

Addressing ALS. Part One. Physical Aspects.

I am Patricia Tamowski. I am very sorry to hear about your diagnosis. I am not a medical professional, but I have met over a dozen people with ALS who are doing well and have been in contact with many more.

The good news is that there are many things you can do. We have interviewed ALS patients across the country who are doing well with ALS, some extremely well. You can see some of those we interviewed at www.HealthAdvocatesWorldwide.com/ALS. Our bios are on the *About* document of that site.

Dr. Craig Oster, Eric Edney, Steven Shackel and the others are some of the most courageous people we have met. They are the pioneers of ALS. In the face of a terminal diagnosis they made a decision to live, to seek out solutions on their own, beyond what conventional medicine offers. They decided to do everything they could to beat this disease and they are succeeding. They continue to do this every single day. They are pioneers because they are forging the path, and in their wake will come more and more who successfully beat ALS.

I am sending this letter in two parts. This is Part One. It deals with the physical aspects of ALS. Part Two is the mental-emotional-spiritual aspects of ALS/illness.

A few things I would do if I or a family member had ALS (this is not medical advice but based on 3 years of research). They all follow the same basic principles: nutrition to build up the body and detoxification including eliminating any incoming toxins for foods that are not good for the body.

- **Be patient. Take one step at a time. Do what you can on the list, then add the next step.**
- **Water**
 - Drink plenty of water, 1/2 oz per lb of body weight daily (spring water, purified water, non-fluoridated). This is essential for healthy liver function.
 - Begin researching a high quality alkaline water filter. You want a filter that both filters out contaminants (heavy metals, fluoride) and alkalizes the water.
- **Environmental toxins**
 - Eliminate as many toxins from your lifestyle and environment as you can.
 - Eliminate any chlorine and most cleaning products from the home. Instead use vinegar, lemon juice and water for cleaning.
 - Use only all-natural soap, shampoo and laundry detergent, containing no toxins. This is important for members of your family as well. If your spouse is using a toxic shampoo and you are sleeping together, you are breathing it.
 - Carefully check your home to make sure you are not breathing mold, fumes from a garage, chemicals stored under a kitchen or bathroom sink or anything that might be toxic. If you spray your home, yard or plants with chemicals, use non-toxic sprays. (Note: if you are feeling worse at home than when you are out, be a detective: find the cause). Ozone machines can be purchased to clean the air and rid your home of toxins.

- **Diet – What to consider eliminating**
 - Eliminate all artificial flavors, colors, sweeteners and msg. These are excitotoxins and raise glutamate levels in the brain, which are already elevated in people with ALS.
 - Eliminate sugar and simple carbs (no bread, no pasta, no cereal, no rice) from your diet (this also helps reduce glutamate levels), eat nuts, seeds, beans and vegetables instead.
 - Seriously consider a gluten-free, dairy-free diet, at least to start. These are known to cause inflammation and why take chances? Some experts suggest limited dairy. You can also be tested by your holistic professional for sensitivities (see next section).
 - Also consider eliminating seafood from your diet. Seafood often contains mercury, which has been linked to ALS.
- **Diet – What to consider adding**
 - Coconut oil. 3T-9T/day depending on how many carbohydrates you are eating Butch Machlan has been taking 9T/day of coconut oil plus magnesium chloride crystals mixed with water (Google him to find out how to mix it)
 - Use a blender and/or juicer to blend/juice 16 oz fresh (local and organic if possible) raw vegetables and greens each day. This will help with both nutrition and detoxification. Also, raw foods have live enzymes in them that you can't get anywhere else.
 - I agree with Dr. Craig that two things you can start right away are F3 BioSuperfood and ASEA. Pick one of these or another high quality superfood. Superfoods are extremely nutrient-rich food supplements that include powerful anti-oxidants and liver support. If you do not take a superfood with anti-oxidants and liver support add these separately.
 - Dr Craig takes F3 BioSuperfood (BioAge.com)
 - Eric takes http://www.newgreens.com/newgreens_original.asp,
 - Carol takes a raw vegan one: <http://healthforce.com/superfoods-rejuvenation/vitamineral-green>.
 - Take ASEA daily. ASEA is a cellular communication, repair and regeneration product that many with ALS have found helpful. It also helps detoxify (start slowly because you don't want to detox too fast). amazingmolecules.net for info. To order: healthadvocates.teamasea.com.
 - Follow a high alkaline diet (google this). This is extremely important.
 - For optimal neurological health the following have been found to be effective: a low-glycemic index diet (google this), a ketogenic or paleo diet (google this also. Find which works best for you. TerryWahls.com has a paleo diet recommendation and a book).
 - Take coconut oil. This is a medium chain fatty acid and has been shown beneficial for neurological issues. Most sites recommend 3 tablespoons per day.
 - Take a high quality multi-vitamin and mineral supplement (no dyes or colors) with good absorptions rates. Make sure it includes amino acids and probiotics. See resource section about additional supplements.
 - Enzymes for liver support. Craig uses NOW enzymes, Steve uses a form of milk thistle (silybum marianum).

- **Detoxification**
 - With ALS you will want to detoxify very slowly and with the help of a holistic medical professional and also via your own research and your own instincts (See also below).
- **Silver amalgam dental fillings**
 - If you have any silver fillings watch the videos at www.HealthAdvocatesWorldwide.com/Mercury then see the next section about getting them removed safely
 - Look at dentalwellness4u.com
 - Look also at mercuryexposure.info
- **Resources**
 - Buy the book *Eric is Winning* from Amazon.com. Read the book twice. It's like a primer for natural medicine and he knows what he is doing. Eric was diagnosed with ALS at age 59 and is now 83 and doing progressively better each year.
 - Check out ALSWinners.com. Diagnosed in his 60's, Kim Cherry is another person who is beating ALS, and he also has good nutrition information on his website. He is also using oxygen therapies--something to consider further down the road if you need it.
 - Read Steven Shackel's website in detail--he is another long term survivor of ALS. Steve's ALS was progressing the normal way, denervation, muscle wasting, fasciculations and cramping. He can now walk, play the guitar and has a pretty normal life:
<http://home.goulburn.net.au/~shackel/mystory.htm>
 - For vitamin supplementation you will want to check out ALSWinners.com and EricisWinning.com, and upon the advice of your holistic medical professional.
 - Take a look at Dr. Steenblock's recommendations for an ALS Diet if you want to do some tweaking: <http://www.stemcellmd.org/conditions-treated/neurological-conditions/als-amyotrophic-lateral-sclerosis/> (some professionals disagree with the fact that fish and dairy are in his diet, but judge for yourself what makes sense.) Here is more from Dr. Steenblock: <http://www.stemcelltherapies.org/ALS/homeostasis.html>
- **Be patient. Take one step at a time. Do what you can on the list, then add the next step. (Yes, I'm repeating this).**

The above will give you a handle on the basics. Then it's time for the professionals:

- Find a good naturopath or functional medical doctor in your area. acam.org or functionalmedicine.org has a list. Get recommendations if you can. They can assist you to navigate through everything. They can test and make recommendations regarding:
 - vitamin and mineral deficiencies
 - digestive enzymes
 - toxins
 - thyroid and hormone function
 - diet and supplements
- If you have any silver fillings visit an iaomt.org or iabdm.org dentist. If one is not in your area, you can print out removal protocols at iaomt.org and find a local

- dentist willing to follow them. This is *essential* because there are peer-reviewed studies linking ALS to mercury.
- That dentist, your doctor or naturopath can also order a 6 - or 24-hour DMSA challenge urine collection test from DoctorsData.com to test for heavy metals. The cost of this test ranges from \$65 to \$165. It's a good idea to know your heavy metal levels. Based on our research this test is more accurate than blood, hair, stool, saliva or a non-challenged urine test.
 - Remember even the best professionals don't agree on everything. Listen to expert advice, read on your own, then decide what is best course of action for you.
 - Note on detoxification. YOU know better than your medical professional how you feel. If you detox too fast you are putting yourself in danger. It's ok to be a little uncomfortable during the detox process. If you are a lot uncomfortable slow down. Drink more water and take less of what you are taking to detox. Remember it took a long time to get sick, give yourself the time to get well.

That is what I would do first. I have more recommendations, but I don't want to overwhelm you and you have a lot to start with.

After checking out the above websites you might also want to speak to some people with ALS who are doing well. I can give the phone numbers of some of those we interviewed who are glad to share their knowledge and speak to others with ALS.

Again, please take it one step at a time. Eric's book will help a lot. It organizes things. Then the other websites will make more sense. Just keep reading and re-reading. You will understand more and more. It's like going back to school. You will learn a lot about your health and about your body. As you do more things you should see results. The more steps you take, the better the results will be. Be patient, give it time.

The biggest piece of advice I can give is to read as much as possible, take responsibility for your own health, and use the medical professionals and others doing well with ALS as advisers. If you need a different doctor or naturopath, find one you can work with. You are the President. They advise you, you question them and discuss it. You decide which advice to take and you make the decisions. The more involved you are the better results you will have.

Please feel free to call me anytime,

Patricia

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