

Townsend Letter: The Examiner of Alternative Medicine (June 2007) Book Review

Is There A Cure for Multiple Sclerosis?

Review by Irene Alleger

Healing Multiple Sclerosis

By Ann Boroch; Foreword by Ann Louise Gittleman, PhD

Published by Quintessential Healing, Inc. Publishing: 818-763-8282;

www.annboroch.com

Quality Paperback, c. 2007, \$15.95, 392 pp.

Ann Boroch's book is an excellent example of the power of naturopathy to turn patient into practitioner. There is no proselyte so keen as the patient who has been cured by so-called alternative medicine, when all else failed. The author's long struggle against her illness turned a corner when she began a naturopathic program of diet, detox, and nutritional replacement. She is now a practicing naturopath in Los Angeles.

The first quarter of her book is a lengthy exposition of the author's family dynamics, her subsequent lack of self-confidence, her poor diet and lifestyle, all leading to Candida, viral infections, and, finally, a diagnosis of multiple sclerosis (MS). After years of illness and depression, given no hope of future change by her doctor, Ann Boroch even attempted suicide. Here early life read like a roadmap to disaster. Boroch writes:

There are many ways to break down a body and create disease. I have learned that those components are not purely physical. When it comes to the causes of imbalances, mental-emotional and spiritual stress are as powerful as poor diet or a genetic predisposition to a certain condition. I look back on my life and know now that my fear-based emotions and stress were part of the package that brought on multiple sclerosis.

This is the very important message of Healing Multiple Sclerosis: the need to address all the imbalances, which calls for naturopathy and the use of a multi-faceted approach, including dietary changes, mercury/amalgam removal, hypnotherapy, and other modalities for restoring the body to health. For people diagnosed with MS, conventional medicine has little to offer, and naturopathy may well be the answer.

The author states unequivocally that *Candida albicans* and its by-products (mycotoxins) are the primary cause of MS. This yeast/fungus is naturally present in everyone's gut – and benign – until it is stimulated into overgrowth by antibiotics, steroids (cortisone, prednisone), birth control pills, estrogen replacement therapy, poor diet, chemotherapy, radiation, heavy metals, alcohol abuse, and stress. These contributing factors are mainstream Western medicine, rampant poor diet, and stress overload in our society today. Yet conventional doctors continue to ignore *Candida* (possibly because their treatments cause it?) and modern diet, high in refined sugars and carbohydrates, feeds it – all these factors encourage yeast overgrowth.

David Perlmutter, a world –renowned neurologist, says this about MS:

The possible link between various immune disease and infection with the yeast *Candida albicans* has been described by well-respected researchers over the past two decades. We believe that the data provide compelling evidence that candidiasis may, at the very least, be a frequent occurrence in patients with multiple sclerosis...our success in reducing fatigue in MS with treatments designed specifically to reduce *Candida* activity lends further support for the suggested relationship between MS-related fatigue and *Candida* activity...we suggest that intestinal dysbiosis many play a pivotal role with respect to the actual pathogenesis of MS as an autoimmune disease entity.

Boroch addresses many other contributing factors to MS and cites research on mercury/amalgam fillings, vaccines, poor diet, and allergies, environmental toxins (synthetic chemicals, pesticide, and insecticides), molds, and heavy metals, and, most important, a diet that fuels *Candida*: high in sugar, refined carbohydrates, dairy products, and alcohol. In a chapter titled, “The Digestive System and Immunity – the Seeds of Disease,” the author stresses the importance of good gastrointestinal function: “Most chronic progressive and autoimmune diseases start with an imbalance in the digestive system.” There is ample evidence that dysbiosis – an imbalance of microorganisms such as yeast, bacteria, parasites, and viruses in the gut – creates the milieu for disease to develop. It is important for people with MS (or any other autoimmune disease) to fully comprehend the workings of the digestive system and the importance of diet.

Healing Multiple Sclerosis is the story of one person’s successful healing of MS, not based on scientific research. However, it is based on a successful outcome (the only outcome that matters to the patient). Is there a cure for MS? A “cure” for MS or any other chronic disease does not come in one pill or one anything. It is a combination of protocols that restores the body’s homeostasis, or balance.

I strongly recommend Healing Multiple Sclerosis to anyone diagnosed with MS. You will not hear of this approach to MS from your mainstream doctor. He or she will, in fact, most likely tell you that there is no cure, adding additional stress to your situation. After reading Ann Boroch’s book, however, a patient may go back to her doctor and say, “Maybe not cure but, certainly, a good possibility of healing MS.”