# **Myasthena Gravis**



* A chronic disease marked by abnormal fatigue and weakness of selected muscles. The degree of fatigue is so extreme that these muscles can be temporarily paralyzed
* Other symptoms include
* drooping of the upper eyelid (ptosis),
* double vision,
* and dysarthria (a speech disorder in which the pronunciation is unclear although the linguistic content and meaning are normal)
* It is caused by a defect in the transmission of nerve impulses to muscles. It occurs when normal communication between the nerve and muscle in interrupted at the neuromuscular junction – the place where nerve cells connect with the muscles they control. Normally when impulses travel down the nerve, the nerve endings release a neurotransmitter substance called acetylcholine. Acetylcholine travels through the neuromuscular junction and binds to acetylcholine receptors which are activated and generate a muscle contraction. In myasthenia gravis, antibodies block, alter, or destroy the receptors for acetylcholine at the neuromuscular junction which prevents the muscle contraction from occurring. These antibodies are produced by the body’s own immune system. Thus, myasthenia gravis is an autoimmune disease because the immune system – which normally protects the body from foreign organisms – mistakenly attacks itself.
* Traditional medicine offers
	+ Drug treatment (usually anti-cholinesterace drugs … that inhibit the action of cholinesterase, the enzyme responsible for the breakdown of the neurotransmitter acetylcholine, and therefore allows acetylcholine to continue transmitting nerve impulses… neostigmine and physostigmine) and/or
	+ Surgical removal of the thymus. In adults with myasthenia gravis, the thymus gland may be abnormal and give incorrect instructions about the production of the acetylcholine receptor antibodies. It may develop thymomas or tumors which cause abnormal responses in the body.
* Common drugs recommended include:
	+ Neostigmine (Side effects include … blurred vision; clumsiness or unsteadiness; confusion; convulsions; nausea, vomiting and severe diarrhea; excessive water of mouth; muscle cramps or twitching; shortness of breath, wheezing, or tightness in chest; slow heartbeat; slurred speech; nervousness; unusual tiredness or weakness
	+ Physostigmine (Side effects include … blurred vision; eye pain; headache or backache; twitching of eyelids; watering of eyes increased sweating; loss of bladder control; muscle weakness; nausea, vomiting, diarrhea, or stomach cramps/pain; shortness of breath, tightness in chest or wheezing; slow or irregular heartbeat; unusual tiredness or weakness; watering of mouth

## Helpful, Natural Support for Myasthena Gravis

* Get a second opinion … what is thought to be myasthenia gravis may be:
	+ A weak adrenal gland (a simple way to check for 50+ patients is a saliva test. If the adrenals are weak, use an adrenal glandular (Adrenoplex is recommended – to order, call 905-871-4281)
	+ Fibromyalgia
	+ Lack of acetylcholine in the diet OR the blockage of the use of acetylcholine from the diet (supplement with therapeutic amounts of lecithin and remove all “heated” plant oils from the diet
	+ Lack of detoxification causes blockages in the receptors or interferes with proper function in the cellular tissue of the body (focus on detoxification of the bowel, liver and total body)
	+ Nutritional deficiencies … feed the immune system what it needs to heal and balance itself
* If indeed you have myasthenia gravis:
	+ Eat from the healthy body diet (including 50% raw foods)
	+ It is imperative to address allergies (both food and environmental)
	+ Avoid caffeine, alfalfa sprouts, etc. – they are too stimulatory
	+ Avoid “female” foods such as eggs, milk, female chicken, etc. due to higher levels of estrogen
	+ Often there is a hormone imbalance – get a saliva test done to determine if transdermal hormone creams would help to bring balance
	+ Detoxify the body …
		- DTX to detoxify the liver
		- Baking soda baths
		- Ensure proper bowel elimination (use Herb Lax)
		- Reduce the “toxin-load” on your immune system – avoid cleaners and personal care products that contain toxins
	+ Provide therapeutic levels of acetylcholine (Lecithin supplements – at least 3000 mg per day)
	+ Soy Protein – consume two servings of raw soy powder per day to provide a guaranteed source of the nine essential amino acids … Shaklee Physique/Shaklee 180 Smoothees would also be very beneficial
	+ Supplement with the following:
		- Vitalizer
		- Zinc
		- CarotoMax
		- Panax Ginseng (Shaklee CorEnergy)
		- Additional B Complex
		- OsteoMatrix in U.S. / Super Cal Mag Plus in Canada
		- NutriFeron
		- Vivix
	+ Get adequate rest