

Evelyn Klotz 



MS HEALTH GUIDE

HELPING YOU TO HELP YOURSELF

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Hi, I’m Evelyn, committed to helping and empowering you to overcome physical and emotional challenges. I offer expert guidance and assistance, to help you manage your MS symptoms and live a full and rewarding life.

All my life I have relished the opportunity to serve others and that’s why I knew from a young age on, that I wanted to become a nurse, dedicated to helping others. My experiences I’ve had in my nearly 20 years as a dual trained nurse, combined with cognitive hypnotherapy, are helping me now tremendously to deliver a holistic therapy program, to help you achieving your goals or to feel better.



I was diagnosed with MS myself in 2009 and have combined my experiences in this book to enable you to understand some of the areas that can really help to manage your MS symptoms. If you want further support please contact me for details of how I can help you with a bespoke treatment plan. You can call me on 07895 859969 for a no obligation chat about how I might be able to help.



IS COGNITIVE HYPNOTHERAPY RELEVANT FOR MS?

Here's a thought:

90% of what we do is driven by our unconscious mind. The good news is that our unconscious mind is on our side (that's a relief!) All it wants to do is keep us safe and alive and everything it does is for a positive intention. Unfortunately, it can make mistakes, especially when we are younger. With cognitive hypnotherapy we can guide it back on the right path, to help you heal and feel good.

How is this relevant to MS?

Because our unconscious mind is capable of telling our body which kind of hormones it should release. Depending from the hormone, this can make us either very happy, (let's call it 'the good juice') or unhappy ('the bad juice'). The latter, unfortunately, can cause harm to our body and even help to create or worsen disease (let's call that 'the bad juice') The brain tends to get addicted to 'juice' — good or bad — and it will demand more. Therefore, all you have to do is to train your brain to ask for more of the 'good juice', so it will conveniently continue to work in the background, in and out of your awareness, to keep you healthy and happy.

So we know by now that the unconscious mind thinks it's our friend and all it wants is to keep us safe and alive. E.g. if there is a bear in our living room that gives us panic attacks and anxiety, stress hormones (e.g. adrenaline and cortisol) get released. (think fight/flight freeze response). The bear is in our living room and we should be able to attack, run or freeze. If the bear is a permanent lodger though, stress hormones get released to our body constantly and this can lead to physical illness or worsen existing physical illness.

Also, to keep us as healthy as possible, the unconscious mind is communicating with the immune system e.g. creating T-cells to fight bacteria that have entered our bloodstream. In MS this might happen i.e. due to the leaky gut syndrome. Those T-cells can not only attack and injure myelin, but can also secrete chemicals that damage nerve fibers and recruit more damaging immune cells to the site of inflammation. The unconscious mind has now helped to trigger a MS relapse, in order to keep us healthy and alive. Twisted! With cognitive hypnotherapy we can guide it to do better.

Our brain is a remarkable thing. e.g. when we cut or burn ourselves, it sends the components needed to fix the problem via the bloodstream, while the immune system fight germs to avoid infection. We have a lot of innate healing powers and fellow MS warriors have probably experienced the body's self-healing magic when

the symptoms from our last relapse disappear nearly as quickly as they showed up. Isn't that a miracle?

Cognitive hypnotherapy can help you feel better, stronger and energised. It can retrain your mind to think positive and find better solutions. It can teach you how to pour yourself a glass of the good juice. It can help you overcome trauma, anxiety and negative emotions that might have been responsible to trigger MS and those that come with MS. It can help you to find ways to end the bears tenancy and to live in peace and harmony. It can show you ways of how to communicate with your unconscious mind effectively, to lead it towards healing you. It can help you feel good, mentally and therefore physically.

GUT HEALTH

Though I am not a qualified dietitian, I did a lot of research, testing my findings on myself. For me, I find the Wahls protocol most agreeable and I cannot recommend it highly enough. It has a lot in common with the concept of the Paleo or hunter-gatherer diet, but Wahls made it even more specific for MS because she too is struggling with MS.

I have adopted many practices from it, especially those I agree with, naturally, but it is very strict and to my taste, difficult to integrate into every day life. I don't agree with all of what she says, nor did I feel I understood everything in the book. To make reading the book easier for others, I wrote a shorter, simplified set of guidelines based on the work and put it up on my website.

I'm not really the type to set off for the shops with a shopping list. Nor do enjoy sticking rigidly to recipes. This comes from my love of creative cooking and on days when my energy levels slump I find it enjoyable just to open the fridge, check the contents and see what I can create out of what's there.

We cannot afford unhealthy food, especially when we suffer from brain fog and fatigue, but we also need a diet that can be prepared easily. A fairly difficult combination, don't you think? I have created guidelines that explain it all simply, so you can just grab something from the fridge and prepare it, without ever setting eyes on a recipe. I utilise cognitive hypnotherapy and stick to my simple diet rules, making me feel much more energised. And I suffer from far fewer symptoms.

There's a lot more than diet I would share with you. Cognitive hypnotherapy, working effectively with your unconscious mind, will take us to the very core of your condition, to the beginning of your MS, and point your unconscious mind in the most beneficial direction for you.

Remember, we are dealing with a physical disease here, so we should not forget that a healthy diet, melatonin levels, hyperbaric



oxygen treatment, fasting and exercise are all critical to supplying our bodies with energy, to maintain our muscle strength, build new and healthy cells and stay in balance.

The sooner you start your diet, the better, but please don't expect a magical one day healing. It may take a while, but I can assure you, you will notice a positive change, if not immediately, certainly within a month or so.

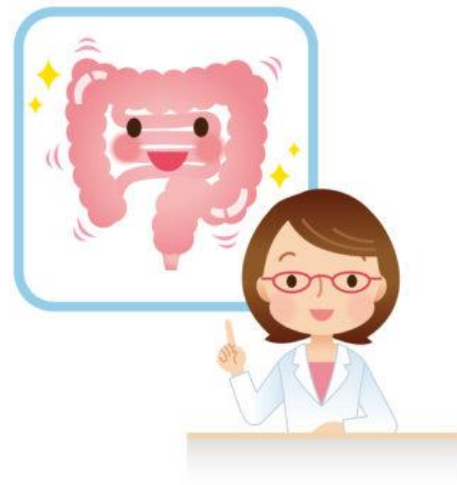
You may not find everything to your taste, but together we can construct a bespoke treatment plan to help you battle your MS effectively.

So, please do not hesitate to [contact me](#) for a no-obligation chat, to see how I can help you.

LEAKY GUT SYNDROME

I believe that one of the most important things MS sufferers have to mend is so-called leaky gut syndrome – in which holes or leaks develop in the lining of the small bowel and blood vessels. This condition is caused by the 'wrong' bacteria, yeasts or parasites growing in your bowels.

Here, I am specifically referring to carbohydrate loving yeasts that are more likely to give rise to toxicity in the bowels. These yeasts break down so-called intracellular cement – the stuff that seals the intestinal lining, between the small bowel and the blood vessel. If this cement is damaged, the bowel content can leak into the bloodstream, hence the term 'leaky gut'.



Considering that our immune system is responsible for keeping toxins and bacteria out of our bloodstream, you can probably imagine that this is one of the main reasons why our immune system is stamping its feet!

In order to keep us as healthy as possible, the immune system will send out T-cells to fight the bacteria. T-cells not only injure myelin, but can also secrete chemicals that damage nerve fibres (axons) and recruit more damaging immune cells to the site of inflammation. Researchers continue to study what exactly allows T-cells to be activated in this way, and have found that both environmental factors and genetics play a part.

So, that means that we are certainly not helpless, because we can do a lot to control our MS whilst we keep the gut as clean and healthy as we possibly can. We can do this with diet, reduction of carbohydrate loving yeasts, cut out wheat, gluten and dairy products and do a colon cleanse once in a while. Please feel free to scroll through the pages 'fasting' and 'diet' for further information.

Leaky Gut is not only about our gastrointestinal system. You could also have leaky blood vessels, leaky skin, or even a leaky brain. Immune cells will be more likely to delve into the walls and deposit cholesterol and inflammation-causing molecules into blood

vessels. This can lead to clogged and narrowed veins. It has been suggested that narrowed veins could be the reason for fatigue and in fact, for some people with MS, vasodilatation proved quite successful.

Many people with MS also suffer from rashes and other annoying skin problems, because the skin too might leak, allowing toxins and other particles that cause inflammation to get through. I think that apart from the leaky gut, the leaky brain causes most MS symptoms, as this is when the blood-brain barrier, which should actually provide an extra layer of protection for the brain, blocking overactive immune cells and toxins out, becomes more permeable and therefore all the stuff that is not supposed to be in our brain or spinal cord is allowed to pass through where it causes damage.

I'm sure you'll agree that this isn't something we want to happen.

This all sounds terrible, I know. But the good thing is, we can do a lot to prevent and minimise the risk. The following powerful interventions will help your incredibly wise body to heal itself:

Health begins in your colon, so it's important to keep it clean. Colon hydrotherapy is one of the best ways that can help improve your body's overall health and wellness and it is key to keep gut bacteria and toxins out of your bloodstream.

Also:

Stick to the Wahls protocol [diet](#)

[Fast](#) for 3-4 days

Have an occasional [liver and gallbladder flush](#)

[Cognitive hypnotherapy](#) can help you activate your healing powers, communicate with your unconscious mind and get to the heart of your problem.

If you want to learn more about how I can help with a bespoke treatment plan, [contact me](#) for a no obligations chat.

If you'd like to listen to my relaxing healing hypnosis, please find the free download [here](#)

EAT SEASONAL, LOCAL AND ORGANIC VEGETABLES



The changing of the seasons is a source of natural diversity that we should embrace. Seasonal fruits and vegetables retain more nutrients than their counterparts, making them the better choice for healthy eating. Eating seasonally is not only better for your health, it also promotes balance with the resources of our earth's and the life it sustains.

Evelyn Klotz

The same good reason for eating seasonal and local vegetables applies to eating seasonal and local fruits – they've got the highest nutrient-value. By choosing organic, seasonal foods, you are guaranteed food that:

Grew closer to you, preventing it from spoiling during transport
Was harvested at the peak of freshness, ensuring dense nutrient content
Was sold during its natural season, before it spoiled or was subjected to an unnatural preservative process

I've picked out some vegetables for you that nourish the mitochondria, detox cells, and help create the proteins and connective tissue vital for healthy joints, skin and blood vessels.

The key element here is sulphur! Vegetables rich in sulphur include:

- Asparagus
- Broccoli
- Kale
- Bok choy
- Brussels sprouts
- Mushrooms
- Onions
- Radishes
- Garlic

Try to eat garlic raw because it loses nutritional benefits when cooked or fried. There's no need to eat a whole garlic onion, though, especially if you have a delicate stomach. There are other ways to eat raw garlic. I love to put it in olive oil for salad dressings, for instance.

And please don't overcook your vegetables, or they'll lose all their nutrients. Light steaming works best and they should be firm to the bite when served. If you've got the space, why not grow your own?

It is also wise to get tested for allergies and intolerances. Then eat only those vegetables you are not allergic or intolerant to.

EAT SEASONAL, LOCAL AND ORGANIC FRUITS

The changing of the seasons is a source of natural diversity that we should embrace.

Seasonal fruits and vegetables retain more nutrients than their counterparts, making them the better choice for healthy eating. Eating seasonally is not only better for your health, it also promotes balance with the resources of our earth's and the life it sustains.



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Seasonal fruits and vegetables retain more nutrients than their counterparts, making them the better choice for your health. Furthermore, eating seasonally is not only better for your health, it also promotes balance with both the earth's resources and its life forms.

You might think 3 cups sound a lot, but remember that you don't have to simply eat them. Why not blend them (without sugar!) in a smoothie for breakfast or at any time of the day you fancy.

TIPS



Preferably, eat dark fruits, like blueberries, blackberries, raspberries because scientists have discovered that berries have some of the highest antioxidant levels of any fresh fruit. Fresh berries are some of the most powerful (and delicious) disease-fighting foods available.

Avoid fruits that were shipped from other countries, as they get picked green and therefore have a very low nutrient-density and we can't afford that with MS.

Why not grow your own organic fruits?

WHICH SUPERFOODS WORK FOR MS

- Chia seeds (rich in fiber, omega-3 fats, protein, vitamins, and minerals)
- Goji berries (Antioxidant and anti-inflammatory)
- Organic blue-green algae. This is one of the most nutrient-dense foods on earth. There are 2 varieties: Spirulina, and
- Aphanizomenon flos-aquae are the most consumed forms of blue, green algae, which has superfood status due to high concentrations of proteins, vitamins, and nutrients)
- Turmeric (The healing compound is cur-cumin. You might know the orange spice from a good Indian curry. This is my absolute favourite as it has amongst other

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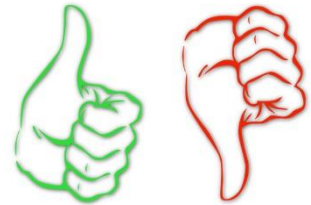
incredible health benefits a very powerful anti-inflammatory effect. I blend it in my morning smoothie, make a tea or toss it with my vegetables, but there are many ways to have turmeric.)

- Try to add psyllium seed husks to your diet (for bowel health)

YAYS AND NAYS

CATEGORY: "DON'T EVEN THINK ABOUT IT" FOODS

- Dairy products
- Wheat or Gluten
- Food you are allergic or intolerant to processed food



CATEGORY: ONCE IN A BLUE MOON FOODS

- Starchy vegetables (e.g. potatoes)
- Non-seasonal, non-local fruits and vegetables
- Legumes
- Grains
- Sugar (prefer fruit sugar)
- Grains and legumes (These contain phytic acid and other compounds that can interfere with nutrient absorption and cause intestinal damage, making it even harder for your body to absorb nutrients.)

ALLERGIES AND INTOLERANCES

Allergies arise when your body's natural defences overreact to exposed to a particular substance. The body treats such substances as invaders and sends out chemicals to defend against it.

This depletes the immune system, and therefore we should avoid eating food against which we react allergically. Note that we are sometimes unaware of our allergies because symptoms don't always show.

90% of all allergic reactions come from:

- eggs
- milk (from animals)
- peanuts
- tree nuts
- fish
- shellfish
- wheat
- soy

Instead of dairy products try the following alternatives:

- coconut milk

- oat milk (my favourite, as it is quite creamy and works for everything. Don't forget to give it a good shake before using it!)
- almond milk
- rice milk
- soy milk (do not pour in coffee as it flakes)

Regarding cheese (As I always say, 'When you are tired of cheese, you are tired of life.') I have found a product which make it easier for me to say no to cheese. It's vegan cheese. You might need to try a few before you find one of your taste, but I did find a couple that I like.

For bread replacement, please see the [2 very healthy bread recipes](#) here on my website. I have invented them for us, as I think it is easier to resist wheat bread if we have a replacement. Those are very healthy ones and I think they taste delicious, so I wanted to share them with you. Enjoy and have fun baking.

If you are not keen to bake your own bread, I am sure there is very good gluten, wheat and dairy free bread available in your local shops.

ADD HEALTHY FAT

Fat gets a bad press. But not all fat is bad. We need good, healthy fat because many vitamins and minerals need fat to be activated.

Good fats can be found in:

- Coconut oil (try to add this to your meals daily)
- Coconut milk
- Avocado
- Nuts
- Meat from grass-eating animals (only organic)
- Fresh fish, best from the country you live in. (how about a visit to a fish market?)



It is especially important to eat fish and meat. They deliver essential proteins we really need in MS and it is tough to substitute for these in a vegetarian or vegan diet, considering that we should avoid eating grains, dairy or legumes because we want to be free from the toxic effects of these modern foods.

One study of the 'hunter-gatherer diet' – a diet that features meat – was associated with better blood sugar control, better blood pressure and better cholesterol values.

Instead of butter, you can use ghee. Here's how to make it:

GHEE RECIPE

Evelyn Klotz



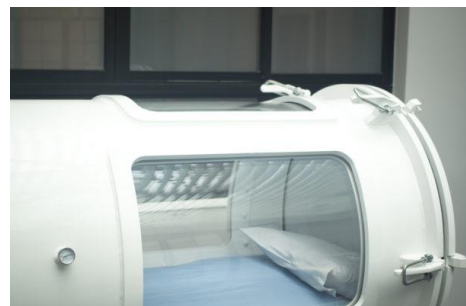
1. Gently melt butter in a saucepan over medium-low heat. In a few minutes the butter will separate into three layers. Foam will appear on top; milk solids will migrate to the bottom and clarified butter will float between the two.
 2. Let the butter come to a simmer. Hold it there until the middle layer becomes a little more more golden in colour than when you started. Push the solids on top out of the way to have a peek.
 3. The milk solids at the bottom will begin to brown. (At this point it is a matter of preference, you can let the solids lightly brown, or let things progress a bit further.)
 4. When the ghee is finished, skim the entire top layer of foam into a bowl with a spoon or strainer
 5. Turn off the heat, and allow things to settle for a minute or so.
 6. Carefully pour the golden central layer through a strainer, into a clean glass jar, leaving the milk solids at the bottom of the pan.
- If you were able to get all the solids out and use clean and dry utensils in the jar, ghee would keep at room temperature for weeks. It can be used as a cooking oil, finishing element, and is also a traditional body moisturiser and massage medium.

HYPERBARIC OXYGEN THERAPY

Hyperbaric oxygen therapy is a treatment given in an oxygen chamber, where the air pressure is increased above normal.

Its benefits include:

- Improved immune function
- Anti-inflammatory properties
- An aid to detoxification
- Hyperbaric oxygen therapy works at a cellular level by stimulating vasculogenic stem cell growth and differentiation in vivo. In the UK you might find a chamber through your local MS support service.
- E.g. The Merlin MS centre, Bradbury House, Hewas Water PL26 7JF, St. Austell



MELATONIN'S ROLE IN MS

Melatonin is a hormone secreted by the pineal gland which plays a key role in the wake-sleep cycle. Melatonin is made from serotonin, and that gets produced as the world becomes dark. The more melatonin gets produced, the quicker you go to sleep.



This means that when we feel happy and balanced, and our serotonin levels are sufficient, the brain is likely to produce enough melatonin to help us get enough beauty sleep. Insomnia sufferers can nowadays ask their physicians for melatonin tablets on prescription.

Because melatonin levels start rising when night falls, exposure to light affects melatonin levels in return. Importantly, exposure to natural blue light triggers the melatonin cycle, but artificial light suppresses plasma melatonin. The trick here is to ensure we get enough blue light in the morning and afternoon and avoid blue light exposure altogether in the evening. Here's how:

Aim for a minimum of 30 minutes sunlight in the morning. If it isn't sunny, or your into the short dark days of northern winter, you could buy yourself a 10,000Lux artificial light source and sit in front of it half an hour a day (while having breakfast or reading a book).

This may also help to lift your mood as it is an approved treatment for Seasonal Affective Disorder (SAD). Lamps are available in all price categories, but you really don't have to spend more than 50GBP, as long as they are rated 10,000 Lux.

Wear yellow glasses to block blue light spectrum up to 2 hours before you go to bed
Wear a sleep mask at night, especially when you have to leave a light source on during the night.

Avoid browsing on mobile phones or iPads when lying in bed, unless you wear your yellow glasses

I tend to relapse in spring, when the days get longer. I wondered why and did some research. I came across a study that proves that melatonin contributes to the seasonality of multiple Sclerosis.

We already know that melatonin levels rise during darker months, and that when it gets brighter outside in spring, melatonin secretion decreases. I figured that my Melatonin levels might drop too rapidly, affecting my immune system. Only 30 minutes exposure to sunlight or my artificial daylight has helped to regulate my melatonin levels and thus avoid relapses in spring. It has also helped to improve my sleep and mood.

Because MS is a tough nut to crack, I have experienced a lot of negative emotions, mood changes, and anxiety.

This really affected me, my family, and my ability to work. It made it hard for me to function in everyday life. I've been reticent to go shopping because I was worried that I might walk strangely, that people might think me drunk. At worst I feared a loss of my ability to walk, causing me to fall. Such thoughts made me become more and more withdrawn and I struggled to organise my life.

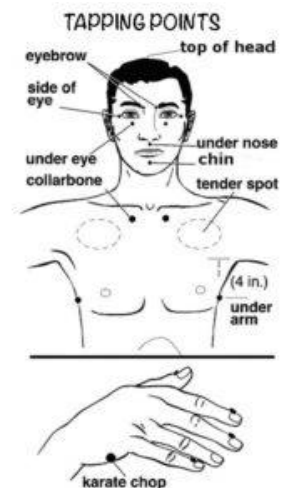
However, what I learned in my cognitive hypnotherapy course saved me!

EMOTIONAL FREEDOM TECHNIQUE

You might have heard of the emotional freedom technique (EFT). Well, I've learned to provide EFT therapy during my studies at the Quest Institute, and it has literally changed my mind.

EFT was discovered in the early 80s by psychologist, Roger Callahan, and Gary Craig has published it with his EFT Handbook.

You can think of EFT as an emotional version of acupressure or acupuncture, since practitioners tap on certain meridian points to release negative emotions. EFT is based on the principle that all negative emotions are felt through a disruption of the body's energy, and that's why we endeavour to re-connect these energy fields.



We do this when we tap on the energy points, which are wired to an ancient part of the brain called the amygdala. The amygdala is the centre of our emotions and the place where our fight or flight response comes from. When the amygdala warns the brain of a threatening situation, our body releases stress hormones such as adrenaline and cortisol. When we tap on the meridian points, this sends a calming signal, telling the amygdala the situation is benign.

EFT tapping is like taking out the trash to clean up the house. This is because we are releasing all our negative energy. It's a technique anyone can learn and apply whenever and wherever needed.

Summary

I hope you have found this information helpful. It's all the information I wish I had known when I was diagnosed with MS and by incorporating these practices into my life I am able to continue to achieve my dreams, living by the sea in Cornwall and helping others to realise their dreams.

If you feel you could benefit from further support please contact me for details of how I can help you with a bespoke treatment plan. You can call me on 07895 859969 for a no obligation chat about how I might be able to help.