



More Research And Protocol On MS

May 4, 2009



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The article on MS... caused a great deal of interest. So we are continuing the information with more research and input. This week's Puzzle Piece is contributed by Dr. Lynn Toohey. Dr. Toohey has researched and published peer-reviewed articles on multiple sclerosis and molecular mimicry, for example: Cordain, L.; Toohey, L.; Smith, M.J.; Hickey, M.S.; Modulation of Immune Function by Dietary Lectins/Proteins in Rheumatoid Arthritis. *British Journal of Nutrition* April 2000;83:207-217; and Toohey, L. Impact of Dietary Antigens on Multiple Sclerosis. *Journal of the British Society for Allergy, Environmental*

and Nutritional Medicine. June 2005.

Dr Toohey states, “Back in 1997, I wrote a Nutri-Notes on MS and molecular mimicry. This is the theory that foreign proteins (and food can be a foreign protein when not digested) can trigger an autoimmune cross-reactive response that attacks the myelin sheath covering the nerves in the body, initiating multiple sclerosis. ([Click here to the sample report of the MS Nutri Notes from eWellnessSystem](#)) If you need to customize the report, sign in for your free month with the directions below at the end of the article.

The correlation of MS with Epstein-Barr virus that I referenced from the 1995 “Cell” article is still borne out today, with researchers proclaiming that there is evidence “EBV could break immune tolerance to myelin antigens through molecular mimicry” (Salveti M, et al. Epstein-Barr virus and multiple sclerosis. Curr Opin Neurol. 2009 Apr 7). The

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molecular mimicry connection to milk is still considered strong. In the BSAENM article mentioned above, I pointed out that butyrophilin, a milk protein, has demonstrated molecular mimicry with a myelin protein, and also that the bovine serum albumin (BSA) protein in milk evokes

molecular mimicry with vitamin D binding protein AND a complement protein in the immune system (Perez-Maceda B, Lopez-Bote JP, Langa C, Bernabeu C. Antibodies to dietary antigens in rheumatoid arthritis--possible molecular mimicry mechanism. Clin Chim Acta 1991; 203:153-165). Newer research confirms that exposure to this common dietary milk antigen, for someone susceptible to MS (there is a strong hereditary component) may influence the composition and function of the autoimmune response against the nerve sheath protein during the course of MS (Guggenmos J, et al. Antibody cross-reactivity between myelin oligodendrocyte glycoprotein and the milk protein butyrophilin in multiple sclerosis. J Immunol. 2004 Jan 1;172(1):661-8).

I always stress the importance of utilizing digestive enzymes (**Nutri-West Total Enzymes**) and gut-healing nutrients (**Nutri-West Total Leaky Gut**), so that potential molecular food mimics are digested and barred from gaining entry into the system. Vitamin D is also essential (**Nutri-West** has **Vitamin D-400**). Vitamin D is essential for nerve-growth factor, and supplementation with vitamin D has been shown to eliminate the animal model of the disease. Some people take very high amounts of vitamin D, even though the accepted limit is 2400 IU daily. This is likely to change in light of the recent research of vitamin D benefits, but the best way to approach vitamin D therapy is to monitor calcium levels and confirm the absence of hypercalcemia.

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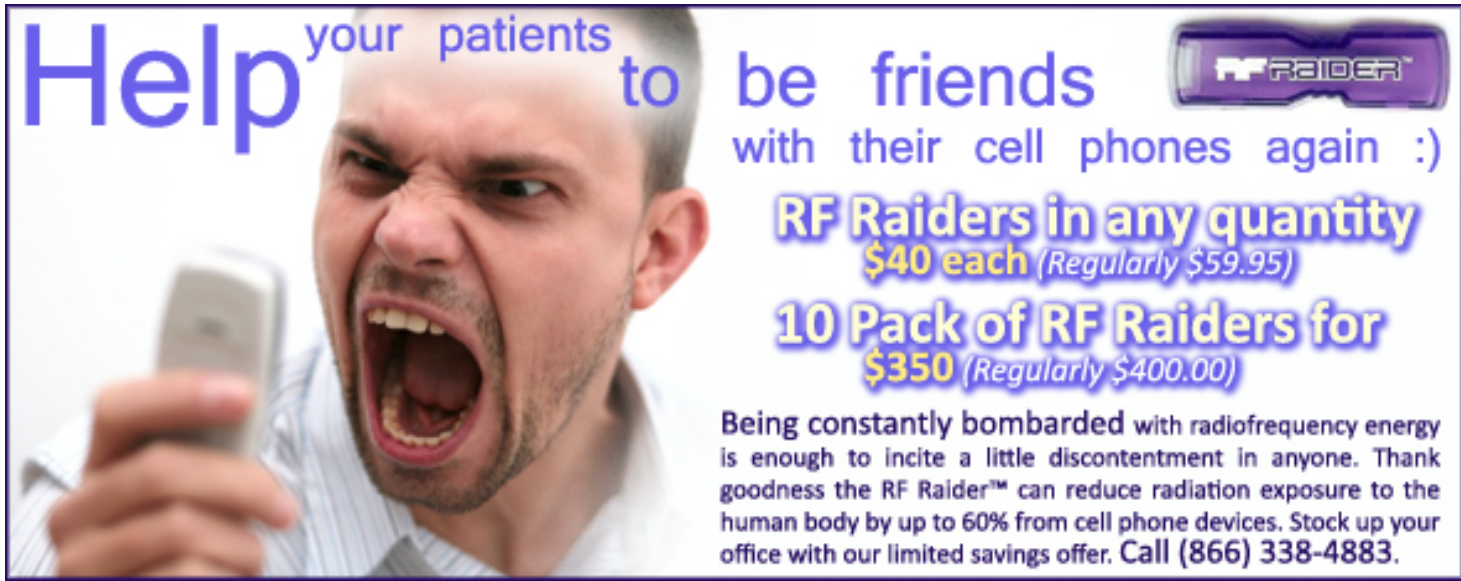
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To view a free copy of the molecular mimicry articles, simply use the following links. The Archived Article section from the Help and Resource Center of the eWellnessSystem internet-based program contains these articles. [Click here for the arthritis molecular mimicry article](#) and [Click here for the MS molecular mimicry article](#). If you would like to access other areas of the program free for one month, simply sign in with the code NWNW, and you can download fact sheets on all of the above mentioned Nutri-West products, a patient video on leaky gut, the health concern of MS, the MS Nutri-Notes, and much more.”

Thanks to Dr Lynn and her associates at eWellness. I know you will enjoy the articles and research made available.

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