Why An Anti-inflammatory Diet Matters With Multiple Sclerosis And Why It Doesn't Have To Be Hard

With Laurie Erdman, JD, MS, CHHC

Benefits of an Anti-inflammatory Diet

- AID can prevent and/or reverse chronic conditions
  - Prostrate cancer
  - Diabetes
  - Heart disease
- Practice-based evidence with MS
- AID can help with symptoms
  - More energy
  - Better mental clarity

A Personal Experience

3 years later

Fatigued, burnt out lawyer

Healthy, happy wellness coach

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Goals For Tonight

- My intention is to eliminate confusion of what it means to eat healthy for MS
- Introduce you to inflammation and its effect on your health (MS and beyond)
- Give you the tools to make wise dietary choices

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Barriers To An AID

- Desire for Overnight Results
- Skepticism
- Stuck in “I can’t” or “Its too hard”
- Ignoring self-care
- Ignoring self-sabotaging behaviors

Are MS Diets Anti-Inflammatory?

- Swank – low fat
- Jelinek – vegan/no-fat
- Best Bet/MS Recovery – no allergens
- Wahls Way – paleo, no grains, 9 cups of vegetables
- Boroch – candida/yeast (no sugar)
- McDougall – Vegan
- Get Up & Go – customized AID

5 Anti-Inflammatory Diet Principles for MS

- Anti-Inflammation
- Alkaline Balance
- Nutrient Dense
- Allergen-Free
- Delicious

What is Inflammation?

- Inflammation is our body's response to invaders
  - Our body's army - the system of cells that protect us from germs, bacteria, and viruses
- Our most common experience with inflammation
  - Fever
  - Redness
  - Swelling

Our Friend, Our Enemy

- Our immune system is our best friend and our worst enemy
- The problem is with silent, invisible, non-symptomatic inflammation

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Keeping Your Body in Alkaline Balance

- Eat high quality (preferably organic) whole food
- To restore health, eat 80% alkaline producing foods
- Make use of a wide variety of foods
- Establish balance between complex carbohydrates, protein and good fats
- Consume enough fiber and clean water

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Alkaline-Acid in the Real World

Alkaline Producing

- Fruit (most)
- Vegetable (most)
- Lentils
- Spices
- Herbs
- Seeds and Nuts
- Some grains

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Alkaline-Acid in the Real World

Acid Producing

- Meat
- Fish
- Poultry
- Eggs
- Grains (most)
- Legumes
- Alcohol

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Nutrient Dense

- Eliminate the junk
- Load up on vegetables and fruits, even sea veggies
- Don't fear good fats

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Allergen-Free

- Gluten
  - Neurology 2004 Jun 22; 62(12):2236-7
  - J Neurol Neurosurg Psychiatry 2005 Jul; 76(7) 1028-30
- Dairy
  - Neuroepodemiology 1992; 11:304-12
  - J Immunology 2000; 165:2859-65
- Eggs
- Yeast
- Others

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Delicious

- Preference for home cooked
- Liberal use of anti-inflammatory herbs and spices
- Strategic use of good fat to boost flavor

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Increase Your Chances of Success

- Start Slow
- Get Support
- Be Held Accountable
- Take Action Everyday
- Don’t Give Up

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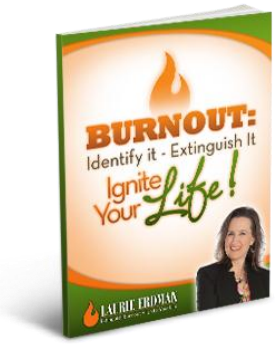
Extinguish Burnout – Ignite Your Life

with more energy, balance and passion



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