

# Annette's Story



I was diagnosed with multiple sclerosis in 1975. In the early 80's I started experiencing partial paralysis episodes in the evening where I was unable to get up out of my chair and walk on my own. During this time my husband Jimmy would have to help me out of my chair and lead me to bed. He would even have to put my legs up on the bed about two to three times a week as I did not have control of my legs. It was as if I was drunk but I do not drink. On random occasions, by 2:30 or 3:00 AM my inability to walk would pass and I would be able to get up and go to the bathroom on my own. Turning over in bed was nearly impossible to do.

In June of 2006 I fainted in the kitchen and when I came to I was totally paralyzed and numb on my left side. While there were no new lesions, my Neurologist decided there was something going on and prescribed Avonex (a weekly injection for persons with MS). I received my injection of Avonex along with Prednisone on Saturday night and would start having chills and fever by Sunday night. In addition to this, I would take a second and third dose of prednisone on Sunday and Monday morning. My Mondays were spent taking Ibuprofen and Acetaminophen alternating every 2 hours in an attempt to relieve my aches and pain all over my body, but to no avail. For the four months that followed after initiating this treatment I had flu like symptoms, but eventually they went away. However, about 6 months later these symptoms returned with a vengeance.

On August 1st, 2008, I made the decision to stop taking Avonex. My Neurologist suggested I come back in 3 months and talk to him about beginning a daily injection of Copaxen. In October I told my sister I could not do this any more. She got me an appointment with her doctor on October 13th. That's when I came to The Natural Health Center and met Dr. Jason Kolodjski. Dr. Kolodjski explained to me how in certain people food allergies can often negatively affect your nervous system. He showed me that I had inflammatory markers in my blood that could be due to food allergies and suggested I have the ALCAT food sensitivity blood test and a test to check my vitamin D levels. After receiving the reports and finding that I had multiple food sensitivities to some very common foods, I faithfully stuck to the suggested plan of avoiding these foods. Almost a month had passed. Then on November 18th, the night before returning to Dr. Kolodjski for my follow up appointment, I asked my husband when was the last time he had to help me to bed. He could not believe I had not had one of my spells since October 13th. These spells had been going on for over 25 years.

Since seeing Dr. Kolodjski and identifying what foods are harmful to my body through ALCAT testing, my whole life has changed dramatically. Before this time my energy was nonexistent. I went to bed between 8:30 to 9:00 PM—last night it was nearly Midnight before I made myself go to bed. My husband says it is like being married to someone else's wife. On some mornings previous to October 13<sup>th</sup> I really had to talk myself into getting out of bed because the fatigue was so bad. Now, I wake up refreshed thinking of all the things I can do today. The Lord has really blessed me by putting Dr. Jason in my life.

Annette