

Four Pillars for MS Success

A Foundational Healing Platform

MS Masterclass

Dr. Teri Jaklin ND, IFMCP

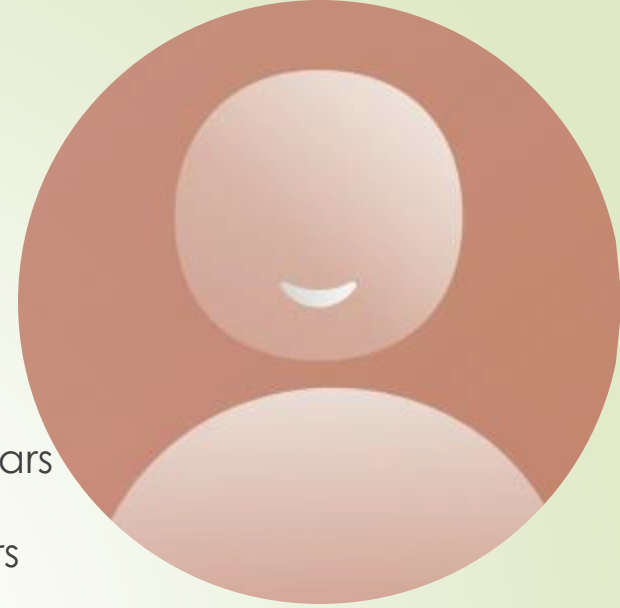
Functional Medicine Certified

www.transform.ms





Hi, I'm Dr Teri



- ▶ Licensed Naturopathic Doctor for 23+ years
- ▶ Certified in Functional Medicine 12+ years
- ▶ Certificate in Mind-Body Medicine
- ▶ Mindfulness Teacher Certification (current)
- ▶ Private Practice since 2002 – MS focused clinic
- ▶ Health educator and speaker for 30+ years - community, corporate, conference
- ▶ Diagnosed with MS in 1985 with multiple sclerosis
- ▶ Worked with thousands of PwMS on to transform *their* lives with MS



Transform MS
Naturally

Why Are We Here Today?



Understand the foundational importance of the Four Pillars for MS Success.



Get started - OR restarted – with activities you can implement today.



Create a roadmap that integrates what you've learned into your healing plan.



A Neuro- scientist once told me

-Dr. Juri Danilov



You are never too old



You have never had MS
too long



Your condition is never
too advanced



To initiate positive
change

Inappropriate, misdirected
IMMUNE RESPONSE

Causes damage in the
BRAIN and **SPINAL COLUMN**



A model for MS

LEAKY
GUT

Inflammation

Infection

(Lyme, HHV6, EBV,
H.Pylori, Chlamydia
/Mycoplasma
pneumoniae, other
parasites)

Toxicity

Grief/
Emotion

Environment

Stress

Hormone
Dysregulation

Digestion/Elimination

BELIEFS

Heavy
Metals

Lifestyle

WHY MS?

BBB
Integrity

Vitamin D
Deficiency

Mitochondrial
dysfunction

Medications

Lifestyle

Smoking

Individual
Biochemistry

Nutritional
Inadequacies

Trauma

Hypoxia


CCSVI/JVH

Free Radicals

Your systems are all Interconnected

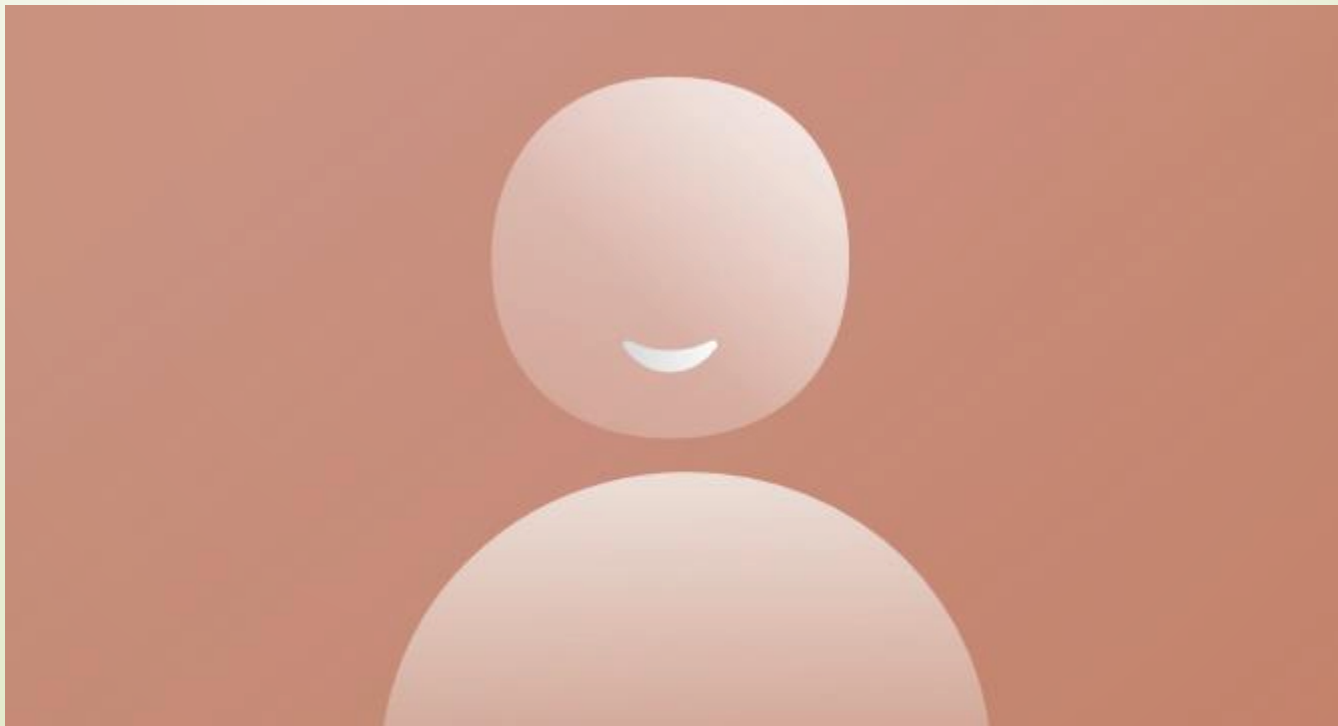
- Nothing happens in just one system or tissue.
- Every system is impacted by actions in other systems.
- This understanding is fundamental to naturopathic and FM medical philosophy
- Is why the 4 pillars are important – because they impact all systems.





WHEN things are simple, we can overlook the power of the
simplicity

- ▶ Transforming life with MS doesn't have to be complex or have secrets you may be missing out on or be wildly expensive or require all kinds of special gear.
- ▶ That's where the four pillars come in – bringing more health in every day to align all systems with health.



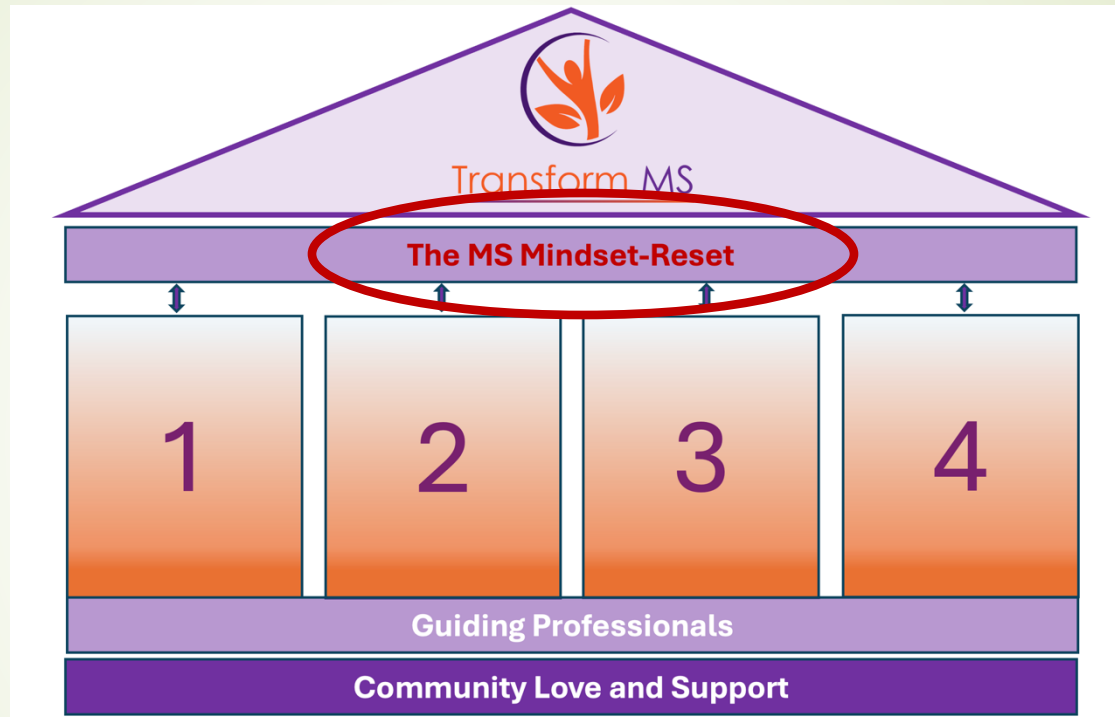
The background of the slide features four classical columns, likely Corinthian or Ionic, standing on a light-colored base. The columns are rendered in a dark, semi-transparent style, allowing the background to be visible through them. The background itself is a deep blue sky with soft, wispy white clouds. The overall aesthetic is clean and professional, with a focus on the central text and list.

How do the FOUR PILLARS contribute to MS Success?

- ▶ Build an enduring foundation for health
- ▶ Provide a roadmap you can return to time and again
- ▶ Guide everyday choices
- ▶ Provide support in weak moments
- ▶ Drive real change

First things first!

The Mindset Reset



- A growth mindset = reaching full potential takes time and effort
- Knowing persistence creates possibility
- If you create the mindset the body will follow
- The ultimate life hack is hard work – Dr. Gabrielle Lyon MD

Don't let
anyone else
predict your
future – make
your future
happen
yourself.






Powerful Healing Self-Care

Empowering your body's
natural Vitality





How Healing Self-Care impacts MS.

- Support your body's innate healing processes to boost vitality and overall sense of well being
- Optimize body systems
- Help you regain a sense of control over your health.
- Each of these practices serves as a gentle nudge to the body's natural rhythms, helping to reduce inflammation, improve circulation, and support detoxification.

1. Abdominal Castor Oil Packs

- ▶ *Impact on the System:*
 - ▶ Traditionally used to stimulate the lymphatic system, reduce inflammation, and support liver detoxification.
 - ▶ Activate the vagus nerve to calm the nervous system
 - ▶ When applied to the abdomen, they encourage the movement of lymph, the fluid that carries immune cells and removes waste products from the body.
- ▶ *Benefits for MS:*
 - ▶ For PwMS, reducing systemic inflammation and supporting detoxification are key to managing symptoms and overall health.
 - ▶ By helping to clear toxins and decrease inflammation, castor oil packs can contribute to improved immune function and reduced symptom severity.





2. Dry Skin Brushing

- *Impact on the System:*
 - A gentle exfoliation technique that stimulates the lymphatic system (detox), increases circulation, and promotes skin health.
 - By brushing the skin in the direction of lymph flow, it aids in the elimination of toxins through the skin, one of the body's largest detox organs.
- *Benefits for MS:*
 - Improving lymphatic circulation helps reduce swelling and inflammation, both can be common issues in MS.
 - Enhanced circulation also supports overall vitality and energy, which can be particularly beneficial for those experiencing fatigue.

How to Dry Skin Brush

- Use short, very light, frequent strokes from the fingertips to the breastbone, and from the toes to the pelvis for 45-60 seconds.
- Use a natural fibre bath brush or dry loofa.
- Do this before you get in the shower or before you go to bed.



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3. Hydrotherapy


► *Impact on the System:*

- The use of water at varying temperatures to stimulates circulation, reduces muscle tension, and promotes relaxation.
- Alternating hot and cold water exposure can invigorate the nervous system and improve blood flow, aiding in the reduction of inflammation.

► *Benefits for MS:*

- For PwMS, hydrotherapy can soothe muscle spasms, alleviate pain, and boost energy levels.
- The contrast in water temperatures can also promotes lymph flow and provide a vascular tone, helping to maintain optimal circulation and reduce fatigue.





Different types of Hydrotherapy

- Cold rinse after your regular hot/warm shower
 - Tonifies whole body
- Alternating hot and cold foot baths
 - Helps with neuralgia, swelling, poor circulation
- Cold plunge
- Warming socks



4. Deep Breathing Exercises

- *Impact on the System:*

- enhance oxygen delivery to tissues,
- reduce stress, and support the parasympathetic nervous system—the body's 'rest and digest' mode.
 - By focusing on slow, deep breaths, we can reduce stress hormones like cortisol and promote a state of calm.


- *Benefits for MS:*

- Stress management is crucial in MS, as stress can exacerbate symptoms and trigger flare-ups.
- Deep breathing helps to calm the nervous system, reduce anxiety, and improve sleep quality, making it a simple yet powerful tool for managing the daily challenges of living with MS.



Essential Exercise and Movement

Creating strength and resilience



2



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Physics of Movement and MS

- ▶ Move it or lose it. The body is designed to move, and movement is a major neurostimulus.
- ▶ Increased strength directly impacts mobility, energy, self-esteem and quality of life.
- ▶ Continuing to fire existing neurons and/or training the body to fire new pathways is key.
- ▶ Best and Taylor: the development of myelin appears to coincide with establishment of function.

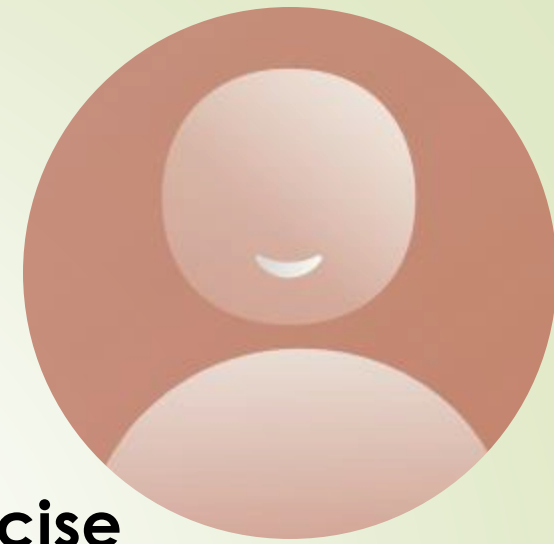
Physical Activity

- ▶ Tones muscles
- ▶ Increases O₂ and nutrient delivery
- ▶ Removes body toxins
- ▶ Improves Energy and Stamina
- ▶ Improves digestion (digestive muscles)
- ▶ Helps counter anxiety and depression
- ▶ Enhances sleep





Movement vs Activity



Movement

- ▶ Spontaneous, non-structured daily activity/tasks like walking, stretching, doing laundry, working in the kitchen, even getting out of a chair.
- ▶ Essential for general mobility and keeping the body active and reducing the risk of inactivity, such as stiffness, muscle atrophy, and poor circulation.

Exercise

- ▶ Planned, intentional efforts to improve physical fitness, strength, endurance, or flexibility.
- ▶ More structured and typically follows a routine or program, with specific goals in mind, such as strengthening muscles or improving balance.
- ▶ For PwMS, exercise can be a key component in managing symptoms and maintaining a higher quality of life.



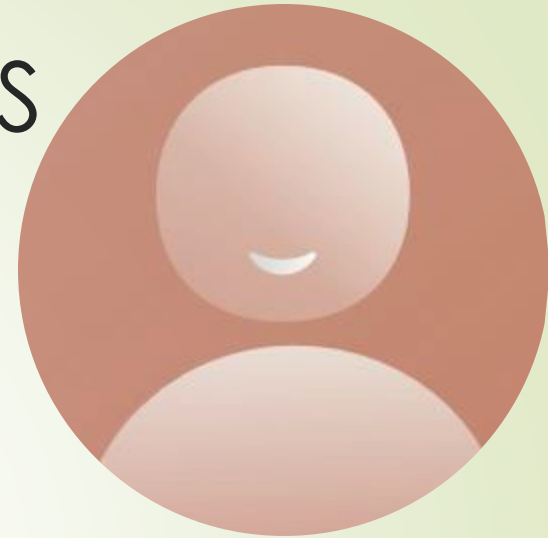
Dangers of De-conditioning

- ▶ Decreased mobility
- ▶ Increased spasticity
- ▶ Reduced agility
- ▶ Impaired intellectual activity
- ▶ Poor mental health
- ▶ Reduced lymphatic flow
- ▶ Constipation

Exercise is the best
supplement for the brain.



Role of Exercise in MS



- ▶ Movement and exercise in daily life allows you to:
 - ▶ optimize your physical capabilities,
 - ▶ maintain independence,
 - ▶ Improve overall quality of life.
- ▶ **Strength Perspective:**
 - ▶ Exercise plays a critical role in counteracting the muscle weakness, and deconditioning that can occur with MS.
 - ▶ Strength training exercises, in particular, help to build and preserve muscle mass, improve balance, and support joint stability prevent atrophy.
 - ▶ Focusing on muscle strength, is a key way to slow the progression of disability.
- ▶ **Restoring Function:**
 - ▶ Exercise is also instrumental in **restoring** and **maintaining** functional abilities - targeted exercises can help improve gait, coordination, and overall mobility.
 - ▶ Regular exercise enhances neuroplasticity – movement begets movement



Neuroplasticity and Movement

- ▶ Intentional focus creates a state of neuronal activation.
- ▶ Repeated activation over time changes the brain so that you (re)develop a trait.
- ▶ How you activate specific circuits can stimulate the growth of new pathways to provide a detour around those damaged in MS .

Neuroplasticity, Exercise & Movement

- ▶ Persistence
 - ▶ mindful repetition and attentiveness to all movement
- ▶ Perfect Practice Makes Perfect
- ▶ The brain receives the message whether it is real or perceived



Physical Activity Goals for Health




- ▶ Accumulate 30-90 minutes of moderate activity each day.
- ▶ Emphasis on moderate (but challenging) intensity
- ▶ Any type of activity counts:
 - ▶ Formal Exercise,
 - ▶ Daily activities – walking the dog, washing the car, gardening, moving the lawn furniture
 - ▶ Sports and recreation
- ▶ Recognize your personal recovery needs
- ▶ Find Joy in the process





Eating for MS Success

Reclaiming your right to health
through food



3



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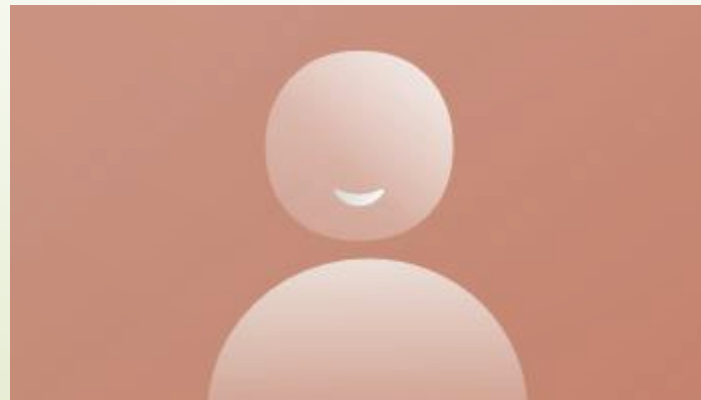
The SAD has created poor eating habits

Mindless Eating

- Bored, distracted
- Habitual
- Emotional/Stressed
- Food cravings
- Overeating

Mindful Eating

- Planned meals
- Variety of foods
- Eating slowly in a calm environment
- Caloric restriction
- Stop eating when full

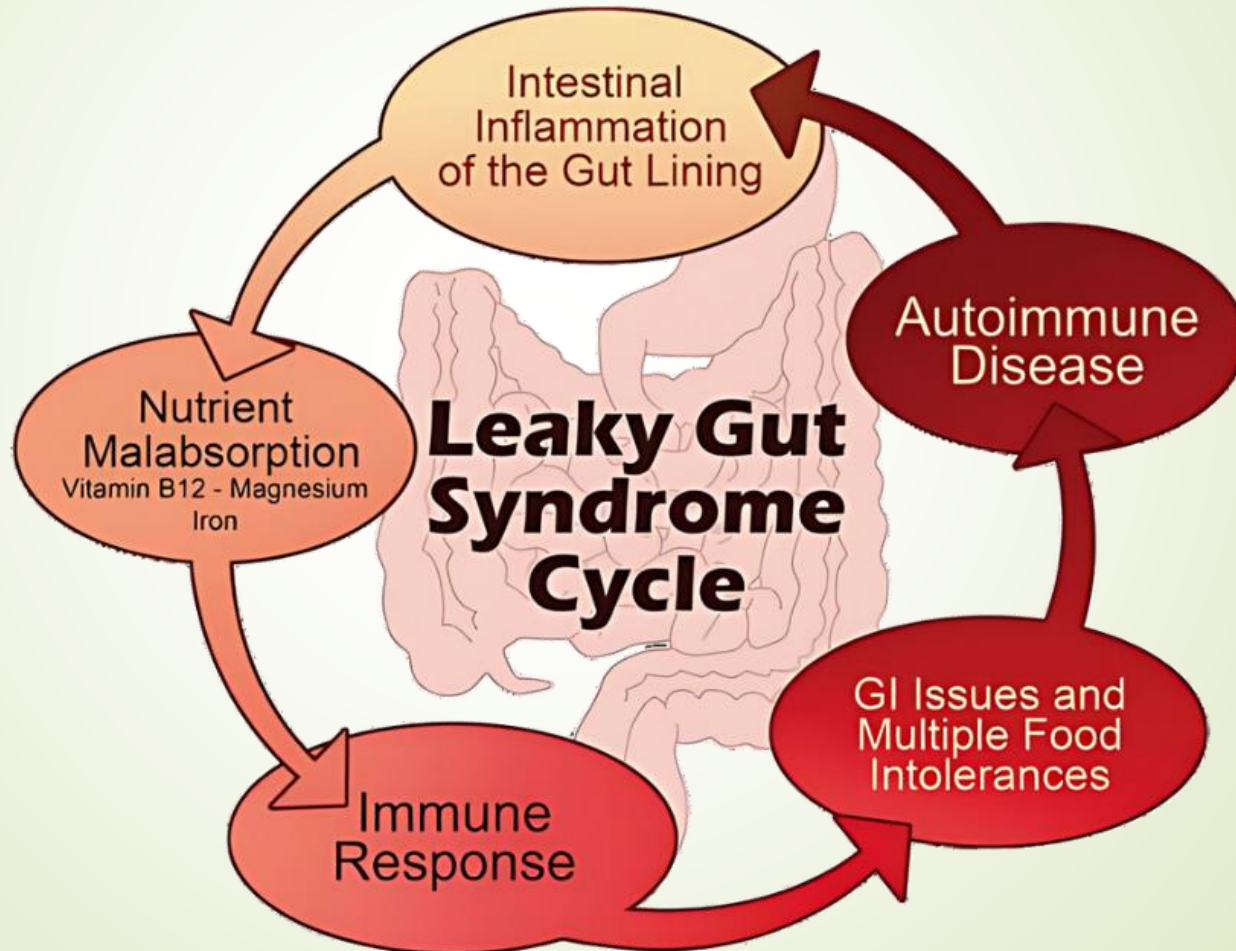




The GI and the food we put in it are **ESSENTIAL** in the management of MS.

- ▶ Over 70% of our immune system is in the tissues of the gut (microbiome), so it is vital in regulating the immune response.
- ▶ Much of MS management happens through the integrity of the gut, the efficacy of digestion, and the quality of the food we eat.

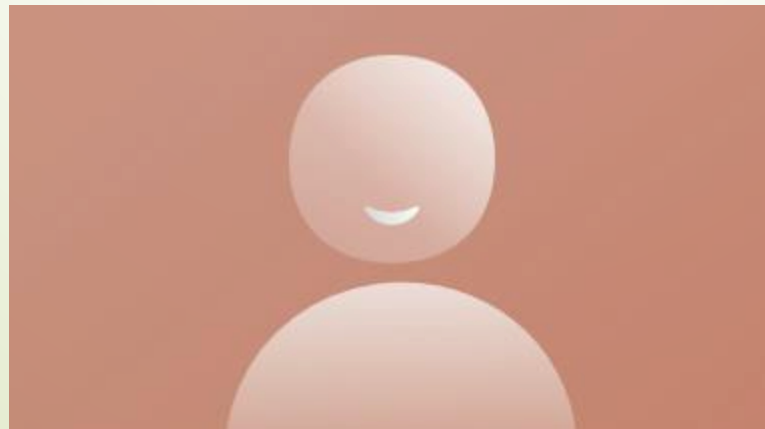
How diet and digestion connect to your MS Symptoms.



Digestion and Immunity

If we have poor digestion:

- the immune response is constantly activated by large molecules being absorbed through a leaky gut in the small intestine.
- improperly digested foods putrefy into toxins which damage the large intestine or get absorbed into the blood.
- And the leaky gut, immune activation and the autoimmune response perpetuated.



Three Bad Players to Avoid



GLUTEN



DAIRY

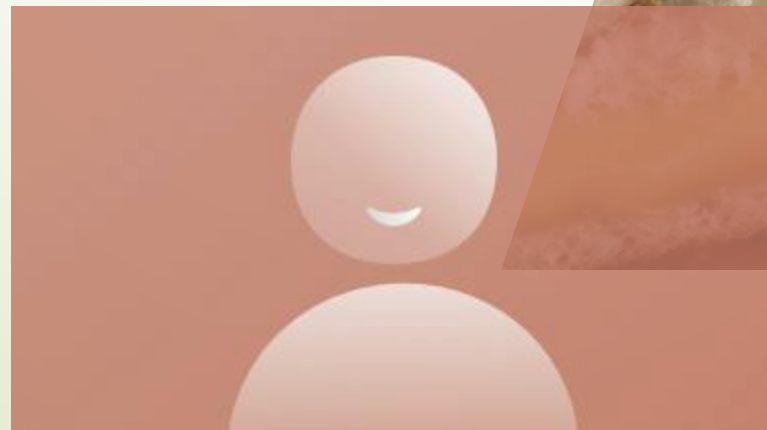
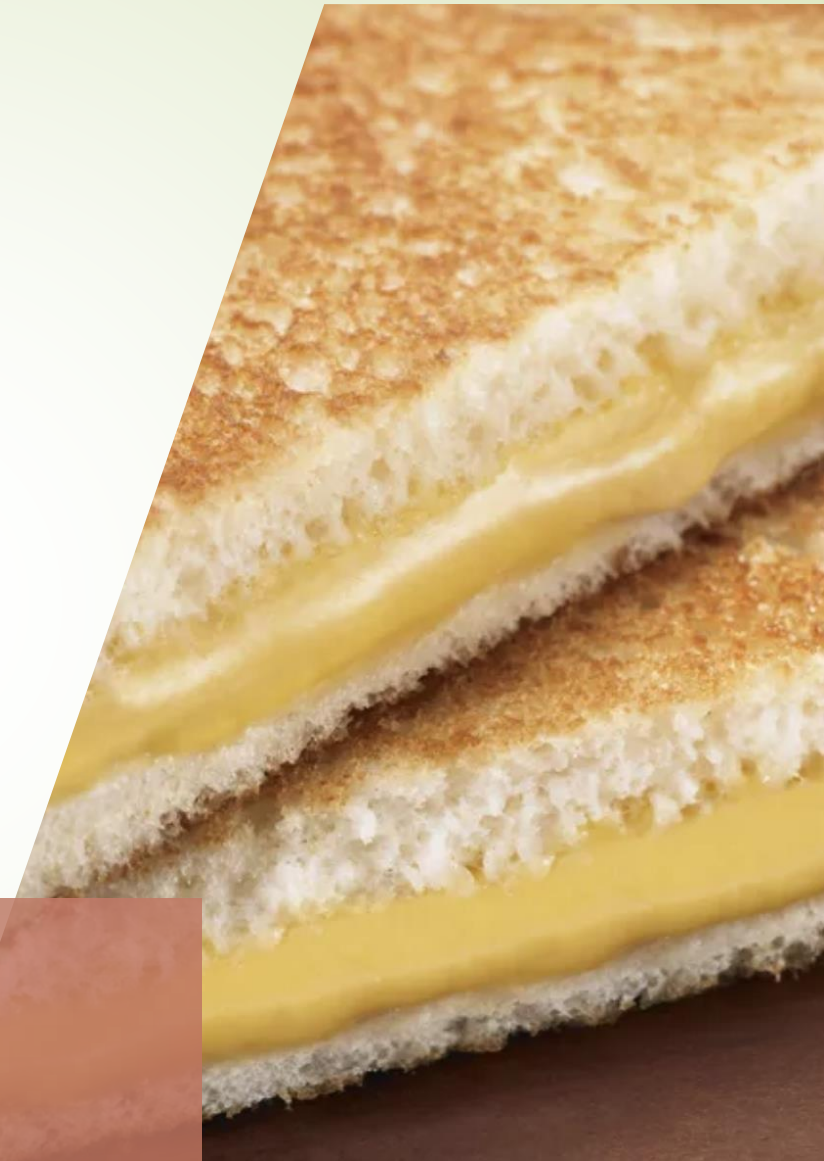


SUGAR

Two of the Western world's most popular foods (wheat and dairy) are implicated in various forms of immune-mediated brain damage and dysfunction, including gluten ataxia and multiple sclerosis.

Vojdani. *Nutrients*. 2014 Jan; 6(1): 15-36

The Prevalence of Antibodies against Wheat and Milk Proteins in Blood Donors and Their Contribution to Neuroimmune Reactivities.



Gluten Avoidance is Essential

- ▶ Weakens the structure of the intestines to allow undigested food, undesirable microbes, toxins and even wastes to leak back into the body and blood stream.
- ▶ Gluten reacts vs Cerebellar tissue (mobility centre of the brain)
- ▶ Some people with MS demonstrate exacerbations or conversely a speedy recovery with the inclusion/exclusion of gluten.



“No human can digest gluten now”



“...we can't break down that protein, none of us can. Whether or not it stimulates an immune response is determined by how overwhelmed our immune system is.”

- Alessio Fasano MD

Dairy

- Connection between dairy and the development of MS, well studied since 70's.
- 1991 study shows dairy acts as a molecular mimic to the vitamin D receptor, which means that Vit D is less available
- A 2004 study found patients with multiple sclerosis (MS) had highly significant immune reaction against the milk protein, casein.
 - The casein causes an immune response that destroys Myelin.
- Many have a cross reactivity with wheat

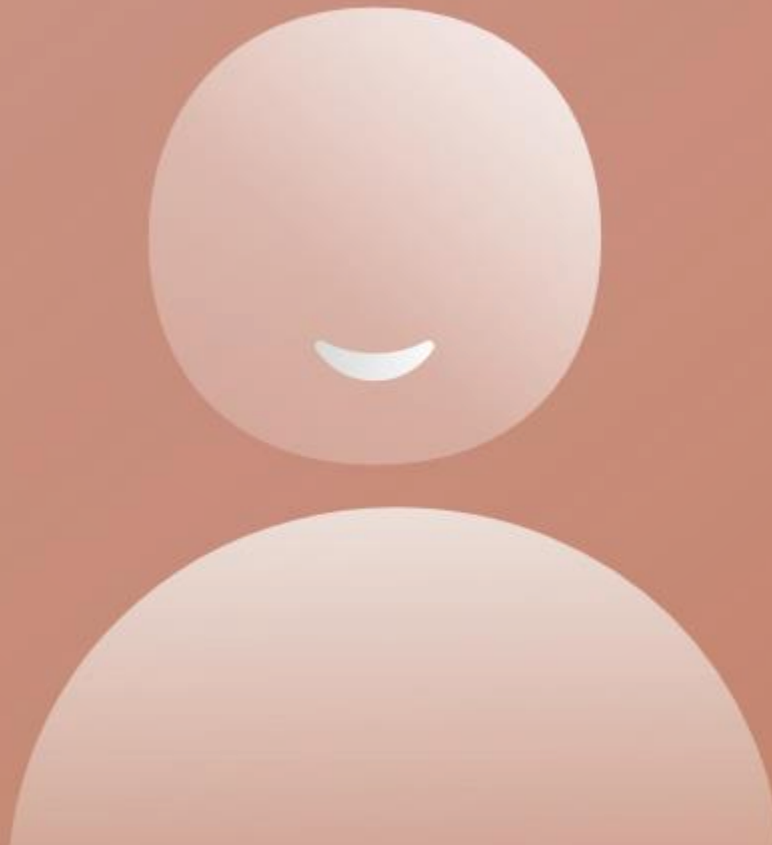




Sugar: Not So Sweet

- Causes harmful molecules called AGEs, which have been found in the myelin of the nerves. This can lead to damage and make the nerves work less effectively.
- Sugar contributes to poor gut flora by feeding pathogenic organisms in the gut.
- Simple carbohydrates and refined grains behave like sugar in the body.
 - Alcohol is included here too
- Other sweet options: vanilla, cinnamon, coconut sugar, dates, stevia.

Cravings, and Carb Addiction





Hydrate, hydrate, hydrate

- Your brain uses a great amount of your body's water intake.
- Dehydration in MS can cause fatigue, foggy mind, weakness etc.
- Increase blood volume and proper flow
- With an urgent/ frequent bladder water is often overlooked.
- Every cell in your body needs it.



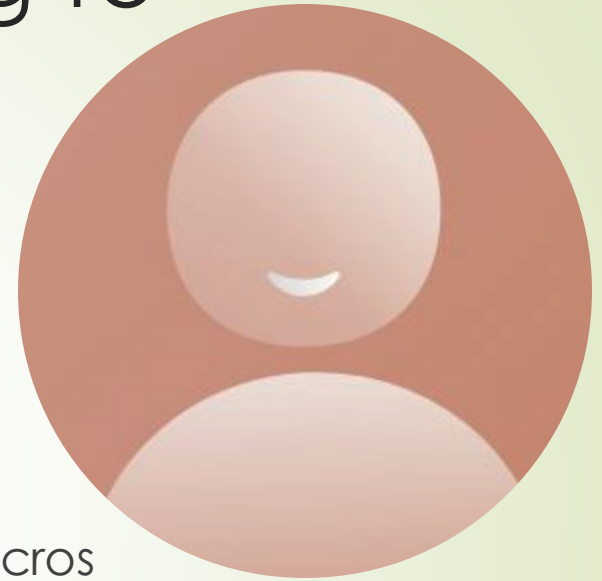
An Individualized Approach to Diet

- The best diet for YOU is developed over time.
- It will change depending on your needs.
- Incorporate the best of:
 - An anti-inflammatory diet (Best Bet Diet)
 - An individual's blood type (Dr. D'Adamo)



What are we trying to accomplish?

- ▶ Blood sugar regulation
- ▶ Maintain a good body weight
 - ▶ Portion control
 - ▶ Mindless snacking
- ▶ Nutrient delivery – macros and micros
- ▶ Know the bad players so you can avoid them



Ultimately...

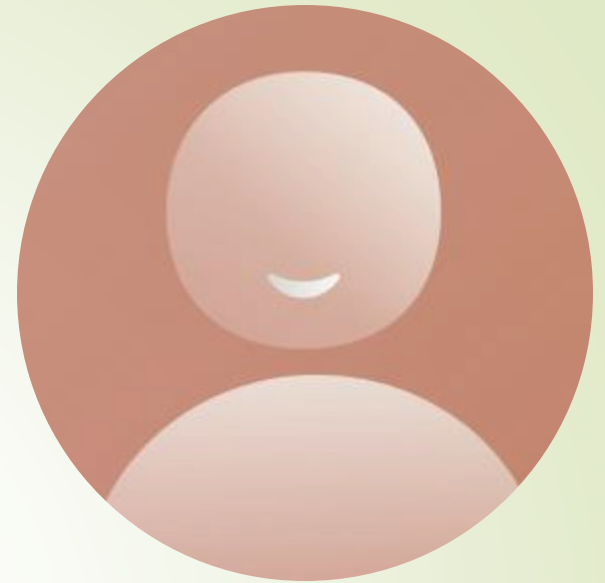
Reduce inflammation/immune activation

Something that works for you



Obstacles?

- History of a Standard American Diet
- Use of food as reward/punishment
- Dysfunctional relationship with food
- Food addiction – genetic, learned
- Disordered eating – bulimia, anorexia, skipping meals
- Cultural lack of understanding of how important nutrition is
- To busy, too lazy, never learned to cook



Ultimately...

Develop a good understanding of nutrition

create a good relationship with our food, our body, our
kitchens, our gardens, our farmers



Colour and Food

- ▶ Eat a rainbow - 6 portions and 6 colours of veggies daily
 - ▶ Something green with every meal
- ▶ Consume 50 different foods weekly
 - ▶ Diversity in the diet supports diversity in the gut – try new foods!
 - ▶ Eat clean proteins like fish, poultry, lamb – minimize red meat.

IN 20 YEARS

A lot of the things you are eating will be illegal

And

a lot of the lifestyle choices you are struggling with will be taught in elementary school





Connecting the Brain-Mind-Body

Reset the brain, and harness your
thoughts to change your body



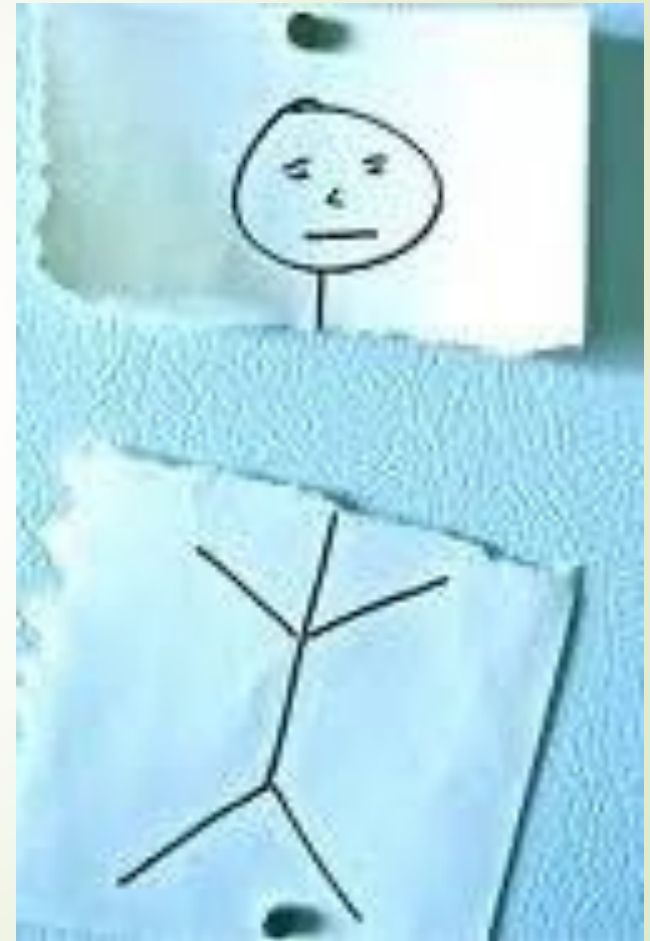
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The Mind-Body Connection

- ▶ Truly treating the root cause may require correcting destructive personal beliefs.
- ▶ How much of disease is a reflection of what is going on in the mind?
- ▶ What are the thoughts, patterns and behaviours that have created your world?



The Brain, Heart, Gut Connection



The Brain:

Role: Central nervous system control, cognition, and emotional regulation.

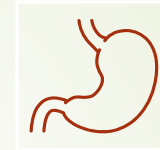
Connection to MS: The brain is directly impacted by MS, with lesions affecting communication pathways, leading to symptoms like fatigue, cognitive challenges, and mood disorders.



The Heart:

Role: Emotional intelligence, intuition, and coherence.

Connection to MS: Heart-brain coherence practices (like heart-focused breathing) can reduce stress, enhance emotional stability, and improve overall well-being, crucial for MS management.



The Gut:

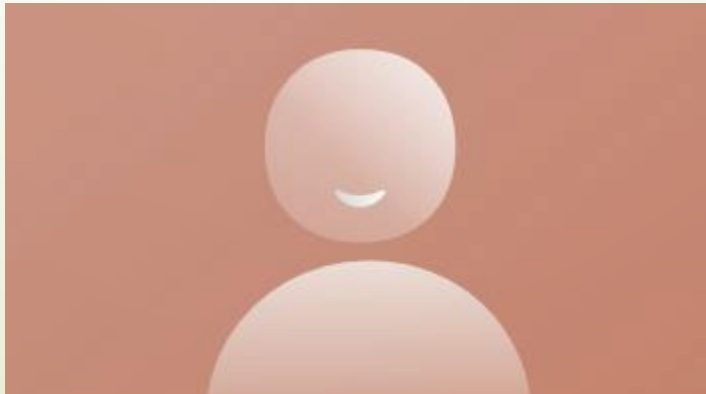
Role: "The Second Brain"—home to the enteric nervous system, influencing mood, immune response, and overall health.

The Brain: Gut health impacts inflammation and immune function, both critical in MS. A balanced gut microbiome supports better health outcomes in PwMS.

Mind-Body Medicine in MS:

► Practical Exercises:

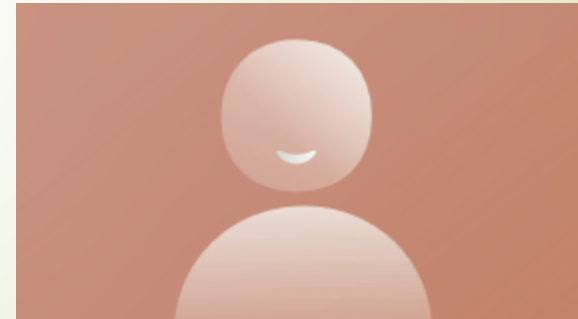
- **Brain:** Cognitive exercises and mindfulness meditation can enhance neuroplasticity.
 - **Heart:** Heart-focused breathing techniques reduce stress and promote emotional resilience.
 - **Gut:** Dietary interventions, probiotics, and mindful eating can strengthen the gut-brain axis.
- **Takeaway:** By understanding and harmonizing these three centers, you can tap into your body's natural healing potential, improving both physical and emotional health.



How Our Minds Shape Our Reality

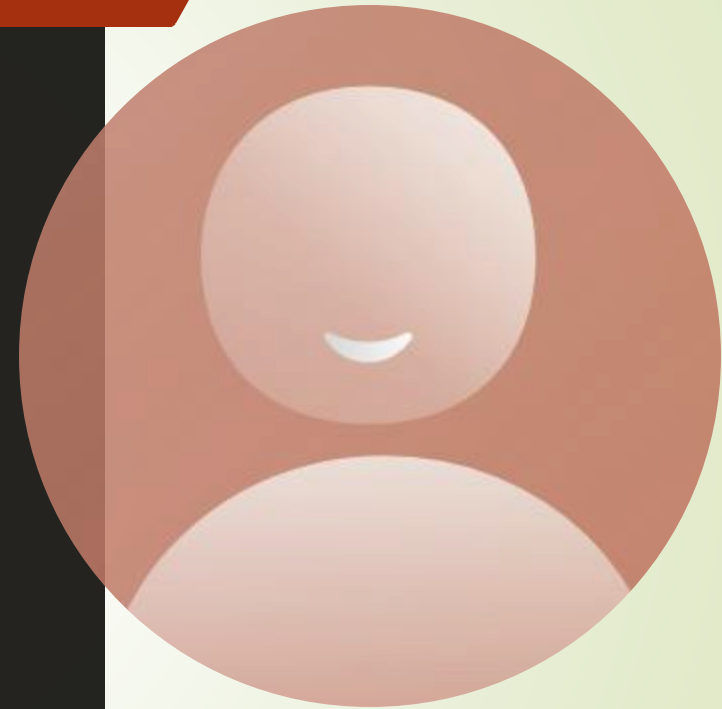
► The Mind-Body Connection:

- Our thoughts, behaviors, and past experiences form our beliefs and perceptions, which directly influence how we perceive and respond to our environment.
- In MS, these perceptions can affect how we experience symptoms, handle stress, and approach our healing journey.
- **Thoughts:** Repetitive negative thinking can increase stress and exacerbate symptoms.
- **Behaviors:** Daily habits and routines can either support or hinder healing.
- **Experiences:** Past traumas or ongoing stressors can shape our outlook, creating barriers to healing.



Connect the Mind-Body

- ▶ Everything we think, do or say, sets up biochemistry that affects our overall health and wellbeing
 - ▶ Candace Pert, Bruce Lipton
- ▶ Changing the mind, changes the brain to change body.



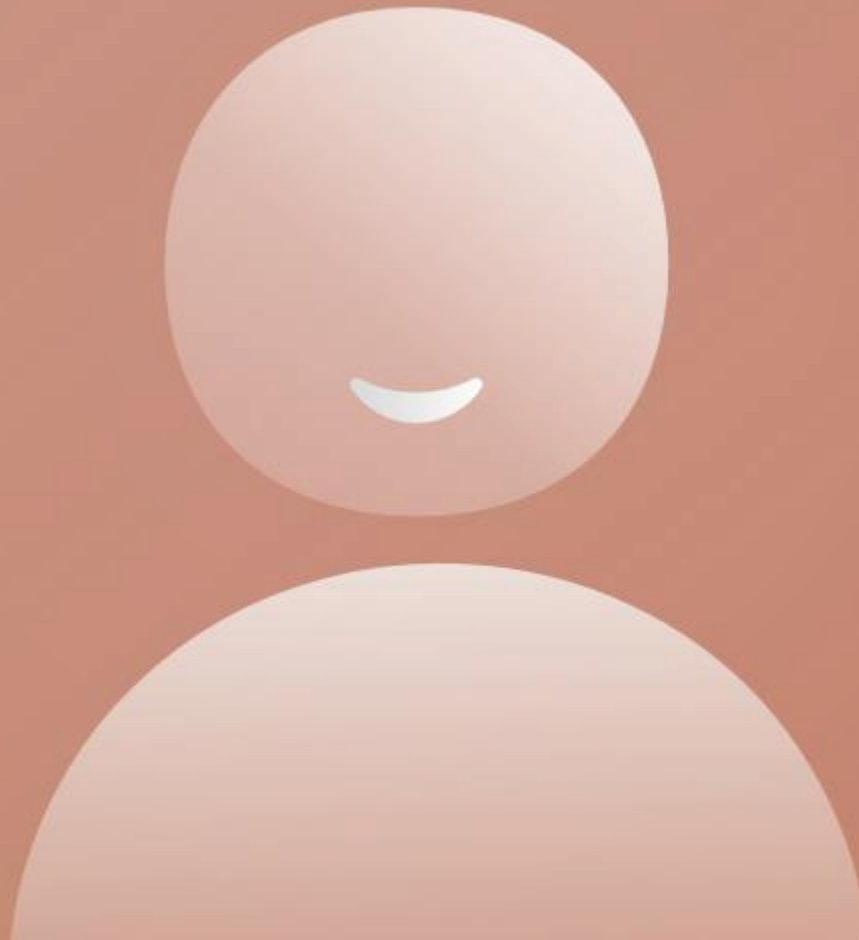


Rewriting the Narrative for Healing

► Use Neuroplasticity:

- The brain's ability to rewire itself based on new thoughts, behaviors, and experiences offers a powerful tool for managing MS.
- By consciously shifting your mindset, you can create new neural pathways that promote healing.

The Relaxation Response Exercise



The Relaxation Response – Two Easy Steps

- ▶ The repetition of a word, sound, prayer, thought, phrase, or muscle activity.
- ▶ The passive return to the repetition when other thoughts intrude.

When these two basic steps are present the train of everyday thought is broken.

Every culture has a written history of these two steps



Techniques to Elicit the Relaxation Response

- Meditation/Prayer
- Diaphragmatic Breathing
- Imagery/Visualization
- Yoga Stretching
- Progressive Muscle Relaxation
- CBT, EFT, Limbic Retraining, hypnosis





Meditation and MS

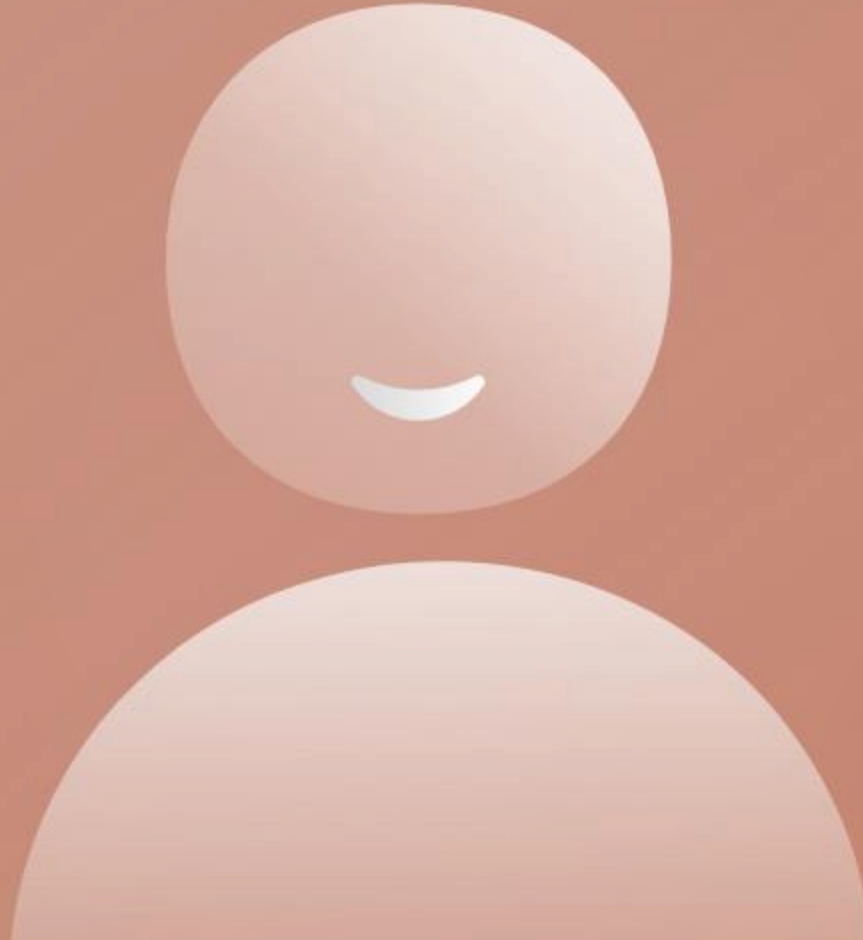
- ▶ Studies show significant impact in:
 - ▶ Reduction in symptomatic fatigue (Freal, 1984)
 - ▶ Perceived stress (Pritchard 2010)
 - ▶ Pain and Quality of Life (Tavee, 2011)
 - ▶ Mental Health (anxiety and depression and Quality of Life) (Simpson 2014)
- ▶ It is easy and it is free



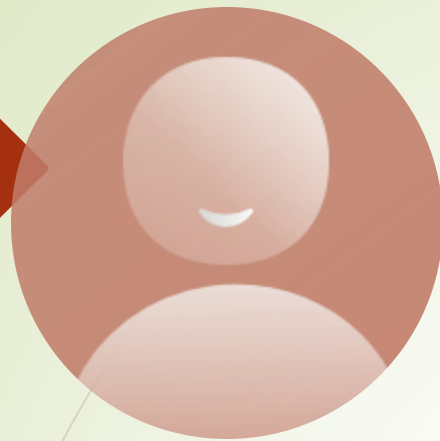
Readiness to heal –
means you're all in.

- ▶ We now have access to a modern understanding of MS with Modern solutions.
- ▶ Sure it can seem tough
 - ▶ Because you are leaders in an emerging world
- ▶ **The Four Pillars is where it all begins.**

Let's Talk



www.Transform.ms
DrTeri@terijaklin.com



Transform MS – the Program

How it's delivered

It's time to overcome anxiety, optimize your health,
get clear and take control of your life!

- ↑♦ 10 + 1 Week Live Program with Dr. Teri (75 days)
- ↑♦ Meditation for the week
- ↑♦ Weekly lessons
- ↑♦ Exercises and activities for integration
- ↑♦ Live discussion group - Thursday 7pmEST
- ↑♦ Facebook community to stay connected

In the Program we cover:

1. The Heart of Healing: The journey begins with you.
2. Changing the Brain: Neuroplasticity as a tool for MS
3. Building Body Wisdom
4. The Healing Power of Food
5. Eat to Beat MS: a Food plan JUST FOR YOU
6. Digestion & Detox: A Power MS Health Strategy
7. Mastering the Stress - MS Connection
8. Movement for Life
9. Pieces of the 'Root Cause' Puzzle
10. Creating a New Beginning
11. Bonus Week

The most powerful thing about spending 75 days together is the magic and connection of working in community.



Rebecca's experience

- ↑◆ I've heard other programs say "this will be life-changing" but this one actually is. It changed my life for the better.
- ↑◆ My mindset went from fear-driven to focused on gratitude, problem-solving, and self care/self love. It helped me to become empowered in my own journey with nutrition, exercise, meditations, and other activities.
- ↑◆ The time with Dr. Teri was extremely productive in every area of life for me and I highly recommend it to anyone with MS.



Ahuva's Experience

- ↑◆ The TransformMS program was fantastic! Dr. Jaklin has such a positive vibe and a very clear way of sharing her knowledge. Her focus on mindset and self care for healing was very empowering.
- ↑◆ This class was the highlight of my week. I truly recommend it to anyone ready to take their healing into their own hands!



L'Angelle's experience

- ↑♦ If you have MS, or if you know someone who has MS, this is an absolute MUST PARTICIPATE in 10 week course. I will be participating in the next 10 week course that Dr. Teri provides
- ↑♦ The information given is phenomenal! No matter how long a person may have had MS, you will absolutely learn something new, I guarantee it!
- ↑♦ Having like-minded people facing the same or different symptoms was heartwarming and made me feel like "I wasn't the only one feeling that".
- ↑♦ IF you are unsure of registering for this 10 week course, don't be! It will be the best investment in yourself you will ever make. Worth every penny and every minute! Can't wait to re-do the next 10 week Transform MS naturally course!