



BIOHACKING MULTIPLE SCLEROSIS, A PATIENT'S JOURNEY (SO FAR)



Cathy O'Brien 1-2025

WHY THIS SEARCH?

- 45% of patients with Autoimmune Disease like Multiple Sclerosis were dismissed as hypochondriacs in the earliest stages of their disease
- 73% of Doctor's do not feel qualified to diagnose and Treat Autoimmune disease
- Patient's report it takes more than 3.5 years and nearly 5 doctors to receive a correct diagnosis

STEP #1 FOOD, FIGURING IT OUT

"Our Food choices can either create **Disease** or **Health**". Dr. Terry Wahl

If you listen to industry experts like Terry Wahl, Food is the reason she has the level of recovery she does today. She also advocates for vitamins, supplements and EMS therapy, but food is both at the heart of this disease and its recovery.

Food contains the nutrients we need to fight off viruses and bacteria that can lead to chronic disease like the Epstein Barr a virus often associated with MS. "Most "experts agree that eating foods designed to provide nutritional cellular nourishment is the key to health. Because we essentially consist of trillions of cells that are the building blocks, we are made of these cells need certain nutrients to do the work of keeping us alive and healthy. Those necessary nutrients come from the food we eat so if you give the body what it needs and remove what is poisoning it your body can finally concentrate on healing itself.

Our top 3 favorites sources of information about healthy food choices for Multiple Sclerosis are The Wahls Protocol by Dr. Terry Wahl. I like Dr. Terry Wahl because her MS is in remission and she speaks from experience concerning her recommended diet. I will also say that her diet is not for the faint of heart but it works for her and many others. Matt Embry who has been symptom free since 1995. Matt's father is a research scientist who designed a diet along with a list of supplements that has proven to work for him over time. You can find more about this on his website MS Hope. Anthony Williams is another author worth reading about MS, food and toxins. He's called a Medical Medium and has a great book on the subject called 'life Changing Foods.

One of Anthony Williams "superfood" benefits are listed below



STEP # 2 VITAMINS AND MINERALS

They Do Really Make a Difference

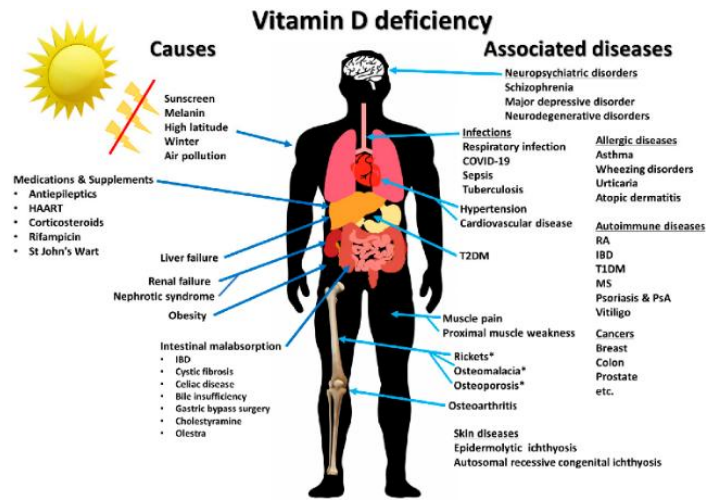
It's no secret that we're not getting enough nutrients from our food anymore, it's called "micronutrient malnutrition" a condition caused by a dietary deficiency of vitamins or minerals. Not only do most people not **eat** enough fresh fruit and vegetables but much of what is available has been negatively impacted by a variety of alarming factors. A recent study done in 2021 found that fruits and vegetables sold in the UK today only contain 50% of the key nutrients that were found in the same fruits and vegetables in the 1940's. That's not good. Extensive research is available outlining the many factors responsible for this decline but that's for another time.

If our body is a self-healing machine then vitamins and minerals can strengthen and support it to fight this internal battle without external medications. After a fairly extensive search for a recommended list of vitamins and or supplements for MS we found there are very few that most experts agree on. The one almost everyone accepts as necessary is Vitamin D3 with the suggested dosage being in 6000-8000 range but they also suggest checking your levels through a simple blood test first. If you want to read more about vitamin D3 check out an article published by Ashton Embry, PHD "Vitamin D Supplementation in the Fight Against Multiple Sclerosis. The next on that list is Omega 3 fatty acids such as krill oil or fish oil or plant-based fats found in flax seed and chia seeds are just as beneficial. The suggested dose for fish oil is 2-3 tablespoons and best to avoid cod liver oil because of the high vitamin A content. Other supplements that are mentioned are calcium, magnesium, vitamin b complex and probiotics but each body is unique so getting tested will help direct what you need. Fortunately, today there is a ton of information on this subject, it's worth diving into.

Top 2 suggested supplements for MS

- #1 D3
- #2 Omega 3 fatty acid

A second school of thought revolves around the idea that Multiple Sclerosis is the result of the Epstein Barr Virus which damages the myelin sheath. One of the treatments for EBV is designed to reduce pain and protect the myelin sheath and includes the Omega 3 fats, L-glutamine, Lions Mane, Alpha Lipoic acid, Monolaurin, Curcumin, and Barley Grass Juice. Anthony Williams writes extensively about the Epstein Barr Virus in his book "Medical Medium".



STEP #3 HOW TO TAKE CONTROL OF YOUR HEALTH

5 Proven Survival skills in dealing with your doctor

If the last few years have taught us anything it's that we should not rely on "experts" to make major decisions for us about our health especially in the United States where its profitable being sick. Leaders in this field have been wrong about issues like vaccines and masks while being censored from telling the truth. Our search has been focused on discovering how deep that rabbit hole is when it comes to Autoimmune disease and Multiple Sclerosis. It's an accepted fact that they don't know the cause of this chronic condition yet when it comes to recommending dangerous untested medications there is little transparency and few options.

Why patients need to be proactive

Doctors like many authority figures in our culture are in the middle of a paradigm shift as patients are waking up to the fact that "how" they practice medicine may not be in our best interest. As patients we need up to date information, knowledge based on experience and alternative options, then WE need to make our own decisions. The flaw in this system is a lack of truthfulness because most health care systems are driven by money and Big Pharma. The thought of being prescribed a medication because some pharmaceutical company is partnering with your insurance provider keeps me up at night.

When my daughter was diagnosed with Multiple Sclerosis her first experience with the Neurosurgeon should have been a clue as to what to expect. After a week of test's, he announced that she had Multiple Sclerosis and that within 2-3 years she will likely be confined to a wheel chair. (after 18 years with the disease she's never needed a wheelchair) The negative doom and gloom style of diagnosis may be to cover their a** but it's time to find a more positive way to communicate. Words matter, a recent study from the university of Southampton UK showed an amazing 61% difference in the outcome of patience when their doctor used positive language

In a recent survey Doctors were asked what traits they observed in patients who have a stronger than average survival rate. They named this type of patient "**Immune Competent Personal**



IMMUNE COMPETENT PERSONALITY



STEP #4 FOLLOW YOUR INTUITION

INTUITION the ability to understand something immediately, without the need for conscious reasoning

Most of us have heard the terms having a “hunch” or “Women’s intuition” when it’s hard to quantify information but we know it’s real. Psychologist Seymour Epstein defined it as “a sense of knowing without knowing how one knows”. Previous discomfort around “trusting our instincts” comes from years of cultural prejudice that’s diminished but not gone as 70% of adults today say they always trust their instincts yet still harbor the perception that it’s somehow flawed. While Researchers doing a study at a school of psychological science discovered that relying on intuition to make a choice between two options led to the right answer 90% of the time.

Thankfully old beliefs are changing. There’s plenty of examples today that both instinct and reason are a respected process in decision making. Author Malcome Gladwell in his book BLINK describes it as “thinking without thinking”, Gladwell say’s “There can be as much value in the blink of an eye as in months of rational analysis” The field of Medical Intuitive is another example of this change described as an alternative medicine practitioner who uses their intuitive ability to diagnose or access a patients physical or emotional condition. If you google medical intuitive today I’ll bet you’ll be surprised by how many are in your area , Carolyn Myss , medical intuitive was reported by Dr. Norman Shealy MD & PHD to have an accuracy rate of 93% .

Developing and trusting a skill that we all have is a huge benefit in the convoluted and sometimes scary world of Auto Immune disease, a world where even doctors admit knowing very little about. Your instincts are always going to be more accurate than anyone else so learning how to listen will become an enormous advantage. On the day my daughter was diagnosed with Multiple Sclerosis we called a friend who was a medical intuitive and the first thing she said was “close your eyes and go inside your body followed by a lot of questions ...the point was to help her develop a dialogue between her conscious and unconscious self. She has answers that are inside, she only needs to learn to trust and listen to that inner voice.

Developing Intuition

One medical intuitive describes how she sees her process.” Just when I think I have mastered my intuitive language, something will remind me that this pursuit is not about grasping a concept or holding onto a thought or image. I am being led to simply notice the mysterious workings of the universe and know that I am aligning with it. We are not in control of how vast this openness comes through. Each person’s development is completely unique....Whether your journey is about developing your own intuition or a broader intuitive knowledge the process is the more or less the same. You can find endless information about how to develop it but here are the cliff notes to getting started.

First: Get a journal and start taking notes on your observations about your health, write anything you observe when you start asking inward questions. Writing helps to access the intuitive right side of the brain.

- When you are not feeling well or your symptoms flare, sit quietly and ask yourself “what are you trying to tell me? Your body is trying to communicate with you, it’s a lot like learning a new language. Journaling on a daily basis will help speed up the process of what I call inner dialogue-ing. Its where you start asking your inner guides for whatever information you want, if it’s about your health ask for guidance on what is making you sick, what situations are toxic for you? Sometimes you will get answers right away other time your answers come from unexpected sources later, like friends who recommend a book with the exact information you need. The more you can stick with it the more it works. Over time you will develop your own list of questions that will work best for you.
- Pay attention to your Dreams. Dreams are the language of the subconscious, we work out problems in our dreams, we create in our dreams, we are busy in our dream time. To begin working with your dreams formulate a clear question in your mind just before falling asleep, leave a pad of paper and a pen within reach so first thing upon waking you can write down what you remember. Do this every day and you will train your body to remember your dreams automatically.

STEP # 5 UNCONSCIOUS BELIEFS AND CHRONIC DISEASE

“Until you make the Unconscious Conscious, it will direct your life and you will call it fate”

Carl Jung

In 1975 Dr. Robert Ader coined the term **Psychoneuroimmunology or PNI** to show that there exists a link between the way people think and about their health. The PNI research of the late 21st century indicates that there is a connection between strong emotions like anger, rage and fear and the strength of the immune system. When emotions are not expressed appropriately there is an excess of epinephrine which weakens the immune system and causes susceptibility to disease. Science only recently discovered what many people have known for years, our thoughts are creating our futures. Louise Hay was one of the leading experts in this field she

believed that our mental patterns create diseases in the body. In addition to her book "You Can Heal Your Life" (which sold over 50 million copies) In the early 1970's Louise became a practitioner for church of religious science whose main doctrine is that the body can heal itself of disease. Somewhere between 1977 and 1978 Louise was diagnosed with terminal cervical cancer, she concluded that the cause of her cancer was her unwillingness to let go of resentments over her childhood abuse and rape. She refused medical treatment and began a regiment of forgiveness, therapy, reflexology, and nutrition. Louise attributed her recovery from Cancer to her willingness to forgive her abusers and let go of the past. Uncovering unconscious beliefs can hold the key to our recovery, look at the poet Mee Ok (I love her name) and how she recovered from Scleroderma, an autoimmune disease after doctors gave her 5 years to live. Her miraculous recovery happened after she was able to process the trauma from her abuse in childhood. One of her doctors actually checked her story because he could not believe recovery was possible.

A few of Louise's Beliefs

- Every thought we think is creating our future, and all thoughts can be changed.
- Mental patterns create disease in the body, and we can change those patterns.
- Awareness is the first step to Change
- Releasing resentment will dissolve even cancer.
- Freedom is found through forgiveness, even if you don't know how.

A few Tips from Louise

- Bio Feedback is a great tool to help change your thought patterns. Information and Apps are readily available about this tool.
- Affirmations are powerful, the trick is to find the ones that fits you and what you want to change. That means keep looking until you find something that is a perfect fit. Then put it everywhere, nightstand, bathroom mirror, refrigerator, and car, I find it makes a big difference if it's in a lot of places.

STEP # 6 EMBRACING SOCIAL SUPPORT

If you want to go **FAST** go alone If you want to go **FAR** go with your group

9 Benefits of Support Groups

- Feeling Less lonely, isolated, or judged
- Reduced depression, anxiety, or fatigue
- Relief in being able to talk openly about feelings
- Helps improve coping skills
- Staying motivated while dealing with long term chronic conditions

- Gaining a sense of hope or empowerment
- Improved understanding of a disease by hearing about other people's experiences with it
- Practical feedback about treatment options
- Learning from others how they deal with economic and social issues related to chronic disease.

There are many roads that lead to healing Chronic Disease but they're not always obvious. Being around friends especially ones that are experiencing the same kind of disease can make a big difference in your healing process. They are a great source of information as to what's working and not working for them as well as just being around people who understand what you're going through. The most obvious places to meet them are the many associations created for Autoimmune Disease and Multiple Sclerosis who offer support groups both online and your local community. These organizations frequently sponsor local community awareness through fundraising activities and are another opportunity to meet like-minded people. Online forums and blogs are another place to find people with similar needs. The key is to keep looking, you will find new friends on your road to health.