

Kelly's Story—help for MS, Lyme's & a good pregnancy

I was diagnosed with MS in 2002 because of demyelination in my brain and on my spine. The neurologist told me that I would have to take a steroid (Copaxone or something similar) for the rest of my life to suppress my immune system and keep the MS flares under control. I didn't have a peace about it and I refused the medication. I told the doctor I wanted to take a natural route, because it didn't seem right to me to try to suppress my immune system. How would I fight anything off? I decided to focus instead on rebuilding my immune system. Since MS is an autoimmune disease, it made sense that if I could find something that would help my cells communicate properly again, I could keep my immune system from attacking my own body. A year and a half later, we found out that I had Lyme disease, and that I had made the right decision. I was in a wheelchair part time and using a cane at this point, with neurological symptoms and frequent collapses.

I wasn't able to handle the huge antibiotic doses that the infectious disease specialists wanted to give me, so I began to take the GNLD garlic, as well as Active 40+, Tre-en-en, and Salmon Oil (lots of salmon oil!). The change didn't happen overnight, but within 6 months, I found myself out of the wheelchair, with no need for my cane. I continued taking the GNLD, and I grew well enough that I was able to photograph weddings (a 6-12 hour day!), as well as keep up with my full time job.

I still credit GNLD with my ability to have a baby! By the time I was pregnant with my first baby, I was in a really healthy place. I had an awesome pregnancy (though I wish I'd stuck with

GNLD as my prenatal - the one my doctor prescribed made me so sick during my first trimester! I switched back to GNLD during my second two trimesters with the multivitamin from the Active 40+, Tre-en-en, and salmon oil, and I can't believe the result! After my years of being chronically ill, my labor was only 5 1/2 hours long, with no complications. My baby was pink before she was fully out of the womb, and scored a full 10 on her APGAR score. From the moment she was born, she was alert, and hasn't stopped being alert yet! She doesn't need as much sleep as other babies I've known (registering my first complaint with GNLD here :-P), and she is ahead of her game for intelligence and interaction. Her brain development has come much more quickly than her motor skills, which requires almost constant socialization!

While the lack of sleep post-pregnancy has taken its toll on my immune system, I want to try GNLD to try to get my Lyme disease back under control while I am nursing so that I can give as much to Piper as I can. Since starting the GNLD, my collapses have almost completely stopped, and I can deal with my neurological symptoms by simply getting more rest, where before, they landed me in the hospital, unable to move. I know when I haven't taken my pills - I'm more tired, cranky, and sore. While I haven't wanted to push my friends with the GNLD, I do credit the program with the improvement that I have experienced. **If it weren't for GNLD, I don't think I'd be able to live any sort of a normal life. I would not have been able to keep working, or to be in a healthy place for my pregnancy, and I would have to completely stop nursing at 6 months to go on intensive**

**antibiotics to try to get my Lyme
infection under control.**

Thanks so much, Susan, for helping me with understanding how nutrition helps our bodies heal and also how GNLD is different. I know I haven't done a lot with the program, but what I have done has helped me so much.

I hope you have a great day!

~Kelly in Virginia ~ December 2007