MULTIPLE SCLEROSIS

This begins the disclaimer. This CD series is a combination of information found in medical literature and information acquired through clinical observation by Dr. Jennifer Daniels in her medical clinical practice. It should not be construed as medical advice. You are advised to consult with your physician in regards to any medical decision that may relate to your health. This information is for informational purposes only. Nothing, including communications with Dr. Daniels, should be taken as medical advice. You should not act upon anything without first discussing it with your physician. The information in these CDs is designed for educational purposes only that you might better understand your condition. Any information is provided as is, with all faults, with no representations or warranties of any kind expressed or implied, including but not limited to implied warranties of merchantability or fitness for a particular purpose. You assume total responsibility and risk for using this information and any sources related to it. No oral or written information shall take precedence over this warranty. In no event will Everyday Vitality LLC, its employees, directors or agents be liable to you or anyone else for any decision made or action taken in reliance upon the information provided in these CDs. This ends the disclaimer. This CD is produced by Everyday Vitality LLC, your tools for self-healing.

My name is Dr. Jennifer Daniels. I am a family practice physician who is retired, and I trained at the University of Pennsylvania School of Medicine and received my undergraduate degree from Harvard University. [AR: Say what undergraduate major was?] So while I have had a very traditional allopathic [AR: Say what allopathic means, and what the alternative is?] medical training I went on to practice in an indigent area (that means poor) of Syracuse, New York. And there I found that many patients were simply not improving with the protocols I had been taught in medical school. And so I began to search for other ways to help my patients improve. Personally, I had become vegetarian about five years prior at the birth of my first child due to health issues, and I found that all the health issues I had were handily resolved with being a vegetarian. And this set me on the path of looking for inexpensive yet effective ways of coping with seemingly difficult health issues.

So today, I would like to share with you what I have discovered about multiple sclerosis in my ten years of medical practice. I’d like to talk about multiple sclerosis. Multiple sclerosis is defined as a neurological condition characterized by multiple areas of damage to the myelin sheath [AR: say what “myelin sheath” means?] of the nerves; hence its name. [AR: say what “sclerosis” means to explain “hence its name”? ] The symptoms can be very distressing; symptoms of paralysis, weakness, pain. And it’s something that can wax and wane and be of varying severity. Many people with multiple sclerosis experience walking difficulty with speech.

So modern medicine defines this illness as having an unknown cause, and while there are many interventions available, there appears to be no cure in sight. Over ten years of
watching patients, listening to them and attempting to be helpful, I've developed what one might call an alternative view or perception.

It is my perception from watching people with multiple sclerosis and reading about it that they are suffering from a chronic, long-term, low-grade infection; and that this infection is progressive. And over time spreads to more and more of the person's body. Now I use the word “infection” because it's a word that's understood by most people. Another word that might be more precise and accurate would be a “parasitic infestation”; that means, the person's body is literally infested by parasites, and these parasites literally chew away at the person's nerves and, even worse, eat the person's food. So it makes it very difficult for any nutrition to get into the body and assist with any attempts at repair.

The other thing I would like to share with you is that the human body is actually able to heal and fix itself with the proper nutrition, and with some parasites removed. So understanding then that multiple sclerosis is actually an out-of-control parasitic infestation, we can proceed.

Now there are those of you who are listening, that would want to know, what might be the name of this parasite. I would have to tell you honestly that I don't know. There are people who have opinions on that but I don't. Having the circumstance of practicing in New York State, physicians have limited access to laboratories that do parasitology studies. In fact, it was even, for several years during my practice, illegal to send patient specimens out of state for in-depth studies at laboratories that did parasitology. [AR: Is it legal now?]

So because of this I've had to approach it empirically. Nevertheless, people have experienced tremendous improvement.

So the first intervention is to avoid the causative agents. While these parasites may not have been identified, it is pretty clear where they come from. The parasites come from meat, and this would be chicken, beef, pork, fish; anything that was alive and had to be killed before eating. The reason these animals are so filled with parasites is because that's simply the nature of the organism. For fish, we've polluted much of the waters with our human waste, which is very rich in bacteria. For the other animals, often the conditions under which they are raised have led to situations where they are filled with infections on an endemic basis.

The other causative agent is dairy products. It turns out that mammals secrete [AR: secrete, or harbor and pass along? see dictionary.com; if everyday definitions differ from medical usage, explain] bacteria and infectious organisms that are beneficial for their offspring. Cows are no exception. So cow's milk is filled with bacteria. And this is the reason often they tell you that milk is pasteurized. Well, pasteurization merely slows or stops the growth of infectious organisms. Once you drink the milk and it's heated up to body temperature, the growth resumes. So pasteurization is not sterilization. All pasteurization does is delay the spoiling process so that the milk can stay in good condition long enough to be sold. So once you drink the milk, the parasites in that milk have access to your body. So milk is another causative agent.
A surprise causative agent is tap water. It turns out that tap water, especially in New York State (you can check with your state) [AR: How? Would state governments be honest? Which department would you ask? Cite website that has this info?], is not filtered. So what this means is that biological organisms in the water are not removed. Some are killed by chemicals put in the water, but many are not. The other problem with tap water is that it contains chlorine and other chemicals that can impair the immune system from effectively fighting any parasites it may encounter. [AR: Say how parasite-fighting chemicals in the water hurt the person who drinks it?] So it’s important to remove the parasite sources in your diet. So I will review what those sources are and what to replace them with.

Tap water should be replaced with distilled water. Distilled water is water that has been boiled. When it boils steam is produced, thus leaving solid particles behind. The steam is then condensed (that means it returns back to a liquid), then passed through a charcoal filter to remove impurities that may have boiled at the same temperature as the water. The final product is quite pure and it is reliably devoid (that means “empty”) of parasites and other chemicals. So this is distilled water. [AR: excellent explanation/definition of distilled water; use it in each CD transcript / each section]

Now how much distilled water should a person drink? A person should drink one quart of distilled water for every sixty pounds of body weight. So a person who is 200 pounds should drink a little more than three quarts of water. A person who is 120 pounds should drink two quarts of water. So you can calculate the volume of water that might work best for you.

The next thing is the meats. This is a difficult part for many people. What is it that you substitute for meat? And no, it is not the pre-fab refined pseudo-meat products. The substitute for meat is whole grains, such as brown rice, millet, quinoa. These are very high in protein and make up the protein that one is missing by not eating the meat. Also one can use stir-fried vegetables over the brown rice. I generally do not recommend [AR: word missing: what do you not recommend? beans?] for the initial dietary change for the person with multiple sclerosis. This is because beans are often poorly digested, and the part that’s not digested remains as food for the parasites that we are trying to discourage and get rid of. [AR: Any tricks to make beans easier to digest fully, or is it not possible to do this well enough for the MS patient?]

Ok, so. So one has decided to stop putting the parasites in. The next thing we need to look at in terms of a cause for multiple sclerosis is substances that impair or cripple the immune system. These substances are things such as beverages that are not water. So non-water beverages. What would that be? That would be coffee, bottled juices, bottled carbonated beverages, bottled non-carbonated beverages, and chemical additives to your food, such as artificial color and artificial flavor. These are present in many, many bottled drinks. So especially for the person with multiple sclerosis, it is crucial to convert your beverages to distilled water and to be sure to read the labels carefully to make sure what you’re drinking is distilled water and that there are no chemical additives.

The next thing that one has to do is stop feeding the causative agents. So once you stop putting the parasites in, that’s an improvement, but you have to take the next step, which is
to stop feeding the ones that are already there. This is a critical step because parasites are very resourceful, and in large numbers they're very strong, and when they realize that you're trying to get rid of them they can put up quite the fight. But if you remove the nutritional source, this weakens them and then makes it possible for you to proceed to do things to either remove them or even kill them. But you have to stop feeding them, because if you have multiple sclerosis, your parasites are stronger than you. So you need to get them a little bit weak before you try and fight them head on.

So what is it that feeds parasites; what are their favorite things to eat? Parasites are parasites because they lack a digestive system. So they have to eat food that has already been digested, food that is refined, food that doesn't have fiber in it, food that they can quickly convert to energy. [AR: This explanation is brilliantly clear!] This food would be white flour or anything made from white flour, white sugar or anything that has white sugar, or fructose or sucrose as an ingredient. So these are the important things that one needs to take out of one's diet to help weaken the parasites so that they don't get the food. The whole foods, foods that have the fiber in them, are foods that can be digested and consumed by humans but not by parasites. So the important thing is to stop feeding the causative agents. And a simple way to do this is to stop all processed foods; all processed foods. [AR: Give examples of common processed foods and what to replace them with here?]

The next thing is to remove the causative agents. It's always better [AR: than what?] to invite troublesome parasites to leave. And so now you've weakened them, and so the next step is get them to make a graceful exit. Now the way you want to make them leave is by having bowel movements. The number that generally works is three bowel movements a day. Many people with multiple sclerosis don't have three bowel movements a day. And one might argue that this is a big factor in why they have multiple sclerosis. I'll tell you the story of one patient I had many, many years ago. She had mild multiple sclerosis. She had a limp and she had pain, and her MRI scan showed the typical white plaques. [AR: on the nerves? Say what a plaque is and why it's bad?] And she said, “But Doctor, my husband eats all this unhealthy stuff, every single day, and there's nothing wrong with him.” Well, it turned out that she had two bowel movements a week and he generally had two bowel movements a day. So while he wasn’t eating the healthiest, he was at least removing these substances from his body and at a pretty fast clip so they could do him not very much damage. So three bowel movements a day.

You probably ask “how the heck do you get that?” Well there are many, many ways. Some people like to drink magnesium citrate. What you do is you take a sip and every day you slowly increase the dose until you reach something that kind of works for you. Another option is to increase the water that you drink. We talked about the water dose. So increase that water to one quart per 60 pounds of body weight. And religiously drink that amount every day, by about 6 p.m. This will give increased lubrication to your intestines and make things flow a lot better to increase the frequency of bowel movements.

The next thing is exercise. This is real easy. We're talking about a walk around the block at most. So try that; a walk around the block. [AR: Give alternative for person too sick to walk, or who is paralyzed?]
The next thing is Dr. Daniel’s Vitality capsules. These are capsules composed of an herbal blend that I used to grind up and pack at the dining room table for my patients. [AR: Say how it’s made now, and how you can get it, here, at first mention?] The multiple sclerosis patients really appreciated this because it helped them comfortably reach their goal of three bowel movements a day and relieve their symptoms.

So how do you take this? One capsule with a meal the first day, two capsules with a meal the third day, [AR: do you mean second day? Or do you mean “One capsule with a meal the first and second days”?], and each day increase by one capsule until you have three bowel movements a day. That number of capsules would then be your dose. Good news, it works! Better news, as you improve your diet, you need fewer of them. These can be obtained by going to Vitality Capsules.com. [AR: Substitute exact spelling and punctuation of website: http://www.vitalitycapsules.com.]

Now the other thing that needs to be done is enemas. People with multiple sclerosis benefit greatly from enemas. I generally recommend, due to the cost factor, that people do their own at home. You do enemas by taking one quart of distilled water, heating it on the stove to a warm temperature; that would be about 103-105 degrees, remove the pot from the stove, take one full drop of Lobelia tincture, [AR: do you get it at health food store? Any particular brand = best?], put it into the water, and then pour the water into the old-fashioned pink enema bag. This is the bag that you can get at any local pharmacy chain, and it doubles as a hot water bottle. So fill this bag with one quart of the enema fluid you have prepared, hang it from the doorknob in the bathroom is fine, you lay down on a comfortable mat, you lay on your left side, insert the tubing, let the water flow. When you feel you feel you have to empty your bowels, clamp off the tube, sit on the toilet and empty. Then lay back down, insert the tube and repeat this back and forth, back and forth until the bag is empty.

The first time you do this, allow extra time. It will take you about 35 or 40 minutes. After a while you get to where you can do it in about 20 minutes or less.

What if your multiple sclerosis is so progressed that you’re not able to lay on the floor and get up to do this procedure? In that case you can simply sit on the toilet and do the whole enema on the toilet with the enema bag at a level that’s about three feet higher than your toilet seat. However, this enema is much less effective, but it’s effective enough that a person would experience improvement and over not very much time, be able to do the same procedure laying on their side.

So removing the causative agent is important. And how often should a person do enemas? I would say as often as possible. Daily would be the recommended amount. However, some people are not able to do that. So the minimum would be at least three times a week. So that’s removing the causative agents. [AR: Can they just take Dr. Daniels’ Vitality Capsules instead?]

The next step is to destroy the parasites. This is important, because removing the parasites will help. You can only remove so many of them and then there are some left. The ones
that are left will often reorganize themselves, fortify themselves and find ways to cause trouble, will leave you with improvement, but not complete resolution.

There are many ways to destroy parasites. There are helpful herbs like garlic, but the amount of garlic you need to use is so large that it can create social problems, such as an odor that might repel many of your friends and the helpful people in your life. What I have found most effective is turpentine. That’s right! You heard it; turpentine.

When we have incurable diseases like multiple sclerosis, that were so rare and all of a sudden become so frequent in modern times, we have to ask ourselves, did this disease exist one hundred years ago, or two hundred years ago, and if it did, did they have a treatment that was effective for it? Through research and investigation, I discovered that turpentine is extremely helpful for multiple sclerosis.

So, where does one get this turpentine? Well, the turpentine is obtained at the hardware store; that’s right! The hardware store. And what brand? Well, the brand that works the best is “Sunnyside.” Through trial and error, actually taking it myself, I found that “Sunnyside” brand is extremely tasty and inoffensive. Now turpentine was used extensively by slaves, by poorer people in rural America, and was even taken as a tonic, anywhere from once a week to twice a year to maintain health. This practice was largely abandoned around the 1940s or 1950s, and since then all manner of mysterious diseases have become chronic. [AR: Specify that it’s just pure tree sap and say what kind of tree?]

Now how do you take this turpentine? You get some sugar cubes, and the sugar cubes you get are called “Domino Dots.” Why Domino Dots? Because Domino Dots are the right size to meter (i.e., measure the turpentine dose). While turpentine is effective, you don’t want to take too much of it. You want to take the right amount. So you take three sugar cubes stacked one on top of the other. You take a spoonful of turpentine (a teaspoon will do). You drip it onto the top cube. The turpentine will soak the top cube, the next cube and when it enters the third cube, you stop pouring. If the turpentine forms a puddle at the bottom of the third cube, you have poured too much turpentine. Throw those cubes away, and start over again, using a smaller amount of turpentine. Now once you’ve properly applied the turpentine to the cubes, you take the top cube, chew it, chase with [AR: specify distilled? say how much water, or say that the amount of water doesn’t matter?] water; take the second cube, chew it, chase with water and take the third cube, chew it and chase with water. [AR: Should dose be adjusted according to body weight or gender? Is it safe for children (if children get MS)? Not sure we should bring up children, but it’s worth considering including this issue.] It’s very important to take the turpentine with sugar. Why? Well, first of all, the sugar makes sure you get the proper amount. But the second reason is the sugar is the “bait.”

Parasites are very familiar with turpentine; it’s a naturally occurring substance. It is the oil of the Spruce tree -- basically the United States equivalent of tea tree oil. So when the parasites sense that the turpentine is present, and they’re aware of it as soon as it touches the tongue, they roll up in balls, they tuck away into the folds of the intestines; anything to protect themselves from the turpentine. But parasites love sugar, and when you take
turpentine with sugar, the parasites cannot resist the sugar. The go out to get the sugar, the turpentine touches them and they die. So the sugar is the bait.

The other thing sugar does is that turpentine adheres to the sugar. That means the turpentine sticks to the sugar and so is less toxic and less irritating to your body. So it's real important to take it with sugar.

Now how often does one take turpentine? Well, take turpentine every day for four days. Then the dose is reduced to two times a week. And how long does one take turpentine? For an illness like multiple sclerosis, which is long-standing and has come on over a period of decades of basically no treatment, it will take anywhere from one to twelve months. And so you would take the turpentine until all of your symptoms are gone, until you're as healthy you would like to be. Then, through observation I have found it takes one dose of turpentine every six weeks to maintain this recovery. So that is one way to destroy the parasites, and also the most effective way.

The next thing that has to happen is that one needs to stop damaging the immune system. Two things are needed to get multiple sclerosis: one, the infectious organism or parasite; two a weak immune system. So if one has a strong immune system, then well, the parasite causing multiple sclerosis may be present. It won't cause multiple sclerosis; the body is more than able to defend itself. So what should be done?

First and foremost, avoid chemicals. The chemicals that are most damaging to us are the ones that we eat in our food every day. And these are the pesticides that are put on our food to kill insects that might eat the food before it's harvested. These are the herbicides that are put on our food inadvertently, in order to kill nearby weeds so that the food will grow. And in some cases, our food is even covered with wax so it will be pretty and more attractive in the food store. And some farmers actually apply glue or adhesives to the food so the pesticides will stick and don't need to be reapplied over and over again during the growing season. So to avoid these things, eat organic. Organic means that the food has not been sprayed with pesticides or herbicides while it's grown and the fertilizer used is a totally natural fertilizer.

Now most of our vegetation in the United States is fertilized with something called with "N," "P," and "K." Those are the scientific symbols for the nitrogen, phosphorous and potassium. So these are the three minerals given to the plant to nourish it. When a plant is raised organically, the fertilizer used is organic fertilizer, usually compost. What does this mean? This means that the plant actually has a broad spectrum of minerals available to it and that the food usually tastes better and is more nutritious. So eating organic will help your immune system. But it'll also please your taste buds as well.

The next thing is beauty aids. Many people, women especially who have multiple sclerosis, use an incredible barrage of beauty aids, whether it's chemicals on their hair, chemicals on their skin, chemicals on their face; all these chemicals. So it's important to minimize these as much as possible. For example, one can use an avocado as a hair conditioner. Simply smash a ripe avocado, comb it through the hair and then rinse it off or wash it off. Next, one can use organic oils. After you shower, if you dry off and apply organic oils to the damp
skin, lotion is not needed. The oils seal in your natural moisture and the skin becomes very soft. [AR: give examples of good oils that won’t get your clothes greasy?] Next, stop use the use of deodorants. Use either thyme essential oil or tea tree essential oil. [AR: buy at health food store? Any brand = OK? Should it be organic?] Three drops under each underarm will take care of it. Instead of toothpaste, use a baking soda and salt mixture that you simply dip your toothbrush into. So these substitutions greatly minimize the damage to your immune system and your body’s exposure to [AR: add “man-made”?] chemicals.

The next thing that damages the immune system; we’ve kind of touched on processed foods; but the chemicals in the processed food, so you have to pay real close attention to those preservatives, the artificial flavor, and even the natural flavors. Something that’s called “natural flavor” can be made artificially, number one, the second thing is, think about it, that “natural flavor” may be natural, but it’s not naturally occurring in the food that you’re eating. So you really want to eat the food packaged pretty much the way Nature made it. And in that way it’ll be helpful to your immune system. So something that has “natural flavor”, “artificial flavor”, “artificial sweetner”, “preservatives” and coloring is something that will prevent you from healing from your multiple sclerosis. Now initially, this may be really difficult to make the transition. But I assure you that it’s possible, it can be done and you can do it.

The next thing you do is to strengthen the immune system. There are many foods and herbs that are extremely helpful. One is rosemary. Rosemary as an herb is a powerful antioxidant, and it even repairs nervous tissue. Can you imagine? Repairing the nerve damage done by multiple sclerosis! What an awesome concept! How do you use the rosemary? Well, as many of you might know, rosemary is a common kitchen spice and it’s shaped like pine needles. So it’s kind of irritating. So what I do is I take a teaspoon of rosemary, put it in my little coffee grinder and make a powder out of it and sprinkle it. You can sprinkle it on potatoes, you can sprinkle it on vegetables, wherever you like. The dose that does the trick appears to be one teaspoon per day. You can also make a tea out of rosemary. My personal opinion is that it’s not very tasty. But, work with that rosemary; any way you get it in is a help.

Cayenne pepper is extremely helpful. It promotes the circulation. It helps that rosemary get where it’s got to go. Turmeric is extremely helpful because it inhibits parasites, inhibits their growth and their activity and also helps round up those chemicals, take them to the liver for disposal. So turmeric is another very nice spice. An easy way to get turmeric into your life is to use curry; turmeric is the main spice in curry. So you can have curry cauliflower, curry potatoes, curry brown rice, all of these things. [AR: Do spices need to be organic?]

Next spice that’s extremely helpful is ginger. Ginger reduces inflammation, reduces pain. Turmeric, by the way, also reduces pain and inflammation. So ginger is an excellent spice. You can use ginger as a powder, drink it as ginger tea. You can nibble on it as a vegetable. So there’s all kinds of ways that you can use ginger. [AR: Is fresh ginger root, ground or chopped at home, the best? Raw or heated? Also (this question applies to more than just this section) do you want to give some sources of your cures? Did you make them all up, try
them, and see they worked, or is it a combination of library research and clinical trial and error?

Another herb that really helps the immune system is milk thistle. Milk thistle is not milk; it has no milk in it. It’s actually a plant, a common weed here in North America, and the milk thistle binds to the cells of the liver and protects them so that they’re able to soak up and accept rather dangerous chemicals for disposal. These chemicals pass through the liver, they go into the gall bladder system, into the intestines and out into the toilet. This is also the same pathway that parasites take. So they pass into the liver, through the liver, out into the gall bladder system and into the toilet. So this lets you know how very important it is to keep those bowel movements regular, about three a day. If you keep the flow through your intestines regular and frequent and exuberant, then the immune system simply has to sort; all it has to do is to sort all the undesirable chemicals and parasites into the flow that goes to the toilet.

And so basically, you’ll cure your multiple sclerosis one flush at a time. And the immune system would much rather - and it takes a lot less energy - to simply put a parasite into the intestine than to try and fight the parasite and kill it. So removal is far, far preferable.

Now, many people have little lumps and [inaudible word or phrase], and blemishes. These are all just parasites hanging out that your liver could not get rid of. So, once you change your diet, take some turpentine, and drink your water and have regular bowel movements, you will find that a lot of things, in addition to your multiple sclerosis, will improve.

So, how realistic is this anyway? It turns out it’s very realistic. It’s actually pretty simple. And many people are just shocked at how easy it can be to improve and even reverse your multiple sclerosis. Let me give you kind of a sample day of what a person would take and do for their multiple sclerosis.

First of all, get up in the morning, around maybe nine o’clock, and drink one quart of distilled water. Having drunk this quart of distilled water, you would then take a B-12 500 micrograms (mcg.) and put that under your tongue. The reason for B-12 is that B-12 is fantastic at rejuvenating the nervous system. It’s something that many diets (whether you eat meat or not), many diets in America are deficient in. So you take your B-12. Then you can take 2 tablespoons of blackstrap molasses. Blackstrap molasses is simply the B vitamins and minerals that were removed from white sugar to make it white. It’s these minerals and these vitamins that your nerves are lacking, that they need in order to repair and regenerate. So 2 tablespoons per day of blackstrap molasses. It has to be molasses that has fewer than 50 calories per tablespoon. If the molasses has more than 50 calories per tablespoon, it will not give you the beneficial effect that you need, because the concentration of minerals and nutrients is simply too low.

Then, for breakfast, a person can have a bowl of oatmeal; organic oatmeal, of course. The organic oatmeal is extremely helpful in soaking up chemicals from the intestinal tract, giving the person B vitamins and minerals and also helping the person stay regular.
Next, how do you sweeten this oatmeal? Well you can sweeten the oatmeal with stevia. Stevia is a leaf from a tropical plant that has a naturally sweet flavor. If you don’t like stevia, you can slice fresh organic fruit into your oatmeal, or you can put a generous amount of cinnamon in your oatmeal. This is a big help in sweetening the oatmeal. [AR: Is agave a possibility? Say why honey is no good? What about raw honey?] So that’s breakfast, and we’ll say that was nine o’clock.

Lunch we’ll say is closer to noon. However, between breakfast and lunch one can have another quart of distilled water. Then, at lunchtime, for lunch, one can have a green salad. Green salad is very, very important because the fiber and the enzymes in the raw vegetables are necessary to help clean out the intestinal tract and make room so your immune system can dispose of more chemicals and parasites that might be causing or worsening your multiple sclerosis.

Next, for lunch, brown rice and stir-fried vegetables. [AR: Say in what kind(s) of oil and why? Does oil have to be organic? This gives you your protein, gives you some complex carbohydrates so that you can actually feel more full. And the stir-fried vegetables are helpful for cleaning out the intestinal tract. The most helpful vegetables are root vegetables [AR: give examples], squash, and green leafy vegetables. Of course any and all vegetables would be helpful, but those are the most helpful in terms of cleaning the body out and helping it heal properly. [AR: Is burdock root especially helpful?]]

Then there’s dinner. We’ll say dinner is at about 5 o’clock. For dinner one can have stir-fried vegetables over brown rice with another vegetable on the side. This is a real nice time for you to sprinkle your one teaspoon of rosemary. I would say lunch time or this time, which would be dinner. Then one can take turpentine either with dinner or with breakfast or lunch; it doesn’t matter. You can take it on empty or with food.

Now after dinner, we’ll say if one finishes dinner at seven. Maybe bedtime is around nine or ten. Then that would be the time to do the enema. And that’s it. It’s a pretty simple routine for multiple sclerosis. And it’s one that people have found is very doable.

Sometimes, though, multiple sclerosis can be a bit complicated. I’d like to just share with you a story with one person with multiple sclerosis that came to me. This person was a single male. The importance of his being single was that he was his only source of income. And because he had been self-employed his whole life, he had no disability to fall back on. So this person desperately needed to get better so he could get back to work, because he had no source of income.

When he came to me he’d had multiple sclerosis for about 10 years, and he’d been on steroids and all the usual treatments. He’d already had his cataracts removed. [AR: Say why this happens?] He’d already developed arthritic hips, and he came to me because he was at the end of his rope. When he came he brought with him a bag of vitamins; a very impressive bag of vitamins, about $500 worth. As I listened to his story (he explained his illness), and I looked at the bag of vitamins, I realized that his parasites were eating those vitamins, and the more vitamins he took, the sicker he got. Does this mean that people with multiple sclerosis should not take vitamins. No. But it does mean they should certainly
take the lowest dose of vitamins that they feel are helpful. So, rather than B-Complex 100, B-Complex 50.

So for this person, I ended up stopping his vitamins. He agreed to do enemas and eat more vegetables. When he first came in he was limping and holding onto the wall, and after making just those few changes he was able to walk without support and he was able to return to his work, which was pouring concrete.

I give you this example just to encourage and inspire you to realize that you can make a big difference in your multiple sclerosis. You don't have to have multiple sclerosis and you can turn things around.

This particular patient was also no great chef. He made it real clear that he owned a pot, a spoon and a bowl, and anything that could be cooked with that, why, he would give it a try. And so as a result of encountering him and other people in similar situations, I developed “Recipes for Health”

Volume I and Volume II. Each book contains recipes to help people make the transition of eating no meat, no dairy, no wheat and no sugar. [Give specific ordering information and ideally, give a sample recipe here]

Well that concludes this session on multiple sclerosis. I’d like to invite you to visit me at www.DrJenniferDaniels.com or VitalityCapsules.com.

Wishing you good health and happiness. Thank you.

This CD has been brought to you by Everyday Vitality, LLC. Please visit us at www.VitalityCapsules.com

Wishing you health and happiness,

Everyday Vitality

Please demonstrate your appreciation for the hard work of the author, artist and publisher by respecting the copyright, by not scanning, duplicating or in other ways copying these materials. Thank you.