

DR. WILLIAMS' PROTOCOL FOR MANAGEMENT OF MULTIPLE SCLEROSIS

The Four Corner Stones

1. NEUROMUSCULAR STIMULATION AND RE-EDUCATION: <ul style="list-style-type: none">• Resistance training 3X weekly for a minimum of 3 months• Do not over exercise• Avoid excessive use of aerobic forms of exercise• Yoga is acceptable, if performed correctly and therapeutically – slowly with flow• Never exercise to exhaustion• Balance exercises and Taiji are useful	2. MEDICAL EVALUATION AND TREATMENT IF WARRANTED: <ul style="list-style-type: none">• MRI• Cerebral spinal fluid• Viral Antibodies• Toxics and heavy metals – Mercury, Lead, Iron, etc.• Hormones• Comprehensive stool and parasite studies• Allergies: IgE & IgG testing
3. PREVENT NEURODEGENERATION: <ul style="list-style-type: none">• Vitamin B12 Injections: 1-2,000 mcg IM weekly of methylcobalamin• Vitamin B complex, oral daily with food in a multiple vitamin and mineral supplement• Antioxidants including vitamin C and E• Estriol and progesterone for women; testosterone for men• DHEA: 25-100 mg daily	4. BASIC LIFESTYLE AND NUTRIENT PROGRAM: <ul style="list-style-type: none">• Anti-inflammatory diet: more fish and vegetables, no Omega 6 fats or oils, moderate carbohydrates (no simple sugars), adequate protein• Magnesium: 250-1,500 mg• EPA/DHA up to 6 grams• Vitamin D3 – Cod Liver Oil up to 20 grams• Calcium amino acid or Kreb's chelates 1,200 mg daily

Physician-assisted therapies can be very helpful. Consider these:

- Intravenous antioxidants: vitamin C, glutathione
- Intramuscular injections: AMP, higher dosages of B12
- Hyperbaric Oxygen
- Acupuncture

DISCLAIMER: These recommendations are for educational use only and are not intended to provide a complete or individualized plan for patients or replace medical care or advice. Consult your doctor if you have any questions.