

Conquering MS through Your Best Nutrition

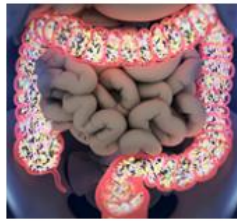


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MS FITNESS CHALLENGE

WHAT WE ALL HAVE IN COMMON



**Reduce
Inflammation**



**Support & nourish
the gut microbiome.
Heal & seal leaky gut.**



**Consume nutrient dense
whole-foods &
high quality supplements**

MOST HEALING DIETS FOCUS ON



Foundation of a wide variety of vegetables, mostly organic & non-starchy

Whole foods that are nutrient dense

5-9 serving of vegetables & fruits daily

Healthy fats, nuts & seeds

Anti-inflammatory foods & beverages

Importance of vitamin D & other micronutrients

High-quality protein: Organic, grass-fed, wild caught

Add more raw, soaked & fermented foods

Source the best-quality ingredients

Herbs & spices

Fasting

MOST HEALING DIETS AVOID



Artificial ingredients & chemical additives, synthetic sweeteners,
fast food, GMO foods, processed meats.
Refined sugars & limit natural sugars
Limit caffeine & alcohol
Gluten-free & often grain-free
Dairy is a common food intolerance
Avoid processed fats & fried foods
Night shades: potatoes, tomatoes, eggplant and peppers.
Processed/packaged foods. Trans-fats, deep-fried foods, vegetable oils such as soybean,
canola, corn, safflower, sunflower.
Refined flour and grains, processed soy.

ELIMINATION DIETS

DIFFER IN TERMS OF WHAT EXACT FOODS ARE PERMITTED AND
ELIMINATED, MOST CUT OUT:

GLUTEN, DAIRY, SOY, REFINED/ADDED SUGAR
PEANUTS, CORN, ALCOHOL
EGGS, IN SOME CASES
PACKAGED, PROCESSED OR FAST FOODS
CERTAIN NIGHTSHADES

ABOUT 3-6 WEEKS.
ANTIBODIES – PROTEINS YOUR IMMUNE SYSTEM MAKES WHEN
IT NEGATIVELY REACTS TO FOODS –
TAKE AROUND 3 WEEKS TO DISSIPATE.

ELIMINATION DIET

SHORT-TERM EATING PLAN THAT ELIMINATES CERTAIN FOODS
THAT MAY BE CAUSING ALLERGIES AND OTHER DIGESTIVE
REACTIONS – THEN REINTRODUCES THE FOODS ONE AT A TIME
IN ORDER TO DETERMINE WHICH FOODS ARE, AND ARE NOT,
WELL-TOLERATED.

GOAL IS TO PINPOINT EXACTLY WHICH FOODS ARE THE
CULPRITS FOR DIGESTIVE & OTHER HEALTH-RELATED ISSUES.

FOLLOW GUIDELINES 100%

BEYOND NUTRITION
3 KEY AREAS OF YOUR HOLISTIC HEALTH
THAT COULD BE BLOCKING YOUR HEALING



Sleep



Toxic Load



Stress

IS YOUR BODY IN A STATE OF NON-REPAIR?

SLEEP



Disrupted Circadian Rhythm

Regulate light/dark cycles to fix circadian rhythm light mismatches. Increase daytime/energy mode signals, starting with a morning dose of bright light to make more melatonin. Sleep in total darkness.



Hours Eating

Don't eat 2-3 hours before bed (unless medically necessary). Give your gut more time to rest, digest & heal.



Detox Digitally

Time away from technology is crucial for melatonin production. Shut screens down at least 30 minutes before bed and keep them off all night. Remove blue light mode on electronics 3 hours before bed. Keep screens at least 5 feet away from bed.

REDUCE TOXIC LOAD



Hydration

Essential for every cell to perform optimally. Frontload fluids first thing in the morning. Mobilize & move toxins out.



Constipation

Stagnation of inflammatory residues in the colon, ideal environment for unwanted organisms. Eat fiber-rich foods, hydrate, use essential oils, maintain routine sleep & exercise patterns to allow your body to eliminate on a daily rhythm.



Cleaning, Body Care, Food

Hundreds of synthetic chemicals are in our daily environment. Maximize support you give to your detoxification pathways. Minimize the toxins you are exposed to.

STRESS



Deep Breathe

Breath is the anchor for relaxation. Relaxed breathe leads to a relaxed brain.

Deep and slow breathing activates the parasympathetic nervous response. Check in with your breathe regularly.



Stimulate the Vagus Nerve Daily

Fasting

Nature & Sunlight

Essential Oils

Positive social connections

Smile, laugh, hum, sing, gargle

Cold water on the face or body



Tapping/EFT

Centers us and shifts energy into a Parasympathetic state.

Energy based protocol. Goal is to break up stuck energy patterns.

IF YOU TRACK IT, YOU ACHEIVE IT

Take a picture of yourself at the beginning of your health journey. This picture will provide a valuable look back as your health efforts pay off.



Use an app, or pen & paper.
Decide on what you can commit to tracking:

Food intake

Body weight

Symptoms or reactions

Exercise

Sleep



Start as simple as needed.
Just start.



THANK YOU FOR ATTENDING

Individualized coaching & support available

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