

Multiple sclerosis -- gentle therapy from nature

A diagnosis loses its shock

It is owing to the merit of the german doctor Olaf Hebener, who perfected the theory of Fratzer, that a chronic inflammation can be influenced by a low linoleic acid diet and certain vital substances. In the meantime there is over 4000 experience of therapy with MS patients.

The results allow the statement that one can expect in over 50% an improvement and that even wheelchair patients with a dismal destiny need not be described as „incurable“.

Moreover the therapy costs annually roughly SFr. 4000.- In comparison with Interferon, it is less expensive and has virtually no side effects.

The method is in every stage of MS and fundamentally with every chronic inflammation applicable, also in the case of Rheumatism and Colitis ulcerosa patients. In an acute phase is as always cortisone the drug of choice.

In Switzerland they reckon with 110 cases of MS in 100.000 inhabitants. That means that around 10.000 people are affected with MS in Switzerland.

Multiple Sclerosis -- what we know

- MS is a chronic inflammation of the central nervous system
- The inflammation leads to the damaging of the myelin (nerve insulation) of the white matter of the brain and spinalcord.
- In the centre of the inflammatory process is the circulatory system, the so called Blood Brain Barrier.
- The MS is according to the present research info an autoimmune illness.

With all illnesses the ideal cure is to fight aimfully the origins, and to eliminate it permanently. The origins of MS are still unknown, and already to begin with, any possibility of a plausible therapy falls away. According to the results of the latest research works one should judge skeptically the specific causes of the illness, and aim at a larger number of factors responsible.

The theory

The clinical symptomatic arises due to the typical damage of the myelin sheath around the nerve fibre. As unalterable condition for the destruction through general (**unspecified**) and specified (**autoimmunological**) defence reactions counts **the breakdown of the Blood Brain Barrier**. This again means that minute bloodvessels in the brain and spinalcord become permeable, so that they loose their natural protective function and allow contact between the „itself antigenes“ of the myelin sheath and the immune system. The collapse of the intact inflammed blood vessels takes place similar to that of Rheumatic forms.

Based on the new definition, the therapy was developed to minimise the inflammation reactions in the body and to prevent the breakdown of the Blood Brain Barriers additionally to the following destruction of the myelin sheath of the nerves. The ascertainment that „MS sufferes“ show lower concentration of unsaturated fatty acids in the blood, brain, and spinalcord, especially **linoleic acid and arachidon acid**, leads to the conclusion that the inflammatory process in the body uses large amounts of these fatty acids.

Fatty acids are absorbed in the daily nutrition. Arachidon acid is always a synthesis product of **linoleic acid**.

The human organism is also capable of this metabolic process. Through inflammatory reactions Arachidon acid is set free from the cell membrane. As a result the inflammatory promoting Prostagladine -- Thromboxane and Leukotriene is produced. One describes them

as **inflammatory mediators.** An acute inflammation produces a high concentration of the described inflammatory mediators.

The therapy

The nutritional and metabolic therapy is based on two essential measures:

1. an extremely low **linoleic acid** diet.
2. The supply of certain substances without side effects as nutritional supplements and foremost as inflammatory inhibitors.

Fish oil

Biochemically opposites of linoleic – arachidon acid is fishoil from cold water fish containig Omega 3 fatty acids. From these develops the not less inflammatory Leukotriene and Prostaglandins but also the inflammatory inhibitor Prostaglandin E1. Apart from this, the Omega 3 fatty acids force the arachidon acid out of the cell membrane which results in a weakening of the inflammation.

Vitamin E

Chronic inflammatory processes result due to the slower transport of the lipophile substance vitamin E which causes a local vitamin deficiency in the inflammed tissue. For enough oxidation protection from highly unsaturated fatty acids, to stabilise the cell wall and to impede the free radicals by MS patients, large doses of natural source vitamin E is needed. In large doses Vitamin E works anti-inflammatory.

Selenium

Selenium plays an essential role in the building of an inner defence system against oxygen radicals. By inflammatory reactions there is a specially high use of selenium which can result in a selenium defecit. This selenium defecit has been proved by MS patients. A longterm nutritional supplement with selenium improves the enzymal activity against dangerous oxygen radicals.

Musselflesh

Musselflesh with added B vitamins and Coenzyme.

Through shellfish extract the body receives important substances that regulate the disturbances caused by inflammation on the metabolism (removal of waste products, oxygen supply). Coenzyme Q 10 should influence the chronic inflammatory processes in the body positively.

It is most understandable that colleagues who are in this field may be irritated that an unspecific therapy - such as the support of the use of vitamins and diet, should influence a specific autoaggressive disease as the case of MS . From practical experience, one can emphasize, that the disease is positively affected when this therapy is used regularly. Colleagues who are interested, I would recommend the book from Dr. Olaf Hebener „Foundation of hope“ in which he explains in detail his theory.

A multitude of preparations are the basic concept of the therapy available. Currently the firm **Sevion GmbH** offers the whole range as „**Sevion 3-months-pack**“ with excellent quality and with extensive longterm experiences. Fundamentally the therapy should be supervised by a doctor who is familiar with this method of treatment.

An important aspect for the success is the full participation of the patient, to keep the strict regime.

Further measures

The presented basic concept only covers a broad area. Individual adjustments are possible and necessary. Other trace elements can be added as required, enzyme products or when necessary symptomatic medication. Blood and hair-mineral analysis also help. In complementary medicine one can also use darkfieldmicroscope, kinesiology and bioresonance for diagnosis.

It is also important to test the acid-alkaline levels and to balance them (acid-alkaline measuring by Sjégrensen)

The heavy metals, particularly mercury from amalgan fillings, should be carefully checked.

Tests show that the mercury level is often higher in MS patients than in healthy people.

A hair mineral test, the results of which one has to be careful of interpreting, covers only organic mercury (Seafish, crustacean, forestmushrooms) inorganic mercury - from amalgan fillings is tested with the „Dimaval Test“ by Daundeerer in the urin.

The Practice

Dr. Olaf Hebener can quote many MS patients who have improved their mobility with this therapy. Yes even wheelchair victims have managed without a wheelchair anymore. An improvement can at the earliest be expected after 2-3 months of therapy. The possibility that after 6 months, that a definite alleviation of the whole range of MS complaints, is nevertheless 50-80%

The youngest case out my practice is very impressive.

Mr. B. (43) from Stuttgart, became ill with Multiple Sclerosis 11 years ago. In the meantime he is seriously handicapped in walking and suffered typical MS symptoms like weak bladder. The wheelchair was his continual companion. He was only able to have short trips in the car due to very painful muscular cramps. During long periods of sitting he was plagued with one cramp after the other. Invitations were a torture. He found that life was not worth living in that state.

After only 3 months of **Seviton** therapy the cramps had virtually disappeared and his walking with the help of his wife had clearly improved. With her assistance he was able to cope with 11 stairs to his therapist. Before this his wife had to lift his legs one at a time onto the step. The weak bladder improved rapidly so that he was continent during the day, although at night it was still a problem. On the whole Mr. B is more active, he accepts invitations with joy, he makes plans for the future and is even thinking about travelling. His dream is to visit New York this year without a wheelchair. He has regained once again the joy of living.

The low linoleic acid diet - A diet for sufferers of MS and rheumaticism

**Large and diverse are the causes of an inflammation, and various are its types .
But in one aspect all inflammations are similar: they need fuel.:**

The highly unsaturated arachidon acid

The chemical forerunners of the arachidon acid is the linoleic acid. Linoleic acid is alike arachidon acid, fairly stably anchored in all cell membranes, building a foundation.

With the development of any kind of inflammation in our body, the arachidon acids, at a first instance, are freed from their anchor through enzymes, and thereafter they are transformed into inflammatory substances (prostaglandine and leukotriene).

Simply said these messenger substances, are responsible for the typically inflammatory symptoms like: red-flushes, swelling, and for the penetration of the immune cells present in the inflammatory tissues.

Due to this logic, with a simple diet and natural substances, it is possible to influence the inflammatory process :

- **A restriction of linoleic acid in our nutrition up to a maximum daily intake of 2000 mg.**
- **Exchange the intake of linoleic acid, which is already included within the nutrition, with Omega 3 fatty acids (fish oils).**

Contrary to linoleic acid, out of the Omega 3 fatty acids arachidon acid cannot be produced, and therefore less inflammatory substances are present.

Fish is above all the best supplier of the Omega 3 fatty acids . But nevertheless, for this therapy it is not practical to cover up your daily needs of Omega 3 fatty acids with only sea-fishes. The presence of the noxious substances like mercury, PCB, etc, is quite considerable. Instead of this, the intake of the pure form of fish-oil concentrate of **FA Seviton** is advised, of which an intake of 3 capsules daily is sufficient.

The main concern of the therapeutical employment of fish oils is therefore the suppression of the arachidon acids which are absolutely necessary for the formation of any inflammation. The pattern of the presence of fatty acids in the cell-membranes is specifically changed in favour of the Omega 3 fatty acids.

Due to an inflammation, the fish oils which are anchored in the cell -membranes are thus set free, out of which originate prostaglandine and leukotrine: These either slightly promote an inflammation or respectively cause its impediment.

Furthermore fish oils restrain the enzymes, which regulate the reduction of arachidon acids into inflammatory substances.

If you want to influence a chronic inflammatory process, like MS, chronic polyarthritis, or colitis ulcerosa, then the therapeutical usage of fish oil is in no way sufficient. Apart from the intake of selenium, vitamin E, shell extracts (sea-power), in particular dosages, the strict observance of a low linoleic and arachidon acid diet is an indispensable component in order to remain on the path of success.

The German doctor, **Dr. med. Olaf Hebener**, whom in the meantime has treated over 4000 MS but also sufferers of rheumatism with this therapy, emphasizes in his book „Foundations of hope“.

Only the consequent observance of a low linoleic acid diet guarantees the success of the therapy

Dietary flaws or irregularities lead you already within a few days or weeks to a deterioration of the improved health.

The more consequent and longlasting the nutritional guidances are abided to, the faster and stronger reacts the patient to the effects caused by the intake of linoleic acid.

Dr. Hebener admits, that some parts of this therapy might seem contradictory, but that out of practical experiences it can be emphasized that:

The therapy works and helps regularly.

Acknowledgement to the practical execution of a nutrition low of linoleic acid.

(taken from the „**Foundation of hope**“ by Dr. med. Olaf Hebener.)

„In a family community one should not think about preparing meals separately for ill members of the family.

To begin with an agreement should prevail that the meals for all the family members should be equally prepared. This is at any rate healthier and makes the housewives work in the kitchen much easier. Such a solidarity should obviously exist in every marriage and family.“

Zitat: Hans Derichs.

Hans Derichs knows what he is talking about:- he is the father of an MS afflicted daughter and author of the very advised book: „Nutritional-planning manual for MS and rheumatic patients.

In order to overcome the initial difficulties and the learning phase of the diet, it is essential to have an understanding for the necessity and the readiness to renounce.

Only through discipline, strong will power, and good sense, can the ones concerned keep the regime. One cannot, with a single act of strength and within a day alone, try to change himself and his whole way of nutrition. Here too, like in all important things of life, the strength lies in the stillness, and peacefulness.

The matter is not about obtaining spectacular results within a short period of time, like in salutary fasting (where this is by all means possible). It is about getting used to a practical form of nutrition, accompanying our habits on a long term basis. In the first few months the weighing scales shall remain for the concerning patients, an indispensable companion showing you the right way. Through this helping instrument you shall find out how many quantities of linoleic acid is contained within how many grams of food.

Uptill now you did not have to think about such things, and certainly not about such matters like linoleic acid, which usually is considered as being healthy. Try simply to compare your nutritional situation with the logic of the diet of a diabetic and his intake of carbohydrates.

The highest necessity for a nutritional planning is low in fats. No matter what food, it should be lean in particular low in fats.

The experiences of many MS patients, who have practiced this nutritional plan, has reliably proven itself, that the daily intake of 1.800mg of linoleic acid on a permanent basis should not be exceeded. Because of this very reason, the consumption of products containing a high dosage of linoleic acid should be reduced, or some foods should be totally left out. Through this additional consideration of arachidon acids things get slightly complicated. However, generally, vegetable products do not contain any arachidon acids, unless some other foods have been added in some form or other.

In milk and milk products , because of their animal origins, they contain small amounts of arachidon acids

The lower a product is in fat, the smaller and slighter is the presence of arachidon acids The real problems are meat and meaty products, while they are rich in arachidon acids. The over-all advice can only be, that when ever possible, meat should be taken only twice a week. But because within this diet difficulties and impracticalities may arise, it is advised to consume meat only every other day.

A special notice to the **Seviton Müsli**. Through the choise of ingredients low in fats, like rice and spelt, and specially through the particular way of ist manufacturing, the fat and linoleic acid parts are reduced retaining at the same time its high vitamins and nutritional values. The total fat-contents lie under 1%. The linoleic acid contents per 100 g Müsli amount to circa 348mg.

The usage of fats

Margarine, in particular diet margarine, and vegetable oils are extremely rich in linoleic acid. These products must be avoided.

The following examples make the issue clearer:

Diat margarine contains 46,3g mg linoleic acid per 100g., this means that already 4 g of margarine reach your daily ration of linoleic acid. Soja oil contains 53,4 g linoleic acid per 100 g.; wheatgerm oil contains 55,8 g. linoleic acid per 100 g.; and pork-lard contains after all 8,6 g. linoleic acid and 1,7 g. arachidon acid. These figure speak for themselves!

Try to use soft spreading butter (**to be used with utmost economy**) For frying purposes the use of pure genuine coconut fat is advised, also to be used in minimal quantities. Please consider: „the less the better!“

Moreover try out different ways of meal preparations, more often and regularly. For stewing or grilling purposes, for example the use of „ hot stones „ , you do not need any additional fat. In the meantime there is a large choise of pots and frying pans, which enable us to fry without any additional fats.

For the preparation of salads one may use for instance yogurt instead of oil. Nowadays there is a fair choice of oil free salad dressings on the market giving you enough variation.

Oily fruits carry their names for a good reason. The following table should make it clearer:

Fruits	Linoleic acid in mg / 100g
Walnuts	34,100
Peanuts	13,900
Soja-beans	8,650

The patients should furthermore avoid all nuts. Moreover chocolate should be consumed on very rare occasions, and if so in very small quantities. For milk -chocolate an average of 845 mg. Linoleic acid per 100 g. is calculated. With regard to this issue it is worthy making your own calculations. Write to various manufacturers and you shall receive amazing informations : that bars of well known chocolate brands contain between 400 mg. and 500 mg. of linoleic acid. At any rate, these indications should not in any way encourage you in your chocolate consumption.

It should however be made clear what the issue is really about. Your daily quantity or ration of linoleic acid should not exceed the specified amounts. What you actually do consume within this narrow given framework, remains finally a matter of personal taste and preference.

However in order to be able to nourish yourself sensibly and to take in consideration calories, one should renounce to the intake of „pleasurabele „ foods in favour of other food. Ultimately it is only the quantity of the linoleic acid within a product which define as to how large the problem really might be. When you prepare the meals for your family, you actually intake a small part of the linoleic acid which is contained within and not the total sum of the linoleic acid which is present in all the ingredients.

Milk and dairy products shall furthermore stay a main part of your nutrition! In this way, the fat value defines as to whether you should consume it without any limitation or thought , or as to whether these products must be included in your daily calculation. The following table gives you an initial impression (taken from Adam, 1994)

Groceries (mg) (each 100g consumable part)	Arachidon-acid (mg)	Linoleic-acid
cow milk (3,5% fat) 100	4	
skimmed milk	0	0
whey (sweet)	0	0
curd (20% fat i Tr.)	5	100
curd (skimmed)	0	0
camembert (60 % fat I Tr.)	34	600

The use of proteins

For a healthy nutrition an adequate supply of proteins is indispensable. The above mentioned dairy products have to be taken in consideration. With the use of meat the above mentioned rules have to be generally observed. In any case, basically with the exception of pork meat, only lean meat should be consumed and only every other day. Basically meat belongs to a well balanced nutrition, because the proteins which derive from vegetables have a lower biological value. Moreover vegetables have a similar high concentration of linoleic acid.

The following is by all means a good guide line:

Meats (100 g) (mg)	Arachidon acid (mg)	Linoleic acid
Veal (filet) 160	55	
Veal (leg, joint) 100	25	
Veal – kidneys 60	30	
Beef (filet) 80	40	
Beef (roastbeef) 70	35	

(the values are taken from „ Der kleine Souci-Fachmann-Kraut“ 1991)

Moreover, with some restriction, lean horse-meat, lean lamm-meat, lean (dried) game-meat and poultry-breast containing an average of linoelic acids of 100 mg / 100 g. are also advised.

The consumption of meat and sausages should also be limited , and only extremely lean qualities should be taken in consideration.

The intake of meals prepared with fish, twice or more a week is very advisable, although fresh fish

and frozen products are equally good. Fish gives you not only valuable proteins, but additionally Omega 3 fish oils. Although many kinds of fishes distinguish themselves through a slight or total lack of linoleic acid parts, for example: halibut (0 mg), sea-pike (0 mg), flounder (13 mg), cod (4 mg), plaice (16 mg).

Unfortunately many kinds of fishes contain a relatively high quantity of arachidonic acids, which in this special case may be overlooked, because they are balanced through their high concentration of Omega 3 fish oils.

Whenever possible eggs should not belong to your nutritional program, and if at all should be used very economically. This is due to their extremely high linoleic and arachidonic acid value.

The usage of carbohydrates

When ever possible consume complex carbohydrates. Advisable are potatoes, rice, and hard wheat pastas without eggs. With all cereal crops the outer husk around the grain is particularly rich in linoleic acid.

For this reason whole-meal products should be avoided. One of the major dietary problems is bread! Cereals are relatively rich in linoleic acid also the peeled grain. Rye has in comparison to wheat a lesser linoleic acid quota. For this reason the persons concerned should, when ever possible, prefer the intake of dark bread sorts.

Fruits and vegetables should by all means, remain a central component of your nutrition. Caution is only to be taken with a few kinds (i.e. sprout –germs, avocados, or as already mentioned, leguminous vegetables).

The easily reabsorbable carbohydrates, specially sugar, should cautiously be consumed, which is by the way advisable for any other person too. It should be underlined that neither sugar, honey or saccharin contain linoleic acid. With marmalades and jams the “ linoleic problem“ is the same, as it is exclusively defined through the respective fruit particles, which should also be generally neglected.

Further indications

Regarding the allowed toxins like nikotine, alcohol, etc., the MS patients should totally renounce their intake, no matter in what form or concentration. Otherwise, all other drinks are generally allowed, also coffee and tea. Obviously the individual aggreability or the presence of further illnesses should be beared in mind. Spices and herbs are to be concerned as uncritical.

These indications draw roughly a general rule. It is well known that the crutch of the matter lies in the details. Do not let yourself be discouraged through initial difficulties. When one learns a foreigh language, one needs the appropriate vocabulary. For this reason lots of effort and patience is needed, in order to get a worth while result. My experiences in regard to MS patients and their nutritional advices, teaches me that the beginning is every time very difficult and that some patients were worried that they would get „thick skins“.Mostly, the nutritional change seems very hard to accomplish, but within a very short spell of time it becomes a very normal part of your daily life.With the first positive results in the state of your health, you shall also loose any inner rejection or declination which might still be present.

List of linoleic acid parts found in various foods.

(the statements follow in milligramm, each 100 g. of the eatable foods.)

Very advisable ***

Advisable **

Not advisable *

Fruits, vegetables and salads, fish, meat, sausages. Cheese

**Bread – cereals – flour, milk – dairy products,
spreading fats and oils, eggs and pastas**

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Fruits

Pinapple	40	***
Banana	30	***
Strawberry	100	**
Figs (dried)	625	*
Grapefruit	40	***
Haselnuts	6300	*
Red currents	40	***
Kaki fruit, kaki prunes	100	**
Mandarines	45	***
Peaches	40	***
Rhubarb	0	***
Gooseberry	40	***
Walnuts	34100	*
Lemons	120	**

Vegetables and salads

Artichokes	30	***
Bambus sprouts	10	***
Chicoree	75	***
Endivie	80	***
Goa beans	3510	*
Green garden beans	55	***
Carrots	30	***
Leeks	140	**
Sweet corn	1600	*
Green olives	1000	*
Green paprika pods	35	***
Radishes	9	***
Chives	100	**
Tomatoes	90	***
White cabbage	25	***
Onions	9	***

Fish

Stream trout	75	***
Cod	4	***
Flounder	13	***
Shrimp	13	***
Pike	0	***
Cod (kabeljau)	0	***
Salmon	400	**
Mackerel	200	**
Oil sardines (dripped)	300	**
Stake scallop	60	***
Red perch	100	***
Salt herring	355	**
Tuna fish	260	“ ”
Waller	1200	*
Zander	0	***

Meat

Duck (whole)	2065	*
Pheasant (whole)	575	*
Goose (whole)	3075	*
Mutton (filet)	60	***
Hare	540	*
Deer	490	**
Chicken (roast)	1160	*
Veal pure muscel meat	200	***
Rabbit	1500	*
Horse – meat	330	**
Beef, pure muscel meat	100	***

Pork (chops)	710	*
Turkey (breast)	180	***
Quail	500	**
Wild boar	260	**

Sausages

Corned beef (american)	240	**
German salami	5000	*
Meat sausages	3000	*
Kasseler	400	**
Liver-cheese	200	**
Wiener sausages	1915	*

Cheese

Camombert 45% fat i Tr.	400	**
Double cream fresh cheese (min. 60% fat)	800	*
Edamer cheese, 40% fat i. Tr.	360	**
Feta cheese	300	**
Gouda cheese, 45% fat i. Tr.	280	**
Cottage cheese	95	***
Limburger, 40% fat	250	**
Mozzarella	300	**
Parmisan	270	**
Fresh cream cheese	600	*
Ricotto cheese	300	**
Melted cheese	530	*

Tilsiter, 45% fat i. Tr.	400	**
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Bread, Cereals, Flour

Buck wheat, peeled grain	500	*
Barley whole corn	1100	*
Oat flakes	2600	*
Lin seeds	4790	*
Pastas, 100% hard wheat flour	0	***
Sweet corn- breakfast flakes	285	**
Refined rice	200	**
Sesam	18700	*
White bread	415	**
Zwieback rusks	930	*

Milk and Dairy products

Butter-milk	10	***
Fresh cream, 30% fat	680	*
Thick-milk	90	**
Mother milk	400	*
Yogurt, skimmed, max. 0,3%	0	***
Coffee cream	260	“ ”
Skimmed milk	0,2	***
Cream, min. 10% fat	200	**

Dry skimmed milk	23	***
Whole milk	90	**
Goat milk	100	**

Spreading Fats and oils

Cottonseed oil (COT)	47800	*
Butter lard	2300	**
Diat margerine	46300	*
Peanut spread	1600	*
Goose spread	9000	*
Half fat margerine	15300	*
Cacao butter	1300	*
Lin oil	13400	**
Margarine, diat margerine	46300	*
Olive oil	8000	*
Palm seed fat	2400	**
Rape oil	19100	*
Soja oil	53400	*
Grapeseed oil	65600	*
Walnut oil	57500	*

Eggs and pastas

Egg-pastas (maccaroni, spaghetti)	800	*
Chicken eggs – whole	875	*
Chicken egg – yolk	2450	*

Chicken eggs – clear	87	***
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Because of their extremely high linoleic and archidon acid value, eggs should not belong to your nutritional programm, And if so it should be very economically used with your meal preparations.

A large compilation of tables, including recept-collections, can be found in the pamphlet of H Dericks.

The recipies

Main-meals

Pancakes (2 persons)

Ingredients	Linoleic – arachidon acid total value
150 g flour type 405	555 mg
½ Tl salt	0 mg
¼ l milk 1,5%	225 mg
1-2 egg white	70 mg
12,5 g fat (butter-lard)	175 mg
Total	1025 mg

Mix milk and salt together, and add it, under continual beating, to the flour

Beat the egg white untill hard, and fold it within.

When using so little fat use preferably special cooking crockery.

It serves about 6 pieces..

Spicy minced meat-loaf (4 persons)

Ingredients	Linoleic – arachidon acid total value
1 garlic segment	10 mg.
1 big bunch of parsely	0 mg

600 g minced meat of beef	420 mg
20 g.coffeecream 10%	50 mg
60 g bread crumbs	250 mg
2 Tl mustard	20 mg
2 Tl ketchup	5 mg
1 squeeze of lemon juice	0 mg
Chilli pwder, dried Thymian	0 mg
Oregano	0 mg
Salt and freshly ground black pepper	0 mg
Total	840 mg

Mince everything well together and put it in a bowl. Add all spices and other ingredients.

Knead it all thoroughly to the minced meat.

Form the meat-loaf and put it in an aluminium-sheet. Fold this over the meat-loaf together, so that a 2 cm empty space is within.. The sheet of aluminium should also be slightly folded on the sides..

Put carefully the meat-loaf on the oven tray, so that the aluminium sheet does not tear. Put the tray in the already heated oven (E-oven: 220 grade, hot -air oven 160 grade) Roast it for about 45 minutes.

Afterwards, if wished. The aluminium sheet can be opened up, and cook for a further 10 minutes.

Before cutting , let the meat-loaf stand still for a short time.

Salads

Potato salad

Ingredients	<i>Linoleic – arachidon acid total value</i>
300 g. Potatoes (well cooked)	90 mg
100 g. onions	95 mg
½ till 1 Tl mustard	10 mg
Pepper, salt and paprika	0 mg
1 pinch sugar	0 mg

Vegetable-broth, simmered	0 mg
Viniger	0 mg
5 g chives	7 mg
Maggi	5 mg
Total	207 mg

Cook the potatoes and let them cool down.and thereafter cut them into slices.

Peel the onion and cut it finely. Simmer the vegetable-broth and put every thing into a bowl.

Add salt, mustard, pepper, paprika, a pinch of sugar and Maggi.

Finally decorate with the chives.

Salad dressing for all other salads

Ingredients	Linoleic – archidon acid total value
Salt, pepper, paprika	0 mg
Viniger, maggi	0 mg
5 g chive	7 mg
½ Tl. Vegetable –broth	0 mg
½ Tl. mustard	5 mg
Squeeze of lemon juice	0 mg
total	12 mg

Cakes

Plum Cake

ingredients	Linoleic- arachidon acid total value
400 g. flour type 405	1480 mg
500 plums	325 mg
1/8 l milk 1,5%	75 mg
Total	1880 mg
12 pieces for each piece	157 mg

Bake the cake in a hot oven for 45 min. at 200-220 degrees

Apple Cake

ingredients	Linoleic –arachidon acid total value
400 flour type 405	1480 mg
1250 g. apples	1250 mg
1/8 milk 1,5%	75 mg
Total	2805 mg
12 pieces for each piece	234 mg

Bake the cake in the hot oven for 45 min. at 200-220 degrees.

Therapy - Dosage

Substances	Preparations	Characteristics	Dosage		
			morning	midday	evening
Omega-3 fishoil	EPA Metidranso	70% fatty acids + 90 IE Vit. E 36-45 mg/kg KG		3 before meal	
Vitamin E	Lipo E	D-alpha-Tocopherol 600IE 1800 IE/day		3 before meal	
Selenium	Sevinorm	100 ug selenium max. 5 ug/kg. KG After 6 months 300 ug/day	2	after meal	2
Mussel meat With B-vitamins + Coenzym Q10	Seapower	300 mg. Frozen-dried mussel-extract	2	after meal	3

Selenium: blood-level check-ups after 3 and 6 months, and a given reduction to 2/-/1

Price of a „3 month-parcel“

Substances	Preparations	Characteristics		Number OP per 3 months	Price per 3 months
Omega-3 fishoils	EPA Metidranso	70% fatty-acids + 90 IE. Vit. E 30 Kps.		9	
Vitamin E	Lipo E	D- alpha-Tocopherol 600 IE, 100 Kps		3	
Selenium	Sevinorm	100 ug Selenium 60 Kps		5	
Musselmeat With B vitamins + Coenzym Q 10	Seapower	300 mg. Frozen mussel-extract 100Kps		5	
TOTAL					Fr. 979.15

Literature

- Dr. med. Olaf Hebener: „Foundation of Hope“ -- Therapy and praxis for MS.
The World of Books Ltd. ISBN 3-88325-572-6
- Dr. med. Jürg Eichhorn
Peter Mayr: “Gesunde Ernährung bei Rheuma” Haug Verlag
- H. Derichs: „ A nutritional-planning manual for MS – and Rheuma patients“
- Monika Schopp: „The cooking book - Low linoelic acids Nutrition for Rheuma amd
MS patients“

Brauns-Verlag, Schwalbenweg 12, 53359 D-Rheinbach
ISBN 3-9805391-0-5
- „Der kleine Souci Fachmann Kraut“. Wissenschaftliche Verlagsgesellschaft mbH Stuttgart.
ISBN 3-8047-1142-1
It contains analysis of the most important groceries with their linoelic acids value
- Internet: www.ever.ch

INFO

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- **Internet**

<http://home.t-online.de/home/boess/homepage.htm>

<http://www.ever.ch/eichhorn>

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