

## Multiple Sclerosis

I am a 45 year old female who has been diagnosed with MS. Today, I am symptom-free, but this was not always the case. Back in 1994, I was about 31 years old when my arm started going numb. It would sort of “drop” down and I would constantly drop things. I didn’t think much of it other than feeling a little klutzy. I shrugged it off and just went about my life. At that time, my vision also started blurring and I wasn’t sure why. Eventually, I ended up in a neurologist’s office. He said that my optic nerve was swollen and that I had “optic neuritis”. He also said that I probably had MS. I was shocked and very much in denial. He wanted to do a couple of different tests including a spinal tap and I freaked out! “No way,” I said and left his office in a rage.

After another bout of “optic neuritis” in 1996, I knew that I could no longer stay in denial about having MS. I went back to the doctor and was put on IV steroids. My vision would clear up, but I would have continual relapses. I gave birth to my son in 1998 and soon after, had another relapse. My vision was very bad and I felt extremely tired all of the time. In 2001, I went to a new neurologist who said that she was sure I had MS based on the many relapses with the “optic neuritis”. I also had an MRI done, which showed multiple lesions. She started me on daily injections of a medication called “copaxone” and it seemed to stabilize my condition. I had no more vision issues and things were okay for awhile. I took copaxone for two years, but I was then starting to experience side effects from the drug. I would have frequent chest pains that were bearable, but uncomfortable. I knew that this was a common side effect of the medication, so I just kept taking it. But then I had a really bad episode. I experienced the most severe chest pains and I thought I was going to have a heart attack. I also felt severe pain from my neck down to my tailbone. It felt like one gigantic muscle spasm and I ended up on the floor in the fetal position.

Now, I really was at a crossroads because I knew that if I stopped taking the meds, my MS would most likely worsen, yet the medication was making me really sick. This last incident really scared me and I did not want to take the medication any longer. I literally thought that I would rather take my chances with the MS because I could not handle the side effects of the medication. Yet, my family and neurologist insisted that I continue the medication. I really felt conflicted about what to do. Over the next few years, I battled with the MS and I felt so defeated. It was around this time that someone at my office mentioned Dr. Silverman. I had also heard of him through some other people, as well. He had a reputation for holistically treating the most severe cases of people who could find no relief anywhere else. I was skeptical at first, but I was so desperate to find relief and I literally thought, “What have I got to lose?”

So, in 2005, I started treatment with Dr. Silverman. He had me bring in foods that I ate on a regular basis, as well as, products that I used on my hair and skin. He would test these foods and products through muscle testing and we slowly eliminated all the foods and products that seemed to “weaken” me. He also used the muscle testing to see what specific homeopathic remedies would “strengthen” me. I know it sounds so strange to the average person, but I started to see results very quickly and within 10 visits, I really started to feel a lot better. I had a lot more energy, the numbness in my arms and legs went away and my vision got better.

I went to Dr. Silverman for about a year, and when I stopped treatment in 2006, I felt completely normal – something I hadn’t felt in many years. The most amazing thing was that after I started seeing Dr. Silverman for a while, I had another MRI taken, and it not only showed no new lesions, it actually showed a reversal of one of the lesions. In fact, one of the lesions was almost completely gone. My doctor was shocked. In all his history of working with patients, he had never seen a lesion reverse! So from the time I started treatment with Dr. Silverman in 2005 until the present (Spring 2009), there have been no new lesions that have developed and I have lived symptom-free. If he could do this for me, I wonder how many other MS patients he could help. It sure beats having to take steroids!

Karen Parella