

Multiple Sclerosis

Jan de Vries



About the Author

JAN DE VRIES was born in 1937 in Holland and grew up during the difficult war years in occupied territory. Although he graduated in pharmacy, he soon turned to alternative medicine. His most influential teacher was Dr Alfred Vogel in Switzerland, and they have worked together closely for 35 years.

In 1970 he and his family moved to Scotland and settled on the west coast in Troon, where he set up a residential clinic called Mokoia. He also has clinics in Newcastle, Edinburgh and London. Since 1990 he has been involved in Klein Vink in Arcen, Holland, doing research into the efficacy of herbal medicine for the European Commission.

He lectures throughout the world and is a regular broadcaster on BBC radio.

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MULTIPLE SCLEROSIS

Jan De Vries



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Foreword

I FIND it uniquely pleasant to be connected with a book on methods of controlling Multiple Sclerosis. Thirty-five years ago I was solemnly informed, by no less a person than the President of the Multiple Sclerosis Society himself, that I should prepare for the end. My condition, in his opinion, was beyond hope. And a pitiable condition indeed it most certainly was. No-one looking at me — unable to walk, to balance myself, to stand up, to see to any purpose, to talk clearly, to pick up a pen even, far less to write — would have questioned his opinion. But I am stubborn. And though others may have agreed with him (and who's to blame them?) I disagreed violently. I had my helpless carcass removed from the Queen Square Hospital by my loving wife and brought home. What happened then, I explain later in a lecture I gave in The Netherlands (see chapter 2). But before I leave you to read the book in peace, I have a few observations to make about its author.

Jan de Vries and I first met when he arranged that I should give a lecture in Amsterdam — with Jan himself translating it into Dutch — a language of which I am totally ignorant.

Then began an association which has lasted now for 12 years. It is based, I think, on a mutual respect. I respect him, for the breadth of his knowledge and his constant endeavour to widen it by studying different techniques in many different countries. He respects me, for reacting positively to the expert prediction of my imminent death, taking my future into my own hands, analysing my problem correctly and then solving it.

Our opinions meet in the realisation that there is no one and only way to control Multiple Sclerosis (or any other degenerative “disease”), no one and only cause, no one and only way to help even one individual. Certain guidelines appear to be applicable to most people who are

degeneratives. (Since we are all degenerating, after a certain age — that being the price for living — I should perhaps refer to people who are degenerating too quickly.) I soon became aware that the regimen which had helped me, also helped a great variety of other people in that unfortunate category.

The fact that the correct diet helped not only Multiple Sclerosis sufferers, but also victims of other degenerative complaints, was first brought to my attention quite fortuitously.

A lady, who had put her husband on my regimen, rang up to say she wanted to come to London to visit me. As she intended to drive well over 100 miles, I tried to dissuade her, but she wouldn't listen. When she arrived the following day, it was to present me with a bottle of brandy and a huge basket of flowers, like the ones that stand beside filmstars on gala occasions. I was completely taken aback. "Don't tell me your husband has begun to improve already," I said. "It's not my husband," she replied. "It's me. My arthritis has gone completely."

This is the story that emerged. Her husband had said the regime would be too horrible to follow. To encourage him to persevere, she joined him in following the diet strictly. And in the event her arthritis had vanished (physical problems clear up more quickly than do nerve problems).

What does this have to do with Jan de Vries? Not much, I suppose, except that it illustrates the sort of gratitude we both evoke from those we help. I can't speak for Jan, of course, but personally, over a period of fifteen years or so, I have helped clear up almost every degenerative "disease" in the book.

The case that is perhaps most outstanding is that of a composer, whom I first met in Santa Monica, Los Angeles. He was in hospital and on a breathing machine twenty-four hours a day. His problem was Amyotrophic Lateral Sclerosis, known there as Lou Gering's disease, after a famous

baseball player who died of it and known in Britain also as Motor Neurone Disease.

I had been taken to see him by his sister, a screen-writing friend, who told me that he was in danger of being taken off his life support machine. Five doctors had met that morning, she told me, to decide on his future, and the vote had gone three to two against him. Quite understandably — there are queues of deserving cases waiting to be helped and he had had his time. His own doctor had argued so persuasively on his behalf that he had been granted a “stay of execution”.

At that point I took over. He had money and was in a private room with a male nurse and also had his own fridge. I threw out the junk that was in there and stocked it with the appropriate foods. Then I had a long talk with his nurse.

A few months later, he was back home and on his machine only at nights. He acquired a secretary with a knowledge of music to whom he could dictate and began work again. Before I left America (three years ago) he had already published two records of groups of songs. I had a letter a week or so ago, telling me that he is still busily at work. Significantly too, since I last saw him he was hospitalised with pneumonia and came through unscathed.

Anyone who knows the customary course of this “disease” — down and out in a year or so — will have to admit that something remarkable was achieved.

I report this case in detail, though I’m writing a foreword to a book by Jan de Vries. I know he has had many similar experiences, but they cannot carry conviction at second hand. This is the sort of triumph that Jan has accomplished and he has done it time and time again. It is for Jan himself to tell you of them and to explain, in wiser language than mine, the various methods he has adopted.

Roger MacDougall