

Back To Health

Nutrition and Chiropractic Center

Your Guide to Better Living

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Multiple Sclerosis

"My friend retired from teaching due to the MS, but now looks and feels 10yrs. better, no longer uses a cane, was using a cane all the time, and would hardly go out of the house. Now she is going out to lunches all the time. She is doing remarkably well now, looks better, walking better, and is off all steroids."

–Neighbor who referred her to us

**Note:" This patient never came to my office, she was referred and lived about 5 hours away, we ordered her lab testing for her and she was able to get it done close to where she lived. We did consultations and reporting over the phone and Internet. (After 5 months on her program) She feels almost as good as she did 15 years ago."*

–Dr. Van Merkle

Multiple Sclerosis

Case Study for 53 Year Old Female

Patient profile:

The Patient was presented on 12-13-2005, Diagnosed in 1997 with lesions for MS. All dental filling were removed in 1998. Fatigue has been noticeably worse in the last 2 years. Symptoms of MS have been constantly persistent and slowly progressive, overall symptoms becoming worse. Has a flare up at least every 6 months at least. Memory has been affected and mental capacities are affected. Her gait is affected; Left side is affected the most, left leg. Numbness of the left side leg, toes, arm, fingers. Most recent flare up was 9-2005. Took a steroid by IV at that time because she was so bad from the flare up. She has had other flare ups just as bad.

Recently saw a MS specialist, and recommended Novatrone a Chemo drug. She tried a new MS drug (Tysabri) for a while, but it is off the market because of a side effect: Death! She currently does not work; she has no stamina, doesn't get out of the house much, doesn't go to church and is becoming less social due to MS.

Went to another nutritionist prior to seeing me and went on the Zone diet, fish oils and a multiple vitamin this offered no help. Weight is increasing to 170 pounds (probably due to the steroids), Sleeps about 9 hours /day. Diagnosed with MS 10 years ago but felt bad/progressively bad for the past 5 years.

Patient's tests results:

12/27/2005 Initial blood test results were not real bad. Among the findings was some mild low liver dysfunction/congestion, inflammation, developing anemia (probably from the steroids) and early diabetes. The hair test did not show any notable levels of toxic elements. The hair test looked unusually good. The DMSA urinary chelation challenge revealed extreme high levels of Mercury and Lead. Both of these are neurotoxins.

Patient assessment:

5-8-2006 (on her program now 5 months) improving a lot; more energy, memory and concentration is better, no longer using a cane. Is now riding a bike. She can walk much better but has some weakness if she walks too far. Balance is better, sleep - better at 8 hours, vision is great, no double vision. Still some numbness in left side though not as bad, feet are less painful. Overall improved 75%, she has improved a lot. She feels almost as good as she did 15 years ago. Mental health is better, life view is better. She is on Copaxone, is for the MS, a daily injection, for four years, used beta seron, then back on Copaxone since September for 8 months. Beta Seron had bad reaction to it. The Copaxone she didn't know if it helped or not, she still had relapses about every 6 months. Last September of 2005 and felt fatigue that was extreme and got IV steroid. Novatrone, a cancer drug, was recommended. Try the PCA-Rx for one year. She has never gone 5 months without an exacerbation and she has not had an exacerbation for the last 5 months since starting the program. Recommended she do another blood test and hair test.

8-17-2006 Did a phone consult with patient for her R2 today. She is better in all five categories as addressed on the R2 follow-up sheet: Psoriasis, Poor Concentration/Memory, Depression, Chronic Fatigue, and even Numbness. She has been off Copaxone and Beta Seron since her last conversation with Dr. Merkle (2 months ago). She was feeling a little skeptical that this might not be the right way to proceed. But I reminded her that she didn't get MS because she was deficient in Copaxone and that she got some phenomenal results and should continue on because nerves only heal and repair at a very small rate. She has decided to continue her vitamin and supplement program for an additional two months.

- A.R. Dyer, DC

3-22-2007 called, and she is doing OK. She has been off all medication now for over 15 months now, she got a little stressed over December and had a spell, felt a little worse and she didn't take the steroids, it just worked it out. She still has reduced stamina when walking, will have to stop and rest. But she did walk the Navy Pier in Chicago a couple of weeks ago. Neurologist would like her to take methotrexate even though she is doing so well.

In Her Neighbor's Own Words:

This person referred this patient to us: My friend retired from teaching due to the MS, but now she looks and feels '10yrs' better, no longer uses a cane, was using a cane all the time, and would hardly go out of the house, and is now in church all the time when before she couldn't go anywhere. Now she is going out to lunches all the time. She is doing remarkably well now, looks better, walking better, and is off all steroids.

Dr. Merkle's Final Thoughts:

Her program was based on her specific findings of the blood, hair and DMSA chelation challenge, which included diet and nutritional supplements and her repeat testing showed good improvement. She still has areas in the testing that need improved and as she continues to improve metabolically, I would expect her physical symptoms to at least stabilize and maybe improve even more.

POINT: There is no cure for MS, in fact, the cause of MS is not really known or understood. We do know that the myelin sheath that surrounds the nerves is degenerating or not regenerating fast enough. Suppose that the nerves are regenerating at only 98% or 99% everyday. This 1-2% degeneration will not exhibit a lot of symptoms but this steady rate of degeneration over a period of years will cause progressive decline and nerve damage, which is the insidious nature of MS.

KEY POINT: You don't need a cure for MS, (there isn't one and I believe there never will be), all you have to do is to modify your system so that you heal just a little faster than your nerves are degenerating (or not repairing completely). If you heal just a little faster everyday and you can reduce or eliminate those things that can cause or contribute to nerve degeneration and have just a little less nerve degeneration everyday, then you will start to repair the damaged nerves and symptoms could reduce. The nerves are regenerating, they just aren't regenerating completely but they are regenerating some or you would be dead within a few months. We...You just have to do what is necessary to get your body to regenerate a little better and maybe degenerate a little less. This is why we do so much testing. We need see everything that we can to try to fix everything that can be fixed. We need to reduce any vitamin or mineral deficiencies or imbalances, system and organ dysfunctions and reduce or eliminate toxicities.

HERE IT IS: If you get healthy enough, your body will likely start to repair faster and more completely. It will take time, maybe several years, but what will happen if you improve just 1-2% every 6-8 weeks. What can happen if you have steady consistent but small improvements over the next 2-5 years? This patient responded quickly but the most important thing is she saw some progress within weeks.

"I have been so impressed with this patient's rapid improvement. Remember, in just five short months of my recommended vitamin and supplement program, she was riding a bike, prior to the treatment program; she was using a cane, and could hardly get out of the house. But the more remarkable fact, in just little over a year (14 months), she walked the Navy Pier in Chicago.

I don't claim to have the cure for diseases like MS, Cancer, and Lupus, but I do have answers for improving health, healing and repair and getting patients back on track; the result is living a more normal and healthier life. And finally, this patient never came to my office, she was referred and lived about 5 hours away, we ordered her lab testing for her and she was able to get it done close to where she lived. We did consultations and reporting over the phone and Internet."

-Dr. Van D. Merkle