

Book Review

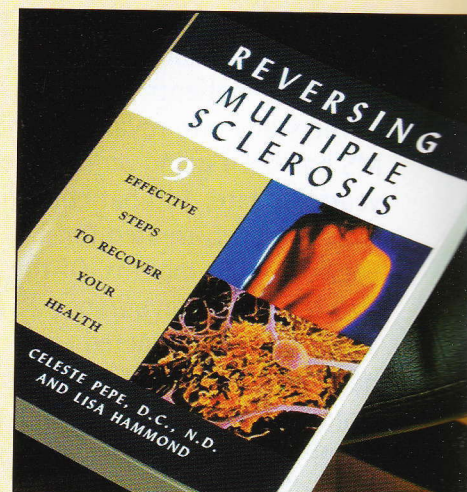
Reversing Multiple Sclerosis - 9 Effective Steps to Recover Your Health

by Celeste Pepe, D.C., N.D., and Lisa Hammond

Hampton Roads Publishing Company, Inc. US. Available from the Nutri Centre
(see Resources Listing)

American chiropractor and naturopath Dr Celeste Pepe was diagnosed with MS at the age of 42. By following a 9-point programme, she claims to have reversed her MS.

Here we present two accounts: A review by scientist Sylvia Brown, the other from Norma Birch, who went to one of Celeste Pepe's workshops in London.



Review by Norma March

Having read the book, I decided to attend and found it interesting and informative. Dr Pepe looked fit and well and walked unaided. How much this is due to her theories and practices I cannot say.

1. BIOCYBERNETICS ANALYSIS

This is having blood, urine and hair sample tests done to identify toxins and imbalances in the system. The results allow a practitioner to prescribe the necessary nutrients for that individual.

2. CHELATION THERAPY

Dr Pepe is a great believer in the damage caused by mercury fillings. If they are not removed, chelation therapy is essential. This therapy is used to remove any heavy metal toxins from the system. It is usually done by a series of intravenous injections.

3. BEE VENOM TREATMENT

This consists of treating affected areas with live honey bee stings, or by injections of pre-collected venom. An experienced person is needed to help with the injections, and an Epi Pen, to protect against anaphylactic shock, is essential. Dr Pepe herself is still having this treatment and believes it has brought feeling back to her affected leg.

4. DIET

Dr Pepe is convinced that diet plays an important part in dealing with MS. She herself follows a diet plan based partly on her own allergies, and partly

on the books: 'The Zone - A Dietary Road Map' by Dr Barry Sears, and 'Eat Right 4 Your Type' by Peter J D'adamo.

5. ESSENTIAL FATTY ACIDS

Dr Pepe recommends having a blood test done to find out your ratio of Omega 3 and Omega 6 fatty acids. To make up any shortfall, she takes flax seed oil.

6. SPHINGOLIN MYELIN BASIC PROTEIN SUPPLEMENT

This is a product which Dr Pepe really believes in. It is made from the spinal myelin cells of New Zealand steers. The idea behind this is that the auto-immune mechanism in MS should attack the new foreign myelin, so leaving the body's own myelin alone.

7. VITAMIN AND MINERAL THERAPY

Vitamin, mineral and trace element supplements should be tailor-made to the individual, based on their test results.

8. ANTI-VIRAL THERAPY

Dr Pepe believes that MS is a mutation or recurrence of an old viral infection from which someone has never fully recovered. She recommends hair and blood tests to trace any viruses still in the system. She uses Ozone Therapy to treat this, using it in drinking and bathing water.

9. EXERCISE

Regular exercise is important. Pick your own and stick to a regime.

Review by Sylvia Brown, Bsc.

As a trained nutritionist and chiropractor, someone like Celeste Pepe wasn't supposed to get MS. But she did.



Her book is a remarkable account of one woman's recovery from MS. Beginning with the confusion and sheer terror of the onset of her MS symptoms, we live through the stress and anxiety of the MS diagnosis, accompanied by the all too familiar feelings of helplessness and frustration due to the lack of answers given by doctors and their gloomy prognosis of her future.

Early on Celeste made a conscious decision not to accept the orthodox medical drugs offered. Instead, she decided to follow her gut instincts, which told her there has to be a better answer. She decided to settle for nothing less than "curing" her MS - no matter what this entailed or what hot water this got her into.

In this large book Celeste documents in detail the 9 effective steps she took which she believes led to her eventual 'recovery' from MS.

Some of these steps make a lot of sense to me, such as Biocybernetics Analysis, which gives you a picture of all vitamin, nutrient, mineral and metal element levels in your body.

The next step is to then work with your body to redress the imbalances through the use of a specialised diet and nutritional supplement programme. This will also reveal any unacceptably high levels of toxic or heavy metals in your system such as mercury, thought, by many, to be a cause of MS.

The chapters on "Diet & MS" are of great interest, covering "Swank's Diet", "Dangerous Dairy", and the "Zone diet". By the end of it, however, I ended up feeling swamped by factual information and was left unconvinced as to which of the said "diets" actually worked for her.

Allergy testing and avoiding food sensitivities did stand out, however, as being of key importance in her claimed recovery.

Surprisingly, Celeste seems to have totally missed out all Dr. Ashton Embry's extensive works on the "Best Bet Diet" and the importance of Vitamin D3 supplementation.

I am also highly dubious about the science behind some of Celeste's approaches. For

instance, taking oral myelin supplements, made from spinal myelin cells from cows has certainly never been clinically proven as effective or even, for that matter, safe. As for Ozone Therapy, further research would be needed to find out its potential benefits or hazards.

Claims that MS has been proven to be a mutated virus have no foundation in science, though MS has been linked to infection with one or more childhood illnesses (e.g. Epstein-Barr, HHV-6).

The chapter on Bee Venom Therapy made for interesting reading. Opinions may differ on the validity of this therapy, which some would term radical to say the least! This approach by all accounts appears to have helped Celeste enormously in reversing the damage done by MS and it has been known to work for others. The question is, are you brave enough to want to be stung repeatedly by honey bees to find out whether it works for you?

This book gave me plenty of food for thought. Her journey of self-discovery makes a fascinating read, it is very real and at times hilarious. I felt very inspired by Celeste's journey.

However, I think it is important to be vigilant and not simply believe everything you read. It would be all too easy to spend absurd amounts of money on alternative treatments, which may or may not prove helpful or could even put our health in jeopardy. The important thing is to apply common sense. Before you try any approach, make sure you do the research, rationalise the science behind it and above all check it is safe.

Though there is no "cure" for MS, (and I feel quite strongly that the use of this term is inappropriate in the context), who is to say we cannot free ourselves from the claws of MS and achieve a permanent remission?

The main message I got from this book is that MS is a multi-faceted disease so we need to take a multi-faceted approach in dealing with it. It is so important to try different approaches, because MS, as we all know, is very individual, so that what works for one may not work for others. But how will we know unless we try?

And if she can reverse MS, why not the rest of us?

See Resources for related information.