

Beat: Lifestyle

## STEM CELLS BEATS MULTIPLE SCLEROSIS

### LISA BROWN DOES IT ONE BITE AT A TIME

Perth , Western Australia, 23.09.2015, 12:09 Time

**USPA NEWS** - "Good morning said no-one in this moment. It was a morning far less than ordinary. It was my first day diagnosed with an incurable disease. Multiple Sclerosis. Thank you, but think I'll just take that coffee to go. I never asked for a disease with my latte. Nobody orders M.S on the side."

"This was to be the fight of my life." recalls Lisa Brown about her life changing moment.

"I refused to hear from the Neurologist that I was living with a chronic illness, an auto immune disease which would result in me being in a wheel chair within six months if I refused the accepted drug therapy. I could also expect to be facing blindness, paralysis, incontinence, dribbling, be wheelchair bound, and might possibly be unable to breathe."

Multiple sclerosis (MS) is the most common chronic disease of the central nervous system among young Australians. Victoria has more people with MS than any other state in Australia. MS is not contagious, but it is progressive and unpredictable. MS occurs when the protective sheath (myelin) around the nerve fibres in the brain and spinal cord becomes damaged, causing random patches called plaques or lesions. These patches distort and interrupt the messages that are sent along these nerves. Sclerosis means scarring and the disease is labelled 'multiple' because the damage usually occurs at a number of points. There are many different health effects of this disease and no two people will share the same symptoms. The cause of MS is unknown and, as yet, there is said to be no cure.

"No cure? Challenge accepted. I spent the following seven years cleansing my body of toxins, eating only chemical free foods, and doing anything I could to strengthen my immune system. I refused to accept any negative thoughts or energy and steered only toward all things positive. At the end of which medical tests showed that all of the lesions on my spine had disappeared after seven years of healthy living,"said Brown with a glowing healthy smile.

An estimated 2,500,000 people around the world have multiple sclerosis. Multiple sclerosis (MS) is said to be an incurable disease of the central nervous system that can affect the brain, spinal cord and optic nerves. The effects of MS are varied and unpredictable, and no two people with MS will have the same symptoms. " If you have MS you need to do something positive. Ask yourself how dedicated you are to reversing your ill health and live your best life." Said Brown.

" I visited Panama for Stem cells in 2012 to give my immune health an extra boost ( this treatment is not available in Australia or the USA). All my decisions are about strengthening my immune system. (I was the first person with M.S from Australia to have this Stem cell treatment).

Yes, scary, but what were my other choices,there is still no known cure. I have been to California twice this year 2015 in search of the best ways to protect cellular health. There is no doubt, FOOD IS MEDICINE and the highest form of nutrients available to me is from an organic RAW plant based diet, " explains Brown. I asked Lisa what helped most? "In a nutshell, Paleo lifestyle and diet , it takes inspiration on unprocessed, whole foods , healthy fats including saturated fat, grass-fed, free-range meat and eggs, lots of fish and seafood, vegetables, fruit, berries, nuts, seeds and some natural sweeteners. It excludes grains, legumes, processed sugar and most dairy. There is plenty of information on the three 'W's' on 'gut health', 'gluten free diets' and 'sugar free alternatives'. We know MS is a long term death sentence and for me I had to change. Change is the secret, the commitment to change. That dictates your future and I'm speaking from experience. You can't get healthy and fight the acidity of your body which deters recovery by eating a sausage roll, with a glass of wine and a cigarette"" says Brown.

"This adventure has led me to understand how to be living my very best life, and recent medical tests show me to be the healthiest person recorded with M.S on this planet." Cool story smiles Brown as she sips on her Latte. "I have since written books. My first book is available with Amazon.com 'One Tiny Bite At a Time', my second book is due out next month. It is hard to believe that this all happened to me."

Brown says, "an acidic body is open to chronic illness. Selecting alkaline foods will make a difference to your immune system, I know this from experience. Live an alkaline life and get committed. If you take ownership of what goes into your body, your body will respond in kind."

Ikon Espresso at the Fiona Stanley Hospital in Perth is the first to offer an 'All day organic, chemical free, high protein 'Grab and Go' breakfast prepared by Brown. It's amazing to see so many people getting behind this woman dedicated to revering

illness through diet and a healthy lifestyle. When it comes to conventional medicine Brown says, “ Listen to your gut instinct, listen to your body, you are what you eat.” For a woman who's life is far more than intense, noisy, and courageous than it is ordinary Her book deals with a very real Brown, dealing with ' Divorce', 'Desire', 'Diagnosis', 'Defiance' and ' Determination'. Rashida Jones once said, "I know that in life there will be sickness, devastation, disappointments, heartache - it's a given. What's not a given is the way you choose to get through it all. If you look hard enough, you can always find the bright side."...Namaste

**Article online:**

<http://www.uspa24.com/bericht-5442/stem-cells-beats-multiple-sclerosis.html>

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V.i.S.d.P. & Sect. 6 MStV (German Interstate Media Services Agreement): Robbie Merritt

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