



Natural Health Research Institute

Your One-Stop Website for Research on Natural Health and Wellness

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WWW.NATURALHEALTHRESEARCH.ORG

Multiple Sclerosis

Multiple sclerosis (MS) is a chronic autoimmune disease in which the immune system attacks nerve tissue in the brain and spinal cord. This causes damage to the myelin sheath, a substance that coats the body's nerves. The damage affects how the nerves carry electrical signals from the brain and spinal cord, leading to movement issues, pain, vision loss and trouble thinking clearly.



A 2017 study funded by the National MS Society reported that close to one million people in the United States are living with MS. The National MS Society also estimates the disease to be two to three times more common in women than men. Symptoms typically appear between the ages of 20 and 40, however, MS can develop at any age. The cause of MS is unknown. Researchers and neurologists believe both genetic and environmental factors may play a role.

The symptoms of MS can vary greatly from one person to another and can fluctuate over time. Some of the common symptoms are:

- Fatigue
- Weakness
- Numbness or tingling of the face, body and extremities
- Balance and walking difficulties
- Spasticity
- Vision changes
- Bladder and bowel problems
- Depression
- Pain
- Difficulty with thinking, memory or concentration

Evidence from complementary and alternative therapies suggests that some treatments may help relieve symptoms. Supportive approaches such as group therapy, occupational therapy, counseling, and even acupuncture have been found to be helpful.

Several herbs and nutritional supplements can help manage MS symptoms by reducing inflammation and strengthening the immune system. Studies on vitamin D, omega-3 fatty acids, boswellia and lipoic acid have shown improvements in the health of MS patients.

It is important to discuss options with your healthcare team before making any changes to your treatment plan.



[Omega-3 Fatty Acid and Vitamin D3 Intake Improves Health of Multiple Sclerosis Patients](#)



[Vitamin D Deficiency as a Risk Factor for Multiple Sclerosis in Women](#)



[Lipoic Acid May Benefit Those With Multiple Sclerosis](#)



[Boswellia Helps Brain Function in Those with Multiple Sclerosis](#)

Call for Action

Over 200 Scientists & Doctors Call For Increased Vitamin D Use To Combat COVID-19

A panel of researchers and doctors have formed an international alliance with the purpose of calling on governments, public health officials, doctors, and healthcare workers, to increase recommendations for adult vitamin D intake to up to 4,000 IU daily.



Their Open Letter states, "Evidence to date suggests the possibility that the COVID-19 pandemic sustains itself in large part through infection of those with low vitamin D, and that deaths are concentrated largely in those with deficiency."

Research shows a link between low vitamin D levels and COVID-19 infections, hospitalizations, and deaths. Vitamin D is inexpensive, readily available, and has little risk compared to the considerable risk of COVID-19.

[Read the Open Letter](#)

COVID-19 Resources



Read Dr. Patrick Massey's informative summary of herbs and supplements that have strong anti-viral potential and how they work.

[Read More](#)



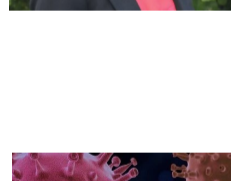
Watch the webinar, "Overcome COVID-19 Stress-Induced Food Cravings with Targeted Amino Acid Therapy", presented by Julia Ross, MA, NNTS.

[Watch Now](#)



Discover integrative approaches to the COVID-19 crisis, written by our featured guest, Sarah Hung, ND, MSOM, L.ac.

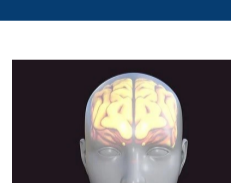
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Read science-based research to help keep you informed and learn strategies for staying well through this difficult time.

[Read More](#)

Recent Posts



Sleep Quality Predicts Beta-Amyloid Accumulation Across Subsequent Years

Written by Joyce Smith, Staff Writer. This study demonstrates that reduced slow-wave activity and low sleep efficiency at baseline are both associated with accelerated rate of cortical b-amyloid (Aβ) plaque deposition. [Read more »](#)



Coccinia grandis Improves Glycemic and Lipid Profile Parameters in Type 2 Diabetics

Written by Angeline A. De Leon, Staff Writer. Supplementation with 500 mg daily of Coccinia grandis (C. grandis) improved glycemic indices and lipid profile parameters in newly diagnosed patients with T2DM. [Read more »](#)



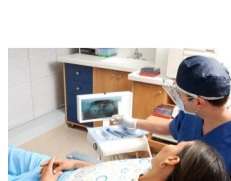
Selenium Supplementation and Insulin Resistance

Written by Jessica Patella, ND. This study did not find an association between selenium supplementation and the development of type 2 diabetes. [Read more »](#)



Higher Vitamin D Levels during Pregnancy are Linked to Higher IQ in Five to Six Year-Old Offspring

Written by Joyce Smith, Staff Writer. This study finds that maternal 25(OH)D during pregnancy is positively associated with children's neurocognitive development through ages four to six. [Read more »](#)



Aged Garlic Extract Significantly Improves Progression of Periodontal Disease

Written by Chrystal Moulton, Staff Writer. Eighteen months of supplementation with aged garlic extract significantly improved the probing pocket depth of affected teeth in the treatment group with periodontitis. [Read more »](#)

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