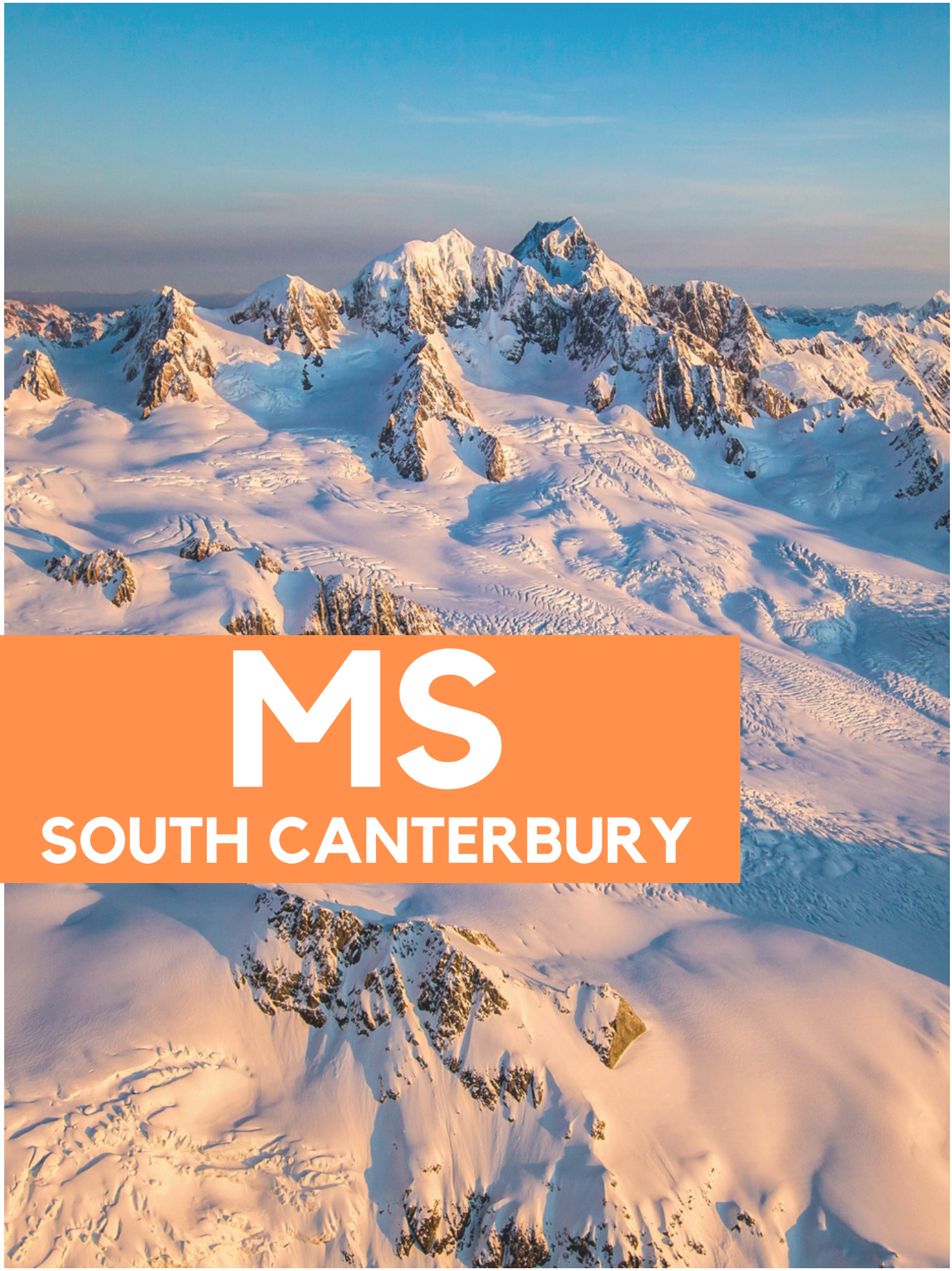
ISSUE NO. 10



MS
SOUTH CANTERBURY

WINTER 2026

Poster courtesy of Age Concern South Canterbury



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Edited and Designed by Ethan Pierce



Ashley Shewan cutting the cake at the MS 60th Anniversary Celebration in April.

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Please don't rely on the information in these pages to imply any diagnosis or course of treatment. You should not rely on this information in place of a visit, call, consultation or the advice of a physician or other qualified healthcare provider. Content neither indicates nor reflects the views of Multiple Sclerosis South Canterbury. Any research, study, clinical trial, event, news or other item included in the MS South Canterbury newsletter is not intended to imply endorsement or approval of it by the society. Although we have made conscientious effort to provide high quality information, MS South Canterbury disclaims any implied guarantee about the accuracy, completeness, timeliness or relevance of any information.

Have You Returned Your Survey?

A big thank you to everyone who has already completed and returned our 14-question survey. We really appreciate you taking the time to share your thoughts with us.

If you haven't had a chance to complete yours yet, we'd really appreciate if you could take a few minutes to fill it in and return using the **pre-paid return envelope** provided. The information we receive will be incredibly valuable in helping us understand what matters to our clients and guide our services and support going forward.

If you've already returned your survey, thank you! Your feedback really does make a difference.

YOUR BOARD

- Josie Teahen
  Chairperson
- Michelle Kelly
  Vice Chair
- Ian Gould
  Treasurer
- Jenny Bevin
- Shey Downey
- Robyn Baldwin
- Gail Parker
- Gareth Ford
- Roxanne Rooney

FROM THE



Greetings

I am honoured to have the opportunity to lead the MS South Canterbury Board as the new Chairperson.

Barry, you have served the organisation well over the past several years and have left me with big shoes to fill. I wish you all the very best in your future endeavours.

A little about me: I am married and have two sons and four grandchildren, with one family living in Wellington and the other in Brisbane. Over the years, we left South Canterbury for work and lived in Feilding, Gisborne, and Echuca, Australia, before retiring back to Temuka.

I became interested in Multiple Sclerosis after my sister was diagnosed with MS. I have always enjoyed supporting community organisations and currently belong to the Temuka District Lions, volunteer at Wallingford Rest Home, and am actively involved in my local church.

I also enjoy travelling and have been fortunate to visit Europe, Great Britain, the United States, Australia, and China.

Our committee will continue to work hard to support Fiona and, most importantly, you, our clients.

-Josie Teahen

A MESSAGE *from the* OUTGOING CHAIRPERSON

At the AGM, I decided to step down as your Chairperson and resign from the Board.

I joined the MS Society as your Treasurer eight years ago.

During my time as Treasurer, I successfully secured numerous grants. While we didn't always receive the full amount we applied for, submitting applications to a range of funding organisations enabled us to secure the funds needed to support staff, upgrade our vehicle, and cover operational expenses.

I was also involved in the sale of the King Street property, with $300,000 of the proceeds donated to the Aoraki Foundation. Through this fund, the MS Society receives an annual grant to help support people living with MS in South Canterbury.

I have had the privilege of serving as your Chairperson for the past two years. At the AGM, I nominated Josie Teahen to take on the role, and I leave knowing the Society is in good hands. Congratulations, Josie.

I have thoroughly enjoyed my time with the Society. I have met many wonderful volunteers and had the opportunity to help raise funds for people living with MS through charity bike rides, Garden Walks, street appeals, raffle sales, riding in Cambodia, and helping to organise a variety of events.

I would like to wish the Board every success for the future.

-Barry Taylor

ms
Multiple Sclerosis
South Canterbury

Community House, PO Box 983, Timaru
Phone: 687 7375, 027 211 4497 **Email:** office@mssouthcant.org.nz

DONATION FORM

I would like to donate $10 $20 $50 $100 Other $_____

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Account Name: South Canterbury Multiple Sclerosis Society
Account Number: 02-0888-0118385-000
NB: Please make sure you put your name as reference

Name: _____

Address: _____

www.mssouthcanterbury.org.nz

Keeping CONNECTED

Looking out the window of my office, with the sun streaming in, it's easy to believe summer has arrived early. The blue skies and warm sunshine certainly create that impression. It's not until I step outside into the bitter wind that I'm quickly reminded we're still very much in the middle of winter. That icy breeze is coming straight off the snow-covered mountains, making it feel much colder than it looks! In fact, I believe parts of Christchurch have even been enjoying a fresh dusting of snow. While winter certainly likes to keep us on our toes, it's always nice to have those bright, sunny days to lift the spirits, even if they do come with an extra layer or two of clothing.

Thank you to everyone who has returned their member survey. If you haven't had the chance yet, it's certainly not too late. I would be very grateful to receive any late responses.

The surveys have also provided a wonderful opportunity to reconnect with members and update our records, particularly for those who have moved away from the district.

A lot has happened since our last magazine! One of the highlights was our wonderful 60th Anniversary Celebration, which was very well attended by both familiar and new faces. It was especially lovely to welcome our Life Members, Trish and Bruce Appelbe, who travelled down from Christchurch for the occasion. We were also delighted to have Amanda Rose from MS New Zealand join us for the celebrations.

Guests were treated to a stunning wearable art display by the talented team from Art in Motion, an organisation that proudly supports MS South Canterbury. Their creativity and generosity added something truly special to the evening and was enjoyed by everyone in attendance.





I would also like to take this opportunity to sincerely thank Barry for everything he has done for MS South Canterbury over the years. When I thank Barry, I also mean Jo. Behind the scenes, she has been an incredible source of support and encouragement.

On a personal note, I am delighted to share that I have become a Glam-ma once again with the arrival of my beautiful grandson, Fletcher Bain. His big sister, Harriet, is completely obsessed with him and has embraced her new role with so much love for "her baby". It has been a joy to watch.

As always, please don't hesitate to give me a call if you would like a visit or simply need someone to catch up with. I am always happy to hear from you.

Take care of yourselves, look after one another, and remember... spring is just around the corner!

Warm regards,

-Fiona Pierce



Photos from the MS 60th Anniversary Celebration in April



















TREASURER'S CORNER

This is my second Magazine message and while the Committee are addressing a number of statutory requirements, we must continue remembering and caring for each of our members.

We always start a conversation about the weather though, 20 degrees one day, 6 degrees the next. So difficult for you all, but I trust everyone is keeping comfortably warm. If any member is in need of assistance in keeping warm, please contact the office and we will do our best to help.

Since the last magazine, subscription invoices have been sent to members and I urge those who have yet to pay, please do so, even if it is just a few dollars at a time. Last year there were 108 invoices sent out, but by year's end, 48 invoices were credited, as people had moved on from the area, died, or just chose not to pay.

To put some costs into perspective, the magazine costs $4.37 each to print and $4.80 to post out, and at three times a year, a total of $27.51 per annum. Normally, 150 magazines are printed each run, so total printing costs for the year are $1,966. Total subscription revenue last year was $1,800, so we are falling behind before we even post. Receiving an emailed copy would make our money go further, but that is your choice.

Funding from Government through the National Office was $10,463 per year, so the rest of our income is via much appreciated donations, interest on investments, and very welcome grants. Last year, grants totalled $68,000 The Society's total expenditure last year was $125,065. Please remember, donations are tax deductible.

A reminder that September is Wills Month, and this may be an opportunity to leave a legacy to the Society, just a thought. If anyone has thoughts about funding the Society, what we should be considering, what we could do better, what your needs are, or how to get younger people with MS on board within the Society, please reach out to the Committee.

-Jan Gould

E: treasurermssouthcant@gmail.com

DID YOU KNOW?

"The Sun is so huge that about 1.3 million Earths could fit inside it."

Disability progression in RRMS not always permanent

A new study suggests that disability progression in relapsing remitting MS is not always permanent, even when it happens without a relapse. This type of progression is known as progression independent of relapse activity, or PIRA. Researchers analysed long term data from the MSBase registry, including 4,713 people living with relapsing remitting MS who experienced PIRA between 1995 and 2024. After an average follow up of nearly nine years, around 68 per cent saw no improvement in disability. However, 32 per cent experienced a sustained easing of disability, usually beginning around two and a half years later. People whose disability improved again were much less likely to reach more severe disability levels or to move on to secondary progressive MS. The analysis showed a significantly lower risk of major walking difficulties and disease progression in this group. Younger people and those with lower disability levels at the start of the study were more likely to see improvements after PIRA. Use of highly effective disease modifying therapies also linked to better outcomes, with people on these treatments more likely to experience reduced disability over time. The researchers say the findings show that some disability progression in relapsing remitting MS may ease over time and highlight the potential role of treatment, while noting that more research is needed.

Study identifies time of year most common for MS relapses

Relapses in people living with MS may be more common during spring and summer, according to research from Poland.
The study suggests this pattern may link to warmer temperatures, lower humidity, and bigger changes in atmospheric pressure. Stressful life events and infections were the most frequently reported possible triggers for a relapse. Researchers reviewed relapse records from 80 people living with relapsing remitting MS who received care at a single hospital. They compared relapse dates with local weather data from the days before symptoms began. On average, participants had lived with MS for around 10 years, and most were taking disease modifying treatments. Between 2015 and 2020, relapses happened most often in March, June, July, and October. From 2021 to 2023, relapses increased in May and February. Across both time periods, spring showed the highest number of relapses, while autumn had the fewest. Different symptoms appeared more often at different times of year. Sensory changes were most common in January, optic neuritis peaked in March, and movement or balance problems appeared more often in late spring and summer. Around 62 per cent of participants reported at least one possible trigger, most often stress or respiratory infections. The researchers say more studies are needed to better understand how weather and other factors may influence relapse patterns in MS.

MSNews

New project to explore how women with MS experience menopause

A new study being funded by the National Multiple Sclerosis Society (NMSS) will seek to better understand how women with multiple sclerosis navigate menopause, addressing where there might be gaps and needs for better care.

“Menopause is a significant life transition for any woman. For women with MS, the picture is even more complex, yet it’s been largely invisible in the research,” Stephanie Buxhoeveden, ACP’s Chief Scientific Officer, said.

MS disproportionately affects women, but relatively little research has explored how the disease intersects with health issues such as menopause. Through its Advancing Women’s Health initiative, the NMSS is investing $2.3 million in projects to help address these gaps.

Dawn Morgan, an iConquerMS member and MS patient, helped conduct a review of the scientific literature to see what’s known about how women with MS experience menopause. The results were fascinating and showed menopause is associated with less relapse activity, but more functional decline. Yet, of the 19 studies reviewed, not one engaged with the women themselves to understand their experiences.

“For too long, women with MS have navigated menopause without evidence-based guidance or clinical support. Seeing patient-powered advocacy translate into funded science is exactly why this work matters,” Morgan said.

As part of the study, women with MS who are undergoing menopause, along with their healthcare providers, will be surveyed and interviewed. Its goal is to identify places where current care isn’t adequate, then create new resources - including educational materials for patients and guidance for providers - to help close those gaps and improve care.

“Bringing together the perspectives of women with MS and healthcare providers is critical to understanding where opportunities exist to improve support and care during this stage,” said Alexandra Simpson, MD, an assistant professor of neurology at UVA Health.

Falling oestrogen levels, heat sensitivity, inflammation and disrupted sleep are classic menopause signs that can worsen MS symptoms, and many symptoms overlap, causing confusion.

HEALTH THROUGH Connection & COMMUNITY

As the local MP for Rangitata, I am frequently reminded that good health is not just about hospitals and clinics, it is also about access, connection, and the strength of the communities that support people every day. This is especially true here in South Canterbury, where our rural geography plays a major role in how health services are experienced.

For people living with multiple sclerosis and other long-term conditions, rural life can present additional challenges. Long travel distances, fewer specialist services, and the complexity of navigating the health system can all add pressure. That is why it's so important that our health settings reflect the realities of rural living and continue to improve access to care closer to home.

Community led organisations like Multiple Sclerosis South Canterbury are critical in bridging these gaps. They provide trusted, locally based support, keep people connected, and advocate for their needs. This local knowledge, and the relationships built over time, cannot be replaced. It ensures people feel supported not just clinically, but personally.

Access to medicines is a key part of this picture. From this year, New Zealanders with stable, long-term conditions can receive prescriptions for up to 12 months, if their GP or prescriber considers it safe and appropriate. This sensible change reduces costs, cuts down unnecessary appointments, and simplifies access. For rural communities, fewer trips to the doctor and pharmacy ease both financial and logistical pressures.

Another important shift begins on 1 July, when decision-making within Health New Zealand moves closer to communities, hospitals, and patients. Regions and districts will have greater authority over workforce decisions, budgets, and service delivery, while national leadership focuses on strategy and standards. This means hospitals can recruit staff faster and respond more quickly when demand rises. Frontline clinicians know their communities best, and these changes put decision-making back where it belongs, closer to the bedside.

Just as important as clinical care is staying connected. Social connection supports mental wellbeing, reduces isolation, and helps build resilience, particularly for people living with long-term conditions. Through support groups, regular check-ins, and community activities, organisations like MS South Canterbury play a vital role in ensuring people don't face their journey alone.

South Canterbury's strong tradition of community support is one of our greatest assets in health care. By strengthening rural services, improving access to medicines, supporting organisations like MS South Canterbury, and empowering local decision-making, we can build a health system that is responsive, practical, and truly people-centred, now and into the future.

James Meager is the MP for Rangitata and can be contacted at his South Canterbury office on



P: **03 683 2009**
E: **james.meagerMP@parliament.govt.nz**

Follow him on Facebook at **www.facebook.com/JamesMeagerMP**

30 Canon Street, Timaru Central



25 Day Challenge:

Getting self-care into your daily routine

Self-care is anything you do yourself to improve or support your own health and wellbeing. It is you taking control of your health and wellbeing through doing activities that help you refuel and feel restored. When you're always giving to others and never topping yourself up, your tank eventually runs empty.

Self-care looks different for everyone. The key is finding what works for you and what you enjoy, so it feels good, it's not a chore. It doesn't have to be big or time-consuming either. Small, simple habits can add up. We've created the 25-day challenge to help make daily self-care easier.

The four dimensions

Steven Covey talks about four dimensions of self-care. Selecting activities you enjoy, which help you feel restored and refuelled across each of these areas is key. Here are 90 ideas for daily self-care.

Physical

There are three non-negotiable elements of physical: eating well, getting good sleep (7-9 hours) and movement.

1. Go for a 10-minute walk
2. Drink a glass of water with lemon
3. Get up and stretch between emails
4. Rest! Lie down somewhere cozy, even for 10 minutes
5. Enjoy an Epsom salt bath with some calming music
6. Take a nap in the middle of the day
7. Do a 5-minute breathing exercise
8. Bounce on a trampoline
9. Walk around the block at lunchtime
10. Sing along to the radio (loudly!) on your drive home
11. Make a cosy nook with blankets and read for a while
12. Try a face mask
13. Do a gentle hand or foot massage for a few minutes
14. Do a 10-minute body scan – close your eyes and check in with each part of your body
15. Take a long walk followed by a pub lunch
16. Sit in a coffee shop and sip a delicious drink
17. Go swimming
18. Make or buy your favourite childhood snack
19. Try a new herbal tea
20. Walk 7000 steps
21. Dance to your favourite songs
22. Take an exercise class

Emotional / Social

Connecting with people who lift you up. Choose time together that feels good. Step back from draining connections.

23. Find a reason to laugh
24. Reconnect with an old friend
25. Go on a date
26. Zoom family dinner - connect with global family
27. Do something that makes you happy
28. Join a club or group
29. Get positive feedback from someone you love
30. Give someone you love a hug
31. Make a favourite photo your screensaver
32. Wear your PJ's all day
33. Hang with Amy Poehler and her Good Hang podcast (or someone else you like)
34. Write a letter to a friend
35. Social media edit – stop following people who make you unhappy
36. Write a top 10 list (songs, movies, books) - swap yours with a friend for inspiration
37. Host a movie night
38. Show your family around your childhood neighbourhood
39. Print and frame your favourite photos from your phone
40. Ask for help – big or small but reach out
41. Have a special dinner for your family or a friend – make it, buy in or go out

Spiritual

Clarify your values and your purpose, then choose activities that help you live them and feel grounded.

42. Walk barefoot in the grass
43. Meditate
44. Choose a daily affirmation
45. Write down 5 things you are grateful for
46. Treat yourself – something you don't do often
47. Have fish and chips on the beach
48. Have a picnic in the backyard
49. Buy or cut fresh flowers for yourself
50. Declutter a spot in the house or office
51. Lie in the grass and watch the clouds
52. Put fresh sheets on your bed
53. Set up a birdfeeder and enjoy the birds
54. Shine your shoes
55. Get 15 minutes of sunshine
56. Grounding exercise: Name 3 things for each – what can you see, hear, feel and taste
57. Stroke a pet
58. Journal - spend 15 minutes getting your thoughts onto paper
59. Start a smile file – write everything that made you smile in the last week
60. Watch clips of your favourite comedians
61. Go beach and stand in the sand
62. Digital detox – phone off for the day
63. Write one thing you're proud of today
64. Write a kind note to your future self
65. Start a compliments file

Mental

Keep your mind active; change focus, learn new things, give your brain fresh challenges beyond work.

66. Watch a good movie
67. Be kind to yourself
68. Cook a new dish
69. Volunteer for a local organisation
70. Do something creative that you love
71. Watch a random TED Talk, something totally new
72. Do a free online short course
73. Try a new brain game
74. Sign up for a random daily infographic
75. Book a holiday for some quiet time – at home or away
76. Visit a virtual museum anywhere in the world
77. Fix something that's been bugging you
78. Bake a cake
79. Go to the movies
80. Learn how to say 'I love you' in a different language
81. Explore a new neighbourhood
82. Plan a long weekend somewhere you've never been before
83. Go to the library and read in a comfy chair
84. Do a puzzle
85. Drive a new way to work
86. Play a card game
87. Make a 'done' list
88. Re-watch favourite childhood movies or TV
89. Goof around – schedule 5 minutes of 'play'
90. Get out of your comfort zone e.g. compliment a stranger

The 25 day CHALLENGE BINGO

Self-care can be the first thing that slides when we are short on time. Having a plan helps you do it daily, even when you are short on time. It doesn't have to be complicated or specifically scheduled.

Pick the things you'd like to do for your 25-day challenge, some things you might choose to do more than once. Add them to the template (or your calendar). Tick them off as you do them.

Go for a 10 minute walk	Call one old friend to reconnect	Take a walk around the block at lunchtime	Cook a new dish	Try to get 7000 steps in
Walk barefoot in the grass	Do a five-minute breathing exercise	Make a cosy nook with blankets and a cuppa, read for a while	Host a movie night	Do something you love that is creative
Try a brain game you haven't played before	Get fifteen minutes of sunshine	Have a long walk followed by a pub lunch	Watch a random TED Talk	Go on a date
Write a top 10 list. Swap with someone.	Start your smile file – Anything that made you smile in the last week	Journal - 15 minutes downloading your thoughts	Dance to your favourite songs	Write down 5 things you are grateful for
Do something just because it makes you happy	Explore a new neighbourhood	Zoom family dinner	Buy or cut fresh flowers for yourself	Take a walk around the block at lunchtime

Self-Care Challenge courtesy of Exult

A huge thank you to Exult for generously allowing us to reproduce their 25 Day Self-Care Challenge in this issue. We are grateful for their support in helping us share these practical self-care ideas with our community.

exult
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Freedom Drivers Timaru	03 686 2044
Geraldine Community Minibus Trust	03 693 1007
Waimate Vehicle Trust	03 689 6226

MS Lunch Group

Just a friendly reminder that our MS lunch groups meet on the **2nd Tuesday of each month at 12:00pm.** If you'd like to attend or be added to the reminder text group, please send us a text message or give us a call. Please note that Multiple Sclerosis South Canterbury does not cover the cost of meals. Below are the locations for the year.

September- **Old Bank Cafe & bar**
October- **Sukhothai**
November- **PHINZ**
December- **Benny's Again**



Keep active at home

These exercises are examples from our current exercise class, which focuses on core strength and posture. The aim is to activate and engage the abdominal and pelvic muscles, providing a strong and stable base for movement. Each exercise is performed with the pelvis set in a neutral position, the abdominals gently engaged, and at a slow, controlled pace. Together, the exercises help to improve posture by stretching muscles that become tight with prolonged sitting and activating muscles associated with the core that can become weakened.



Starting posture

- Start all exercises in sitting with a neutral position, so the trunk is upright away from the back of the chair. An imaginary straight line should be made through the ear, shoulders and hips
- Aim to regularly reset your posture when sitting during the day to help build and maintain strength in your postural muscles

If reaching behind the head is difficult, you can still perform this exercise without using your hand

Neck extensions

- From the starting position, place one hand on the back of the head, keeping the head looking forward and lightly push your head into your hand. Hold this position for a count of ten seconds and relax for 10 seconds before repeating five times

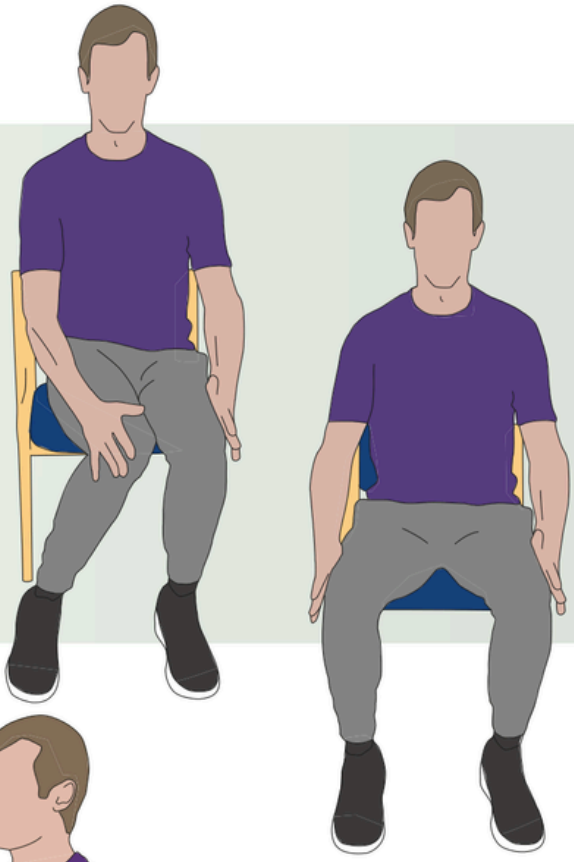


DID YOU KNOW?

"A deck of 52 playing cards can be shuffled into more possible orders than there are atoms on Earth."

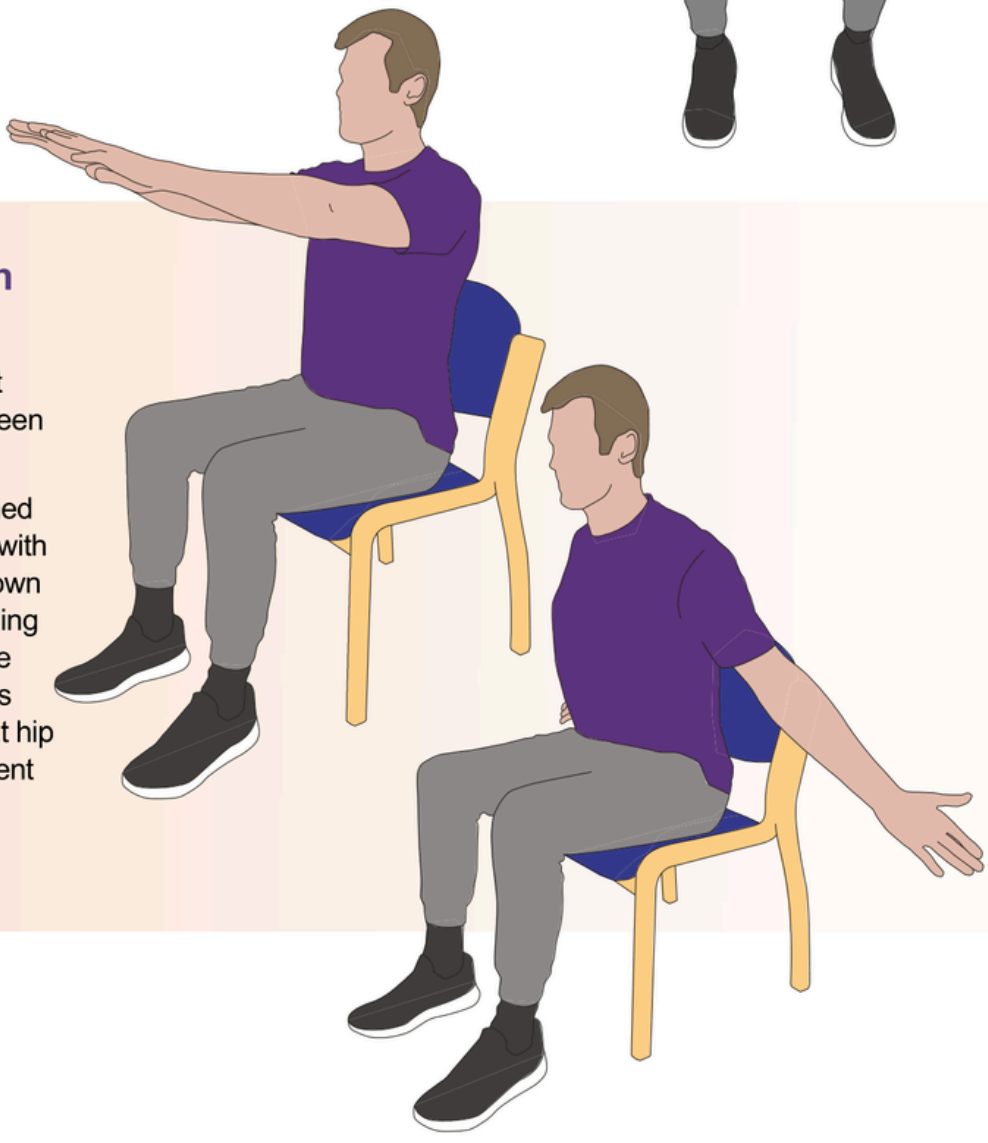
Gluteal activation

- Start by setting the pelvis and activating the abdominals
- Sit with hips and knees at 90-degrees
- Place your hand on the outside of one knee and gently push the knee into the hand, using around 50 per cent of your maximum effort. Hold for 10 seconds, then relax and repeat on the other side
- Do this a total of five times each side



Active chest stretch

- This exercise actively stretches your chest whilst working the muscles between the shoulder blades
- With your arms outstretched in front of you, slowly and with control lower your arms down and out to the sides, avoiding any swinging. Continue the movement until your hands finish slightly behind you at hip level. Perform the movement for a count of 10, rest, and then repeat once more



DID YOU KNOW?

"Octopuses sometimes punch fish... ...for no apparent reason other than seemingly out of spite."



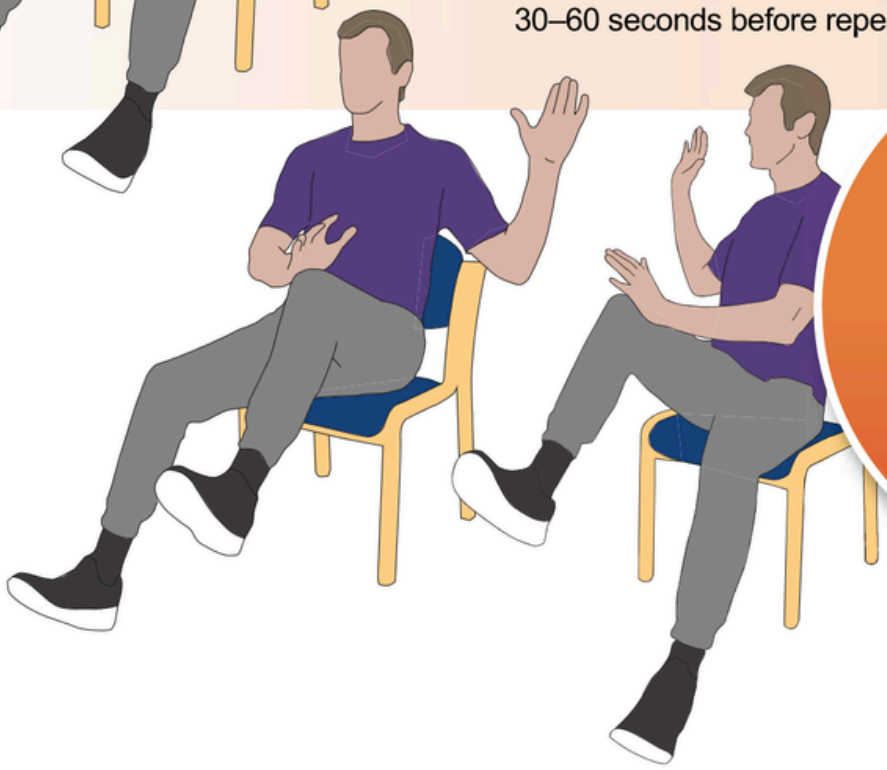
Waiters bow

- This next exercise practices keeping good posture during active movements
- With one hand placed on the small of the lower back and the other out in front (just below eyeline), slowly lean forward at the hip to a 45 degree angle. Keep the back straight and head in alignment
- Slowly return to starting position. Complete this exercise 10 times, swapping arms between movements



Seated abdominal crunch

- Sit towards the front of the chair, set the pelvis, and gently engage the abdominals. Lean back slightly to create tension through the core. Lift one leg from the hip while rotating the trunk to place the opposite hand on the knee, then alternate sides. Move slowly and with control for a total of 10 repetitions. Rest for 30–60 seconds before repeating



If coordinating the arm and leg feels challenging, practise lifting the legs alternately first, then add the trunk rotation. Maintain the slight lean-back position throughout



Multiple Sclerosis
South Canterbury

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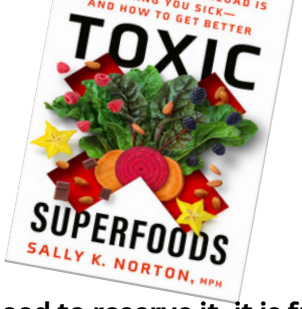
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Toxic Superfoods by Sally K. Norton



This book is available from Timaru Library (you may need to reserve it, it is free to do so).

I regularly do a deep dive on possible things that may be affecting my health, and it seems like oxalates was next on my list. This year I have had a couple of patches of unexplained pain in my weak point (my right foot) accompanied by swelling. The first time was after eating keto cereal (high nuts) for breakfast for three weeks. That resolved then it flared again a few weeks later. Sally K. Norton's book seems like it may have some answers for me.

Toxic Superfoods highlights so many so-called super healthy foods, many of which we traditionally would have only eaten small amounts of. You are at particular risk of oxalate excess when eating a plant based or vegan or vegetarian diet. Add a long-term plant based diet to dairy free and low mineral levels, along with a big dose of impaired gut function and you may have a recipe for disaster. Boiling and pouring off the water can reduce oxalates in some foods, like potatoes, but they are still relatively high in oxalates after boiling compared to cauliflower, for instance, and nothing much will reduce the oxalates in your almond milk.

With modern trends, many people unknowingly eat huge amounts of high oxalate foods. These include spinach smoothies, keto breads and baked goods with almonds used as flour, matcha tea, 90% dark chocolate, chia seeds, tofu burgers, kumara, nut milks and butters (including peanut butter), the list goes on. More traditionally eaten foods that are well known to be high oxalate are: hot chocolate, milo green and black tea, rhubarb, yams (from oxalis family), potatoes, bran and brown rice and many more.

Oxalate toxicity is cumulative and happens over time and the symptoms are different for everyone, kind of like ms in a way. In fact, Norton mentions ms many times in her book. I've been looking at online resources too and found some of it conflicting. There have been a lot of foods tested so it gives a good idea of what is lower in oxalates. This is a good online resource **https://ohf.org/wp-content/uploads/2024/02/Oxalate-List-022724.pdf**

Norton describes what oxalate fibres are like – like tiny shards of glass that some plants contain to protect themselves. Often, they are in grain, nut and seed coatings. Then when she goes onto describe what oxalates do in the body, it makes a lot of sense. Those shards often end up in joints and tissues (like my right foot!) where they cause pain and discomfort. Another common side effect are kidney stones. Other side effects of oxalate overload are urinary, gut and nerve/brain issues, inflammation, brain fog low energy, constant hunger and obesity, metabolic disorders like type 2 diabetes and so much more. Severe excess is fatal.

Norton advises how to safely detoxify your body from oxalates. I would recommend you do it slowly because quickly may mean severe detox reactions and kidney stones as your body deals with the ability to rid itself of this. I think there is that possibility of having ms style flares if you do a fast oxalate detox.

So, what have I learned from this book? That potato I had at the ms dinner was not my friend (I rarely eat potatoes) but meats, eggs, dairy products and coconut everything are fine for me. Some plants are better than others. And that I may have a lot of oxalates in my body that I need to slough off slowly. I am sure I will be interested to observe the results as I reduce oxalates in my body.

-Rachael Stott

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