

# Alternative Therapies in Multiple Sclerosis

**Jenny Feng, MD, MSc**

Desi Roth Harrison Center for Multiple Sclerosis

Ochsner Health Neurosciences Symposium

May 8<sup>th</sup>, 2026

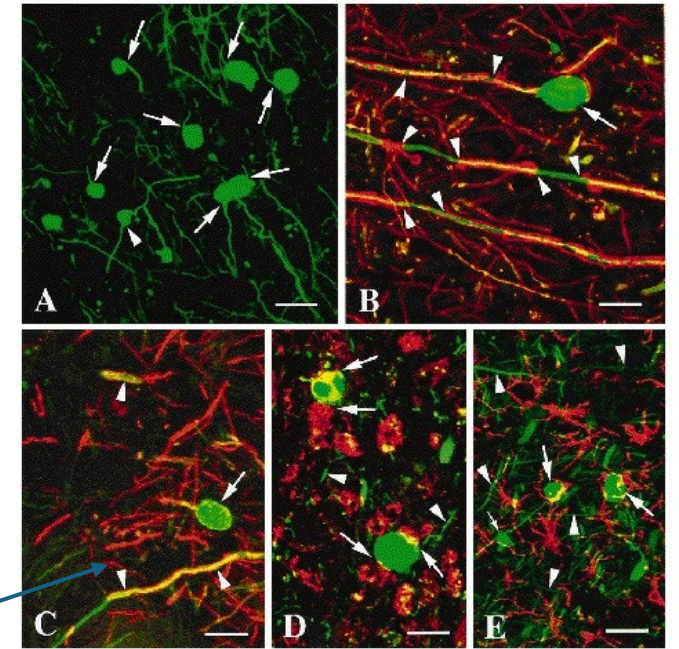
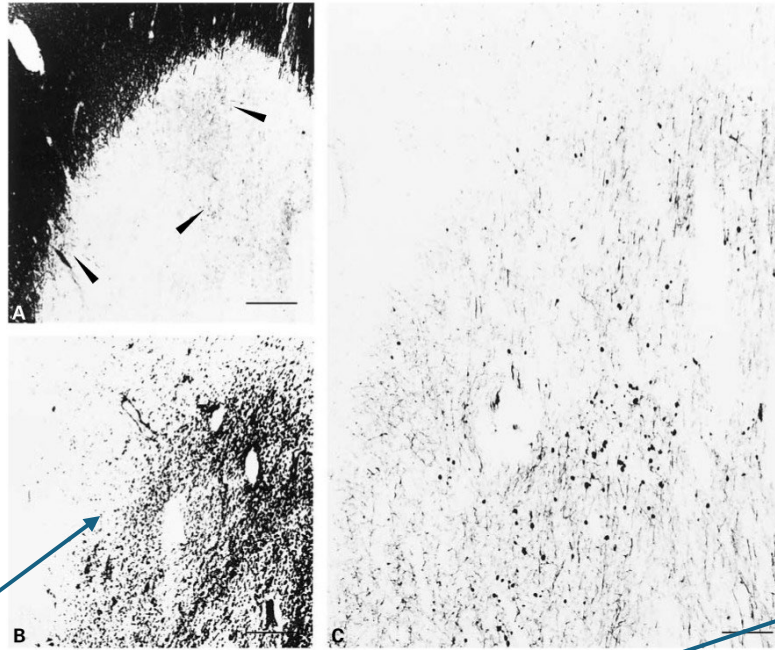
# Disclosures

- JF has served on advisory boards for Genentech, TG therapeutics, EMG Serono, Novartis in the past 24 months.

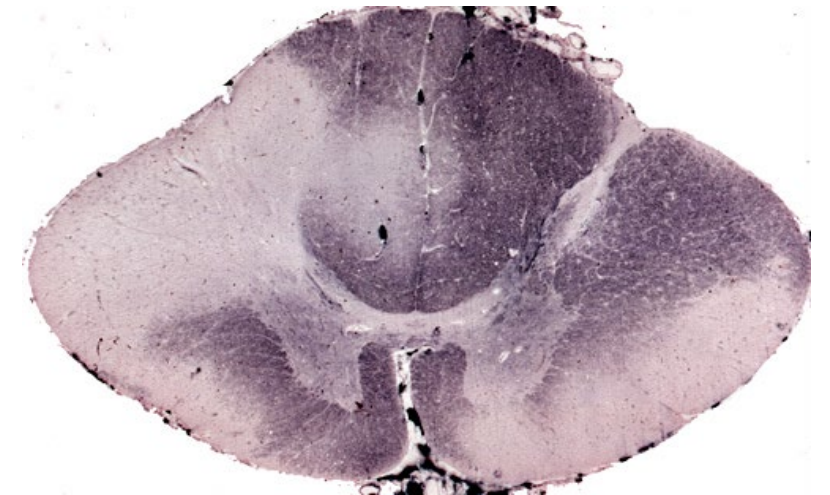
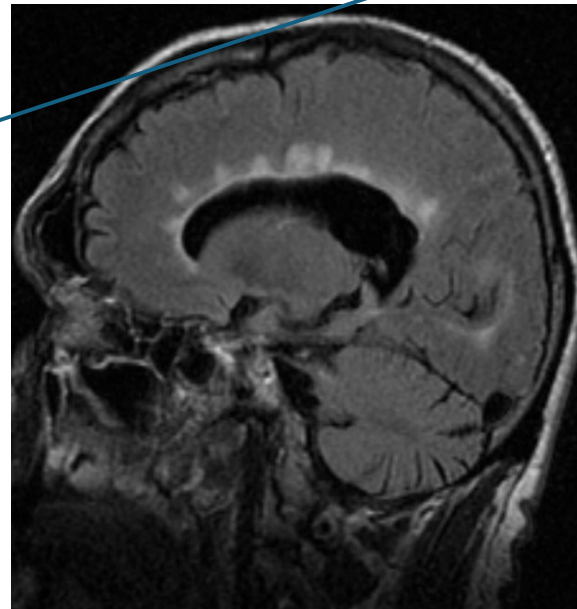
# What is MS?

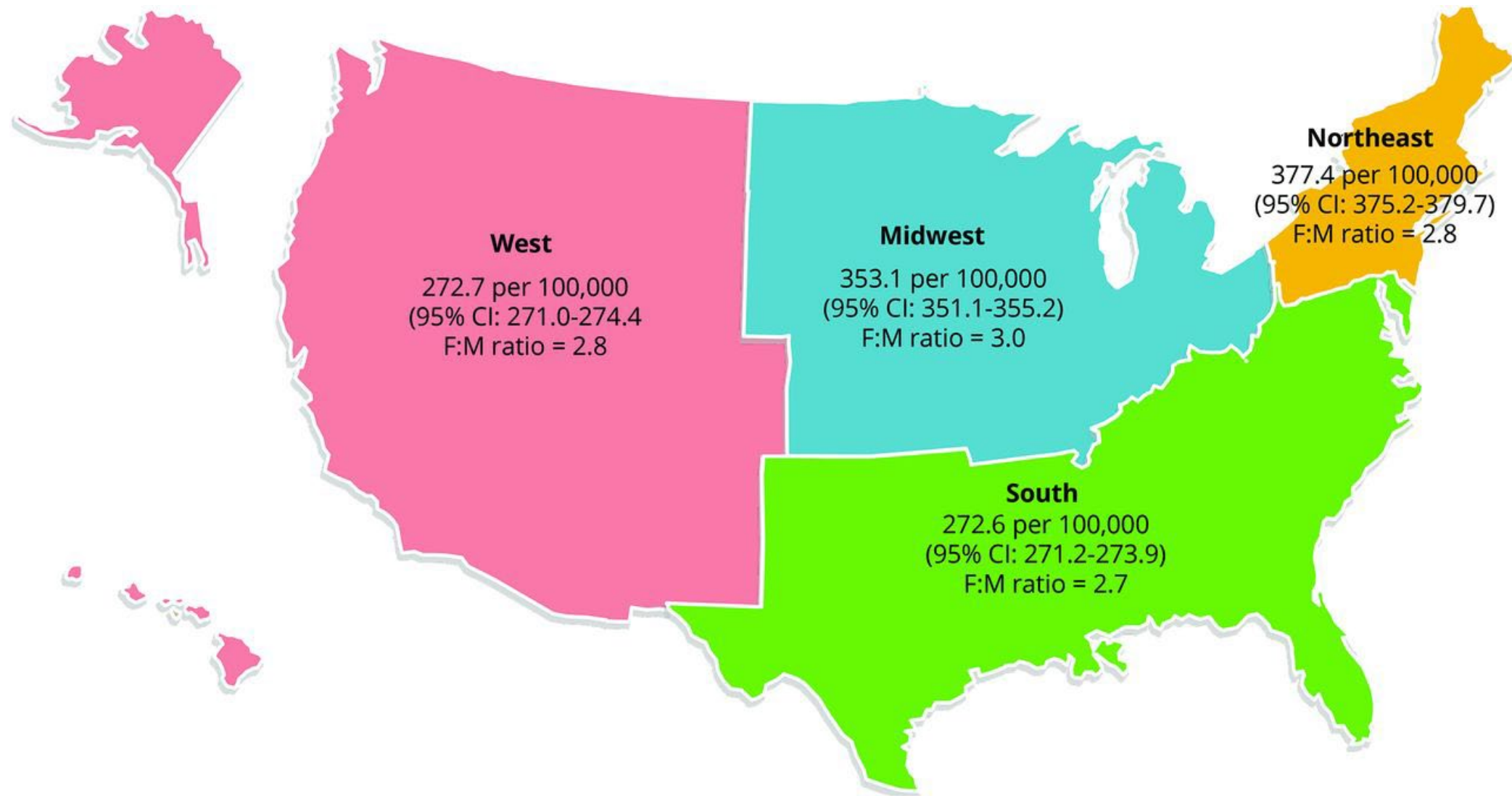
Immune-mediated and neurodegenerative condition affecting the central nervous system (brain, spinal cord, optic nerve)

- Inflammatory demyelination
- Axonal loss



Trapp et al. *N Engl J Med* 1998; 338:278-285





# APPROVED DMTS FOR MS



## INJECTION

Avonex  
Betaseron  
Copaxone  
Extavia  
Kesimpta  
Ocrevus Zunovo  
Plegridy  
Rebif



## ORAL

Aubagio  
Bafiertam  
Gilenya  
Mavenclad  
Mayzent  
Ponvory  
Tascenso ODT  
Tecfidera  
Vumerity  
Zeposia

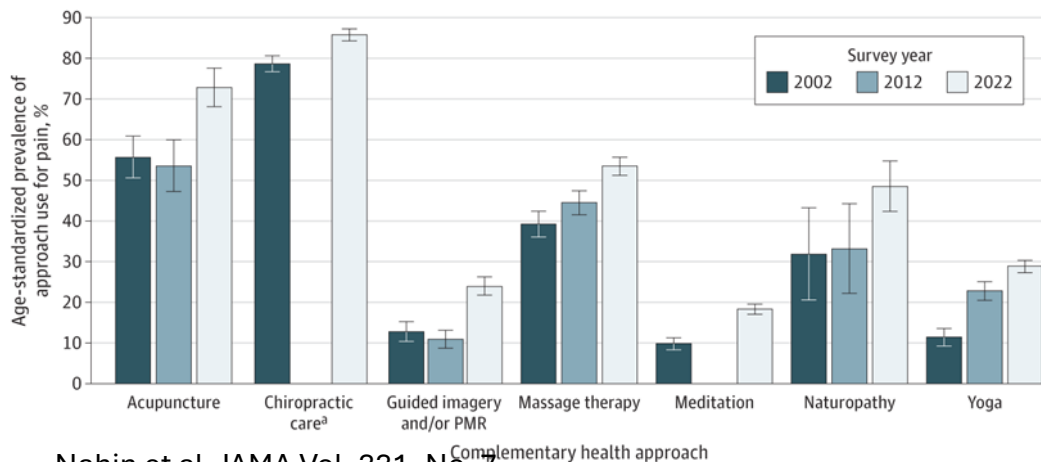


## INFUSION

Briumvi  
Lemtrada  
Mitoxantrone  
Ocrevus  
Tysabri

# Complementary and Alternative Medicine Market to Surpass USD 791.49 Billion by 2032, Driven by Holistic Wellness Trends and Consumer Shift Toward Natural Therapies | SNS Insider

SNS Insider pvt ltd  
September 10, 2025 • 6 min read



Nahin et al. JAMA Vol. 331, No. 7



International Journal for Parasitology  
Volume 43, Issues 3–4, March 2013, Pages 259–274



Invited Review

## Helminth therapy and multiple sclerosis

J.O. Fleming

Article | [Open access](#) | Published: 11 February 2020

### Nanocatalytic activity of clean-surfaced, faceted nanocrystalline gold enhances remyelination in animal models of multiple sclerosis

[Andrew P. Robinson](#), [Joanne Zhongyan Zhang](#), [Haley E. Titus](#), [Molly Karl](#), [Mikhail Merzliakov](#), [Adam R. Dorfman](#), [Stephen Karliik](#), [Michael G. Stewart](#), [Richard K. Watt](#), [Benjin D. Facer](#), [Jon D. Facer](#), [Noah D. Christian](#), [Karen S. Ho](#) , [Michael T. Hotchkin](#), [Mark G. Mortenson](#), [Robert H. Miller](#) & [Stephen D. Miller](#)

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REVISED AND EXPANDED

# The Wahls Protocol<sup>®</sup>

A RADICAL NEW WAY to Treat All Chronic Autoimmune Conditions Using Paleo Principles

**TERRY WAHLS, M.D.**  
FOUNDER OF THE WAHLS RESEARCH FUND  
with Eve Adamson

# Why?

- Empowerment
    - Feeling sense of control, hope
  - Dissatisfaction with conventional medicine
    - Inadequate symptom management
    - Concern about side effects
    - Not enough focus on lifestyle changes
  - Desire for personalized care
  - Accessibility
  - Successful marketing
- Many are non-evidence based
  - Limited data on side effects and/or adverse events
  - False promises or misrepresentation
  - Delayed diagnosis and treatment
  - Financial burden

# Diet

- Cellular metabolism can affect immune cell function
- Undernutrition
- Overnutrition

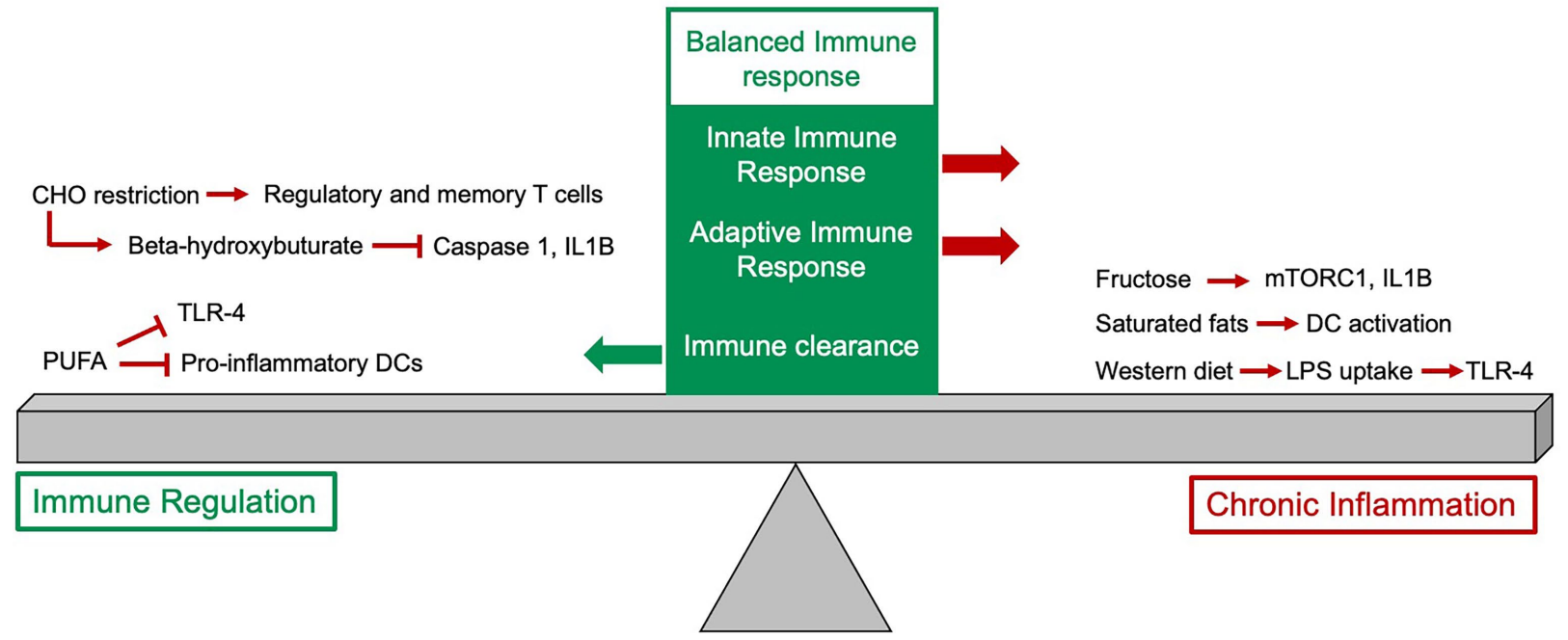
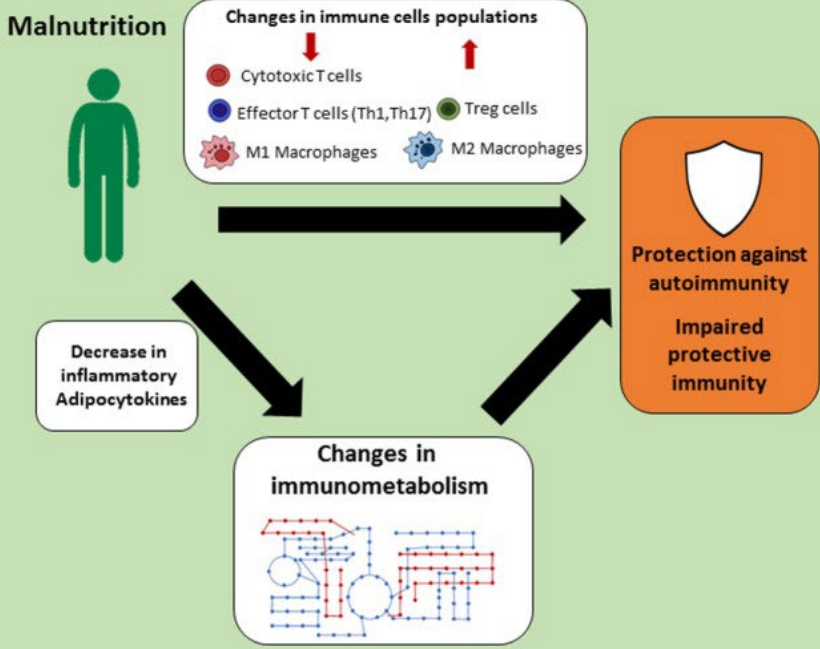
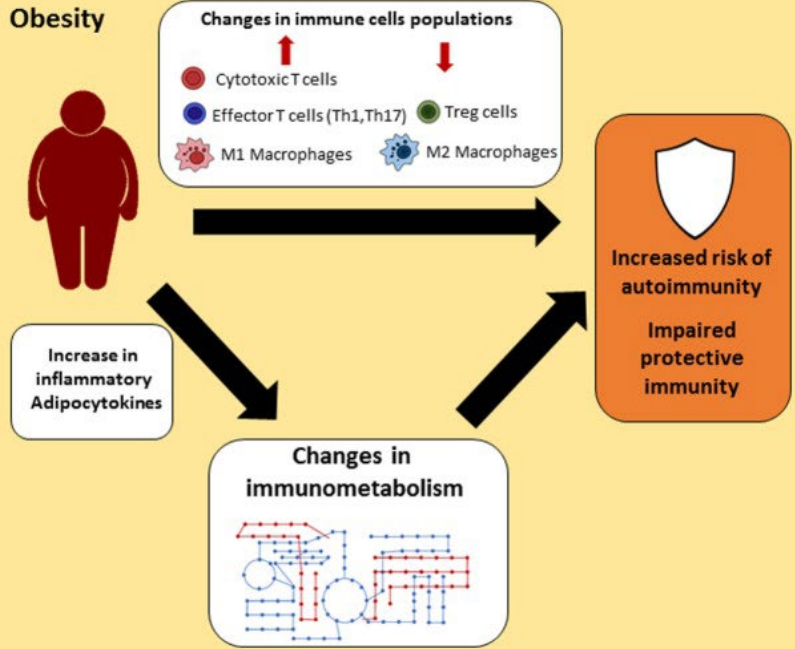
Immune system

- Gut bacteria metabolites affect immune cells
- Diet can change gut flora composition

Gut flora

- Cellular metabolites affect neuronal function, synaptic membranes, glial cells, oxidative stress

CNS



# Diet

- Cellular metabolism can affect immune cell function
- Undernutrition
- Overnutrition

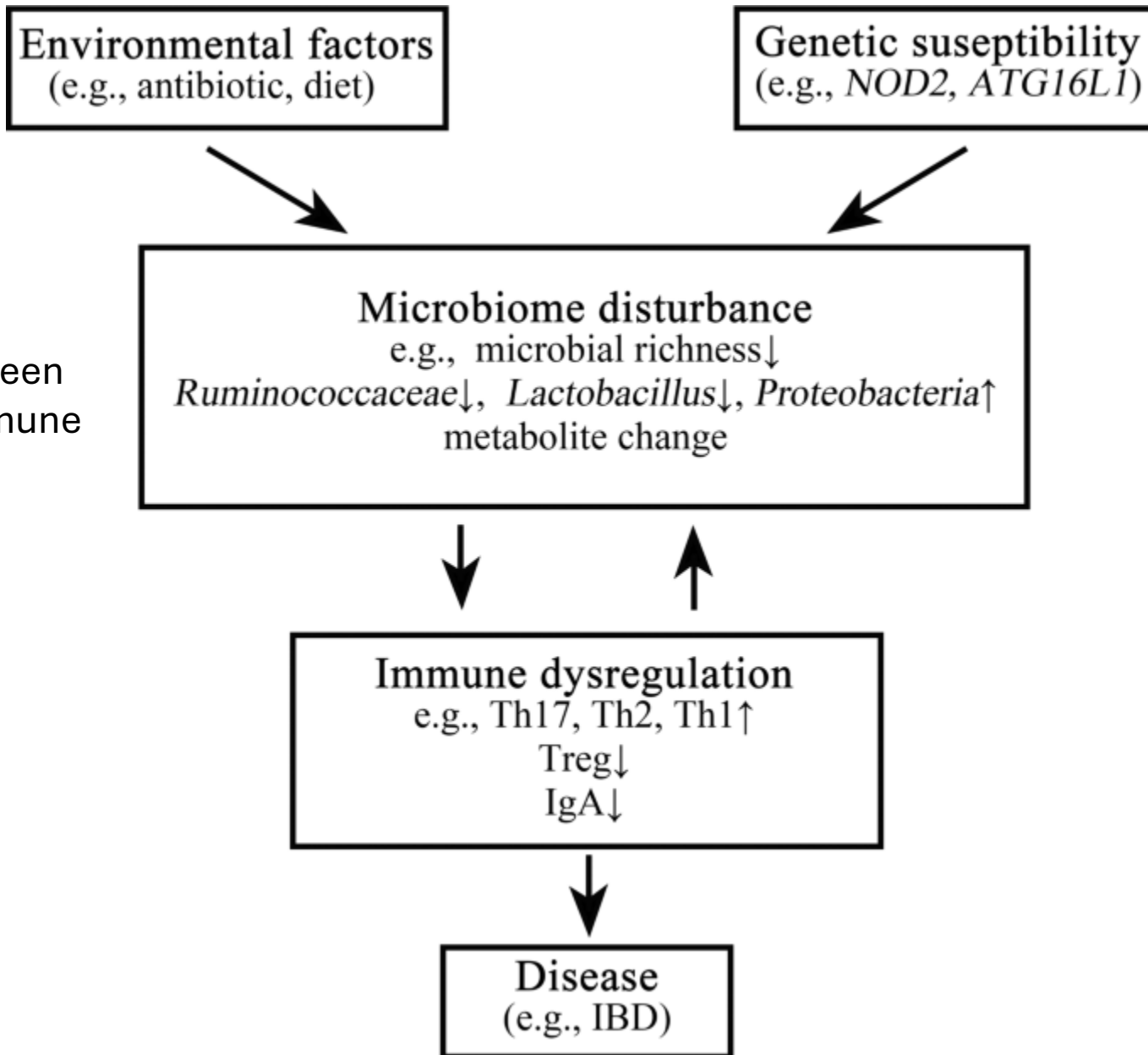
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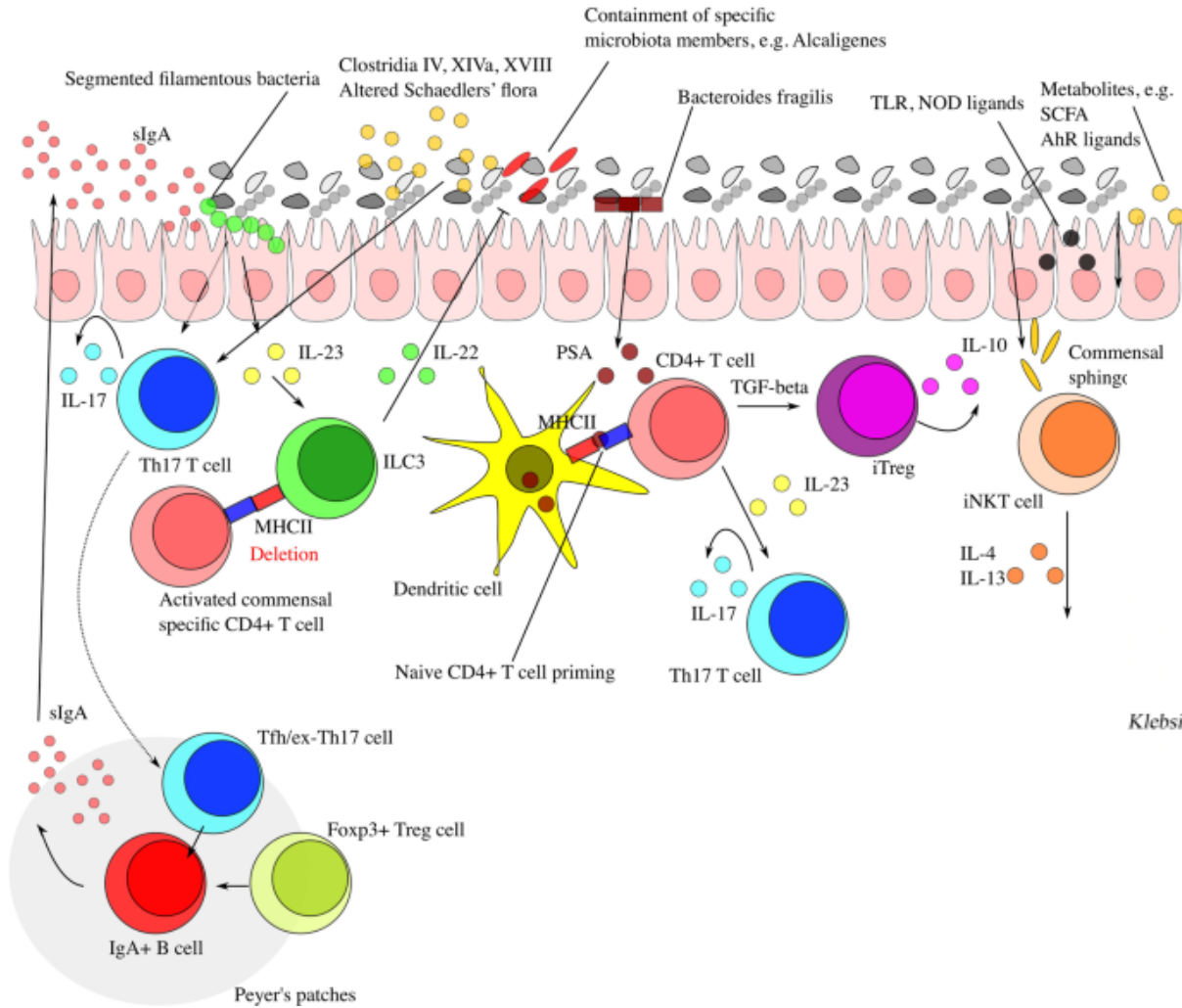
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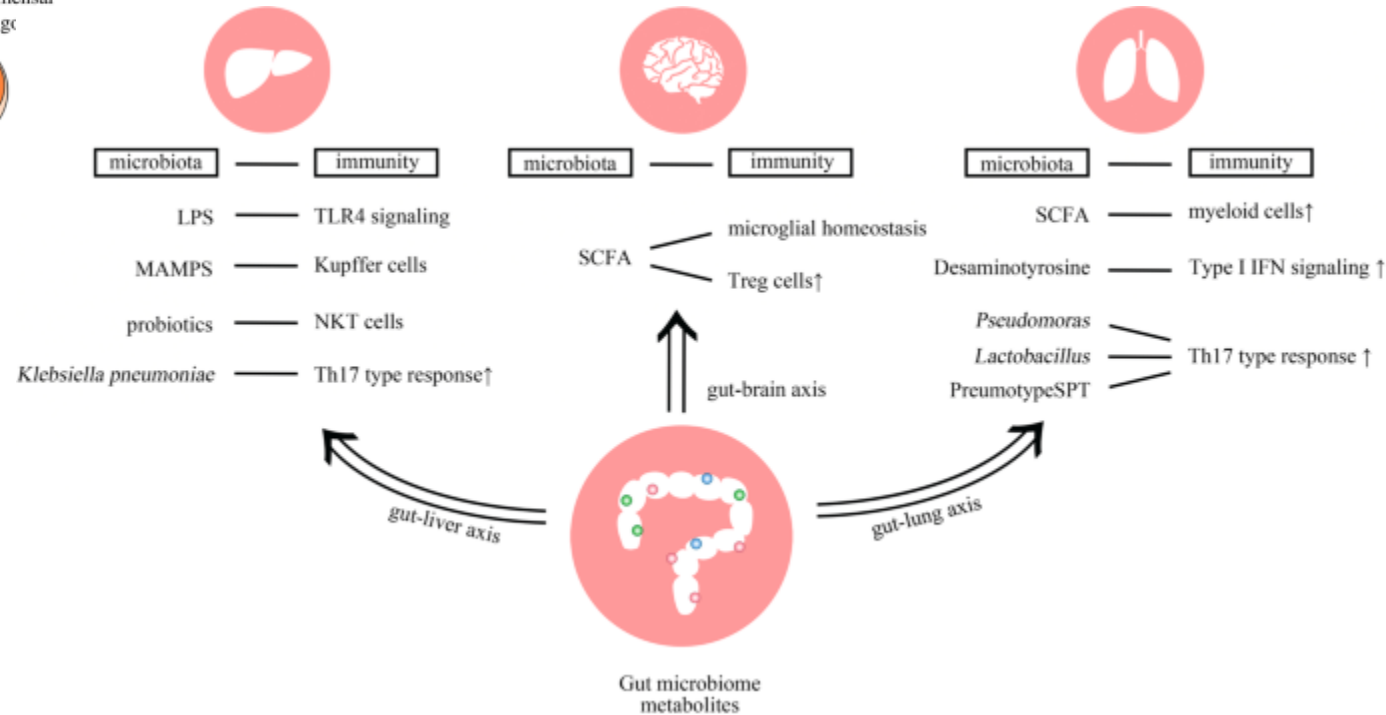


Aberrant interaction between microbiome and host immune system can contribute to development of immune-mediated disorders

Alter



Gut microbiome derived ligands and metabolites act directly on enterocytes and intestinal immune cells, also reach remote tissues to modulate immunity



# Diet

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- Undernutrition
- Overnutrition

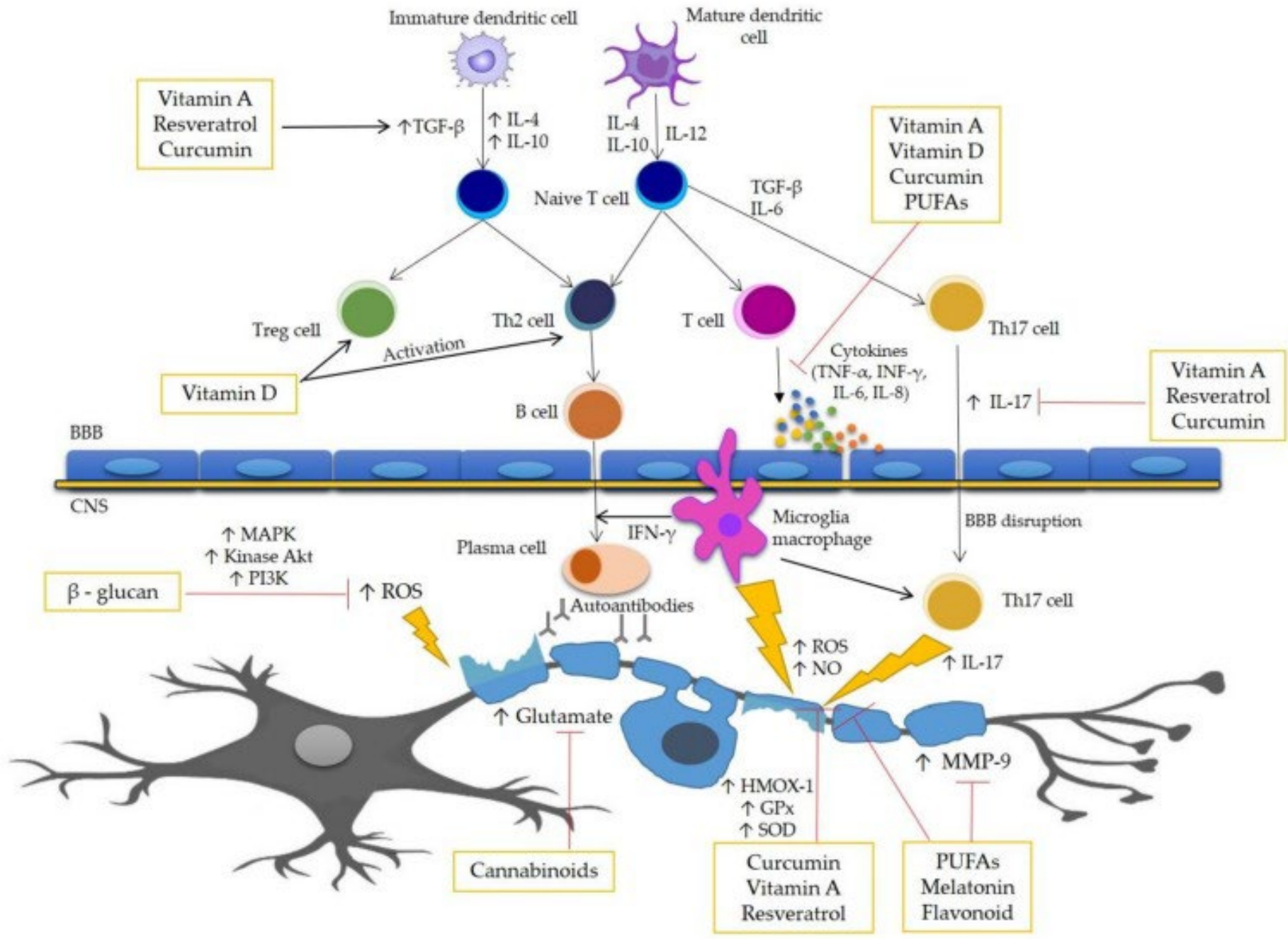
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REVISED AND EXPANDED

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A RADICAL NEW WAY  
to Treat All Chronic Autoimmune  
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**TERRY WAHLS, M.D.**

FOUNDER OF THE WAHLS RESEARCH FUND

with Eve Adamson



Food item	Instruction	Recommended daily intake
Green leafy vegetables	Recommended*	Three cups cooked/six cups raw = three servings
Sulfur-rich vegetables	Recommended*	Three cups, raw or cooked = three servings
Intensely colored fruits or vegetables	Recommended*	Three cups, raw or cooked = three servings
Omega-3 oils	Encouraged	Two tablespoons
Animal protein	Encouraged	4 ounces or more
Plant protein	Encouraged	4 ounces or more
Nutritional yeast	Encouraged	One tablespoon
Milks of soy, almond, peanut, rice, and coconut	Encouraged	According to subject choice
Kelp	Encouraged	¼ teaspoon powder or two capsules
Spirulina/chlorella/klamath blue green algae	Encouraged	¼–1 teaspoon or 4–8 capsules
Gluten-free grains/starchy food	Allowed	Only two servings per week
Gluten-containing grain	Excluded	
Dairy products	Excluded	
Eggs	Excluded	

**Notes:** \*If not able to take total nine servings of the recommended food, subjects were asked to take equal proportions of each category. Copyright © 2014. Reprinted with permission from Mary Ann Liebert, Inc. Bisht B, Darling WG, Grossmann RE, et al. A multimodal intervention for patients with secondary progressive multiple sclerosis: feasibility and effect on fatigue. *J Altern Complement Med.* 2014;20(5):347–355.<sup>17</sup>

## Basics of the Swank Diet for Multiple Sclerosis

**Avoid**

**Eat**



Oils



Processed Food



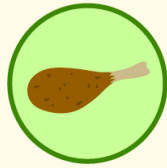
Saturated fat



Red meat



Dairy



Poultry



Vegetables



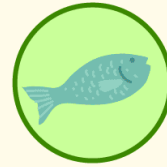
Pasta



Grains



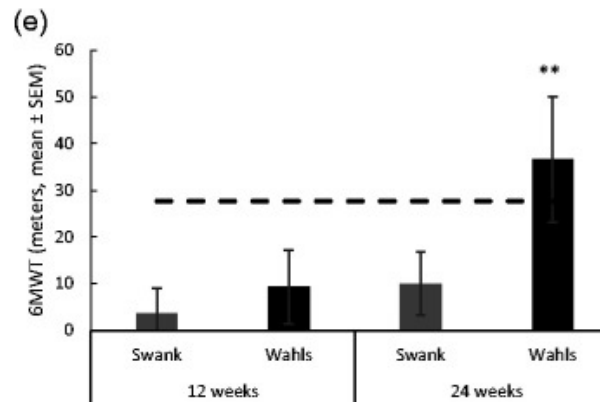
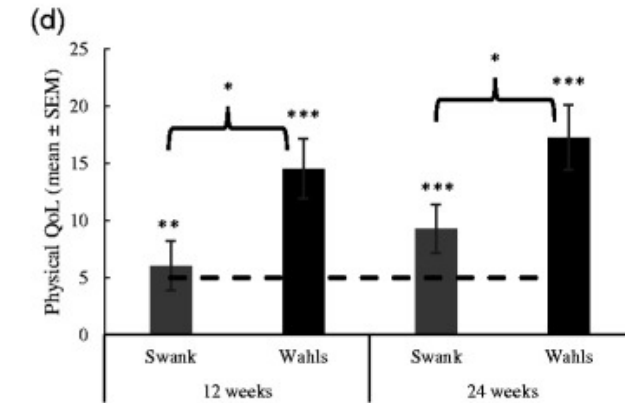
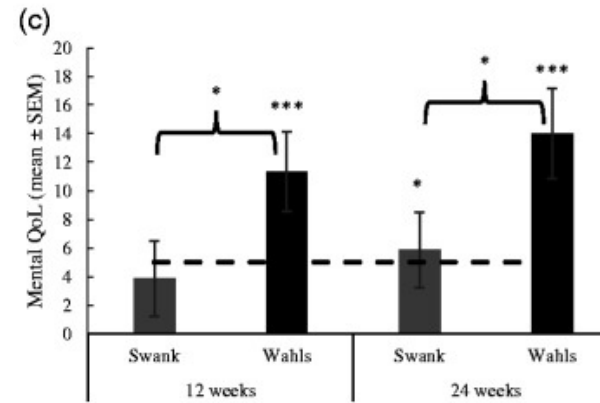
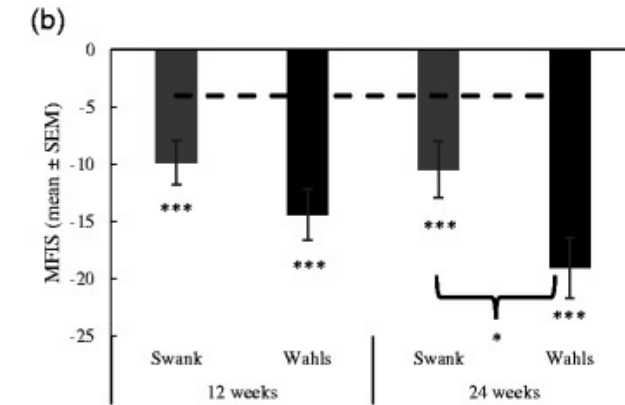
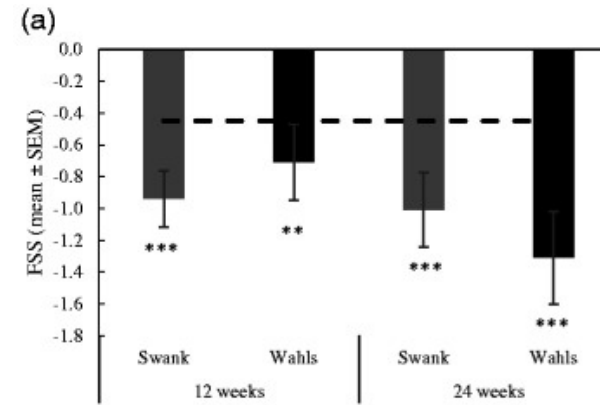
Eggs



Fish



Fruits



# Mediterranean diet

Foods to include or limit

EAT AT EVERY MEAL.



Fruits, veggies, whole grains, extra virgin olive oil

EAT AT LEAST 3 SERVINGS A WEEK.



Fish/seafood, nuts, legumes

LIMIT TO 1 SERVING A DAY.

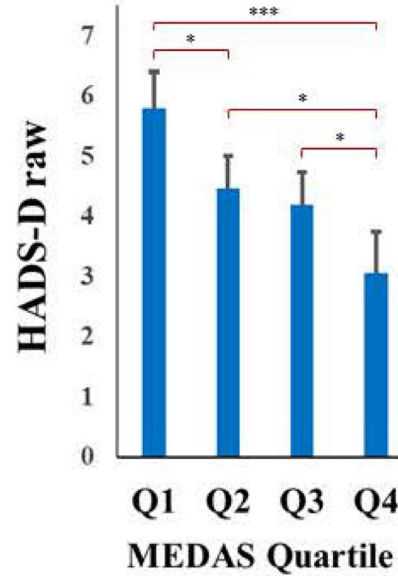
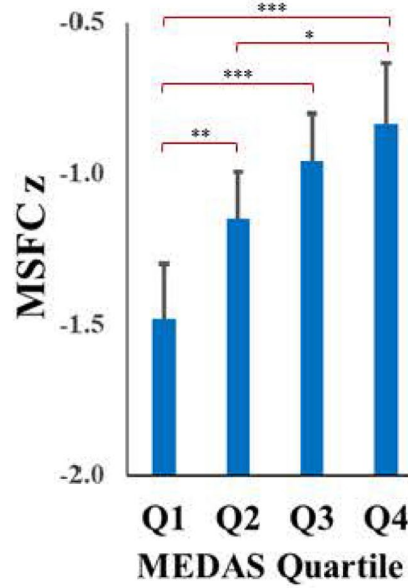
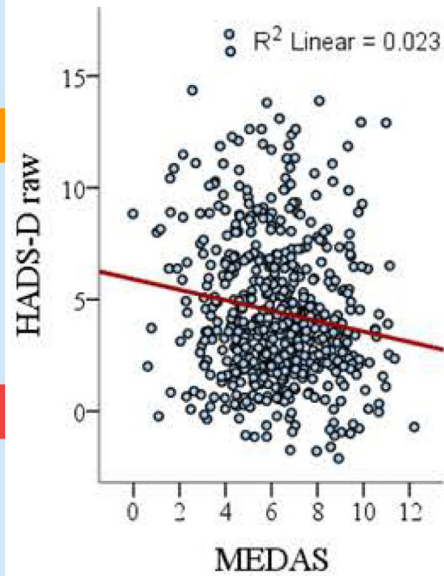
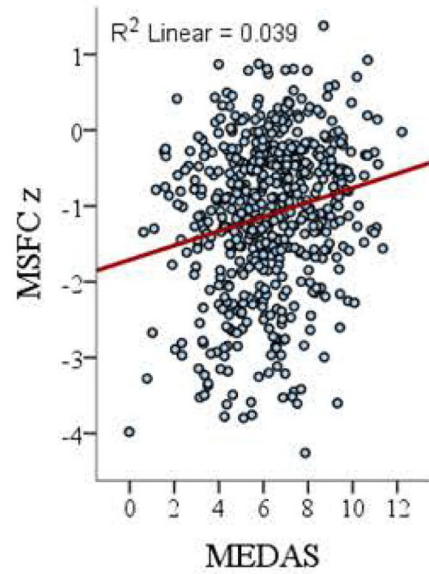


Poultry, low-fat dairy, eggs

LIMIT TO 1 SERVING PER WEEK.



Red meat, sweets

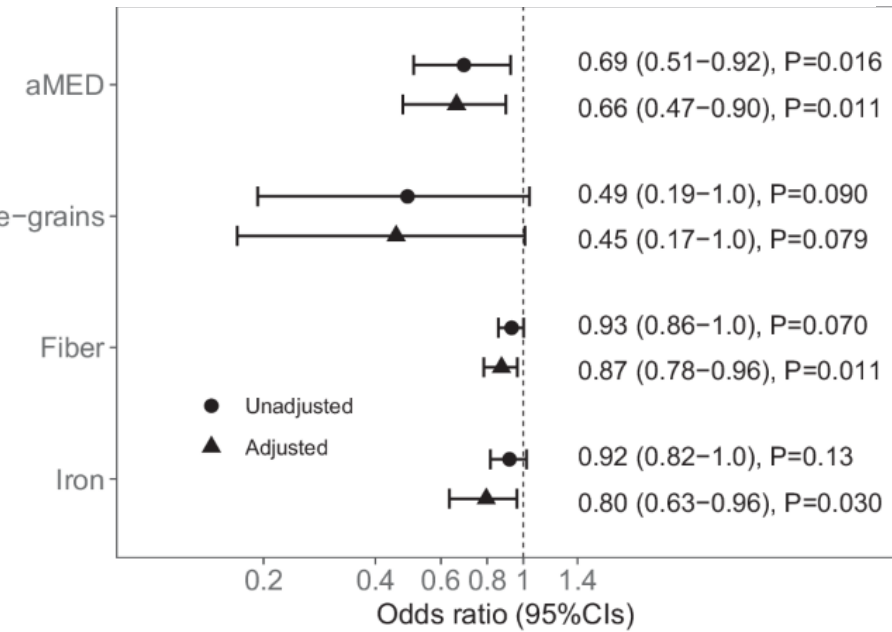


## Mediterranean diet and associations with the gut microbiota and pediatric-onset multiple sclerosis using trivariate analysis

Ali I Mirza<sup>1,2</sup>, Feng Zhu<sup>1</sup>, Natalie Knox<sup>3,4</sup>, Lucinda J Black<sup>5,6,7</sup>, Alison Daly<sup>5</sup>, Christine Bonner<sup>3</sup>, Gary Van Domselaar<sup>3,4</sup>, Charles N Bernstein<sup>8,9</sup>, Ruth Ann Marrie<sup>8,10</sup>, Janace Hart<sup>11</sup>, E Ann Yeh<sup>12</sup>, Amit Bar-Or<sup>13</sup>, Julia O'Mahony<sup>12</sup>, Yinshan Zhao<sup>1</sup>, William Hsiao<sup>2</sup>, Brenda Banwell<sup>14</sup>, Emmanuelle Waubant<sup>11</sup>, Helen Tremlett<sup>1,6</sup>

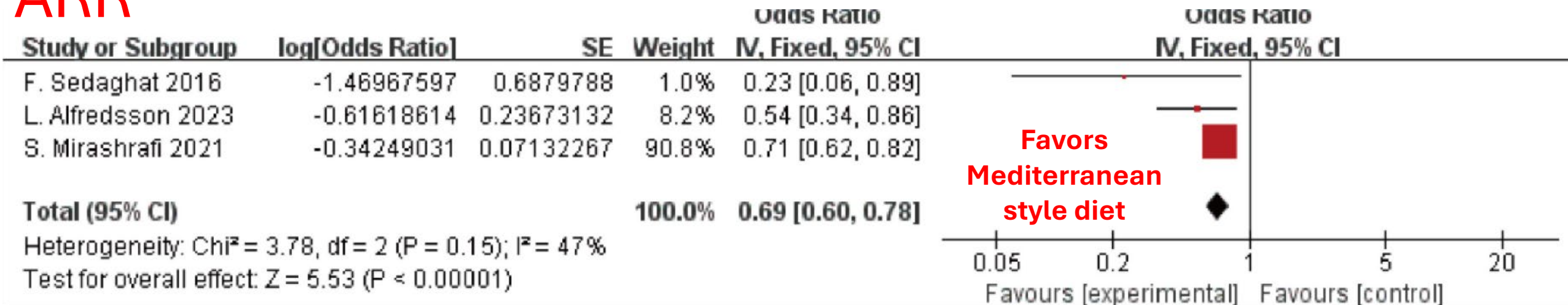
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PMCID: PMC11271616 PMID: 39030379

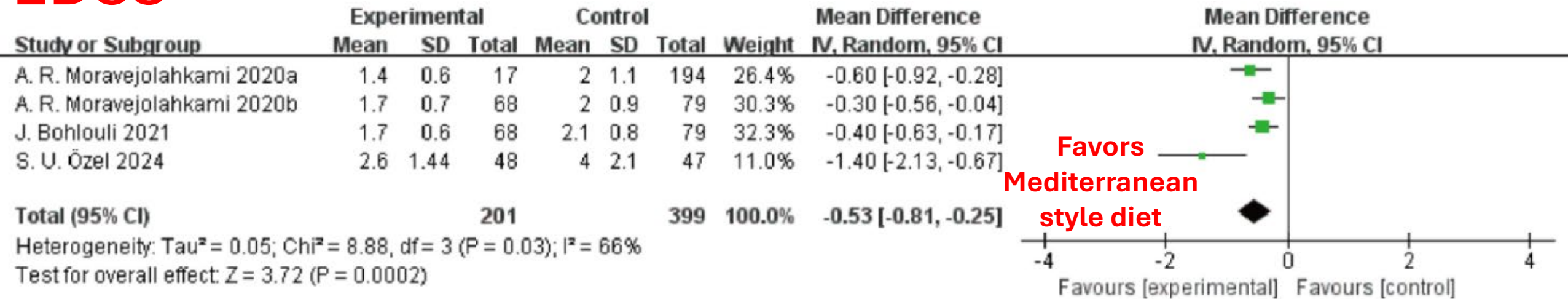


Protective association ← | → Detrimental association

# ARR



# EDSS



# Keto Food Pyramid

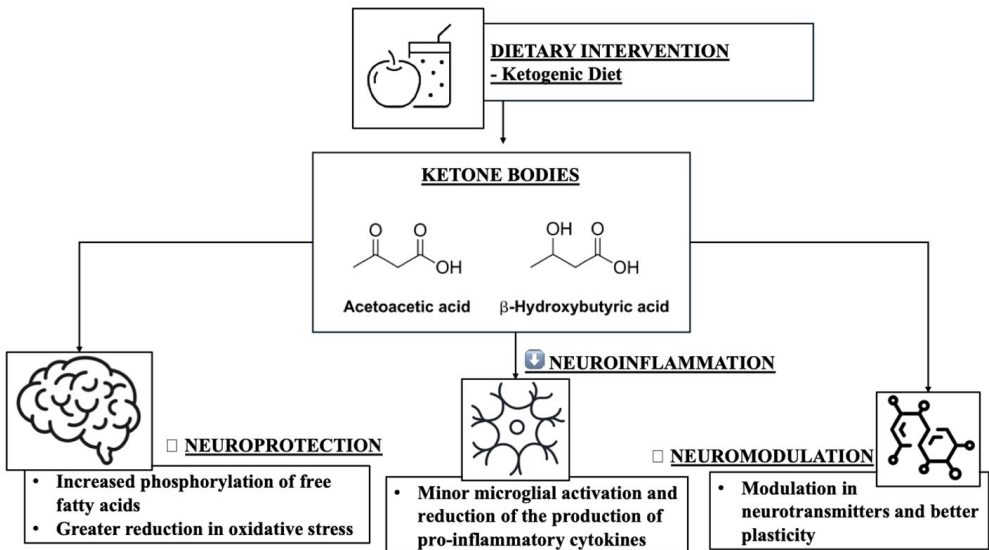
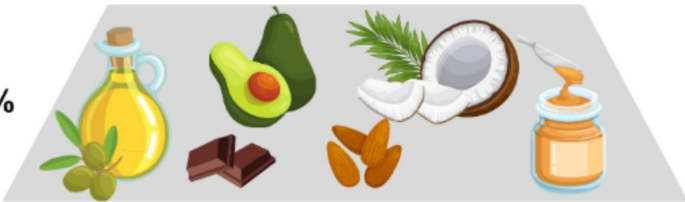
**Carbohydrates**  
5-10%



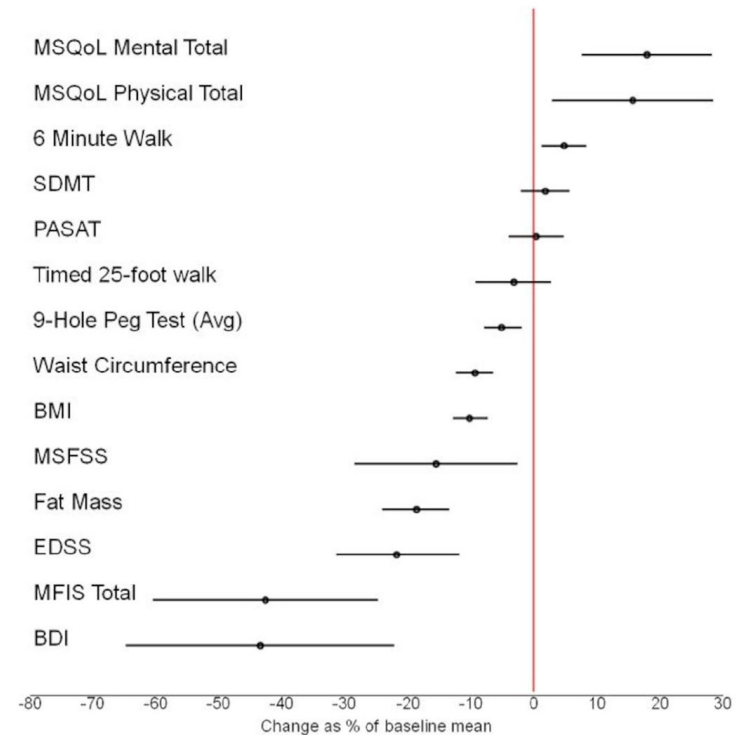
**Protein**  
20%



**Fat**  
70-75%



Study or Subgroup	Experimental			Control			Weight	Std. Mean Difference IV, Random, 95% CI
	Mean	SD	Total	Mean	SD	Total		
<b>2.1.1 Leptin, ng/mL at 6 months</b>								
Brenton et al. 2019	-4.9	9.6	17	22.9	11.8	19	11.0%	-2.51 [-3.41, -1.61]
Brenton et al. 2022	-10.6	11.7	57	25.5	15.7	64	13.0%	-2.57 [-3.05, -2.08]
Wetmore et al. 2023	4.9	9.2	52	25.1	15.7	52	13.1%	-1.56 [-2.00, -1.12]
<b>Subtotal (95% CI)</b>			<b>126</b>			<b>135</b>	<b>37.1%</b>	<b>-2.18 [-2.92, -1.43]</b>
Heterogeneity: Tau <sup>2</sup> = 0.34; Chi <sup>2</sup> = 10.17, df = 2 (P = 0.006); I <sup>2</sup> = 80%								
Test for overall effect: Z = 5.72 (P < 0.00001)								
<b>2.1.2 Adiponectin, mcg/mL at 6 months</b>								
Brenton et al. 2019	1.4	3.6	17	10.1	4.3	19	11.3%	-2.13 [-2.97, -1.30]
Brenton et al. 2022	1.7	3.9	57	11.4	7.8	64	13.3%	-1.54 [-1.94, -1.13]
Wetmore et al. 2023	0.7	4.3	50	11.7	8.3	52	13.1%	-1.64 [-2.09, -1.19]
<b>Subtotal (95% CI)</b>			<b>124</b>			<b>135</b>	<b>37.7%</b>	<b>-1.65 [-1.93, -1.36]</b>
Heterogeneity: Tau <sup>2</sup> = 0.00; Chi <sup>2</sup> = 1.58, df = 2 (P = 0.45); I <sup>2</sup> = 0%								
Test for overall effect: Z = 11.35 (P < 0.00001)								
<b>2.1.3 Neurofilament Light Chain (NFL) at 6 months</b>								
Bock et al. 2021	7.1	2.7	17	8.5	3.6	17	12.1%	-0.43 [-1.11, 0.25]
Oh et al. 2023	5.49	0.35	34	5.45	0.44	39	13.1%	0.10 [-0.36, 0.56]
<b>Subtotal (95% CI)</b>			<b>51</b>			<b>56</b>	<b>25.2%</b>	<b>-0.10 [-0.61, 0.40]</b>
Heterogeneity: Tau <sup>2</sup> = 0.05; Chi <sup>2</sup> = 1.59, df = 1 (P = 0.21); I <sup>2</sup> = 37%								
Test for overall effect: Z = 0.40 (P = 0.69)								
<b>Total (95% CI)</b>								
			<b>301</b>			<b>326</b>	<b>100.0%</b>	<b>-1.51 [-2.16, -0.87]</b>
Heterogeneity: Tau <sup>2</sup> = 0.77; Chi <sup>2</sup> = 81.57, df = 7 (P < 0.00001); I <sup>2</sup> = 91%								
Test for overall effect: Z = 4.62 (P < 0.00001)								
Test for subgroup differences: Chi <sup>2</sup> = 32.48, df = 2 (P < 0.00001), I <sup>2</sup> = 93.8%								



are numerous, though it is most effective when the treatment is delivered close to the time of the injury. Once considered an untreatable injury and amongst the most difficult diagnoses to treat with HBOT, Dr. Harch's dosing approach to drowned patients has dramatically changed the ability to recover neurological function.

## Migraine Headache

Dr. Harch has found that [migraines resulting from brain injuries are very responsive to HBOT](#). When delivered at the time of an acute migraine, oxygen therapy helps by constricting the dilated blood vessels that cause the pulsing sensation.

## Mild Cognitive Impairment (MCI) and Dementia

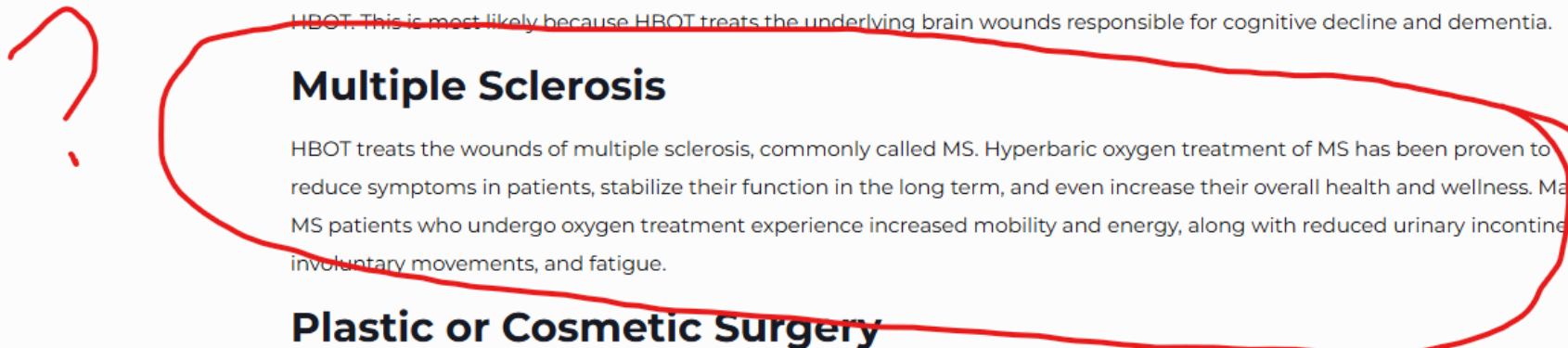
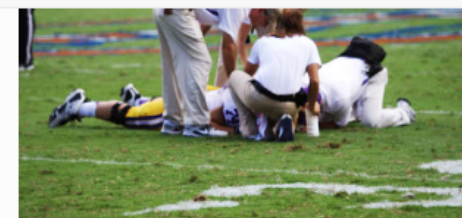
Hyperbaric oxygen treatment has been [proven to help treat the symptoms of mild cognitive decline](#) and even reverse the decline for many patients. Brain blood flow scans have shown improvement in blood flow in patients with MCI and dementia treated by HBOT. This is most likely because HBOT treats the underlying brain wounds responsible for cognitive decline and dementia.

## Multiple Sclerosis

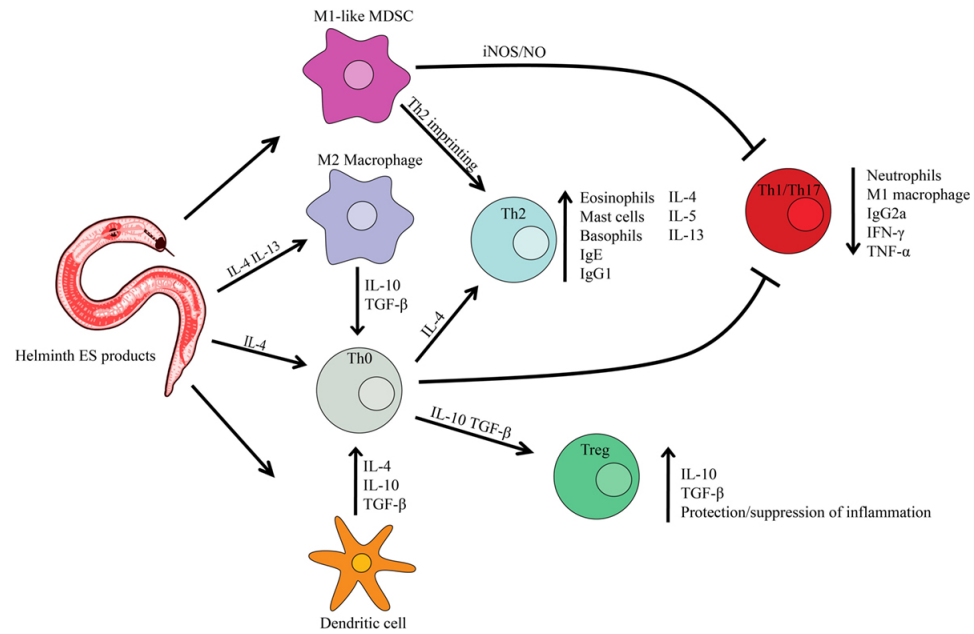
HBOT treats the wounds of multiple sclerosis, commonly called MS. Hyperbaric oxygen treatment of MS has been proven to reduce symptoms in patients, stabilize their function in the long term, and even increase their overall health and wellness. Many MS patients who undergo oxygen treatment experience increased mobility and energy, along with reduced urinary incontinence, involuntary movements, and fatigue.

## Plastic or Cosmetic Surgery

After plastic or cosmetic surgery, nearly all patients experience agonizing side effects like swelling, bruising, and pain. Surgery inflicts trauma on a patient and this trauma results in wounds to the body. HBOT is a treatment for wounds. It can take time to heal after even a minor surgical procedure, but HBOT can help you heal faster because of its wound-healing effects. Many patients see improvements in bruising and swelling caused by plastic surgery after just a few HBOT treatments. Oxygen treatments can accelerate your recovery by several weeks or even months due to the body's need for increased oxygen and HBOT's ability to supply this oxygen.

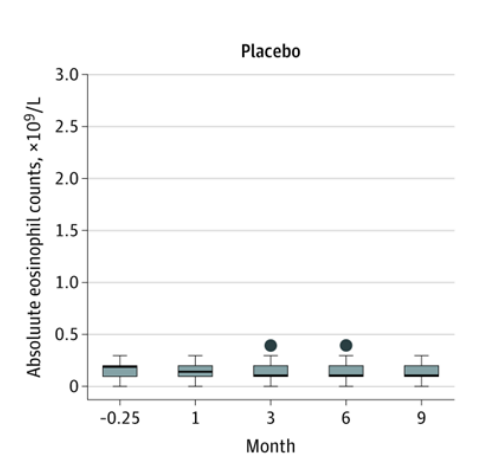
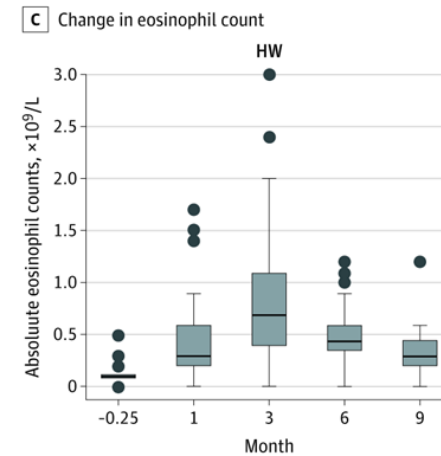
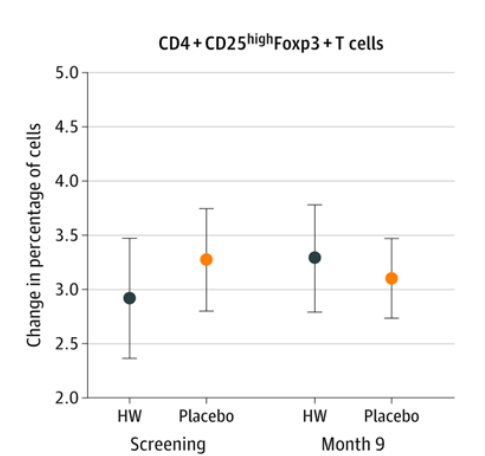
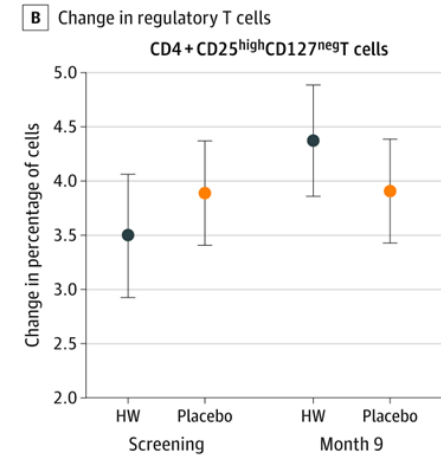
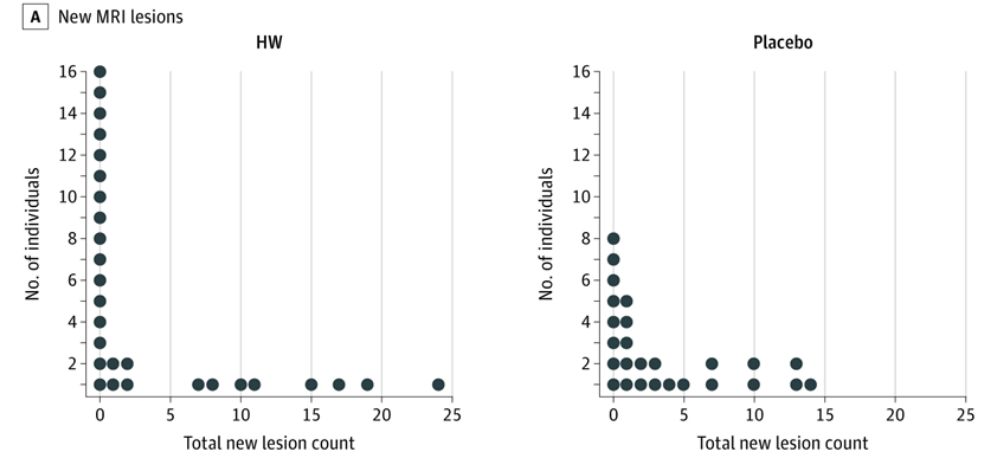


# Hookworms



## Hookworm Treatment for Relapsing Multiple Sclerosis A Randomized Double-Blinded Placebo-Controlled Trial

Radu Tanasescu, MD, PhD<sup>1,2,3,4</sup>; Christopher R. Tench, PhD<sup>1,5</sup>; Cris S. Constantinescu, MD, PhD<sup>1,2</sup>; *et al*



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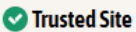
Multiple Sclerosis (MS) is caused by an immune mediated attack targeting components of the myelin sheath. Mesenchymal stem cells (MSCs), have immune regulatory properties which may stop the immune system from attacking the myelin sheath.



Schedule a Free Case Review

## The Advanced Potential of Stem Cell Therapy in Treating Multiple Sclerosis at The Regenerative Center

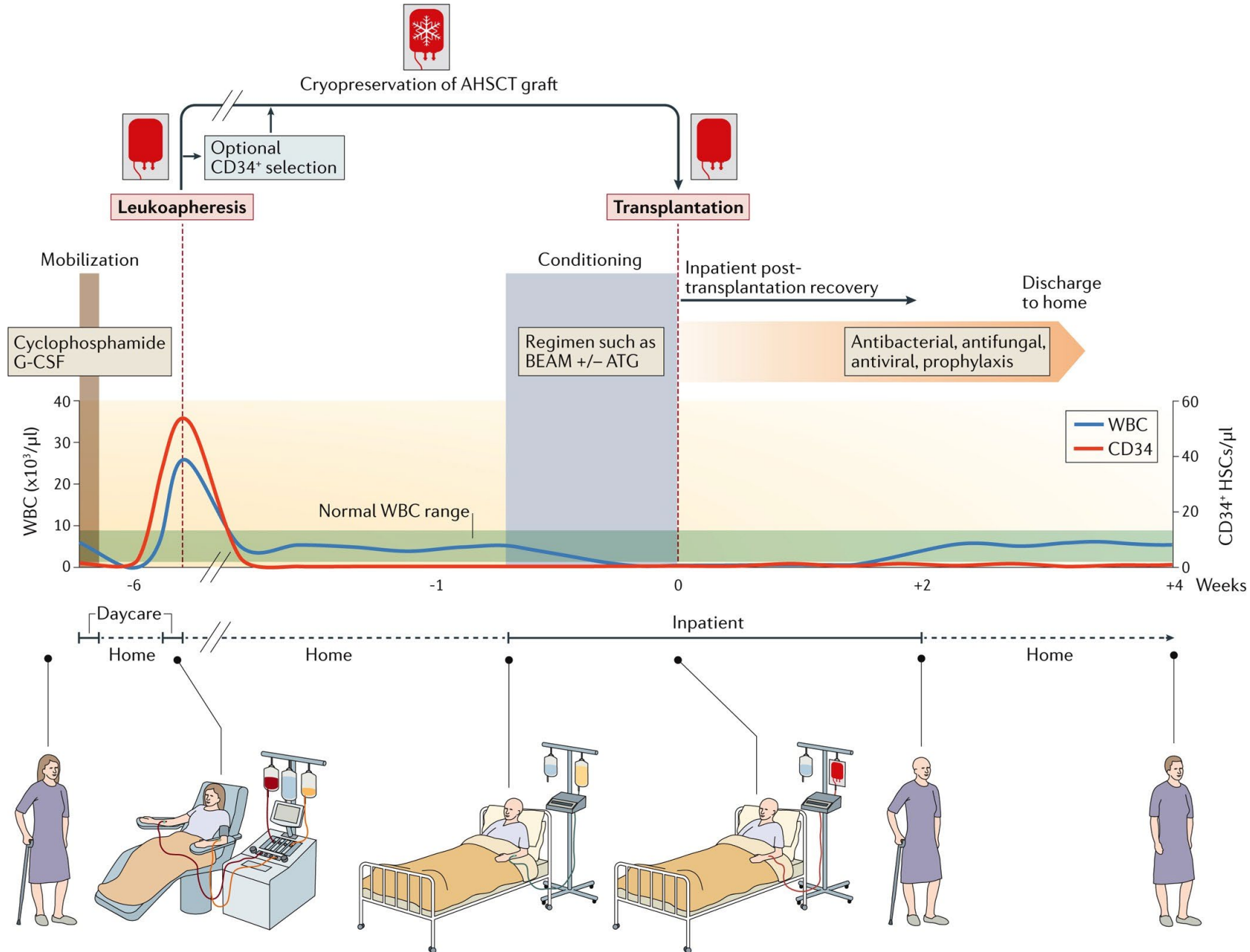
At The Regenerative Center, with over 12 years of pioneering experience in regenerative medicine, we are at the forefront of employing stem cell therapy for the treatment of Multiple Sclerosis (MS). Our innovative approach is built on the scientific rationale that stem cell therapy, particularly the use of Mesenchymal Stem Cells (MSCs), holds significant promise for those battling MS.

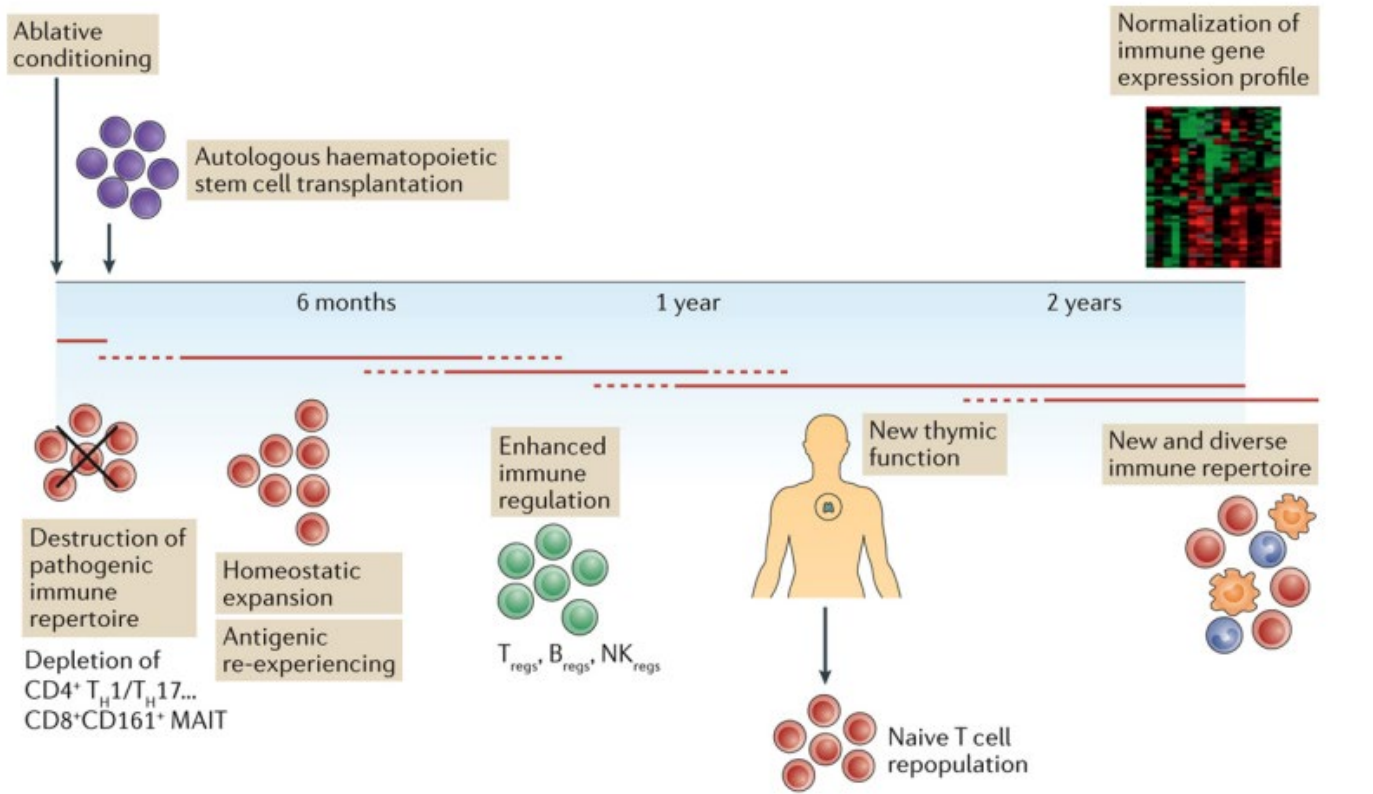


(C) 0 20 40 60 80 100  
Prevalence (%)

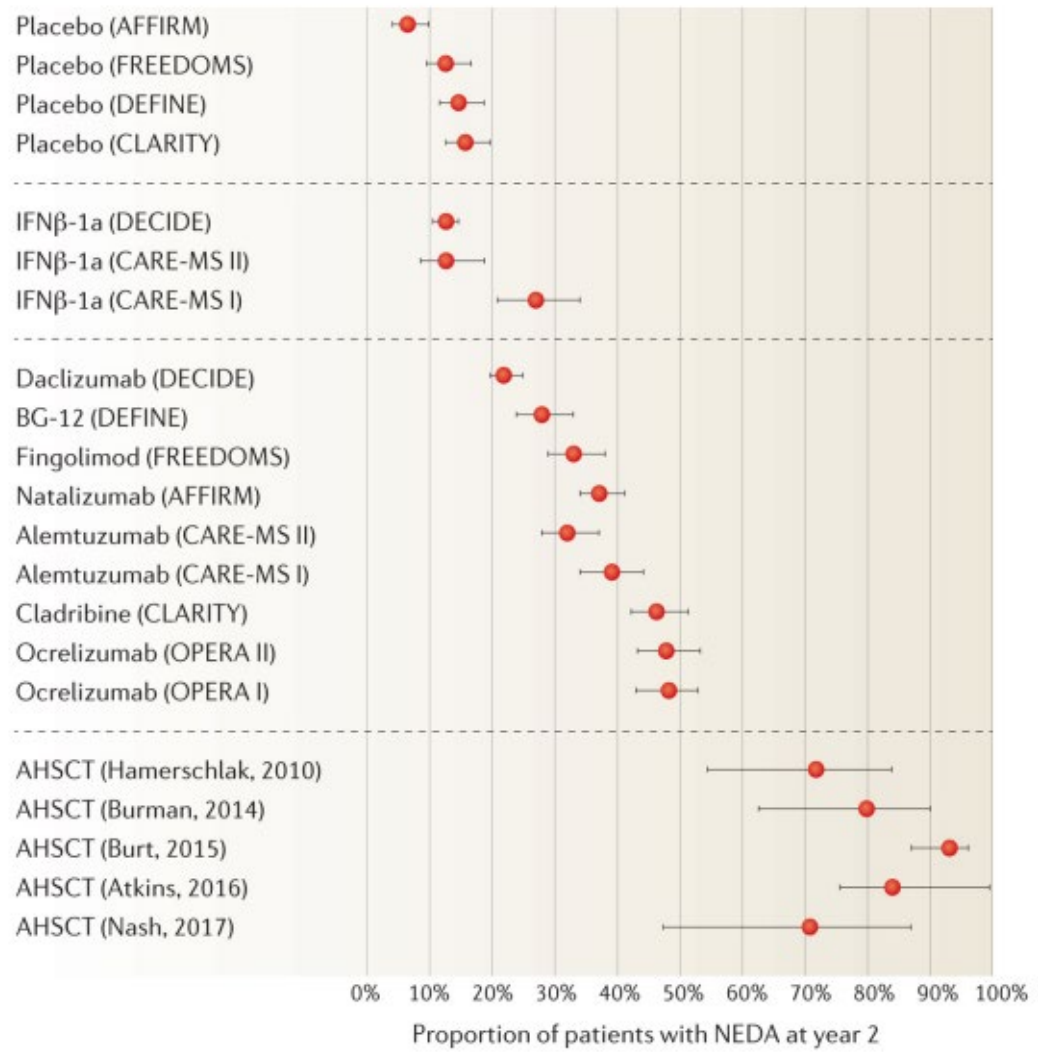
# Autologous Hematopoietic Stem Cell Transplantation

Eliminate aberrant adaptive immune system and achieve immune reconstitution with AHSCT → immune tolerance





Nature Reviews | Neurolog

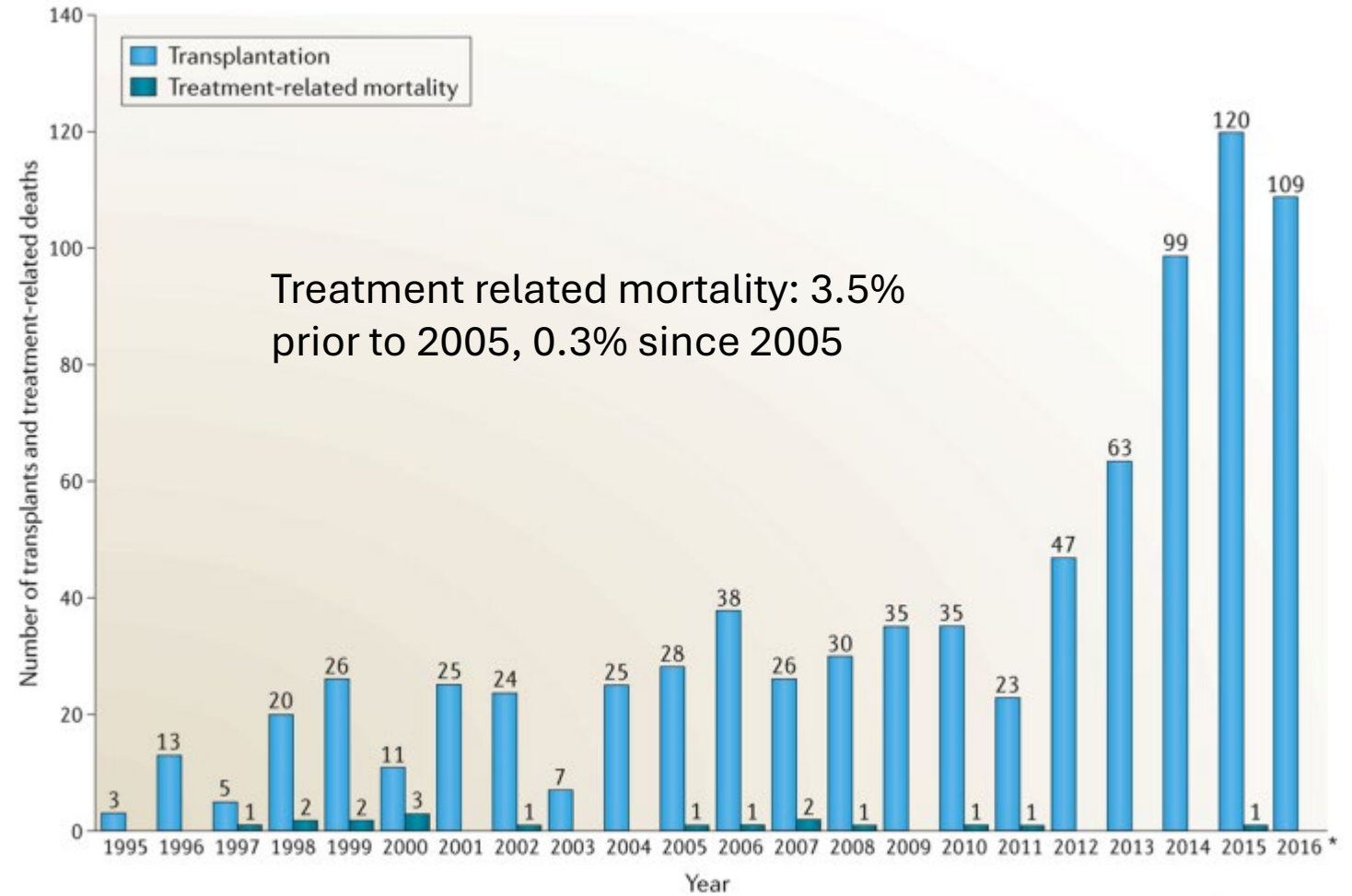


Nature Reviews | Neurology

# Risk

- Chemotherapy during HSC mobilization
- Conditioning regimen

Neutropenic fever,  
sepsis, UTI, viral reactivations  
Neurotoxicity

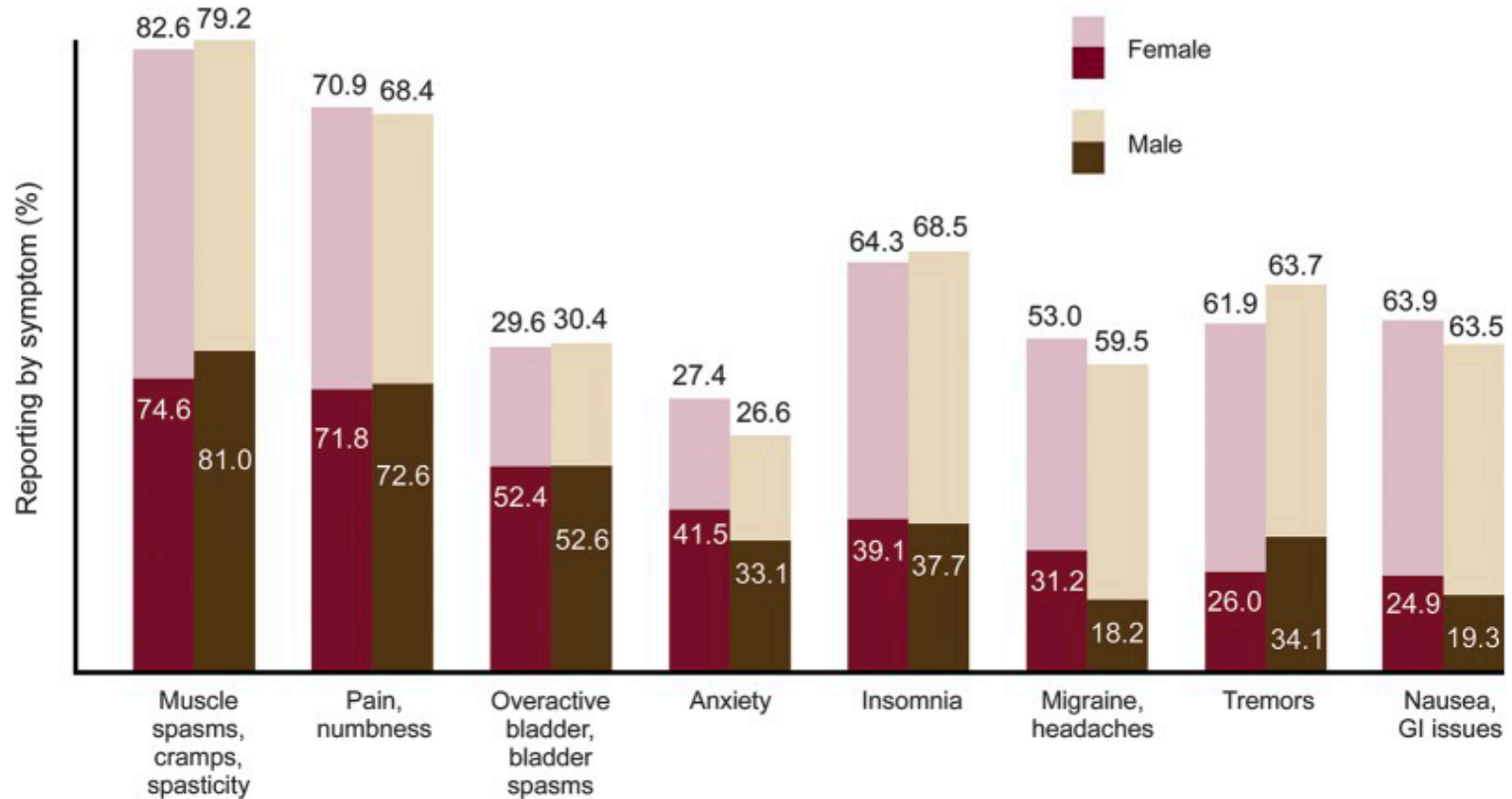


Nature Reviews | Neurology

# Cannabis



- 25.5% used for MS
- 16.1% currently use for MS
- 62% have not discussed use with their doctors
- 91% think marijuana should be legal



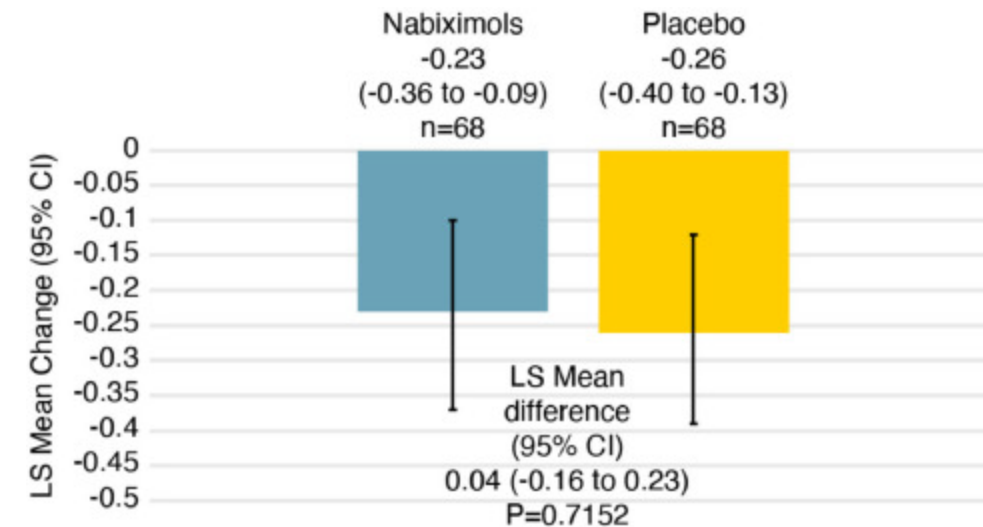
- Mechanism of action:

- Cannabinoid receptor 1, expressed in brain, inhibit neurotransmitter release (glutamate, GABA)
- Cannabinoid receptor 2, expressed in immune cells, mediate cytokine release
- CBD protect oligodendrocyte progenitor cells, and decreased T-cell activation

- Clinical trial results

- Mix results regarding objective measures of spasticity, but did help with mobility and perception of spasticity.
- No US FDA approval for nabiximol (Sativex)

- Common side effects: Headache, nausea, somnolence, dizziness, cough, amnesia, paranoia.



# Supplements



**matt1126** • 1y ago

Here's a list of what my father has been taking.

All of these have been approved by one of his neurologists at one of the larger MS centers in the states.

Let me know if you have any questions !

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Turmeric 1G - 2-0-2 (Anti inflammatory/AntiOxidant)

B Complex 1-0-0 (Some were low/May help with remyelination)

d3/K2 1-0-0 20,000 IU(Was low/ Potentially reduces symptoms)

magnesium 500MG, 1-0-1 (Spasticity/Restless Leg, Helps process D3 )

cq10 300MG, 1-0-0 (Mitochondrial health/Antioxidant)

alpha lipoid acid/l-carnite 225MG/510MG, 1-0-1 (Anti oxidative/Reduces brain atrophy/Fatigue) - 600 mg twice daily

omega 3 1200MG 1-0-1 (Anti Inflammatory)

NAD+ 1,000MG 1-0-1 (Mitochondrial health / regulating cell apoptosis)

choline cdp 500 MG 1-0-1 (Potentially remyelinating)

ursolic acid 250MG 1-0-2 (Potentially remyelinating)

lions mane 5.5G 1-0-2 (Boosts NGF)

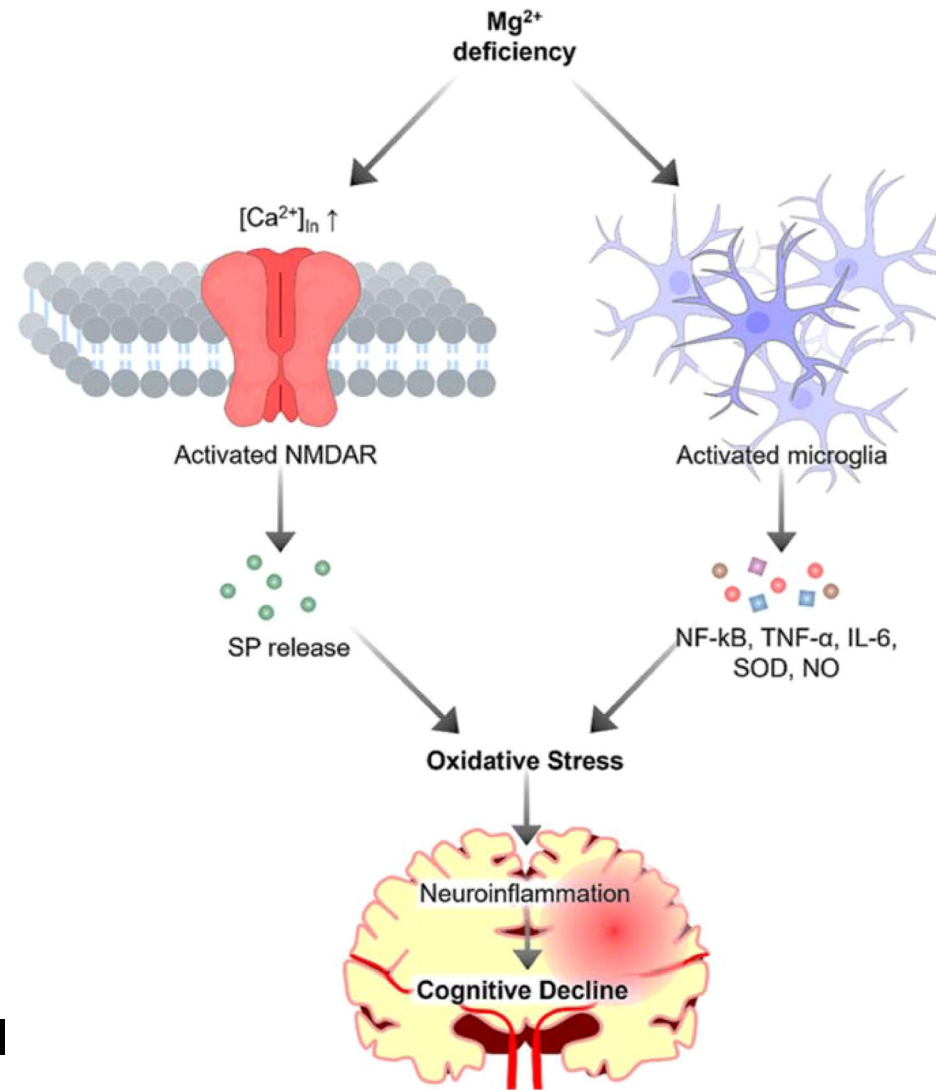
NAC 1G 1-0-1 (Anti Inflammatory)

PQQ 20MG 1-0-0 (Mitochondrial health)

Creatine 2.5G 1-0-1 (Mitochondrial health / muscle strength)

# Magnesium

- Contributes to energy production, nerve signal transmission, muscle contraction
- High in green leafy vegetables, legumes, nuts, seeds.
- In MS:
  - Helps with constipation, muscle spasms
  - Topical magnesium helps with muscle soreness and sleep
  - Citrate and glycinate have lower GI side effects
  - L-threonate may improve brain aging *in rats*
- Side effects: nausea/diarrhea, cardiac



Patel et al. Front. Endocrinol. 24 Sept 2024 (Vol 15)



## Omega-3 Fatty Acids Best Food Sources



Certain types of fish.



Ground flaxseed.



Walnuts.

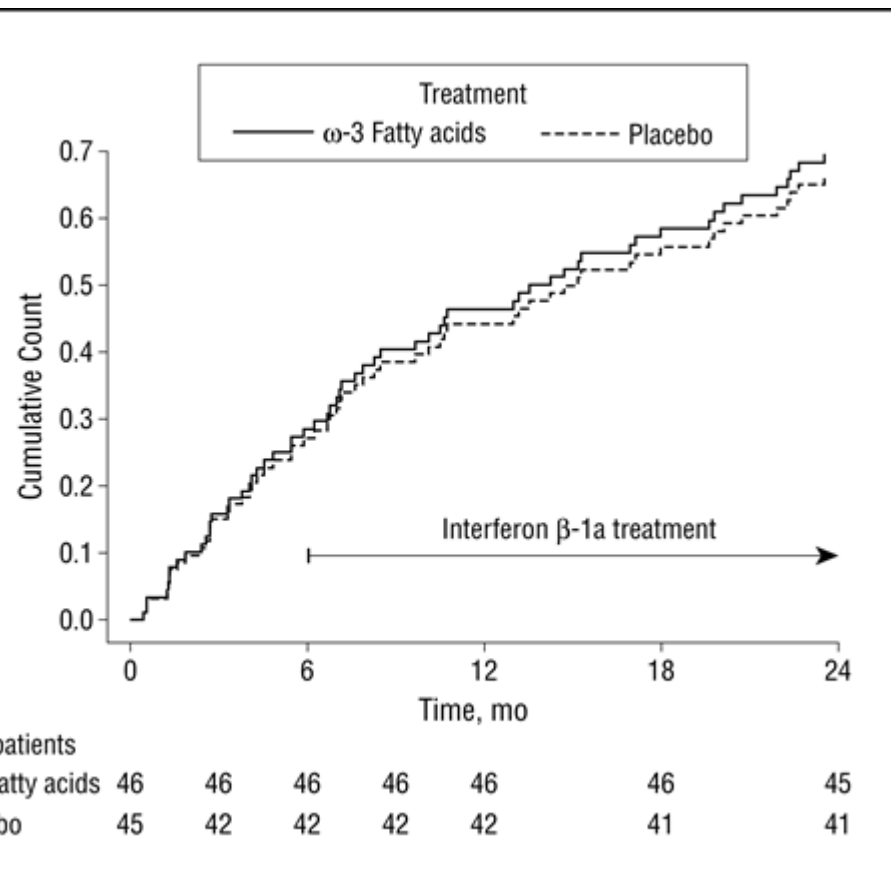


Edamame.



# Omega-3 fatty acids

- Essential fatty acid with anti-inflammatory and neuroprotective effects.
- Mild side effects: bad breath, heartburn, diarrhea



## Diet and omega-3 and vitamin D supplement use predict five-year fatigue and disability trajectories in people with multiple sclerosis

Xin Lin<sup>a,b</sup>, Amin Zarghami<sup>b,c</sup>, George A Jelinek<sup>a</sup>, Steve Simpson-Yap<sup>a,b,d</sup>, Sandra Neate<sup>a</sup>, Nupur Nag<sup>a,\*</sup>

<sup>a</sup> Neuroepidemiology Unit, Melbourne School of Population and Global Health, The University of Melbourne, Melbourne, VIC, Australia

<sup>b</sup> Menzies Institute for Medical Research, University of Tasmania, Hobart, TAS, Australia

<sup>c</sup> Royal Hobart Hospital, Hobart, TAS, Australia

<sup>d</sup> Clinical Outcomes Research Unit, Royal Melbourne Hospital, Melbourne, VIC, Australia

### ARTICLE INFO

#### Keywords:

Multiple sclerosis  
Lifestyle  
Group-based trajectory modelling  
Health outcomes  
Prospective study

### ABSTRACT

**Background:** Fatigue and disability are indicators of disease progression experienced by many people with multiple sclerosis (pwMS). Understanding trajectories of these outcomes, and their predictors, may provide insight to potential interventions for MS management.

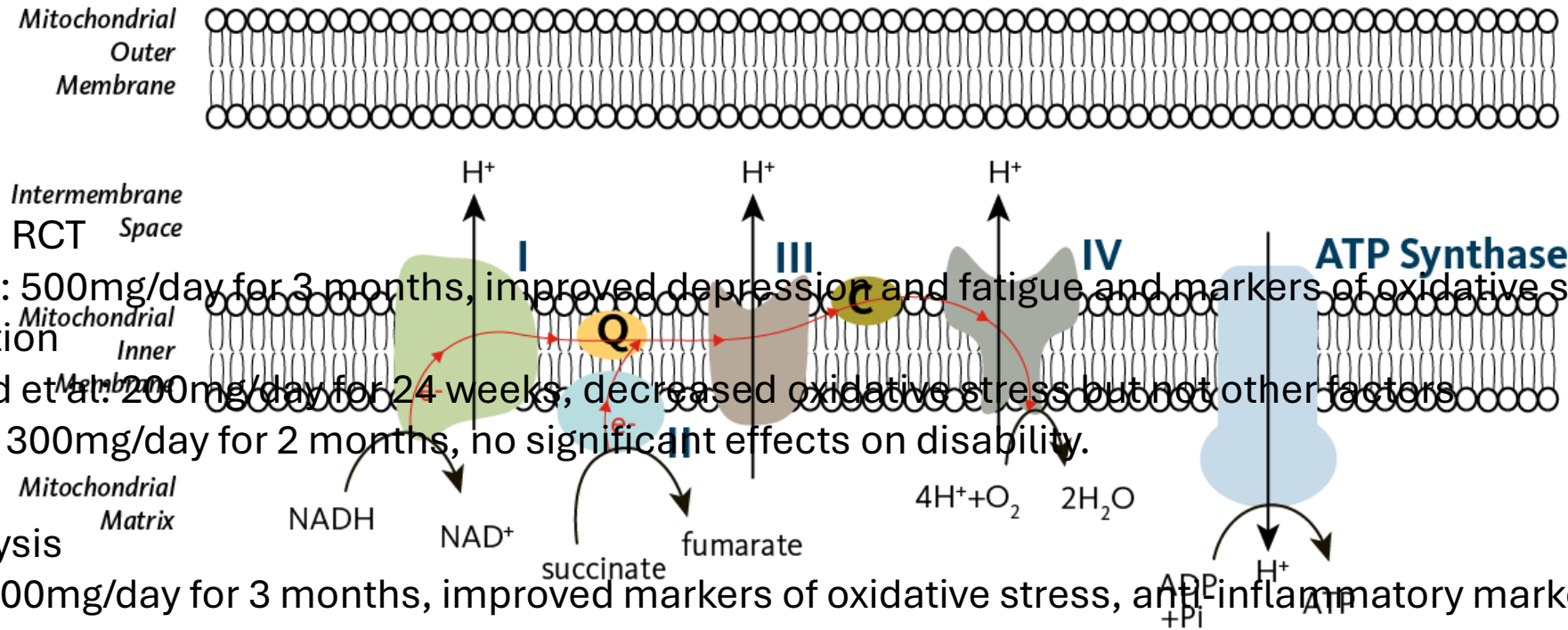
**Methods:** Survey data from 839 pwMS from the Health Outcomes and Lifestyle in pwMS study were analysed. Fatigue was defined as mean Fatigue Severity Scale >5, and severe disability as Patient Determined Disease Steps >5. Group-based trajectory modelling was used to identify fatigue and disability trajectories over five-years. Dietary predictors associated with outcome trajectory group membership were assessed using log-binomial regression. Demographic and clinical characteristics were considered in multivariable models.

**Results:** Distinct trajectories for fatigue and disability were identified. For fatigue, 58% of pwMS were assigned to low-, and 42% to high-, fatigue trajectory groups. For disability, 85% of pwMS were assigned to low-, and 15% to high-, disability groups. Baseline high-quality diet, and omega-3 and vitamin D supplement use, were associated with reduced risk of being in high-fatigue and high-disability trajectories, while meat and dairy consumption were associated with increased risk.

**Conclusions:** A high-quality diet, avoiding meat and dairy, and omega-3 and vitamin D supplement use, individually predict better fatigue and disability trajectories. Dietary modifications should be considered in MS management.

# CoQ10

**Figure 2. Mitochondrial Electron Transport Chain**



- Placebo-controlled RCT
  - Sanoobar et al: 500mg/day for 3 months, improved depression and fatigue and markers of oxidative stress and inflammation
  - OmranWaheed et al: 200mg/day for 24 weeks, decreased oxidative stress but not other factors
  - Ebrahimi et al: 300mg/day for 2 months, no significant effects on disability.

- Retrospective analysis
  - Moccia et al: 200mg/day for 3 months, improved markers of oxidative stress, anti-inflammatory markers, symptoms of pain, fatigue, disability

- Semi-experimental
  - Ahmadi et al: 200mg/day for 2 months, no significant changes in serum level of inflammatory markers
  - Nakhzari Khodakheir et al: 200mg/day for 2 months, no significant change in BDNF and NGF

- Side effects: digestive upset, headaches, insomnia

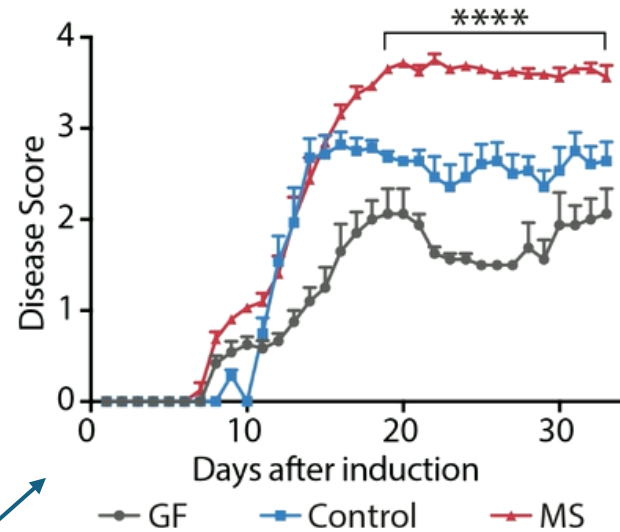
Coenzyme Q<sub>10</sub> is a lipid-soluble component of the mitochondrial inner membrane that is critical to electron transport (in red) in the mitochondrial respiratory chain. Coenzyme Q<sub>10</sub> carries electrons from

Complex I to Complex III, then to Cytochrome c, and finally to Complex IV.

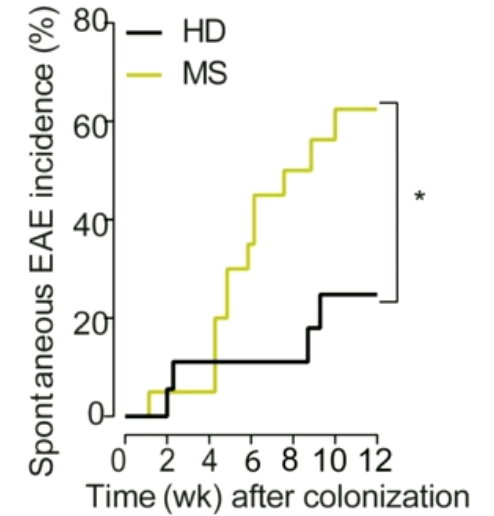
OSU Linus Pauling Institute. Micronutrient Information Center

# Microbiome

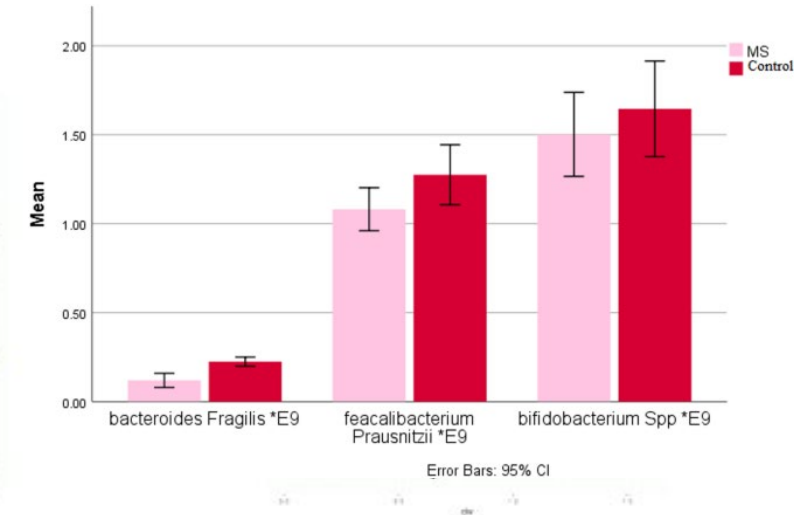
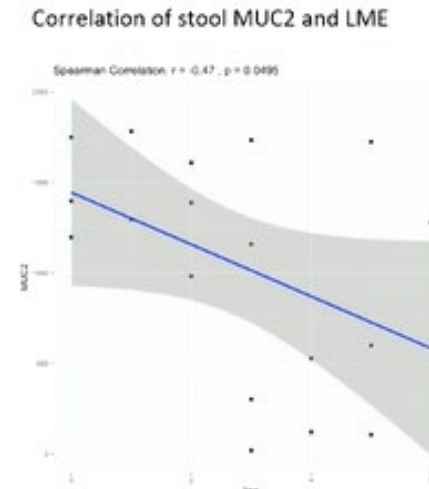
- Human microbiome helps balance immune response
  - Dysbiosis → increases inflammatory immune response
- Transplanting microbiota into mice can induce EAE
- Gut microbiota are associated with brain MRI measures in MS
- Trials evaluation probiotics and fecal-transplantation ongoing



Cekanaviciute et al. PNAS 2017



Berer et al. PNAS 2017

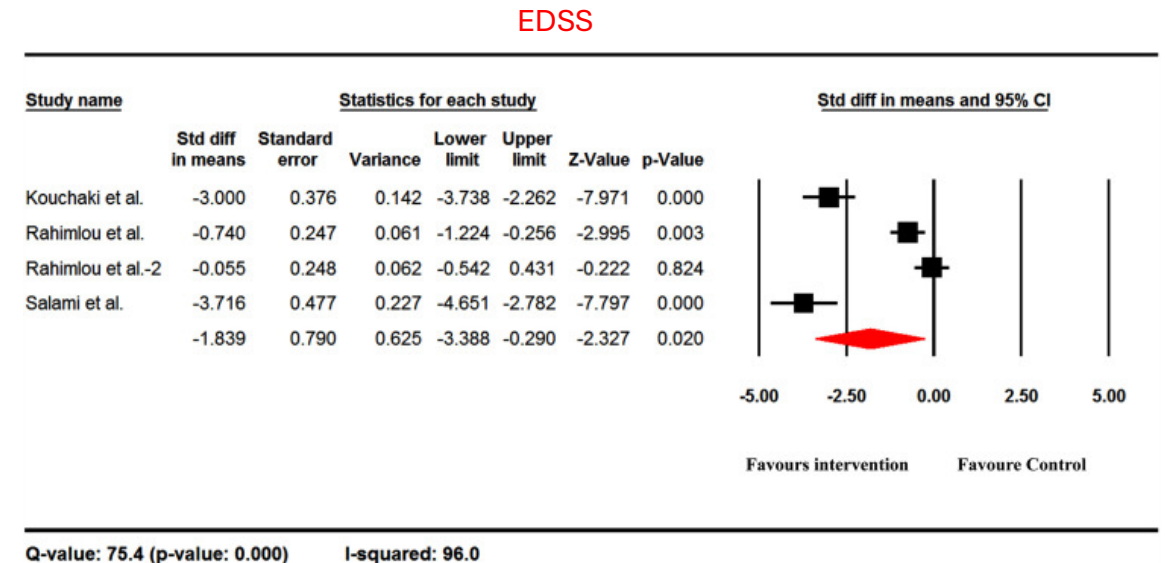
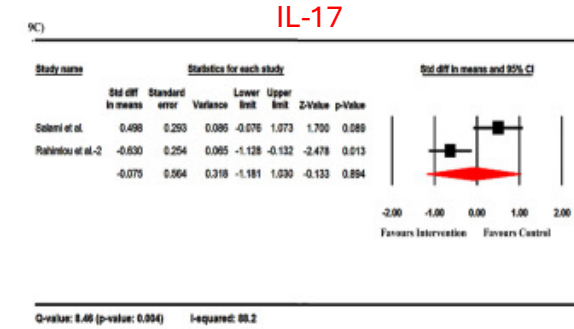
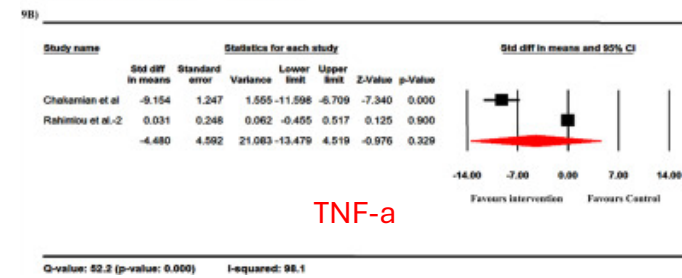
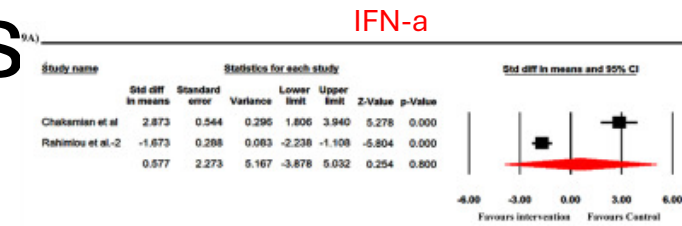


# Probiotic supplements

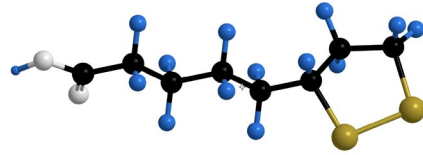
## The effect of probiotic supplementation on the clinical and para-clinical findings of multiple sclerosis: a randomized clinical trial

Kimia Motlagh Asghari<sup>1</sup>, Neda Dolatkah<sup>1,2</sup>, Hormoz Ayromlou<sup>2</sup>, Fatemeh Mirnasiri<sup>2</sup>, Taher Dadfar<sup>2</sup> & Maryam Hashemian<sup>3</sup>

Multiple Sclerosis (MS) is a chronic demyelination disease of the central nervous system (CNS). The gut-brain axis involves communication between the nervous, endocrine, and immune systems. Probiotics can positively impact immune and inflammatory responses by regulating gut microbiota. A total of 40 MS patients (average age of  $34.38 \pm 6.65$ ) were examined to determine the effect of the *Saccharomyces boulardii* supplement for four months compared to a placebo. The results showed that the *Saccharomyces boulardii* significantly decreased the inflammatory marker high-sensitivity C-reactive protein (hs-CRP) compared to the placebo ( $P < 0.001$ ). The serum antioxidant capacity (TAC) also increased significantly in the probiotic group compared to the placebo ( $p = 0.004$ ). Both the probiotic and placebo groups showed a reduction in the oxidative stress indicator malondialdehyde (MDA), but there was no significant difference between the two groups. Pain intensity (measured by Visual Analogue Scale) and fatigue severity (measured by Fatigue Severity Scale) significantly decreased in the probiotic group compared to the placebo ( $p = 0.004$  and  $p = 0.01$ , respectively). The probiotic group experienced significant improvement in some quality of life scales (measured by 36-Item Short Form Survey) and somatic and social dysfunction subscale of General Health Questionnaire scores compared to the placebo group ( $p = 0.01$ ). The study suggests that the *Saccharomyces boulardii* probiotic supplement may benefit inflammatory markers, oxidative stress indicators, pain, fatigue, and quality of life in MS patients.



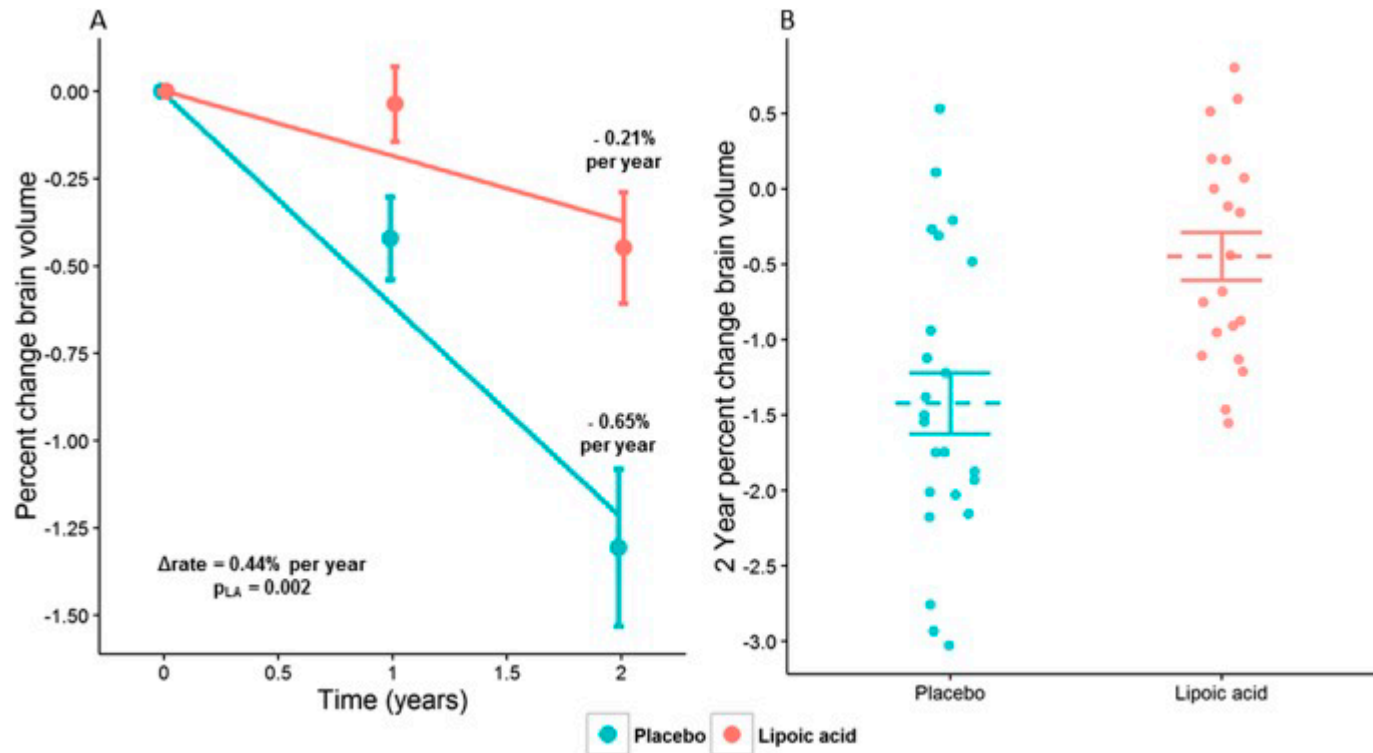
# Lipoic acid



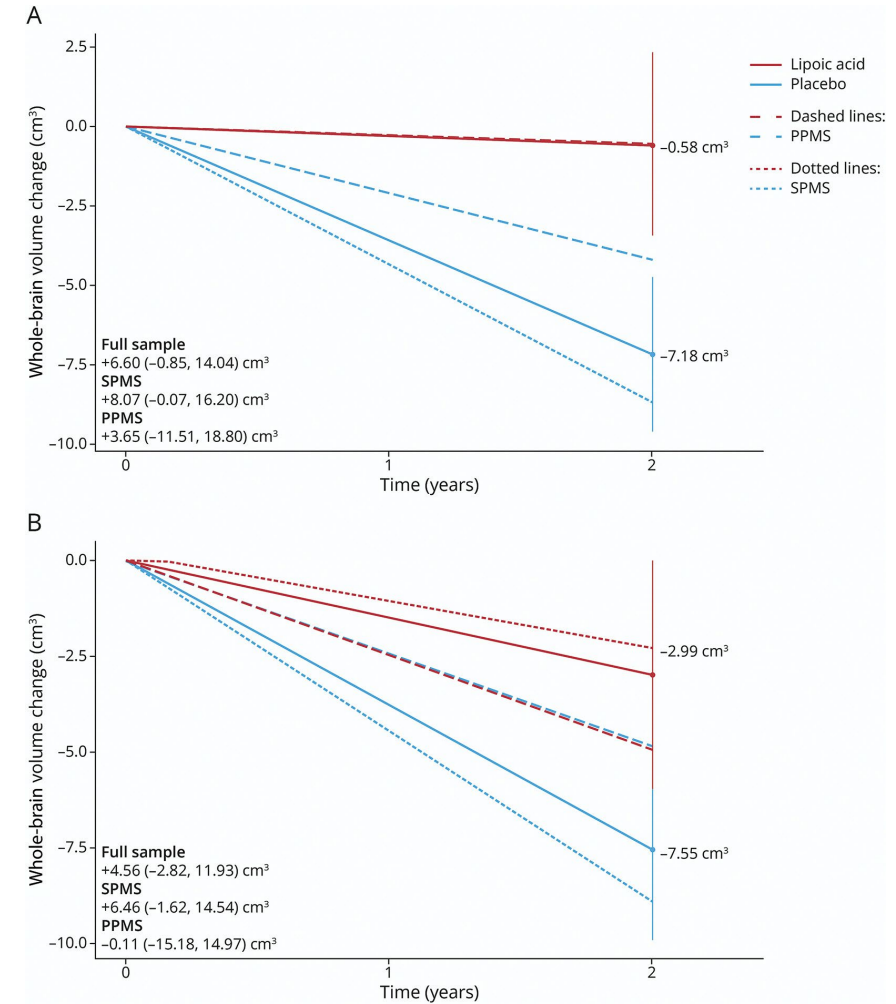
alpha lipoic acid

- Endogenous fatty acid, essential co-factor in mitochondrial respiration
- Antioxidant, attenuates microglial activation
- Side effects: GI upset, rash

## Differences in brain atrophy in SPMS



## Differences in brain atrophy in PMS



# Vitamin

- Promote absorption of calcium
- Supports immune response to infections
- Limit inflammation and regulate the immune system

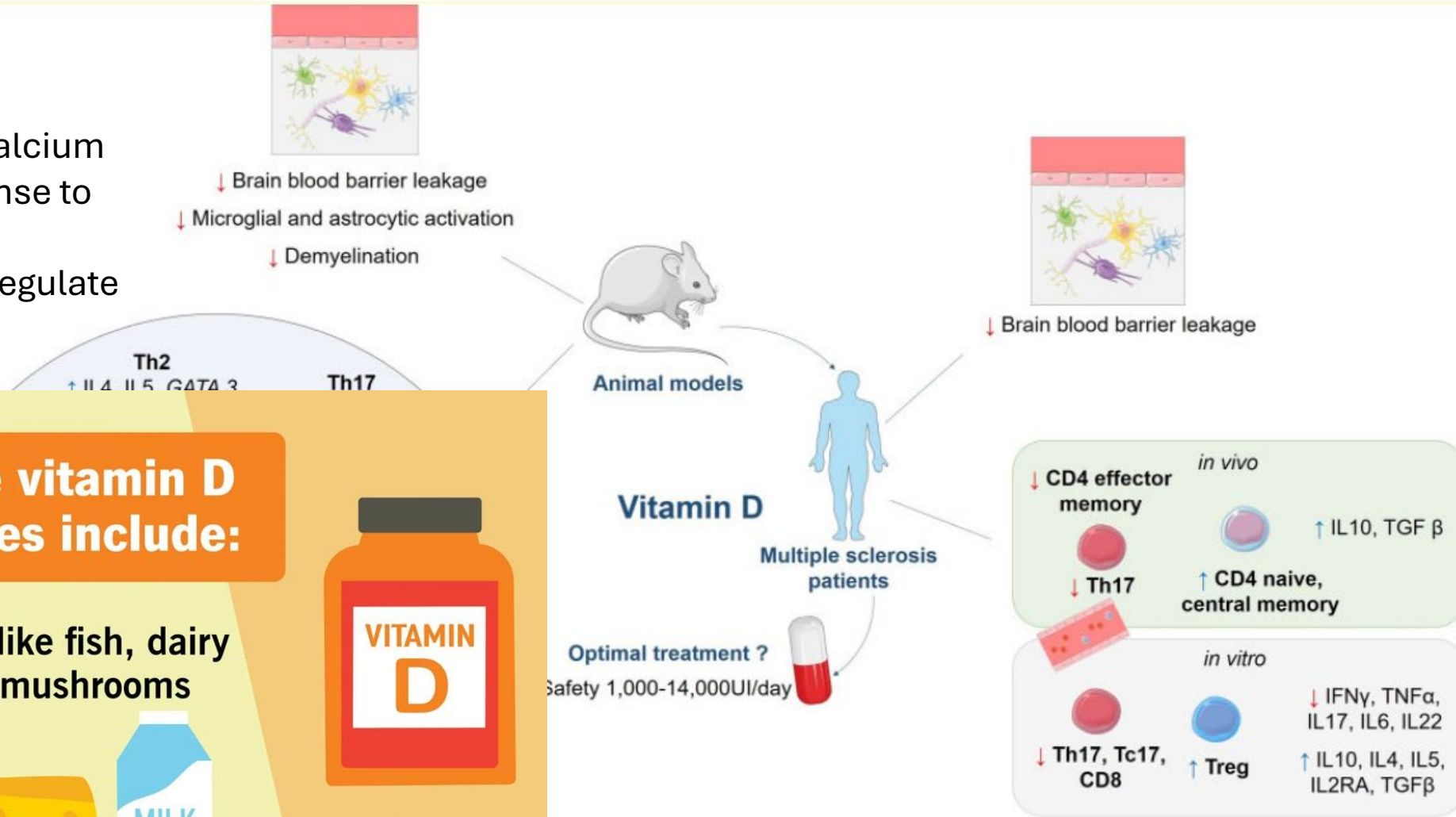
**Some vitamin D sources include:**

**Sunshine**

**Foods like fish, dairy and mushrooms**

**Supplements**

Cleveland Clinic



**QUESTION** Does high-dose vitamin D typical for multiple sclerosis (MS)?

**CONCLUSION** Oral high-dose choleca

## POPULATION

211 Women  
92 Men



Untreated patients with CIS aged 18 to 55 years with CIS duration less than 90 days

Median age: **34** years

## LOCATIONS

36 MS centers in France



## INTEI

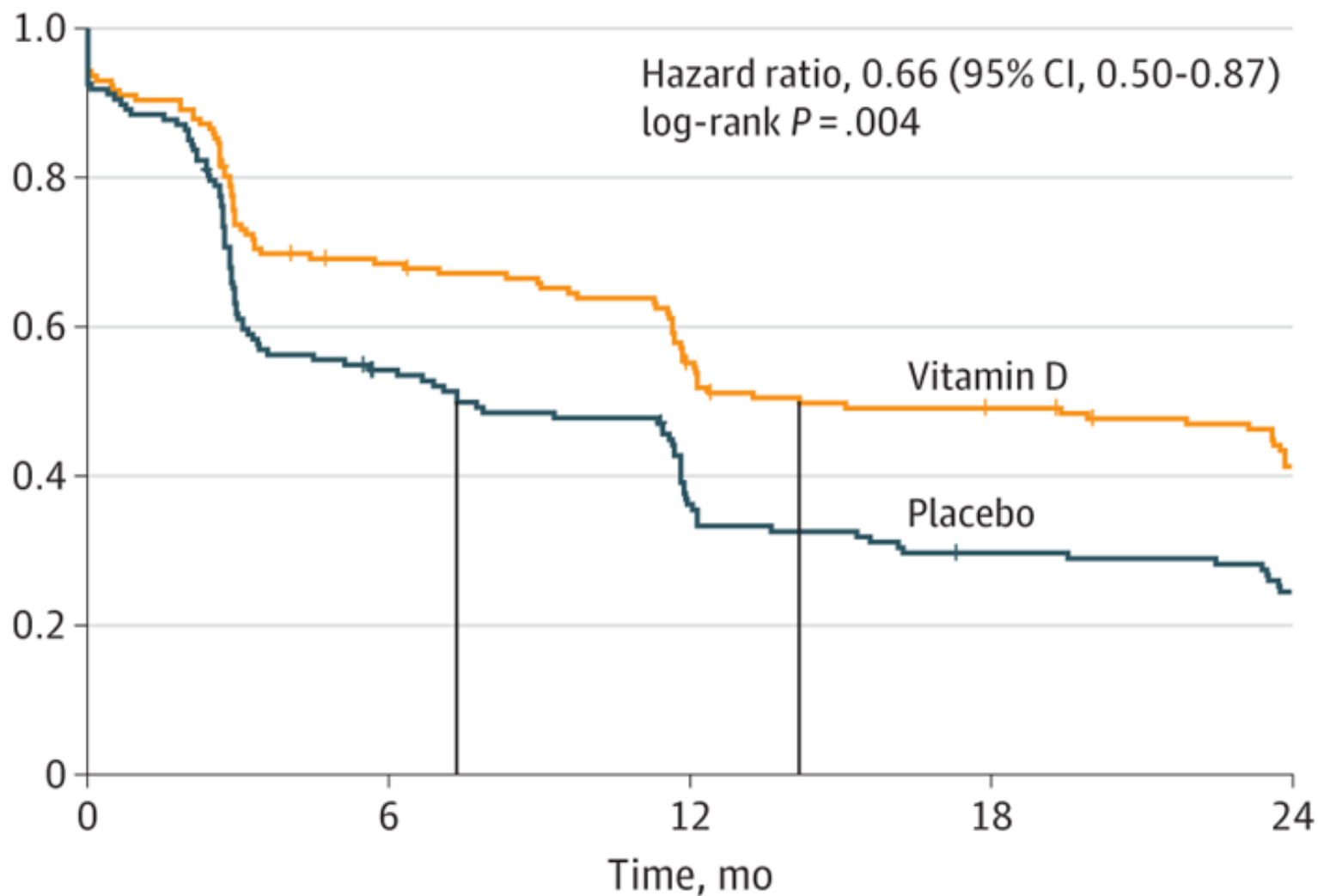


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## PRIM

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Probability of survival without disease activity



	No. at risk				
Vitamin D	156	104	82	71	58
Placebo	147	76	50	40	33

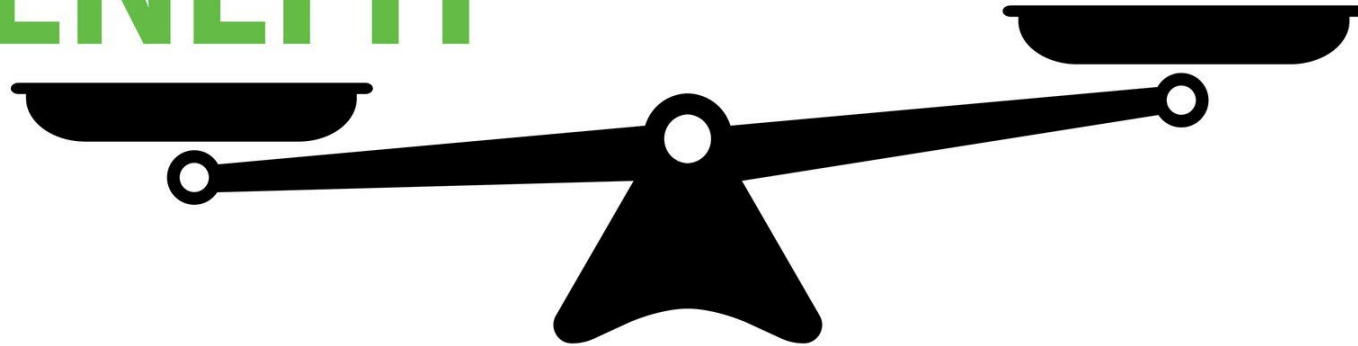
JAMA

- The U.S. Food and Drug Administration (FDA), which studies medications, does not test supplements before consumers buy them. But they do require supplement manufacturers to adhere to Current Good Manufacturing Practices (CGMP) to ensure the quality and safety of these products.
- To ensure the quality and safety of a product, look for supplements that have been certified by a third-party testing organization such as [NSF](#) , [USP](#) , [Banned Substances Control Group](#) or [ConsumerLab](#) .
- Some supplements (e.g., Echinacea, elderberry), when used regularly, may actually worsen MS by overstimulating the immune system.
- Some supplements may interfere with medications or medical conditions and may not be safe to use.
- Taking high doses of any supplement may cause health issues.

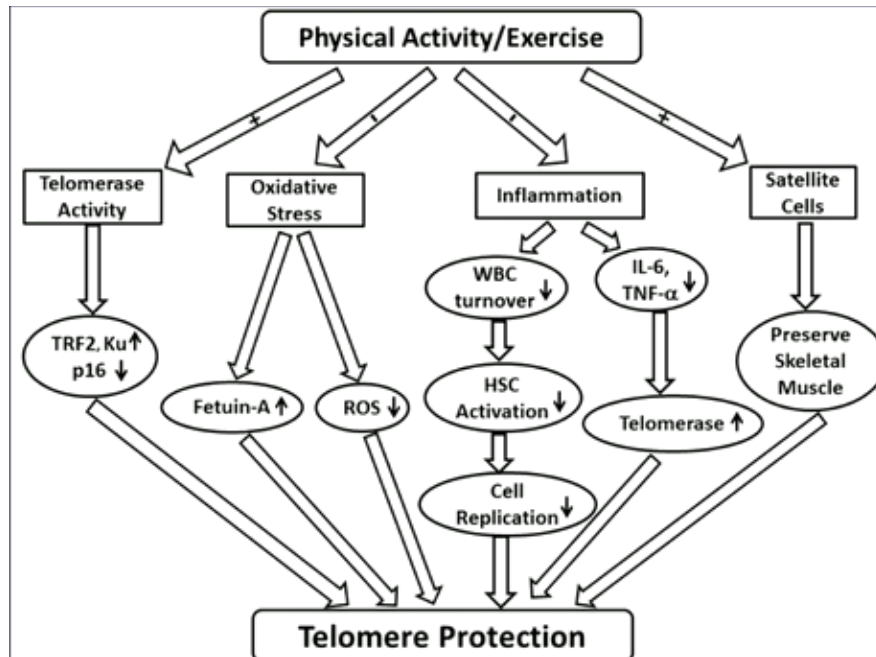
In some cases, scientific information about the actual risks and possible benefits is very limited. These supplements should never replace conventional MS medications or treatments. Before taking any supplement, talk to your doctor to determine what is right for you (e.g., type of supplement, form, dose).

**BENEFIT**

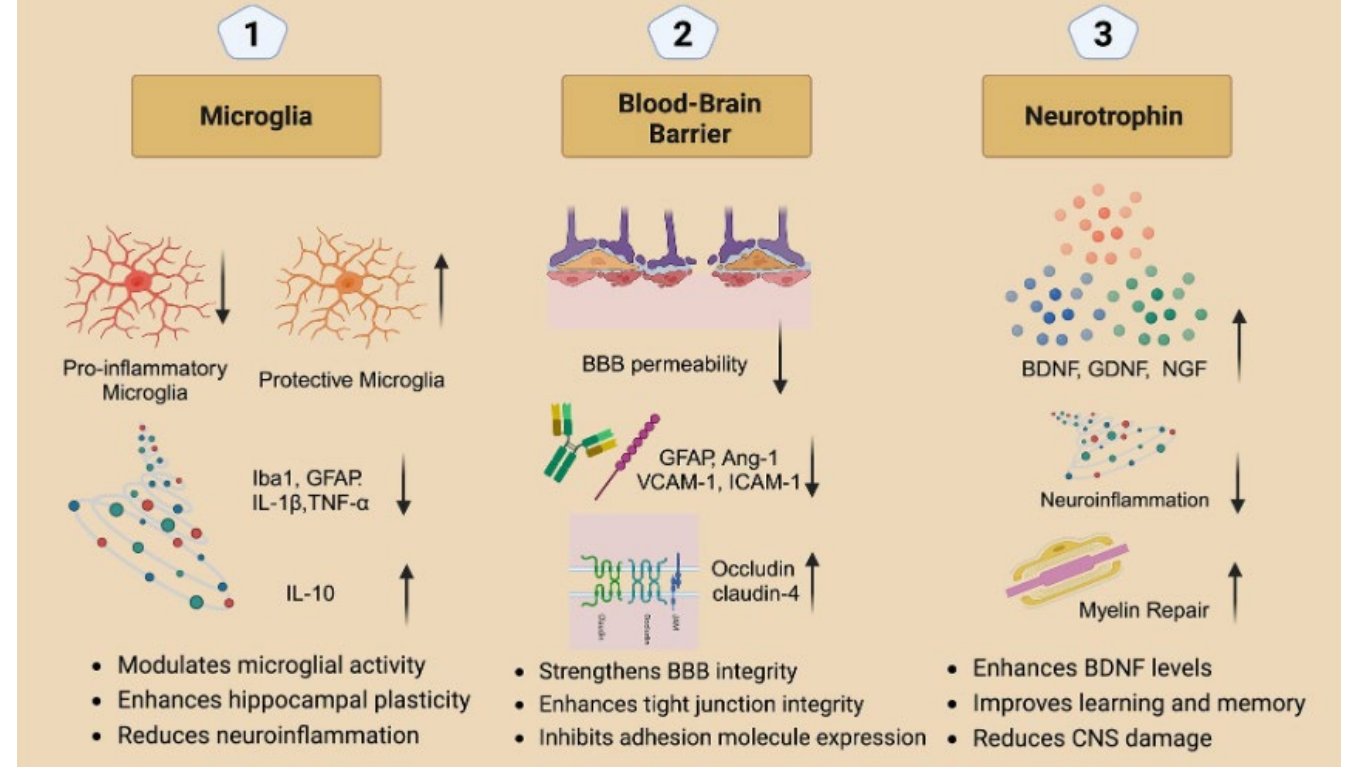
**RISK**



# Exercise



## Effects of Exercise on Multiple Sclerosis



# What to do next?

- Emp
- F
- Diss
- I
- C
- M
- Desi
- Acc
- Succ



medicine  
ment  
changes

- Create a safe space
  - Ask about supplements
  - Ask about procedures
  - Avoid dismissing or chastising
- Demonstrate interest and humility
- Shared decision making
  - Prioritize safety
  - Collaborate and negotiate
  - Explore evidence together
- Educate

# APPROVED DMTs FOR MS



## INJECTION

Avonex  
 Betaseron  
 Copaxone  
 Extavia  
 Kesimpta  
 Ocrevus Zunovo  
 Plegridy  
 Rebif



## ORAL

Aubagio  
 Bafiertam  
 Gilenya  
 Mavenclad  
 Mayzent  
 Ponvory  
 Tascenso ODT  
 Tecfidera  
 Vumerity  
 Zeposia



## INFUSION

Briumvi  
 Lemtrada  
 Mitoxantrone  
 Ocrevus  
 Tysabri



**Mediterranean diet**  
 Foods to include or limit

**EAT AT EVERY MEAL.**

Fruits, veggies, whole grains, extra virgin olive oil

**EAT AT LEAST 3 SERVINGS A WEEK.**

Fish/seafood, nuts, legumes

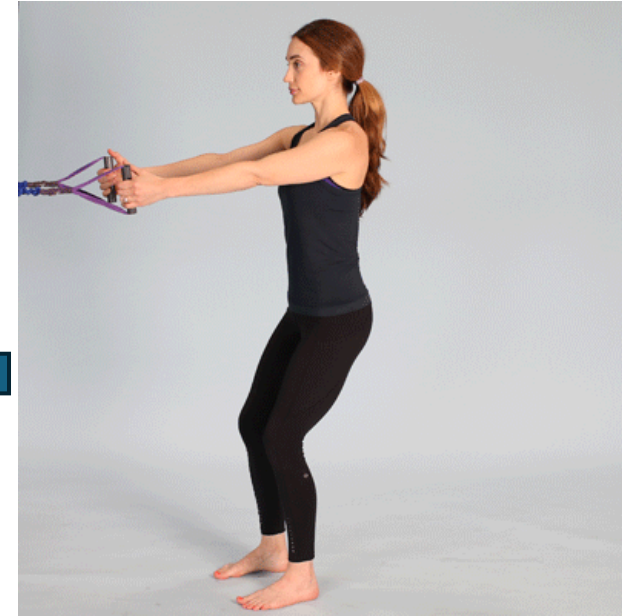
**LIMIT TO 1 SERVING A DAY.**

Poultry, low-fat dairy, eggs

**LIMIT TO 1 SERVING PER WEEK.**

Red meat, sweets

Cleveland Clinic





# Questions?

[jenny.feng@ochsner.org](mailto:jenny.feng@ochsner.org)

