

Frequently Asked Questions about Multiple Sclerosis

What Is Multiple Sclerosis?

MS is an autoimmune disease that attacks the central nervous system. Researchers believe people are genetically predisposed to MS but when exposed to certain environmental conditions, such as a low vitamin D, smoking, chronic stress, or the Epstein-Barr virus it sets off a trigger response.

What Are the Symptoms?

The most common early symptoms are:

- Blurred or double vision
- Loss of balance
- Numbness
- Optic neuritis
- Tingling
- Weakness

[As the disease gets worse other symptoms begin to appear.](#)

Am I Going to Need a Wheelchair?

Most people with MS get around without help. After about 15-20 years many move into what's known as Secondary Progress MS (SPMM). That's when you may need walking assistance such as a cane, rollator, or a wheelchair. A small percentage of people have a more progressive form known as Primary Progressive MS (PPMS) and would need a wheelchair within five years.

Is MS fatal? Can it be treated?

MS is not fatal, but you can die from complications caused by MS. There is no cure, start managing your lifestyle by eating healthy, avoid chronic stress, and keep moving. If left untreated MS will continue to get worse. With a healthy lifestyle, you can keep your symptoms under control and live an active life.

Is Multiple Sclerosis hereditary?

MS is not considered hereditary. But, if you have MS the odds of your children or siblings is at a higher risk. With DNA researchers have discovered genes that put a person at a higher risk.

[DNA tests for Multiple Sclerosis](#)

What can I do to stop the progression of MS?

It is extremely important to take action NOW before further damage is caused by MS. There are many options including pharmaceutical drugs, high dose of vitamin D, stem cell, acupuncture, and functional medicine.

Functional medicine looks at a person with MS as a whole body issue and not just the central nervous system alone. Getting the triggers under control will allow your body to thrive and heal.

Triggers to MS:

- **Diet** (processed foods, refined sugar, refined carbs, food allergies, etc.)
- **Infections** (Candida, viruses, bacteria, and parasites)
- **Environmental Toxins** (heavy metals, mold, pesticides, plastics, etc.)
- **Chronic Stress**