

No More Gluten – How I Found Health After MS

Putting the Pieces of the Puzzle Together

Learning how to become healthy again after being diagnosed with a chronic, debilitating illness (of which the medical community says there is “no cure”) is like putting a puzzle together when you don’t have all of the pieces. I’ve actually learned a few things in the last 11 months since my MS diagnosis. I realized that I either have celiac disease (which is a disease that causes intestinal damage upon the consumption of gluten) or I, at the very least, have gluten intolerance. Either way, I avoid gluten.

The Baklava Incident

I went out to eat with some girlfriends. I did this every Friday, so I knew how to stick to my program at a restaurant. On that day, however, we got to talking about how well I was doing. I shared with them how I was able to get off of all of my medications simply by changing what I ate. I told them I was better – walking better, feeling better, and having more energy. I thought, “I’ve been good. I’ve stuck to my program so well I deserve some baklava.” It was delicious, but I couldn’t sleep that night because my stomach was turning in knots and my legs, which had been peaceful for three weeks, started to spasm again. I told myself, “Baklava doesn’t taste this good. Nothing does.”

Unwittingly Eating Couscous

I unknowingly ate gluten after eating only raw, mostly organic

produce for two months. I made some couscous (which I didn't know was wheat) and ate it for four days in a row for my evening meal. On day three, my MS symptoms started coming back. My right foot dropped and I was tripping, just like when my symptoms first started. I was also losing my balance and had a hard time walking up and down stairs. Once I realized the connection, I limited my diet to organic produce again and I used Shillington's Intestinal Cleanse and his Blood Detox for a few days. My symptoms were gone within a week.

Gluten Intolerance

I've got my theories as to why there is a sudden rise in gluten intolerance lately, but they're merely theories. What I do know is that right now, and possibly forever, I cannot eat gluten and be well. I can have certain wheat products like the Total Nutrition Formula, which has wheat grass, but wheat grass, if properly harvested, does not have gluten.

This is how gluten affected me. With other conditions, each person with gluten intolerance may experience different symptoms to different degrees. The most common gluten intolerance symptoms revolve around gastrointestinal issues such as bloating, constipation, gas, and diarrhea – these symptoms occur because the body is unable to digest and absorb gluten properly. Some individuals may also experience heartburn, acid reflux, nausea and vomiting. Gluten intolerance may also cause anemia, unexplained weight loss, fatigue, joint pain, headaches and irritability, mouth ulcers, a white coating on your tongue, an itchy skin rash, or open sores on the skin. Some individuals may experience gluten intolerance symptoms after consuming a small amount of gluten, while others may be able to eat small amounts of gluten without experiencing any major symptoms.

The most important thing I learned is that the safest way to eat is to limit myself to raw, fresh, organic produce. With anything else that I am going to eat, I need to be totally

sure it does not contain gluten. I've learned that my digestive system will be damaged, and those MS symptoms will come back if I eat wheat or any other grain that contains gluten. And I've also learned that anyone with a damaged digestive system needs to stay away from gluten to heal. Check out *Balance Your Ecosystem* and *Make Your Own Multi-Vitamin/Mineral*. Check out the first source for my story about being diagnosed with multiple sclerosis.

Recommended Supplements:

- FloraMend-Prime by Thorne
- Shillington's Intestinal Cleanse
- Formula SF722
- MicroDefense – Pure Encapsulations
- Shillington's Total Nutrition Formula

Further Reading:

- *Foods To Avoid With Gluten Intolerance or Celiac disease*
- *Being Diagnosed with Multiple Sclerosis and Refusing To Live With It*
- *Kill Candida and Balance Your Inner Ecosystem*

Sources:

- *Unsafe Gluten-Free Food List (Unsafe Ingredients) – Celiac.com*
- *Safe Gluten-Free Food List (Safe Ingredients) – Celiac.com*
- *Gluten Intolerance Symptoms And How To Avoid Gluten In The Diet – Healthy Reply*