

## The importance of treatment regimen for MS disease:

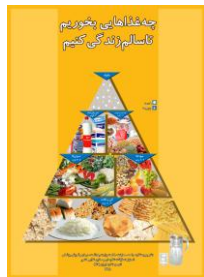
Creating the ability in people to manage common problems in this disease such as fatigue, impotence, constipation, etc.

Helping them to prevent the aggravation of symptoms

The effect and properties of a suitable diet plan:

In addition to providing primary energy to the body, food helps to maintain proper function and strengthen various systems (immune system, heart and blood vessels, nerves, etc.), which results in feeling good and being in a favorable mental and physical state. This function becomes more important in chronic diseases.

The meal plan should be adjusted and include the required ingredients (nutritional and desirable), so you should prepare a list of all your needs in terms of the type and quantity of the required items before buying.



1

Proper consumption of the necessary vitamins such as vitamins C (types of citrus fruits, peppers, potatoes, etc.), E (types of vegetable oils such as sunflower oil, corn and wheat germ, broccoli, and types of nuts...) And group B, especially folic acid and B12 and mineral salts such as manganese, magnesium, molybdenum, selenium and zinc are also essential in maintaining the health of patients, and at the same time, excessive and inappropriate consumption of vitamins such as A (yellow and orange vegetables and fruits) and B6 It can be dangerous.

Common principles of treatment regimen:

1. Adequate protein consumption
2. Use of anti-inflammatory oils such as nuts, seeds and cold water fish
3. Using orange, yellow and dark green vegetables
4. Consuming whole grains such as whole wheat, brown rice, oats and whole corn



2

Dos and don'ts of consuming foods in the recommended diet for MS patients:

Recommended use:

Limited and selected fats (Omega3, Omega6 fats such as olive and canola oil) fresh and clean fruits and vegetables (vegetables with bright green leaves such as parsley, coriander, spinach, etc.).

The sprouts of seeds, especially (alfalfa seeds), which should be eaten when they start to sprout.

Fresh water algae powder (packaged in some stores.)

Liquids: fresh and filtered water 2 liters (8 glasses) per day, other herbal teas (instead of normal tea) and natural homemade juice without sugar.

Foods rich in calcium and vitamin D, such as low-fat dairy products, cabbages, sesame, almonds, walnuts, etc., as well as exposure to sufficient direct sunlight and...

3

## Nutrition in MS patients



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### Avoid consumption:

- Fatty foods, especially fatty meats and all fats of animal origin.
- High-fat dairy products.
- Mayonnaise sauces and all high fat sauces.
- Very sweet foods, cakes, biscuits, sweets, candies.

Allergenic foods such as eggs, milk, potatoes, tomatoes, eggplant, yeast, wheat bread and sugar, some fruits (depending on the patient's reaction), foods with added colors (soft drinks, jelly, candy and ...) or preservatives (cans), spices, all fruits and vegetables that have not been washed well or fed with growth enhancers (hormones). (Poisons remaining on them can be toxic and allergenic). Patients should carefully identify allergenic foods in their daily diet and eliminate them.

Avoid coffee, alcohol, cola and tea.

### Blueberries

The cause of most debilitating diseases is the part that causes poverty in the body's iron ligands, which cause the production of dangerous toxins. These toxic substances are called hydroxyl radicals and cause degenerative disease (gradual destruction of nerve cells) in different parts of the body.

Blueberries contain tannins and organic acids, anthocyanins, especially from the family of flavones, isoflavones, carotenoids, and the antioxidant melatonin, which makes the body resistant to free radicals.

### Strawberry

Due to the presence of vitamins A, B, C and minerals: iron, calcium, phosphorus, magnesium, lime, iodine and bromine, it has a very beneficial effect on the growth and development and activity of brain cells, repairing tissues and maintaining the health of the body.

### Frankincense

Frankincense plant has an anti-inflammatory effect and reduces hand and knee pain in the elderly and makes them more active.

Frankincense inhibits prostaglandins and leukotrienes, and as a result reduces brain inflammation and helps treat MS.