

Multiple Sclerosis

What Is Multiple Sclerosis?

Multiple Sclerosis is considered a neurological disorder. The disease affects different parts of the central nervous system by destroying nerve coverings, called myelin sheaths. This destruction creates scar tissue known as plaque; plaque soon destroys and hardens nerves in what is known as "sclerosis."

What Causes Multiple Sclerosis?

Multiple Sclerosis is an autoimmune disorder, meaning that the condition occurs when white blood cells attack myelin sheaths as foreign invading substances. When these cells attack, it causes a noticeable imbalance as cells separate from and attack the body. As mentioned above, scar tissue will start to develop on the myelin sheath.

It is now considered by many researchers that numerous diseases are actually autoimmune problems where there is an underlying infection (usually a virus) left over from many years earlier that causes an immune dysfunction. The interesting thing is many people have changed their diet to my Really Healthy Foods plan and cleared these problems. The Multiple Sclerosis Health Plan works for most people in 30 to 90 days.

Even cancers are now thought to have a virus (and in some cases a fungus) as their cause. Therefore, the Multiple Sclerosis Health Plan will help the body to restore a healthy functioning immune system. This may be on the yearly "spring cleaning" list for those who plan to be healthy. My wife and I use this plan at least twice per day just to be safe.

Multiple Sclerosis FAQ

Q: My son recently told me that he got Multiple Sclerosis (MS). He is taking a good multivitamin, amino acids, and lecithin. He is having trouble with one of his eyes and feeling really tired. Can you help please?

A: The Multiple Sclerosis Health Plan should clear it in around 4-8 weeks.

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"Robert, I have been taking Serranol now coming up to two months and also commenced Krill Oil which replaced my intake of orac omega supplements. I have also made alterations to my diet making it all more alkalizing as suggested by yourself. I have been focused on doing yoga 3 to 6 times per week. I can see significant benefits to my wellbeing which includes a reduction in my MS symptoms. Many thanks."

- Sarah S.

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Follow the Health Plan as recommended for the best results:



MULTIPLE SCLEROSIS PLAN

Read the Multiple Sclerosis health plan below to find out how to recover your condition and how following a naturally healthy lifestyle and the supplement regime below can help you to find relief for MS.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support a healthy immune system - in order of priority:*

- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief.
 - **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
 - **B4 Health Spray** - Supports healthy homocysteine levels and the immune system. Take 4 sprays x 4 times a day.
 - **Vitamin D3/K2 Spray** - Supports a healthy immune system. Take 4 sprays x 4 times daily.
 - **Hemp Oil** - Needed to regenerate the myelin sheath and supports the proper functioning of the nervous system. Take 1-2 tablespoons daily.
- OR**
- **The Krill Miracle** - This combines a unique formulation of antioxidants in the form of Omega 3, 6 and 9 oils. Offers protection for cell membranes and boosts the immune system, amongst its other health benefits. Take 1-2 capsules daily with food.
 - **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days. ([See www.Probiotic29.com/studies](http://www.Probiotic29.com/studies)).
 - **GlycoBoost** - Contains Glyconutrients and L-Glutamine. Supports the growth of beneficial healthy gut bacteria and promotes healing in the digestive tract. Take 2 teaspoons per day.
 - **Active Life Capsules** - Essential vitamins, folic acid, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in your body that are naturally depleted each day. Take 3 capsules, twice daily.

Other Recommended Products

- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.
- **D.I.P. Daily Immune Protection** - Take 1 capsule, twice daily with food. Protects against infections and maintains a balanced immune system.
- **Essential Digestive Plus** - Ensures the proper digestion of food. Take 1 capsule, 3 times daily before food.
- **UB8Q10 Ubiquinol** - 8x more effective at restoring cell energy than CoQ10. Take 2 capsules x 2 times a day with food for 1 month.