

IS IT POSSIBLE TO INFLUENCE THE MULTIPLE SCLEROSIS
BY A CERTAIN DIET REGIME?

Preliminary report by
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Translation

From the fact, that the frequency in the occurrence of the multiple sclerosis is going parallel in an astonishing way, timely, as well as regionally, with the denaturation of our food by boiling, conservation and the withdrawal of important substances. I have derived the following working hypothesis: My presumption is, that the Multiple Sclerosis is a metabolic disease, which has its cause in the denaturation of our food. However, the Multiple Sclerosis will effect only those people, who have "locus minoris resistentiae" in their central nerve system.

Out of this consideration I reached back for the primeval food supply of human beings, all food in the natural condition, and hoped to find the cure for the Multiple Sclerosis. According to my research a diet consisted at that time, when human beings used no cooking pots, no frying pans, didn't even know the use of fire, just in fruits and roots.

Since nuts and other oil-containing food in our climate are missing, as necessary fat suppliers, I added milk as natural human nourishment during the suckling period, and also butter as the product of milk. Besides this I ordered grain fruits, like sprouted rye and wheat, vitamin B₁, some whole grain bread and coarse flakes. Besides the whole grain bread I let them eat everything raw or at least as little denatured as possible. Milk for instance, fresh from the cow and not pasteurized creamery milk. When I want to loosen the basic diet during the course of the treatment, I permit raw ham and raw streaky bacon. Since the real cause of the Multiple Sclerosis is not lying in the use of meat, but in the denaturation of our food, therefore I also permitted raw eggs.

All fruits and roots come, of course, first in consideration, since they can be used as primeval food without any variation or seasoning. Prohibited are all vegetables, consisting of leaf, stems and potatoes, furthermore all fried, cooked, baked (except whole grain bread) and preserved food, also nicotin, coffee (also substitutes), cocoa, tea, and alcohol, furthermore mustard, pepper, salt, sugar and their substitutes. Permitted is pure bee flower honey. It is the best to start the diet with one stroke and to continue, in severe cases for years. I refuse on principle any half treatment. You can never do harm. I have not used any other therapy, just to be able to observe the result of the diet. I haven't ordered rest either, since rest could easily deceive us by light success. The patients remain during the treatment in their home condition.

In 6 years I have had nearly 600 patients for treatment and observation. In spite of being conscious how difficult it is, on account of the often changing therapy, I still believe, I have reached success by the means of the diet treatment in the case of Multiple Sclerosis, with results going beyond the limits of the accustomed observations. The improvements, (if we don't want to talk about curing or healing) are oftener, deeper and of longer duration, than we find otherwise.

Control examinations of my patients by experienced specialists (neurologists, internists and ophthalmologists) acknowledge those remarkable improvements. Patients who had been treated by every possible means and their condition got worse, and in some cases, appeared entirely without hope, have still been improved by my diet treatment. The longer the duration and the more severe the sickness is, naturally the less are the expectations

for success. Patients in the state of sickness, mostly first brought in to clinics, react good. But naturally nerve tissue, which has been destroyed and replaced by scars, can never, not even by such a diet, be brought back to full function.

This preliminary report had to be shortened very much and is without any history of cases, and may be used for further examinations and notice of further observations.

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For more specific nutritional instructions for the treatment of Multiple Sclerosis we recommend the book "The Pulse Test" Page 147 - (By Arthur F. Coca, M.D.) (1956) \$3.75 sent on approval.