

My Perspective

“Get informed, Get outraged, Get inspired, Get active”

Anita Roddick

Hi, I'm Cathy Joy's mom and a member of Joy's MS health Team. We chose to co-create this website/blog together so that we could share our combined experience and Joys process with everyone involved in this community, our village as it were. To be clear Joy doesn't want to learn how to live with MS, but to become symptom free without Multiple Sclerosis Medication. Other MS patients have done it, we know it's possible. The tricky part is what appears to work for one person may not work for someone else. That fact alone has led us to want to share our findings so that together we may figure this out. And as far as our village is concerned it's mostly about how to be supportive of each other while dealing with a life centered around chronic disease. Easier said than done.

Where the problems start..... Money, Money, Money

1. Global spending for Auto immune treatment in 2022 was estimated at **\$140 Billion dollars**.
2. Costs have increased 4 times between 2011-2022. (WHY?)
3. A recent report in “Global Wellness Economy” ranks the U.S. health care costs as the highest in the world coming in at **\$1.2 trillion dollars**. (that's twice the amount of Chinas health care budget)
4. Global statistics for autoimmune patients in 2022 are approximately 360 million, 85% of those are women.
5. A recent Cambridge university study estimates those numbers are rising between 3-9% annually.

Joys Story ,Conventional Health Care or what Not to do

“Health Care” there's an oxymoron. When Joy was first diagnosed her health care provider was Kaiser Permanente provided by her employer. We were clueless of the fact that they practiced what's called “conventional “medicine and how that fact would shape her illness. We just assumed they provided high quality ethical medical care and didn't question their treatment of Joys Multiple Sclerosis. Here's a definition of conventional medicine; “a system in which medical doctors treat symptoms and diseases using Drugs, Radiation and Surgery”. For us the most damaging aspect of this “system” is their willingness to use drugs with potentially damaging side effects and no assurance that they will even be affective. The first 10 years of Joys M.S. treatment consisted of testing 5 different medications on her, each worse than the last. They all had severe side- affects exacerbating her condition and leaving her so ill I wasn't sure she would live another year. At Joy's lowest point her doctor suggested chemo radiation which destroys the immune system, for a patient with a compromised immune system.(remember the system? Drugs -Radiation- Surgery? were at #2)Am I hearing this right? What I lack in medical training I more than make up for in common sense and that sounds crazy. This was the turning point when Joy took back control of her health and started looking for new doctors and new answers. Her recovery, however slow, is happening along with the discovery of alternative solutions, preventative solutions, and a new proactive approach to health in general. She is finally on the road to a full recovery, feeling better each day. Thank God it's been a very scary road.

I would like to add that while I'm not suggesting all doctors fall into an "agents of evil" category, I do believe they need to rethink their approach from an ethical perspective. 2400 years ago, Hippocrates, the ancient Greek physician and author of the "Hippocratic Oath" wrote a piece about physicians where he is quoted saying "**First Do No Harm**". Testing un-proven drugs on patients can **DO HARM**.

Lights at the end of the tunnel

Dr. Gabor Mate in his latest book the **Myth of Normal** states that "Autoimmune diseases are among the great unsolved mysteries of the medical profession". He goes on to discuss in chapter 5 a patient called Mee Ok (yes that's her real name) while suffering from an autoimmune disease called scleroderma experienced pain so severe that she wanted to end her life. In defiance of all "conventional medical logic" she is now off of all medications and has what is described as a recovery so extreme and unexplainable that Dr. Mate contacted her family to verify her story as true, it is. Mee Ok and many other autoimmune patients today are sharing their stories of complete recoveries that defy all medical predictions. I thank Dr. Mate for acknowledging how this disease appears to be the great medical mystery while patients are finding answers outside of his field. I don't know many doctors comfortable with the unexplained. Like Mee, success stories carry a message of hope that's transformative, we plan to share as many of those as possible.

Our BELIEFS

- SELF HEALING We can create the right circumstances where the body can heal itself.
- HEALING OUTLIER Doctors are not God (or google) they don't have all the answers.
- PREVENTION Is a huge component in recovery
- HUMOR HELPS in all situations if you find a way to laugh it makes everything better
- LEARNING THE LANGUAGE OF DISEASE how we can see illness with a new perspective
- DON'T DEAL WITH DISEASE ALONE