthetic hormone HRT and replacing it with natural [progesterone](#) and estriol crèmes and also using [testosterone balancing formulas](#).
- Plaque build-up is dissolved and removed using [proteolytic enzymes](#).
- Scarring, which is protein based, is also dissolved and removed using [proteolytic enzymes](#).
- Protein (comprising 20% of myelin) damage is prevented and reversed using [L-carnosine based formulas](#).
- [L-carnosine based formulas](#) minimize the [damage caused by advanced glycation end products](#) and herbal fibers [moderate the glycemic response](#) of the foods you eat.
- Immune system imbalance is handled through the use of natural immunomodulators such as [L-carnosine](#) and cetyl-myristoleate.
- Inflammation is covered through the use of systemic proteolytic enzymes and supplementation with [Omega-3 fatty acids](#).
- Supplementation with [antioxidants](#), [vitamin D](#), and the [B vitamins](#), among others, helps the body resist MS.
- Etc.

Conclusion

Am I claiming that the Baseline of Health program cures MS or any other catastrophic illness? Not at all! Only medical doctors make such claims. All I'm saying, and the facts on the ground bear it out over and over, is that your body is designed to keep these diseases at bay -- if you let it do its job. Problems arise when the body either becomes too toxic or lacks the proper nutrients to do what it was designed to do.

Consider MS as an example. For 30 years of your life you don't have it; then you do. What changed that caused it to appear? If you can reverse those changes, then doesn't it make sense that the disease would disappear also -- as long as you keep those changes away? That's what we're talking about here. **We're not curing anything, just bringing your body back to the state it was in before symptoms manifested. After that, your body just does what it was designed to do.**

If you're interested, you can learn all about the Baseline of Health program in *Lessons from the Miracle Doctors*. You can download a free copy at www.jonbarron.org/book/sign_up.php.

See Also:

http://www.jonbarron.org/baseline-health-program/baseline_program.php

http://todayshealthbuzz.com/It's-All-About-Energy_v1.1.pdf

Or you can email me at: national_services@cox.net