

Do Better!



DENEB BATES, ND

TISCH MS RESEARCH CENTER OF NEW YORK

2019 PATIENT SYMPOSIUM





“Do the best you can until you know better.
Then when you know better, do better.”

Dr. Maya Angelou



Do the Best You Can.

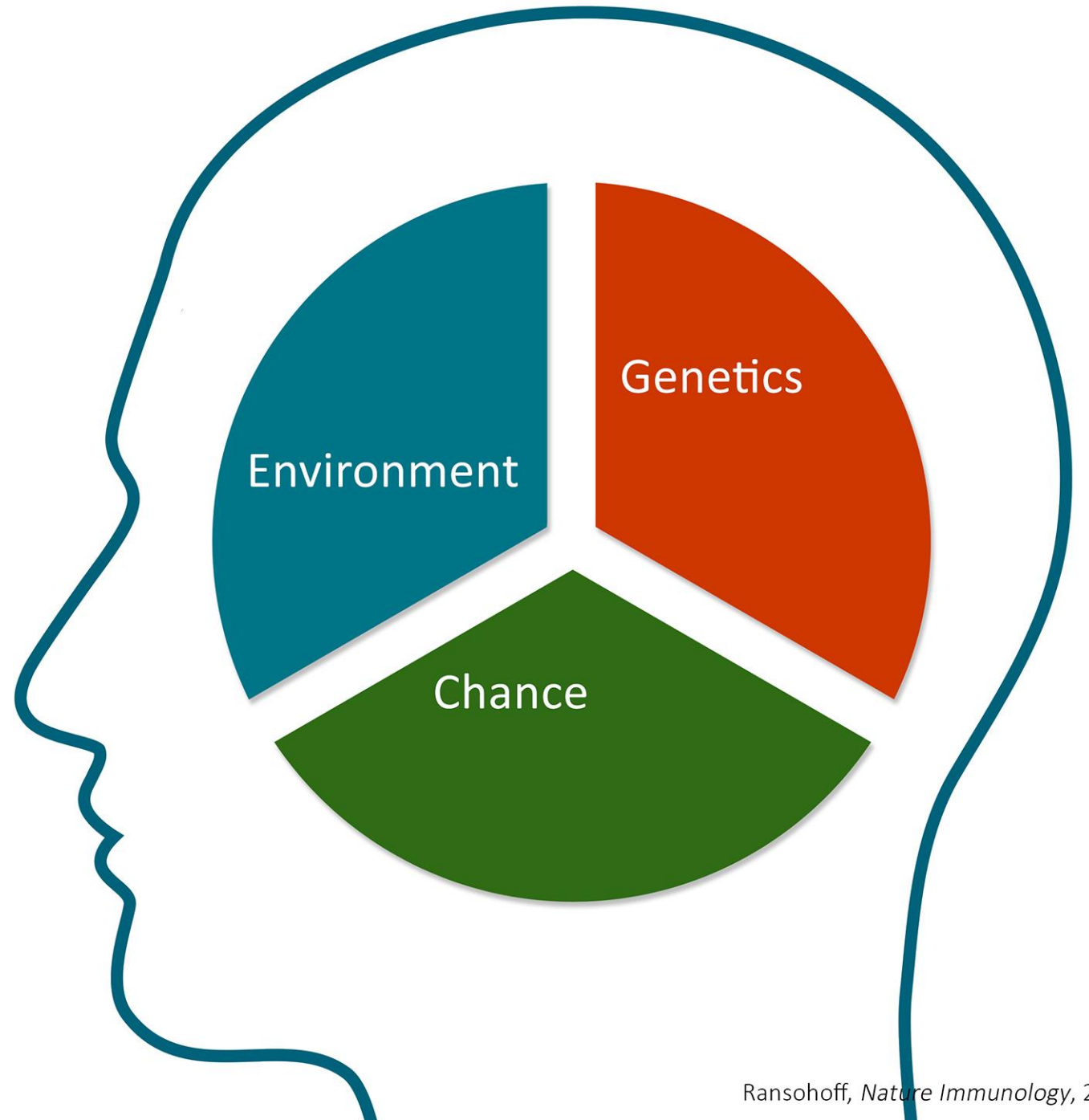
To feel better and stay healthier.

To keep MS from progressing.

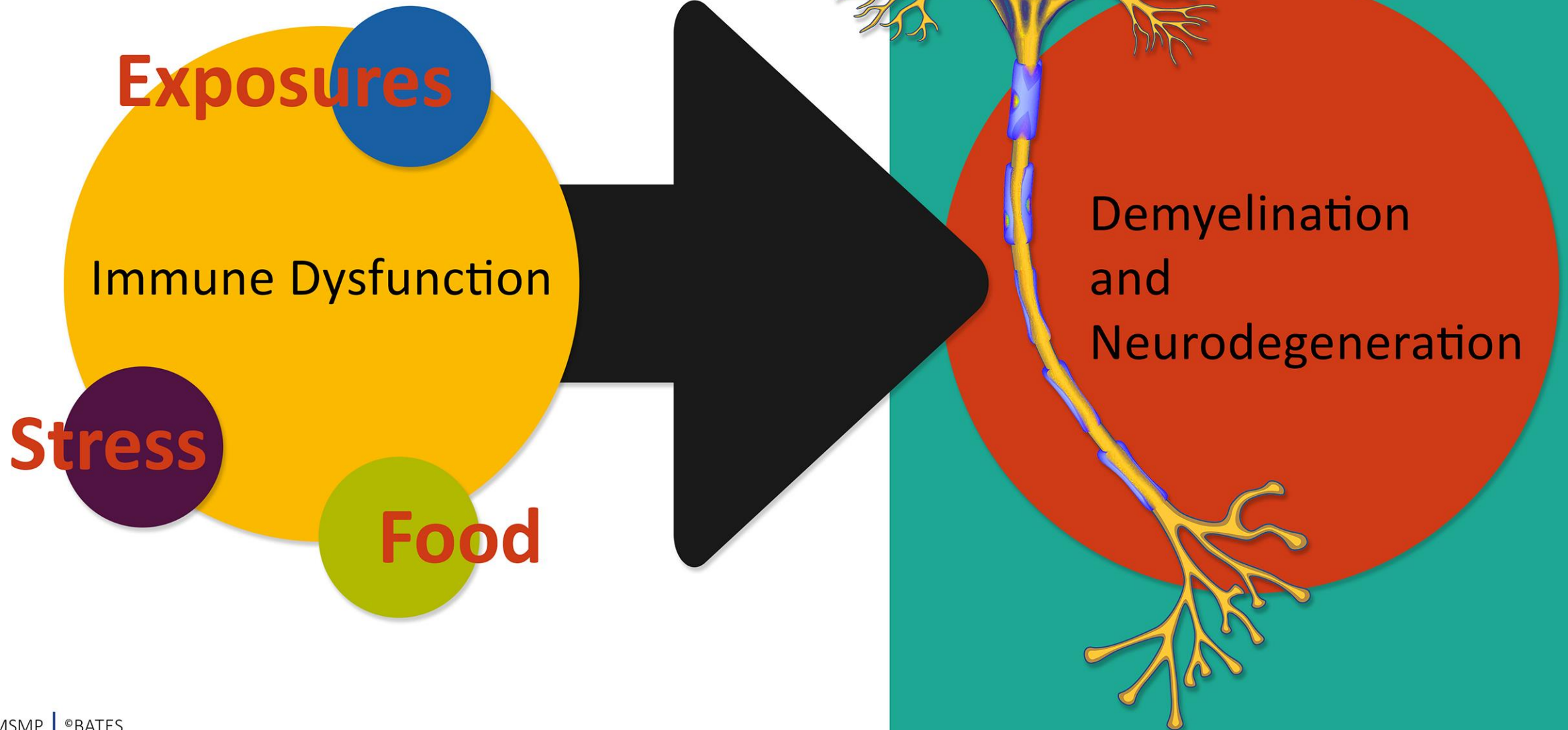
To improve vitality and resilience.



What makes us susceptible to MS?



Pathology of MS.



Exposures





Know Better:
Understand the Role of Exposures.



Potential Sources of Neurotoxic Chemicals:

Pesticides

Paint

Varnishing

Dry Cleaning

Adhesives

Cosmetics

Cigarettes

Heavy Metals

Mercury





Stop smoking.



Avoid
neurotoxic solvents
and pesticides.



Avoid
high mercury fish.



Be Mindful of The Dirty Dozen and The Clean 15.

Apples	Celery
Grapes	Kale
Nectarines	Potatoes
Peaches	Spinach
Pears	Sweet Bell Peppers
Strawberries	Tomatoes

Cantaloupe	Asparagus
Honeydew Melons	Avocado
Kiwis	Broccoli
Papayas	Cabbages
Pinapples	Cauliflower
	Eggplant
	Frozen Sweet Peas
	Onions
	Mushrooms
	Sweet Corn

Buy Organic.

Save Your Money.



Stress





Know Better:
Understand The Role of Stress.



Stress is Not Created Equally.

Toxic Stress:

Associated with stress related disorders.
Often chronic.
Harms the brain, increases risk of autoimmunity.

Fight Flight Stress:

Short lived.
Good recovery.

Worthy Stress:

Brain building, neuroplasticity.
Doing things that are hard for you, learning something new.
Accomplishing more than you thought you were capable of.



Worthy Stress | Toxic Stress
One brain building, one brain harming.

Stress and Cortisol.

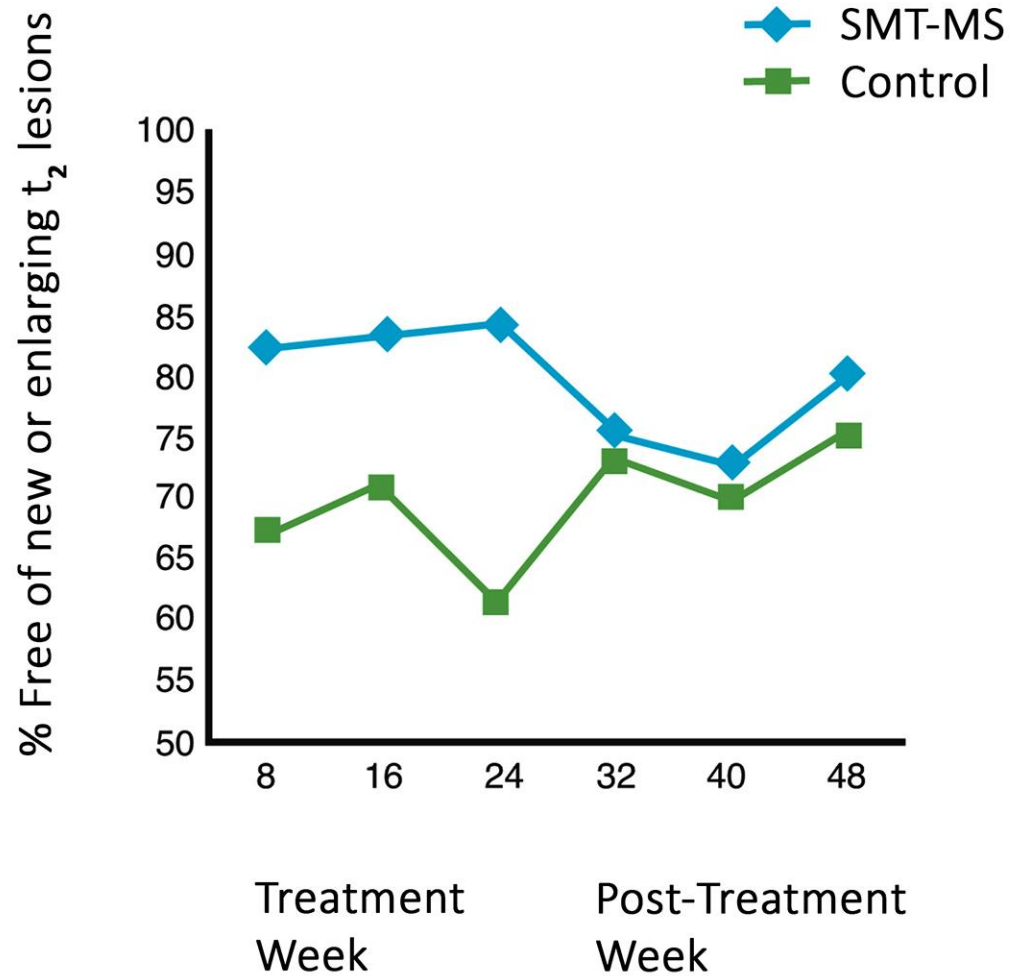


Cortisol has numerous effects on the brain and body.

Acute stress increases brain plasticity and cognition.

Chronically elevated cortisol is associated with neurological disability, cognitive impairment, brain atrophy. And increases risk of diabetes.





The patients **actively** participating in stress management strategies were more likely to have no new brain lesions on MRI.



Dealing with a chronic illness is stressful, both for patients and caregivers, so don't hesitate to get help.

Life can be better.



Food





Know Better:
Understand the Role of Food.



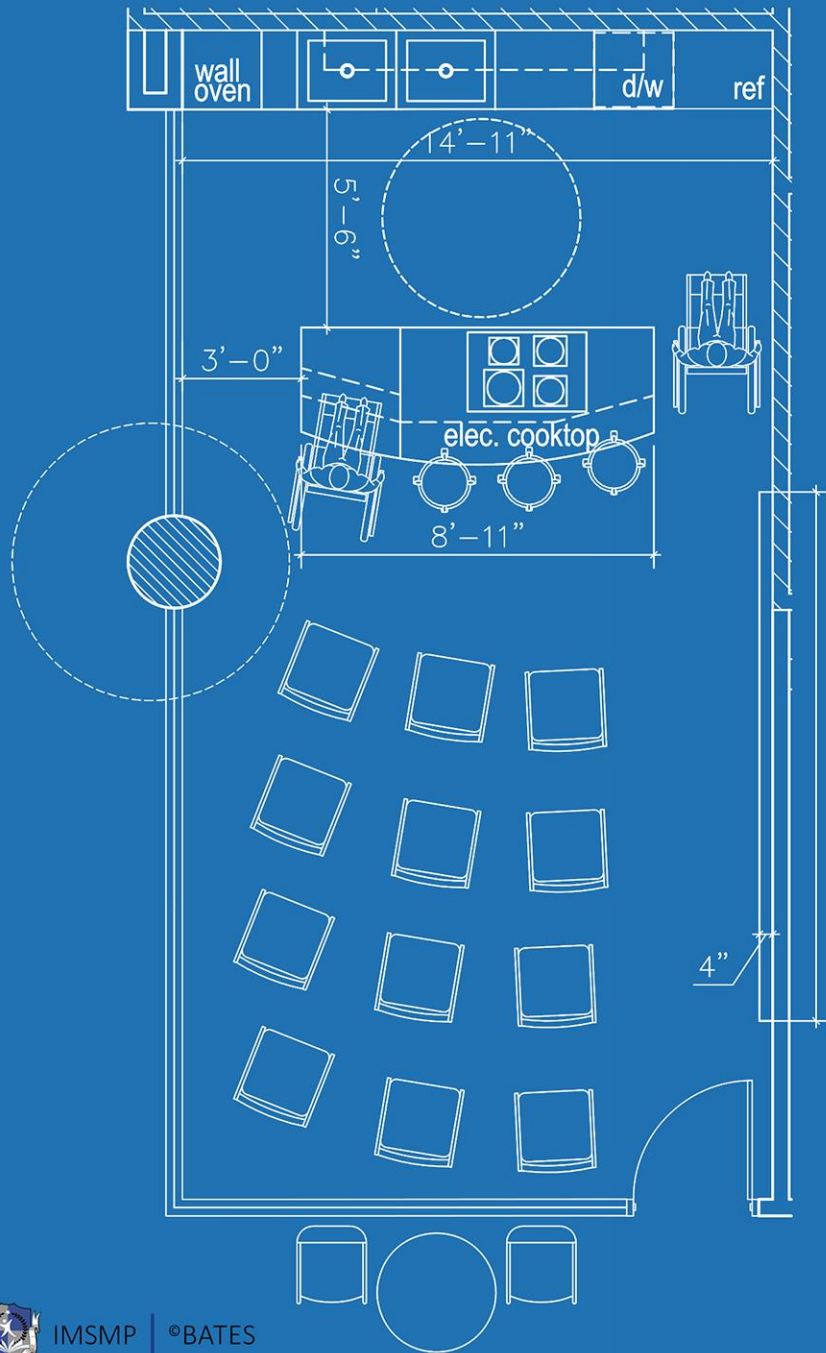
My Advice:

Eat for optimal health!

Use food to improve mood,
vitality and resilience.

Use available science on
pathophysiology and immunology
to inform decisions about diet.





International MS Kitchen

Our new kitchen will be a space for exploring healthy choices within your comfort zone.

At IMSMP we celebrate all cultures.

To have long term success,
what you eat has to fit your lifestyle.



What do we know?

Animal studies help us know how specific molecules in food impact:

The Blood-Brain Barrier

Immune Regulation

Inflammation

Oxidative Stress

Neuroprotection

Myelin Repair



What do we know?

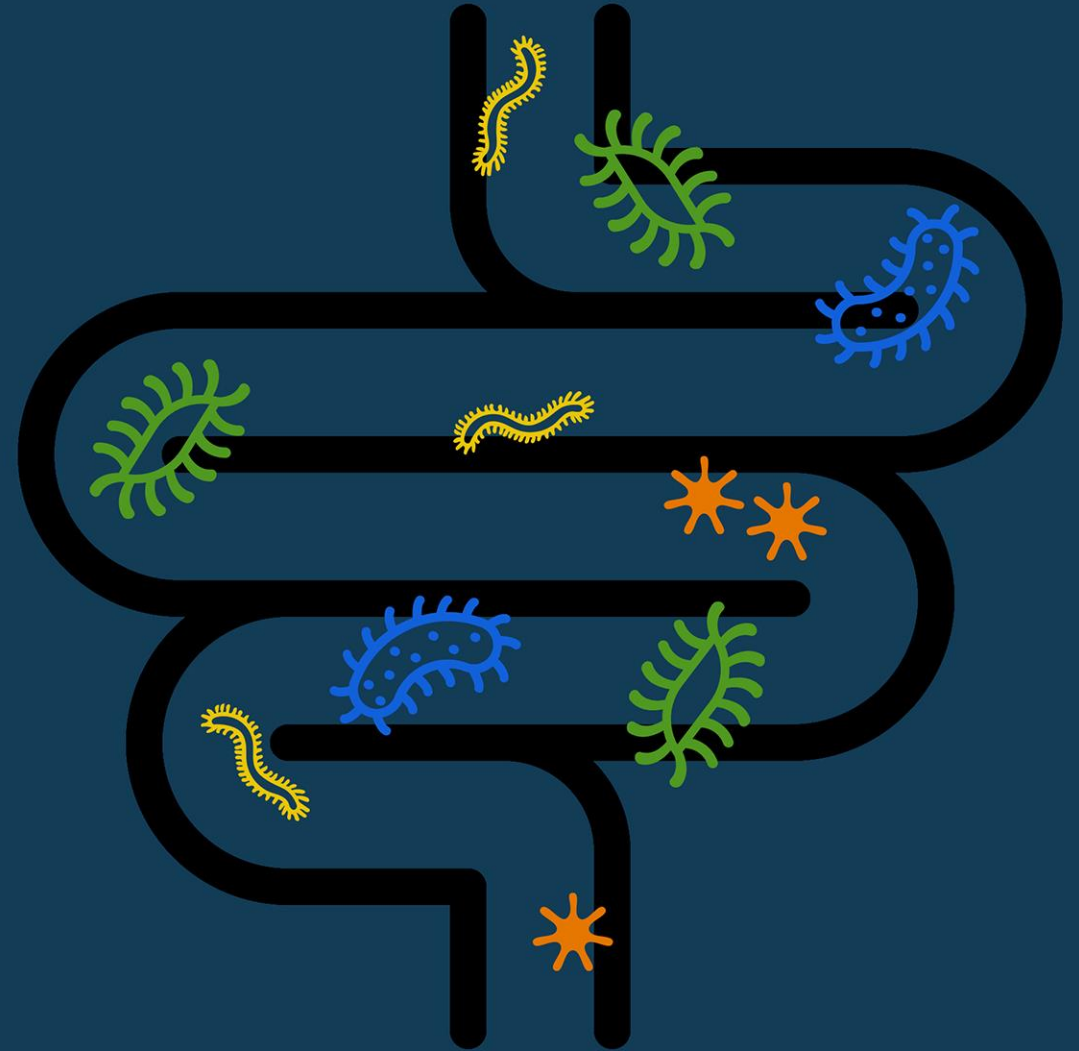
We can't put people in cages,
we can't monitor everything
they eat for years at a time.



Better walking, daily function,
and quality of life
with increased fat intake,
decreased carbohydrate intake,
and increased intake of micronutrients.



Food Additives Contribute
to Autoimmune Diseases.





The patients with food intolerances, but not environmental or drug allergies, showed increased disease activity.

These findings support the importance of gut-immune interaction in MS.





One of the best ways
to feed your gut is fiber.





Eat a High Fiber Diet:

Berries

Beans

Apples

Pears

Nuts

Oats

Chia

Veggies



Low Sugar Longevity Drinks.

Black Coffee

Black Tea

Green Tea, Mint Tea

Herbal Tea, Fruity Tea

Still and Sparkling Water

Red Wine

Cocoa



Know Better, Do Better.

Exposures:

Reduce environmental exposures.
Avoid smoking, pesticides, heavy metals.

Stress:

Consider stress management
an essential part of MS treatment.

Food:

Reduce additives and allergens.
More fresh and colorful foods.
More fiber.
Reduce sugar sweetened beverages.



Explore Your Better Options!



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