

A sunset over a large body of water, likely a lake or ocean. The sun is low on the horizon, creating a bright, shimmering reflection on the water's surface. The sky is filled with soft, golden clouds. In the foreground, there is a dark, silhouetted grassy hillside with some trees on the left side.

I Overcame MS the Natural Way

THE KAREN PINE STORY

I Overcame MS The Natural Way

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Karen Pine's Disclaimer

This book is just an overview of what I did to overcome my Multiple Sclerosis. It is not intended to be used as a cure for your illness, but rather as a tool that will help guide you to a better lifestyle through healthier eating and prayer.

You will need to talk with your doctor about what plan is best for you. Please listen to the medical side and then decide how you want to tackle your illness. Research all options. Remember that it's your body, and your decision is very important. Please, research all options; then pray for guidance in your educated decision as to what is the best plan for you.

Mission: Attack MS!

2012 was a new chapter for me;
MS was put on the chart by my name.
I now know the origin of my enemy.
It's my life – not a game!

Family and friends say they're sorry
With tears and long, sad faces.
Don't consider me dead yet;
My body's just changing phases.

Feet have lost their feeling;
Hands are cold and burning;
Vertigo – the obstacle before me;
Is this the floor or the ceiling?

Dyslexia clouds my vision;
Reading's now a chore;
What I once loved to do
Now is fun no more.

Sentences I can't fin....
Is death its only end?
I'm ready to make a change,
But where do I begin?

My husband is in research and prayer
Helping me along the way
Positive - it's the right decision
To defeat MS some day.

Food was chosen over shots;
I've set my battleground.
Family and friends are worried;
Is what I'm doing sound?

It took several hard-fought months
For my body to reveal
The diet is actually working.
Am I beginning to heal?

My vertigo is gone
Along with numbness too!
The cloudy thinking and poor speech
Have disappeared – Phew!

My body has recycled
Into something healthy and new.
God gave me another chance.

I now help others in need – could one be you?

My Story

My name is Karen Pine. I have MS, but MS doesn't have me! I was relieved when they finally gave me the diagnosis on April 21, 2012. I had been waiting for the medical field to finally figure out what I suspected for years.

My symptoms were numb hands, feet, face, and tongue (for two years); insomnia; constipation or diarrhea; cranky; paranoid; hearing loss and severe ringing in my ears; vision impairment; vertigo; cloudy thinking; cognitive impairment; inability to complete sentences; difficulty breathing and swallowing (throat would partially close); hands that could not grasp; clumsy; unable to write legibly; and severe neck pain. One bad part about these symptoms is that I am a high school teacher. Teenagers would have a heyday if they sensed any weakness in a teacher. To keep my students and the faculty from knowing the severity of my illness, I came up with simple coping mechanisms. One easy remedy to holding a glass with numb hands is to "hook" the pinkie finger under the base of the glass. I no longer dropped glasses! Yeah!

After visits to the ER due to total body numbness and feeling faint with **no** diagnosis, except saying that I needed to learn to deal with stress, I went to my chiropractor. Dr. Brett Tarr aligned my back and neck, but the numbness and severe neck pain prevailed. He said he would try to adjust my spine a few more times. We would then need to discuss the next step if the numbness and pain persisted. By the third visit, finally, I heard what I had been wondering for years: Dr. Tarr said, "I'm afraid it might be MS." I was relieved because I knew stress alone wasn't the sole reason for my mounting symptoms. Dr. Tarr sent me to a neurologist specializing in MS. A month later I got the official diagnosis from the neurologist – MS. I had 10+ lesions in my brain and one 2 cm lesion going down my spine! It was time to begin the fight because now I knew what I was fighting against. It was time to begin the fight of my life!

My husband, Scott, had already been researching online for information on MS, purchased MS books, and constantly prayed for guidance during the month of waiting for the diagnosis. He had to do it all because I could no longer comprehend what I read. The MS was attacking my entire body in a horrific way! During his research he read about the alkaline foods and how the body can better repair itself when it is given the proper fuel.

The day we received the diagnosis by phone, we made a trip to the grocery section at Wal-Mart. It was overwhelming because enriched flour and preservatives are in almost everything! We purchased fresh vegetables and a \$100 juicer to begin juicing. We purchased fresh fruit, nuts, raisins, red potatoes, and frozen vegetables. The foods I once consumed without a thought to my health now were seen as poison to my body. In a way, I mourned the loss of consuming these genetically-modified poisons. I had to tell myself constantly, "Be strong for this will pass."

When we got home, we emptied our kitchen of the foods that were literally killing me and replaced them with alkaline foods. Scott and I decided to wait several days before telling family and friends because we wanted to be prepared for their disapproval of our choice of treatment. We also wanted to see how I'd do on the alkaline diet. Scott continued his prayers and petitions to God while I tried to stay on the diet. He continued to research

while he witnessed my getting worse instead of better. When we finally told our family and friends, eyes welled up with tears, and we were told, "I'm sorry." My response was that God would use my illness for His glory and that I was excited to see how He was going to use my newfound experience to help others. When I told them that I chose the holistic avenue, our family and friends were skeptical and questioned my choice. But we decided to always focus on the positive and were amazed at what God had planned for us!

When I went to my MS doctor for the first time after the diagnosis (Mid-May of 2012), I was in the middle of a very bad exacerbation (an increase in the severity of MS symptoms; examples are horrible body aches and difficulty walking). It hurt to look, hear, speak, breathe, sit, walk, and sleep. In other words, no relief could be found. Scott was not able to be with me at that appointment. The doctor gave a quick sales pitch on the different brands of drugs that would lessen the exacerbations. I declined. Then Acthar was mentioned. I listened, then again declined the drug.

While I watched my MS doctor close my folder and prepare to exit the room, he informed me that his patients who chose a holistic plan of treatment didn't do well. This last remark caused me to change my mind; I wanted the severe pain to go away! I couldn't believe the words that came out of my mouth: "Give me Acthar." Did I just hear myself reverse my decision due to the devastating pain? Open mouth; insert foot! With a slight grin, he sat back down and opened my file. He wrote the script and that's that!

My MS doctor wrote a script for Acthar. Next came the shock of \$20,000 for five shots! Ouch! MS is a very expensive illness to have due to the cost of the drugs used to treat it! I wish I would have known about detoxing and the gradual natural improvements that the alkaline foods offered! I didn't find out about this for four months after adhering to the alkaline diet. All I was thinking about was the nonstop pain. I just wanted relief!

I was given the phone number for the Chronic Care Fund to see if they could help pay for the shots. During my conversation with a caring woman from Chronic Care on the other end of the phone, I fell apart wondering how I could pay that much money for drugs for the rest of my life. Pharmaceuticals love MS patients because they see money, money, money! They know the pain we go through, and they know we will do what it takes to "feel" better.

The Acthar arrived a few days later. I had to sign for the chilled container because it was \$20,000 worth of harsh chemicals with fine sub-cu needles. The home health office in our town had never administered the drug, so the visiting nurse viewed the video and read the pamphlet before administering the initial shot. She was also to observe my reaction to the drug. I do believe she was just as anxious as I was! My husband was there, also, because he would be the one to give the remaining four shots. Poor guy! I couldn't because I am so very afraid of needles! Even if no one was around to give me the shot, I was unable to administer it myself due to my numb hands and fingers. When one can't feel or effectively hold the syringe, how could he/she administer it?

When the nurse put the first injection of Acthar into my stomach, I immediately closed my eyes and felt strange. Within a few moments, I felt the medicine travel to my brain. That was a very weird experience! The next day I again felt the medicine travel to my eye. The next three shots went to my hands, feet, and brain. I felt so much better! The numbness

improved tremendously! Maybe I should rethink taking the drugs!

I was almost free of numbness and pain! Could I be wrong about the pharmaceutical companies? The answer is “NO”. The wonderful life free of numbness and pain lasted 1½ weeks. Then it stopped working and my body was in even more pain and numbness! I just spent \$20,000 (actually, Chronic Care and my insurance took care of this) on a medicine that lasted only ten days! Another exacerbation that was even more debilitating occurred immediately, and I could not have any more of the Acthar to help me with the pain. The next drug was to be Rebif, but God intervened!

So next, the doctor wrote a script for Rebif, but both the paperwork from the doctor’s office and the insurance company contained errors. The paperwork mistake caused a delay in my receiving the medication. I was calling and crying in pain to both the insurance company and the doctor’s office with no relief. ***That was a God thing because I was depending totally on drugs to survive while I was still eating alkaline foods.***

I was in a quandary because of the debilitating pain, so the doctor prescribed a short-term medicine (Predisolone) to help until my Rebif prescription could be filled. This medicine helped me survive while my alkaline diet was beginning to give me some relief of my symptoms and lessening the exacerbations to a very manageable level of pain. I was becoming totally dependent upon medication! I forgot that I started out with a holistic treatment. Then I got caught up in the drugs instead! I see how the drug companies can easily infiltrate into the treatment plan, even when the person has chosen a different avenue! Stay strong!

I was still waiting for the second drug called Rebif, but I had already purchased the extra over-the-counter drugs to counteract the Rebif because that is what the MS nurse recommended. Isn’t it terrible when you need to purchase more drugs to help you endure the nausea and pain from a prescription drug that is supposed to help you? That doesn’t make sense! The thought of receiving shots three times a week for the rest of my life reminded me of my initial plan of ingesting alkaline food to repair my sick body. That was just the motivation that I needed to “endure for a cure”!

I could now see relief! The alkaline foods were making a difference! I was still waiting for the Rebif to come due to doctor as well as insurance errors. Yes! This forced me to continue with my alkaline food treatment. I was seeing improvements quite regularly! This was awesome! After 3 months I finally felt like I could survive and defeat MS! I’m so thankful for medical and insurance errors!

By July, several months after fighting the insurance company and the doctor’s office for Rebif, I received a phone call telling me that I could now acquire the drug. That was a liberating phone call because I happily told the caller that I didn’t need the medication! My body was actually healing itself through taking in the proper foods and supplements! Yes!!! I can happily say that I am drug-free and feeling amazing! Again, I am so thankful for medical and insurance errors! God is good!!!

My husband and I had decided to take the holistic treatment because his research showed that the medicines normally prescribed for MS were very harsh to a body that is already compromised by a terrible disease. The alkaline diet is not a “quick fix” like the pharmaceuticals, but it is the best solution for me in the long run because it gives my body

the nutrients needed to fight and defeat the rogue cells causing MS. I wish Scott could have been with me when I went to my MS doctor because I desired instant relief from the pain. He would have reminded me that I needed to allow more time for the alkaline diet to begin working, thus a lessening of pain would eventually occur as well.

Through my husband's constant researching and talking with a special friend named Nancy Steger, I chose to go to Hallelujah Acres in Plant City, Florida. Nancy went with me to be my "ears" and "eyes" because I still had difficulty retaining information. Meeting Nancy and her husband, Wally, is another "God" thing that I'll discuss later in the book.

We chose the Florida Hallelujah Acres because Dave Orcutt, the owner, had overcome MS himself. Nancy and I joined a group of eight other people who came to the healing center for various reasons. They were and still are so very precious! Four of these people touched me even more. I will talk about them later in this book, because they are the reason why this book is now in existence.

Time to Learn More!

Early in August of 2012 was a chance for me to learn more about how a man named David Orcutt overcame MS. He and his wife, Sherry, run a Hallelujah Acres center in Plant City, Florida. I was so excited to meet David and find out how he did it! If he could repair his body, so could I! I talked with him and his wife a few times over the phone before deciding to take the plunge by registering for the five-day stay and booking the plane flight. I truly felt that God wanted me to acquire the knowledge that He gave to the Hallelujah Acres founder and families. Florida, here I come!

My friend, Nancy Steger, went with me because my cognition and comprehension skills were substandard. I also had vertigo and visual and auditory issues that would inhibit the learning and memory processes. One good thing was that the alkaline diet I had been on since April kept me from detoxing. While we were there for the five-day program, I was introduced to a plethora of information. We had morning Bible studies and prayer before each meal. I felt God's presence during my entire stay in Florida! I knew I was where He wanted me. I would learn how to repair my broken body; then, I would use this new-found knowledge to help others.

We were taught the importance of juicing and drinking Barley Max as well as learning about other important supplements needed to ensure better success while on the recovery diet. The group loved my funny faces when I tried to struggle down the Barley Max. Sherry Orcutt said she had never seen such horrible faces while drinking the nasty stuff. To be fair, the mint and berry flavors of Barley Max were delicious, but I could not handle the alfalfa, so I drank Alfalfa-Free Barley Max with no flavorings. Yuck! I enjoyed making everyone laugh at my expense. Laughter is a wonderful healer of the body. They all have a picture of me drinking the Barley Max; so, they should be happy all the time! If you want to see my Barley Max face, check out www.edenwellness.org. My contorted face is shown in my testimonial, written by Sherry Orcutt on my behalf. Be prepared to chuckle. That will make me happy as well!

When I woke up on the third morning in Florida, I was able to get out of bed and not trip or stumble! That was the first time in over two years that I could do such a simple task! I immediately called my husband. He was afraid I was hurt because I was crying. When I

told him the news, he was elated! What a blessing! I knew that God was going to show me how to repair my body so that I could help others repair theirs! Yes! As I am typing this portion, the tears are again flowing because that was when I KNEW that GOD wasn't through with me. He had plans for me, so I needed to get in gear and repair His temple!

God had his hand on all of the guests at Hallelujah Acres during that amazing week. We became a very close group. (I am still in touch with three of the guests, as well as with Sherry Orcutt.) This was also the week Hallelujah Acres put together a promo video for Florida's Hallelujah Acres center. The man in charge of the taping asked five guests for an interview, and I was one of them! I didn't know why because I only had MS, while the others had deadly cancers and various illnesses. God had other plans! He was preparing me to help others through this promo! Isn't God amazing?!

During the interview I was asked about what happened Wednesday morning. That was when I could actually get out of bed without tripping or falling for the first time in over two years. I became very emotional when I told what happened because that insignificant task for most (getting out of bed) was a major feat for me. If you would like to see my testimony, go to www.edenwellness.org and click on the picture of the beautiful African-American woman named Vicki. My testimony, along with my dear friends' testimonies, is there. If you go to www.hacres.com and at the home page of the Hallelujah Acres website, click on the Plant City, Florida promo. Our testimonials will be there for you to view. While you are on the main Hallelujah Acres webpage, check out the MS testimonials. You will see my testimonial that was written a few months after my visit to Florida. I've improved even more since my testimonial! I also put my testimonial in this book if you don't have access to the internet. This diet is amazing! It truly works, but you again need to be PATIENT!

Life after Florida

In mid-August 2012 I began the recovery diet, along with the alkaline diet (my food-for-life). During that Fall, I saw quite a bit of progress, but I still had a very stressful start to the school year with schedule changes and room changes. This new diet was truly tested and passed with an A+. By the end of the Fall, my vertigo was gone, my vision had improved (the vision that I lost due to thrown plaque was repaired), my numbness had vastly improved, my cognition and comprehension were back, my paranoia was gone, I could sleep all night, my energy was back, my bowels were working the best in many years, and I was patient again! My husband was so happy to have a patient wife! It had been a long time since he'd seen patience in me. All I can say is that he is a saint! Thank you, Scott, for never giving up on me! God has truly blessed me with a wonderful husband!

I kept in touch with Sherry Orcutt, who encouraged me when I had a setback in health. She made sure I received my supplements when I ran out. I am forever thankful to God for allowing me to have the amazing group of encouraging people placed in my life at the right moment! God never fails.

My Ministry Started!

In October of 2012, I finally decided to let the public know about my MS diagnosis. I didn't want others to know earlier because I didn't want pity. I wasn't afraid to talk about

the disease. I just didn't want to see more tears and hear, "I'm sorry," because I knew God had plans for a healthy Karen. The food-for-life (alkaline diet) and the recovery diet helped my body repair itself. So, it was finally time to speak up.

Our local health food store owner, Barb Jennings, was intrigued with the knowledge I acquired while in Florida, for no one in our area knew anything about it. She patiently waited for my decision to tell of my experience and how I was actively fighting MS and winning. She was so supportive throughout my entire struggle. She is another person God placed in my life at a very important time! Through her successful business and her outstanding reputation in the community, my first presentation at her health food store was a great success!

My friends, Nancy and Wally Steger, own a printing business in Wisconsin. They had amazing flyers printed and sent to me for my debut. I was so humbled by their generosity and kindness! The flyers were beautiful. I would have gone to the presentation based solely on the information listed on the flyer! Wait a minute – that was for my presentation. I looked and sounded professional! Cool!

While Barb and her staff were handing out flyers in her store and placing ads in the newspaper and on the radio, my dear friend, Maridel Schonert, asked me about advertising at the local banks, schools, and businesses. I told her about the paper and radio promos, as well as the flyers being handed out in the store. She took the remaining advertising flyers and placed them at the local businesses, banks, and schools in town so I would get even more publicity. Bingo! That worked! Because of her unselfish act of kindness, I started receiving phone calls from family and friends that didn't know about my illness. Boy, did I get flack! Word was now spreading throughout the community. People were curious. I'm sure some questioned the validity of my improvement, but that is to be expected.

Scott and I decided that we both would present at the class. I would talk about what actually happened during my journey back to health, while he would talk about the spouse and caregiver's role, as well as how to deal with the findings from the tests. He knew I needed him there for support, as well as to tell his view of OUR journey. We were ready to speak, but would people take the time out of their busy Saturday lives to listen to a "nobody" and her husband claiming that MS can be defeated? We were prepared for the worst.

When Scott and I went an hour early to set up the presentation room and talk with Barb, she was so very enthusiastic about our desire to help others. She was so happy that we were willing to share the positive and negative parts of our choice of treatment for MS. Her enthusiasm helped us remain hopeful for a nice attendance.

We went home for a light snack and a short break before heading back to the store. When we went in, tears welled up when I saw my friends from school and several people I didn't know waiting to get into the presentation room. I was so humbled by having 35 people come from as far as 35 miles away to listen to Scott and me talk! The room was full! Please remember that this is a busy Saturday (sports games and a beautiful day to be outside), and we live in a small town! This was an amazing group! God showered blessings all over us that day!

After the Presentation in my Home Town

After the presentation I had several phone calls from people who heard my talk. God again showed me that this was what He wanted – to help His children repair their bodies. My response was again, “Yes, Lord, I’m willing and ready.”

I was (and still am) helping others while teaching high school full time. It has taken extra time and energy, but it feels good giving people the knowledge that Scott and I acquired. We are still researching for more knowledge. We want to be prepared for questions from people seeking guidance in taking an active role in improving their health. We put on our gospel armor daily because we never know when or where God will use our experience to give hope to those in need.

It breaks my heart when some people who want a healthier life only want an effortless “quick fix.” The alkaline diet is not a “quick fix,” but it is one way to improve your health. When people see and hear about my drastic life change, they are intrigued, but they do not want to put forth the effort. It can be very difficult for them to give up their soda, sugar, bread, meat, or alcohol. With this “food-for-life” diet (this is what I call it because I was given a new life), I have replaced the old comfort foods with delicious foods that actually help my body repair the diseased parts. Again, you don’t give up foods; you replace them with healthier choices. It’s hard at first, but it gets easier as you see the amazing results. I am now leading a healthy, happy, and normal life because of this “food-for-life” change. It has been worth every second of research, frustration, and replacement of my old foods! My MS friends who chose the drugs are not improving – just maintaining. They’ve made their choices, but I hope they will reconsider after reading this book. One friend is actually trying the alkaline foods. She is so very special to both Scott and me. She is such a kind, caring person. Her MS has placed her in a wheelchair and has taken its toll on her entire body. She went through detox and gave up. I’m trying to keep her focused on the “finish line” by reminding her that she will improve her health slowly but surely. Thea, please don’t give up; God has so many plans for you!

The Wisconsin Health Expo Presentation! Wow!

My friends, Nancy and Wally Steger, who live in Wisconsin, were in charge of the Vibrant Life Health Expo. During the summer of 2012, I had decided to have a booth at the health expo in Wisconsin the following Spring. I would give information as well as knowledge and experience about the alkaline diet.

So in April of 2013, I rode the train to Wisconsin. The train trip was a TRIP! When I got off the train at the Chicago Station to catch the next train to Milwaukee, Wisconsin, I was afraid I would not find the correct terminal, thus miss the connection. I was on edge because I had never traveled alone. Because I never could hide my emotions, it was obvious that I was afraid and unsure if I was in the right terminal. As I was looking around, a very kind voice asked me if I was going to Wisconsin. When I said, “Yes,” he reassured me that I was in the right area. This was when I met a caring thirty-five year old man who told me to stick with him because he would get off one stop before mine. My new friend told me that he has had Type 1 diabetes since age five. We talked about how I was going to give a presentation at the expo because I wanted to help others. He was such a joy to talk with! Actually, when he got off the train to visit his family, he asked me for a hug! I was so overjoyed! He then gave me a kiss on my cheek! This 54 year old woman felt vibrant and beautiful at that moment! I immediately called my husband and told him

of receiving a hug and a kiss from a young man! He could tell from my voice that I was grinning “ear to ear.” This young man was a living angel that God briefly placed in my life for encouragement, as well as to calm my fears of missing my train stop. I hope that the young man will take charge of his health issues through making better food choices. He has a true desire to live his life to its fullest, and he also wants to make a positive impact on those he meets. He surely made an impact on me.

Besides maintaining a booth, I gave my MS presentation, as well as a raw food dessert presentation, with Nancy. The whole day was a blast! The people who came were loaded with questions. The teacher in me loved being able to answer the questions so that others would gain knowledge to improve their health. The lovely folks, my wonderful friends, and the entire expo weekend was such a blessing! I can’t thank Nancy and Wally, as well as the folks from Wisconsin, enough for the joy they brought into my life! By the way, my dear friend, Maridel, gave me an excellent idea to advertise overcoming MS to all I met. She told me to use my shirt as advertisement. So, I wore a grey shirt with bright pink letters that read “Ask me how I defeated MS.” It worked! People stopped me and asked me many questions! After the expo, we went out to eat at a restaurant. I was again asked by the restaurant diners how I overcame MS. Maridel, you’re awesome!

Summary

God has placed key people in our lives at pivotal moments! Our former neighbor, also my chiropractor, was the first to suggest I might have MS. His cousins (husband and wife) both have MS, so he already knew whom to call for assistance. Brett (chiropractor) called the MS neurologist and set up an appointment for me the following week. He made sure I was taken care of immediately! Thank you, Brett!

When Scott and I went to our first MS support group meeting in our hometown, we met an older gentleman who told the group he had had MS since the 70’s. He said he had never taken MS medicine, but exercised through the exacerbations. He showed no MS symptoms. As soon as he finished telling about his experience with MS, he left. Both Scott and I felt that God had him visit the MS group to show us that there was another avenue we could venture on besides the harsh prescription drugs that the rest of the MS group had chosen. We haven’t seen the older gentleman at any other MS meetings, but we are so very thankful to have been there to witness his testimony.

When we were on our cruise through the Caribbean, we met newlyweds Nancy and Wally. We ate meals and watched featured performances with them. The four of us immediately became close friends. Scott and Nancy “talked shop” on the nutrition books they had read, their findings, and Hallelujah Acres. That’s when we first heard of Hallelujah Acres!

When the MS diagnosis was official, Scott started me on the alkaline diet. He was my researcher because I had compromised cognitive abilities. We stayed in contact with Nancy and Wally on the MS research. Hallelujah Acres was brought up again. After more research, phone calls to Florida Hallelujah Acres, and much prayer, Nancy and I decided to go to their week-long program. God placed Nancy and Wally in our lives so that we could work as a team to help others improve their health. She and Wally are also part of my support team.

Hallelujah Acres in Florida brought so many new Christian friends from several different

states. We were so blessed by what we learned. Nancy went with me because I was not able to comprehend or retain any information presented, due to the severity of my MS. She is a true friend! While there, we were shown that we can and must take charge of our health through eating foods mentioned in the Bible. It is very important that you discuss eating alkaline foods with your doctor. Eating healthy should not cause any difficulties with medications, but it's always best to stay on the safe side.

At Hallelujah Acres, Nancy and I became very close with Tom and Janice (cancer) and Christine (cancer) and her grandmother. The strong faith and vast knowledge from our new set of friends is another gift from God. We have been so blessed and humbled by the people God has placed in our lives. It has allowed us to start a health ministry (Wellness Found) based on Christian faith, nutrition, and the latest research. My website is www.MSwellnessfound.com. In December of 2012, Janice became a member of God's eternal choir. We miss her so much! Sadly, Christine lost her long-fought battle with cancer in August of 2013. Because of their (Janice and Christine) strong faith in God and deep desire to help His sick sheep, I am writing this book! The proceeds will help fund our ministry. I'm ready for our new adventure!

God has brought so many new people into my life because of my MS. I have given presentations at our local health food store and the Wisconsin Expo. I have received many phone calls asking for help in juicing, how to start the food-for-life diet (alkaline), what is "normal," and what to expect. These continual emails and phone calls strengthen my desire to reach out to others. I know how important a support team is for helping a person freshly embarking on a life-changing adventure. Those who have no support system in place may abandon the quest for optimal health and go back to the SAD (Standard American Diet) way of eating. Please call someone or even me when you question your diet decision. It's worth the hard work!

My team and I are now giving presentations, so please contact us if you are interested. We will even do the traveling! For more information, please check the back of this book or my website at www.mswellnessfound.com. You may also call me directly for more information.

I Love My Built-In Indicator!

My body now has a "built-in" indicator for telling me when I've eaten something that's not alkaline. I began noticing my new indicator around twelve months after being on the alkaline diet.

My new indicator shows up 15-20 minutes after eating food with additives, preservatives, or refined sugar, or from the acidic food group. My fingers will begin to tingle. If I continue eating non-alkaline foods, my feet will begin to tingle as well. At my next meal, if I ignore the signs and eat incorrectly, my tongue will swell and split open. The tongue-splitting happened only once because I now take heed and listen to my body.

I'm thankful for my built-in indicator because it reminds me what my health could be like if I abuse my body with harmful foods. I do not think this is a common occurrence, but I'm glad I have it! Eating alkaline foods has allowed me to again lead a healthy, normal life. I am so thankful for the knowledge God gave me and my husband to repair broken-down, neglected bodies!

My built-in indicator also works when I'm placed in a more stressful situation. My body is letting me know when I'm not handling the stressful situation properly. I need to take some cleansing breaths or try to relax and remember to give the stress to God. So, I need to be proactive in finding a remedy when the stress is too much.

Your body has been designed to repair itself if it is given the proper "tools" (food). Of course, it depends on how badly your cells are in disrepair. Scientists have just recently discovered that even nerve cells can be repaired – something the cells already knew! Please, remember that it also depends upon the severity of your illness and the ability of your cells to make the repair. I pray that your cells are still able to make the repairs.

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