

# MULTA SPES

MUCH HOPE

Improving the Quality of Life for Those with MS since 1949

Volume XVI Issue I

Fall 2014

## Enjoying Food and Feeling Well by Paula Noel Macfie, PhD



I have been living with an MS diagnosis since 2001. At that time, I was trained by indigenous elders and healers. My immersion into the MS world left me with one foot in a tribal one. I could not justify the attitudes of the medical doctors and believe that they had the answers for me. Thankfully, I spent two years with Dr. Roy Swank as his assistant, patient and

friend. With his depth of research knowledge, coupled with his compassion, understanding and integrity, I was able to take solely a nutritional approach to navigating MS with no interference from pharmaceutical drugs.

After Dr. Swank's passing, I was later introduced to cannabis oil, which I now incorporate into my protocols for MS, along with edibles. With a lifestyle change through nutrition education, daily rest and exercise, I am able to live in balance with having MS and take each day one moment at a time. It's a daily discipline to change my habits and learned behavior, plus be who I am with two children. I am challenged by fatigue, numb feet and toes, nerve pain, migraines, blood pressure ups and downs, mood swings, anxiety, hypersensitivity and single parenting. How and what I eat affects each of these challenges.

The best of what I know and how to eat is to share what works for me. I have spent over 25 years researching and refining my diet to one that is optimal for the best possible health. In 1990,

I took a nutrition course while working on my undergraduate degree. I wrote a paper on why vegetarian diets are the healthiest possible choice for people suffering from nutritional deficiencies. At the time it was intuitive and not lived, as I was living on the soda pop, alcohol and pizza diet, yet there was something that my mind understood about what I was researching. Now in my 40's, I am remembering what I wrote and why I wrote it.

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Comments and articles are welcome. Publication depends on space available and is subject to editing. Submission deadlines are: 10/15/2014 and 2/1/2015.

Please send submissions to Candyce Hayes, Executive Director, at: [candycehayes@msoregon.org](mailto:candycehayes@msoregon.org) or mail: MSSP, 2901 SE 122nd Avenue, Portland, OR 97236.

If you are not currently receiving Multa Spes, we would be happy to add you to our mailing list. Direct all subscription requests or address changes to [candycehayes@msoregon.org](mailto:candycehayes@msoregon.org) or call 503.297.9544.

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## Director's Notes by Candyce Hayes



Boy this summer sped by. I looked up to find many of my favorite park concerts had already happened, for example, the Cathedral Park Jazz Festival. What a bummer because going to and planning activities is so important for the mind, body and soul. Check out page 4 to read how Juaquetter wheelchair danced at the Linda Hornbuckle concert a few weeks ago.

Perhaps park concerts aren't your thing. Look on page 4 where you will find information about accessing Portland's art community for a mere \$5 per event (if you are on food stamps). I bet you know about other programs our readers would find interesting – if so let me know so I can share.

Recently I was talking to a long-time friend about how much I love my cancer survivors' art classes and how my heart ached to bring this program to the MSSP. She patiently listened and then kindly reminded me of the many programs we offer. I said, "I know but art will be so therapeutic and fun!" She said I should "put it out there to see if the universe supports my wish". I'll keep you posted.

Last thing, we've relocated the medical equipment closet to another location which frees up the annex. Right now the room is used for Thursday's acupuncture and occasional appointments. Other than that it sits unused. It's a shame because I know there are groups out there that need a multi-purpose meeting place. The space features a refrigerator, stove and handicapped accessible bathroom. For a nominal fee the annex will also be available to groups outside of the MS community. ***So if you know anyone or group that needs a meeting place tell them to give us a call at 503.297.9544 or email [candycehayes@msoregon.org](mailto:candycehayes@msoregon.org)***



## Enjoying Food and Feeling Well by Paula Noel Macfie, PhD

I have incorporated vegetarianism into our family lifestyle again.

Although we are more ‘flexitarian’ than anything else, as I teach my children to ‘eat what’s provided’.

I have purchased numerous books on Amazon, researched in medical libraries, watched every possible documentary film on nutrition and had access to Dr. Swank’s entire research library and I continue to research daily. I worked very hard to maintain the essence of Dr. Swank’s research on nutrition as a protocol for managing MS. I found the fat/oil balance in my body, along with eating whole food nutrition is beneficial to my well-being. I have tried the vegan, vegetarian, paleo, Dr. Wahl, gluten-free and GMO-free paths.

To arrive where I am today, I took in more information than I could possibly process. I was determined to find the purest and best possible diet to



optimize my body and be free of MS. Until today, I didn’t know that this has a name. It’s called orthoexia, which is an obsession with correct or pure eating. I can’t personally diagnose myself with this condition, yet I can share that I have spent years and years obsessing over proper nutrition and my finding the perfect one for my health. What this mindset embedded in me was a pendulum of eating.

I’d eat the way I thought I was supposed to eat for paleo, and then I’d binge. I’d eat the way I thought I should eat for vegetarian and vegan, and I’d swing to the other side. I tried following Dr. Wahl and her prescribed approach to nutrition and I ended back where I began. I got to a point where I started to feel a little crazy because I didn’t know how to get a handle on eating properly, nobody’s “way”



seemed to stick. I wanted to end the failure and low self-esteem I felt by returning to processed foods that were addicting and counter to healing.

Then one day this past Spring, I looked at the refrigerator which has a photo of Dr. Swank on it and his list of permissible foods. I stood there, hearing his voice for a moment talking to me at the kitchen table while I had lunch. I imagined he touched my hand that was about to grab a sandwich and he said, “the most important thing that you should do, is enjoy your food.”



I decided to put the books, philosophies and opinions away, and practice the art of having my mind listen to my body. I wrote down a list of whole foods that I enjoy eating. I categorized them into: fruits, vegetables, grains, nuts, seeds and proteins. I then made a list with my children. With them I included their favorite snacks. Together, we make our snacks, instead of buying packaged foods. I bring the children to the farmer’s



## Enjoying Food and Feeling Well by Paula Noel Macfie, PhD

market or the local fruit/veggie barn, so they can see where their food comes from. When I am feeling well, we go and pick berries. This Fall, for our homeschooling, we are learning about foraging for nuts, leaves and berries in the forest.

I've learned that when it comes to navigating MS with nutrition, what works for me and for my family, is to have everyone involved in the process of gathering the food. While planning what to prepare, I will take the time to look up in my nutrition books the healing properties of each food and what it can give to my body nutritionally, so my children are learning how foods heal and how good these foods taste. What 'works for us' is to have treats and special occasions where we can enjoy things outside of our whole foods family lifestyle. We are flexible, yet within our home we enjoy foods that heal and foods that we find an art in creating the most possible enjoyment out of each bite. What really keeps us on track is dark chocolate and eating what is given to us.

The MSSP is going to offer a platform for us to gather and have discussions around nutrition. We will share our stories/recipes and try some whole foods that nourish and heal our bodies. There is no one diet that works for everyone. Connecting and supporting each other in eating well, through nutrition, heals the body from the inside out. It's not as easy as it seems

**“We don't worship our Ancestors, we consult them.”**

~Zulu~

(for me) to change decades of eating habits. It brings up a lot that has been tucked away or hidden within us. For me, it has taken years to navigate these issues.

I understand why it's hard and how its challenging, yet

walking this path with others and sharing my story gives me strength. I hope to continue to find others who are willing to step up and try. At this point in time I live a life free from fear of disease progression. It doesn't make it all 'go away,' however, it makes my life worth living because I feel better knowing my children get good nutrition. I wish the exact same for each of you.

The MSSP has asked me to lead a healthy living support group at their office beginning in 2015 (day and time to be determined). Perhaps the meetings will soon grow into healthy cooking classes! Wouldn't that be great? Call the office at 503.297.9544 to let Candyce know of your interest.

### **Paula-Noel Macfie, PhD**

*Remembering Our Ancestors:*

Decolonization, Migrational Genealogy,  
Indigenous Mind, Indigenous Science Education and  
Nutrition for Multiple Sclerosis

## Public Housing List Opens

The Housing Authority of Clackamas County has great news! They are opening eight Public Housing Waiting Lists for seven (7) days beginning October 20th at 12:01am and closing October 26th at 11:59pm. Apply online during the opening at <https://www.waitlistcheck.com/OR47> or our website listed here: <http://www.clackamas.us/housingauthority/>

## Squeaky Wheels by Candyce Hayes

Time and time again I've seen MS clients shy away from asking for help because they feel "someone else needs help more than me". This noble gesture ends up hurting clients in the long run because waiting until it's an emergency to ask for help severely limits their options and leaves them vulnerable.

Several communities have pools of money to pay for home modifications; wheelchair ramps, widening doorways, installing grab bars, bathroom remodeling, which is great news. The downside is it often takes several months, if not a year or two, to actually receive the service. Typically you will be asked to complete paperwork, provide documentation of your disability and then your name is placed on a waiting list.



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about what your needs will be projecting 5-10 years down the road. I know life with MS is full of uncertainty so be proactive, positive and realistic. To learn about programs in your area, call the MSSP office at 503.297.9544 or contact us at [www.msoregon.org](http://www.msoregon.org).

By taking steps today to place your name on a waiting list you are protecting and improving your future. Squeaky wheels get the oil so get on a list now. Begin by looking around your home inside and outside. Think

## Arts For All

All recipients of the SNAP program (food stamp program) are eligible to purchase discounted music, theater and dance tickets at participating arts organizations for \$5. The Arts for All program seeks to increase accessibility of the arts to Oregonians through a low-cost ticket option for recipients of Oregon Trail Card benefits. It is sponsored by the City of Portland, Work for Art, Regional Arts & Culture Council, All Classical FM and the Oregon Department of Human Services. To learn more about participating organizations visit <http://www.racc.org/artsforall/>

## In My Words by Jaquetter Jones



I trust you are all enjoying our summer and the many activities the city offers. I was sharing with Candyce how I took the Lift to Willamette Park recently for one of the free summer concerts. The featured artists were Linda Hornbuckle and Laronda Steele. I was sitting in my wheelchair for awhile watching the dancers up front having TOO much fun. I then decided to join them and wheeled into the middle of the dance crowd and “did my thing” from the chair. It made the concert so much more enjoyable for me and reminded both the crowd and myself that the limitations we have are mostly self-imposed. If we allow wheelchairs, walkers, etc., to limit us from getting out and experiencing life, we cheat not only ourselves but others who NEED to see us participate in life and in the process educate them.

One of my favorite songs is “I Hope You Dance.” It says if you have the choice to sit it out or dance “I hope you dance”. That is my wish for you. Jaquetta

## Getting Your Legal House in Order by Candyce Hayes

Getting your legal house in order is critical for everyone whether you are single, divorced, married or widowed. Dying without a will can risk the court deciding where your minor children may live along with the distribution of your belongings. It’s also quite costly and your estate will be charged by the court.

There are many ways to get a will, advanced directives and other important papers completed. You can go on-line, download and print the forms, go to an office supply store, visit an attorney or hire a legal service that offers a variety of products. Don’t forget to get your forms notarized. Legal Shield is one such company there are many to choose from what’s important is – do it now.



Planning for the future is an important component of caring for a loved one with a physical or mental disability. The Oregon Special Needs Trust (OSNT) is a pooled trust that was implemented to offer Oregonians a dependable, affordable vehicle for providing financial security for their loved ones, while preserving their SSI benefits that they depend on in their daily lives. To learn more contact your attorney or ARCOregon.org

# MARK THESE DATES

Event/Activity	Date	RSVP
Acupuncture MSSP Annex Portland, OR	Open Thursdays 10:00am-1:00pm	503.297.9544 Ongoing
Rhythm Classes Sellwood Call office for details	Bi-Monthly Saturdays	RSVP required - Limit 15 503.297.9544
Portland Slingball Tournament Foothill Park (SW Park Way and Hildale) Portland, OR 97225	10/11/2014 10:30am-3:30pm	Register to donate, play or volunteer by going to <a href="http://www.slingball.com">www.slingball.com</a>
Christmas Party 232 SE 80th St. Portland, OR 97215	12/6/2014	RSVP required by 11/30/14 503.297.9544
Healthy Living Support Group Meetings MSSP Annex	TBA	RSVP required
Check out our website for new and updated programs at <a href="http://www.msoregon.org">www.msoregon.org</a>		

## PLEASE JOIN US AT OUR CHRISTMAS PARTY

<b>Date:</b>	December 6th, 2014	
<b>Location:</b>	Montavilla United Methodist Church 232 SE 80th St. Portland, OR 97215	
<b>Time:</b>	11:30am-2:30pm (Note new time)	
<b>Cost:</b>	<b>FREE</b> "Donations Appreciated"	
<b>Limit each party:</b>	4 per family	
<b>RSVP Deadline:</b>	November 30th, 2014	
<b>Call or Email:</b>	503.297.9544 events@msoregon.org or register online at <a href="http://www.msoregon.org/calendar.htm">www.msoregon.org/calendar.htm</a>	



Multiple Sclerosis Society  
of Portland, Oregon, Inc.  
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