

What is multiple sclerosis?

A chronic disease where the immune system attacks the nervous system. The disease affects both the brain and spinal cord.

How do we traditionally treat multiple sclerosis?

Pharmaceutical Options:

Corticosteroids

- Reduce inflammation
- *Side effects:* insomnia, mood swings, high blood pressure

Interferon Beta

- Reduces number of relapses
- *Side effects:* flu-like symptoms, liver damage, injection site inflammation

Glatiramer Acetate

- Kills immune cells attacking the brain and spinal cord
- *Side effects:* swelling, chest pain, injection site inflammation

Physical Options:

Physical Therapy

- Strengthening and stretching exercises
- Maintaining mobility



Lifestyle: It's more than just a diet

In addition to changing your diet, you can try other alternative therapies and lifestyle changes to help with your multiple sclerosis.

- Exercise
- Outdoor activities
- Massage



You're not alone

Keep up the fight!



For more resources visit:

<https://www.nationalmssociety.org/Resources-Support>

For fun recipes that match these dietary suggestions:

<https://www.direct-ms.org/nutrition/recipes/>



LIVING WITH
MULTIPLE
SCLEROSIS

How could nutrition help?

Want to do more?

Give multiple sclerosis an extra **KICK TO THE FACE** with a change in...



DIET!

KNOCK OUT your MS with:

- Antioxidants
 - Reduce inflammation
 - Spinach, kale, berries
- Poly-Unsaturated Fatty Acids
 - Healthy fats that protect the brain from immune damage
 - Fish, flax seeds, chia seeds
- Whole Grains
 - Reduce fatigue and increase energy levels
 - Brown rice, quinoa,



Remember: It's all about balance!

For an extra **PUNCH**, you can also try adding supplements to your daily routine.

- Omega-3 Fatty Acids
 - Fish oil capsules
- Vitamin D₃
 - Pills
 - A great source of vitamin D is sunlight

“Sunshine is the best medicine!”

Try to **AVOID**:

- Red meat
- Dairy
- Alcohol
- Refined Grains
 - White rice, white bread, pastries

Just know that being a *little* more conscientious of your dietary choices could make a *big* difference

Are there specific diets that could help your multiple sclerosis?



Mediterranean Diet:

- Daily: fruits, vegetables, whole grains
- Weekly: fish, poultry, beans
- Rarely: red meat, dairy, refined grains



Berries and leafy greens are helpful additions to any diet



You can also look into the MIND diet. This diet is very similar to the Mediterranean diet and helps with cognitive decline.