

multiple news

The bi-monthly newsletter from Multiple Sclerosis Auckland



Support Pam Smith and the Xero Team

as they ride 700kms in
7 DAYS – Wellington to Auckland.
To make a donation for Pam's big
efforts and support MS Auckland
please visit: [https://bdochallenge.
everydayhero.com/nz/pam-smith](https://bdochallenge.everydayhero.com/nz/pam-smith)



Wishing you all a Happy, Healthy New Year

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Please note: The views and opinions expressed in this newsletter are not necessarily supported by the Society. Our aim is to provide you with a cross section of articles, advice and feedback, from which you can make your own opinion.

A few words from the GM...

Happy New Year to one and all – and we are now in February!!!

I hope you all had a special time with family and friends during the break and the heat has been kind to you.

Talking about 'kindness' – I want to express my sincere thanks to those people and organisations that supported us last year – I was very remiss in our last Newsletter by leaving out three very important sponsors. So a huge thanks and recognition to Martin Cooper and his team, **Harcourts Cooper and Co**, Rod Milner of **Rod Milner Motors** and Chris Lynch of **Lynch Phibbs** (who are currently completing our Audit). The support from these businesses means so much to the continuing success of our Society.

We have a huge year planned for 2014 and we hope all our Members will get in behind us. We are starting it off with a biggie... The **BDO** Wellington to Auckland Cycle event and our very own Pam Smith (Fundraising and Marketing Manager) is taking on the 700km cycle in 7 days. Pam is riding with the **Xero** Team and they are all riding for Multiple Sclerosis. Thanks **Xero** – go hard! We are so grateful to **BDO**, as they are helping to raise money for MS during the seven day ride which starts in Wellington on 9th February and ends in Auckland on Saturday 15th in Queen Street, Pukekohe from 1.30pm until 2.30pm. The Presentations including the \$100,000 prize package for the winner's chosen charity are between 3.00pm and 5.00pm. Join us to say 'thanks' to **BDO** (the 5th largest full-service audit, tax and advisory accountancy firm in the world) and all their staff and who knows **Xero** might be the winning team and Multiple Sclerosis will be celebrating big time!!!

Please come along and join us on Sunday 16th February for an exclusive movie showing of "Winter's Tale" – we need to sell more tickets or this will not be a Fundraiser but a loss and we can't have that! See the advertisement later in this Newsletter. Please also take note of the calendar with future events coming up.

I am delighted to announce our two new Ambassadors for MS Auckland – John and Lorraine Street. They very kindly said "Yes we will help raise awareness of Multiple Sclerosis". Sadly their daughter has some challenges with MS and so they know first hand all about this condition. We are looking forward to working closely with John and Lorraine and are delighted to have them on board.

Thank you to all our Members that completed our Survey at the end of last year – it was great to see that we are doing well and our Members are happy. I would also like to thank those of you that are participating in the AUT survey as this will be a very valuable research paper for MS. If anyone else wants to be involved, it's not too late, please call us.

I enjoyed the break with family and friends but I am pleased to be back and ready to make this year the best year ever for MS Auckland. We have a wonderful Committee, awesome staff, brand new Ambassadors, superb sponsors and supporters and we are all geared to do the very best we can to make sure we offer our Members memorable moments and excellent benefits.

Cheers,



Thérèse Russel
General Manager



ms.
Multiple Sclerosis
AUCKLAND

Notice Board

DREAMS

Do you have a reasonable "Dream"? Tell us about it and we will see if we can make it happen. No promises and don't make it huge. Email therese@msakl.org.nz or phone 845 5921.

SAVE THE DATE 22ND JUNE

A huge fundraiser for MS Auckland at the Royal New Zealand Yacht Squadron. Get a table of 10 friends together and join us for a degustation lunch with each course sponsored by some of New Zealand's finest wines. More details to follow.

WANTED

Shower Wheelchair – if you have one to give away, we have a Member that would love it. Please contact the office and we will arrange pick-up.

Honorary Life Members

Always appreciated – Never forgotten
David Ashton
Jo Smith
Doug Threthowen
Ken Wadham
Judy Wear
Tina French
Barbara Broome
Nancy Caughie
Judith and Rob Linton
Brian Stevens
Bruce Cameron

STOP PRESS!



Saturday Hydrotherapy Classes will be commencing in March at the Epsom Pool. Concession card will cost \$50.00 (\$5 dollars for ten sessions). There are limited spaces so first in first served!! You asked for it and we have delivered - don't miss out.

Sturdy Golf Umbrellas

Only 10 left at \$20.00 each. Phone Kirsty on 845 5921 to order. Be quick, don't miss out!

CALLING ALL VOLUNTEERS

Can You Help us on Saturday, 15th February? We are looking for volunteers to help on the day at the BDO Cycle Challenge Finish Line in Queen Street, Pukekohe. We need help with coin collection, bbq, cheering, and having fun – are you available for a couple of hours (or less)? Please contact Mark or Kirsty at the office – 845 5921.

Calendar

Important dates to remember...

February 15th
BDO Wellington to Auckland Cycle Ride
Finish at Pukekohe

February 16th
Movie Showing 'Winter's Tale'
ONLY 10 SEATS LEFT!

March 3rd
After Work Drinks Mix & Mingle

Wednesday 5th from 6.00pm - 8.00pm at Sale Street Restaurant in the Velvet Room
More details to follow.

March 8th
Wellness Workshop 'Pain Management'

April 12th
Wellness Workshop 'Nutrition & Diet'



Diane Hampton,
North Shore



Carol Andrews,
Central



Georga Forgac,
West



Dianne Bartlett,
South

Hi Everyone,

Happy New Year to you all. We hope you had an enjoyable festive season with family and friends. This year seems to be travelling along at pace as it's already February!

This time we thought that we would try something a little different. We have written a collective 'hello' to you all, with a reminder of what the Field Workers do.

Primarily, we are here for you, that is our number one priority. In fact, that is what MS Auckland is all about.

So, what do we do for you?

We provide you with information about your MS, especially on diagnosis, as you often don't really know what Multiple Sclerosis is all about, or who to turn to. You may have googled MS or have a friend of a friend who has MS and they have told you the worst possible case scenario. Well, we all know that it is not like that, so we are happy to chat and hopefully give you some real answers to your questions.

We will visit with you in your home, so that you can feel free to ask us about anything to do with your Multiple Sclerosis. This way, we hope that you will feel more comfortable to ask us those things that may be a little embarrassing or scary for you. Having said that, we are also happy to meet you wherever you feel comfortable to meet, that can be in a café, or at your place of work, or even going with you when taking your dog for a walk!

We try to meet with you or have contact with you by phone call, email or texting (isn't modern technology wonderful!) whatever you want, on a regular basis so that we build up a special long term relationship with each other, one that is non threatening and comfortable.

We can provide you with books and brochures, a lot of which are free of charge for you to keep or loan you books from our extensive library.

We can help in practical ways as well. We can refer you to services that you may need, such as counsellors, physiotherapists, occupational therapists, nutritionists, social workers, continence nurses, speech language therapist, to name a few. We also work closely with Taikura Trust so that we can refer to them if you need home help or personal carers, respite at Rehab Plus and list goes on.

We become your advocates, especially for such things as work place problems, visiting Government Departments, hospitals - again, whatever you feel you need.

We can help you with applications for lottery grants for mobility scooters, vehicles, or modifications to a vehicle, or applying for a Total Mobility card which allows you ½ price taxis.

We also run weekly hydrotherapy classes and support groups and can put you in touch with another person who has MS if that is what you want. We run other events during the year which we inform you about in plenty of time.

Most important of all, we are here to listen.

We also want to point out that if you need any contact between our calls or visits, please feel free to contact one of us any time. If we are out in the field, please leave us a message on our answer machine and we will ring you back as soon as we are able to.

Our areas are: Diane Hampton - North Shore including Albany and Greenhithe, Georga Forgac - West and North Auckland, Carol Andrews - Central Auckland and Dianne Bartlett - South Auckland. Please phone the office 845 5921 and ask to be put through to the Field Worker in your area.

Cheers from Diane, Carol, Georga, and Dianne

FROZEN MEALS

Your lunch & dinner made easy...



Handmade by us • Delivered to you • Nutritious & tasty

Meals also available:
Gluten free • Dairy free • Vegetarian

Call us on 0800 335 662, or
order online now! www.farmhousefood.co.nz



Donation Form

Regular Monthly Donors

Thank you to all the wonderful people that give a monthly donation to the Society. This is a huge help to us, as it allows us to plan ahead knowing we have regular funds coming in. Each month we have a monthly draw and the winner receives 20% of the total monies deposited, so far this amounts to \$64.00. Our objective is to increase our regular donors list and our monthly earnings, so if you are

keen to be a donor, please fill in the form below and return to our office. It is a great way for your friends and family to support your Society and the donation can be \$10.00 or more (the cost of three cups of coffee).

January's winner was Evelyn Forbes-Vazey and February's winners were David (Committee Member) and his wife Gay, and they kindly donated their winnings back to the Society.

Automatic Payment Authority for Regular Giving

To the Manager

Name of Bank

Branch Address

Please start the following Automatic Payment: New Payment

Name of Account

Account Number

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Payer Reference (to appear on our statement)

Amount

Start/Change Date

Frequency ☐ Weekly ☐ Fortnightly ☐ Monthly ☐ Quarterly ☐ Annually

Pay to

Multiple Sclerosis Auckland

Pay to

12 3047 0088939 00

Payee Reference

MONTHLY DRAW

Signature

Date

Name

Address

Telephone

Email

Rope Neuro Rehabilitation

Happy New Year everybody!

I trust you had a safe and relaxing holiday period- although still keeping up with your exercises I hope! As each New Year begins we often think of goals that we would like to achieve. Remember, when setting goals it is important to keep them realistic, this way we are more likely to achieve them! We like to say that goals should be 'SMART' specific, measureable, achievable, realistic and completed within a time frame. Goals can be big or small, whether you want to be able to walk to the dairy from home, or even improve your fatigue management. Goals don't have to be just physical improvements either, maybe you might want to laugh more or meet new people this year- think outside the square at ways that you could improve your quality of life. Write your goals down, and break them up in to small steps as to how you are going to achieve them... good luck to you all!

Rope Neuro Rehabilitation is once again holding a Minimise Fatigue, Maximise Life group, which is aiming to be started at the beginning of March. Thanks to those who have made contact in regards to this programme, I still have a couple of spaces left so please get in touch by email if you would like more information or to put your name on the list.

Thank you to all the society members who used their Rope Neuro Rehabilitation vouchers that they received at the Christmas lunch. It was great meeting new faces and completing your assessments. Remember that the voucher is valid until the end of February, so please call up and make an appointment if you would like to come and see us this month.



Hydrotherapy is back in full swing! Please come along for your two free trials and meet your physiotherapist and pool group. Hydrotherapy is a great way to exercise and keep fit whilst being social. Hydrotherapy can improve balance, fatigue, strength and co ordination to name a few. All groups have space for more members and we would love to see you there. Email the society or your Field Worker for more information about the pool group near you.

Here is a picture of the Rope Neuro Team (minus our dear Fleur and Sarah!) at our Christmas do at the end of last year.

From the team at Rope Neuro Rehabilitation; Julie, Steph, Lillian, Fleur and Hannah

Contact: 021 102 9947 stephanie@ropeneurorehab.co.nz

Recipe

Braised Lentil, Red Onion & Spinach Salad

Ingredients

- 1 tablespoon olive oil
- 1-2 cloves garlic crushed (or equivalent of garlic puree)
- 1 tablespoon olive oil
- 1 red capsicum, sliced thinly
- 1 red onion, sliced thinly
- 2 tablespoons red wine vinegar
- ¼ cup pine nuts
- ¼ cup currants
- 2 cups cooked brown lentils, drained and rinsed
- 2 cups baby spinach leaves

Method

In a pan, heat the olive oil and sauté the capsicums and onions for 4-5 minutes. Add a splash of vinegar and cover. Once the vegetables have softened remove from the heat. Add the pine nuts, currants and spinach and serve either hot, warm or at room temperature.



Sandra Perry Dip.Nutrition
Nutritionist



360^o nutrition

55 Bushlands Park Drive Albany 0632

p: 09 415 2676 m: 021 1546999 e: nutrition360@extra.co.nz

Events

MS MADNESS MINI EVENTS... Join MS in madness...

Multiple Sclerosis Auckland invites you to help us fundraise!

Its simple and its easy and we will help you, help us!

We are organising MS Madness Mini Events and we want you to hold one! Make it a morning, afternoon or evening tea/coffee party depending on what you and your friends like.

MS Auckland has sourced the very best in tea and coffee and we are grateful to our wonderful sponsors who will supply you with tea from Tea Total and plunger coffee from Columbus Coffee.

We will also include a hostess apron, a few recipe ideas on what to serve, including Jelinek friendly recipes and some hostess tips!

COLUMBUS
COFFEE

All you need do is invite your family, friends, neighbours, colleagues, acquaintances and anyone else you can think of to come along. Tell them you are fundraising for MS Auckland and ask them to make a door entry donation.

Ask your guests to bring a little plate of something to share and have some fun. MS Auckland will supply a raffle prize so that you can have a raffle and raise more money.

We are looking for Members who are able to host an MS Madness Tea/Coffee Party. If you would like to host a Madness Party contact: pam@msakl.org.nz or phone the office on 845 5921.

This is a great way to have a girly get together and catch up with friends whilst supporting a great cause!



North Shore Support Group

One of our North Shore Support Groups had a Christmas Celebration and met at the Brigham Creek Café and enjoyed a High Tea. We had a great turn out – we all started off wearing hats, so we did look gorgeous to begin with!! We were very grateful to Christine Ball and Brigham Creek Café for their wonderful organising efforts. We all had such a lovely time. (If you need to organise a wedding, I would thoroughly recommend this venue – the grounds are superb, the food and ambience would be hard to beat).



Santa Visits the South and was very good to our Members and certainly liked a 'cuddle'!



Santa with Julie Adams



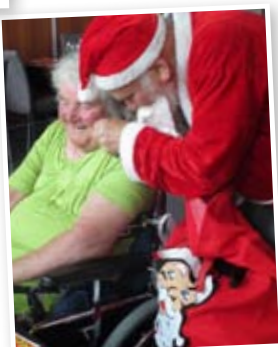
Margaret McDonald with Santa



Santa with Angela Eggleton



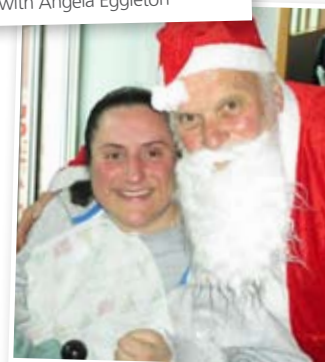
Santa with Dianne



Margaret with Santa



Santa with Sue Jantzen



Therese Chamoun with Santa

Events

Welcome the riders home at the BDO Wellington to Auckland Cycle Challenge Finish line

Saturday, 15th February 2014 is Day 7 and the final leg of the 700km cycle Challenge undertaken by Pam Smith of MS Auckland.

Pam is committed to cycling all 13 stages of the Challenge that starts in Lower Hutt on 9 February in support of People with Multiple Sclerosis. Multiple Sclerosis NZ is the official charity of the BDO Wellington to Auckland Cycle Challenge and all funds raised from the Auckland Region will go back into our Region. Pam has already set up a fundraising page and you can check her progress or make a donation here: <https://bdochallenge.everydayhero.com/nz/pam-smith>

Be there at the finish line **(on Queen Street, Pukekohe, between Nelson St and Dalton Court, see map to right)** to cheer Pam on (she will be up the front, so don't arrive too late) and all the other cyclists.

MS Auckland is asking all Members to come along and help welcome the cyclists back. It will have been a long week of cycling for them so a warm friendly southern welcome is what they need!



We are looking for volunteers to rattle our donations buckets – this is the most important job!!

The expected finish time is from 1.30pm onwards, MS Auckland will be at the finish from 12.30pm. If you would like to come along to help please contact Mark on 845 5921. If you would just like to come along to cheer – we will see you there!

If anyone would like to donate to Pam's page please use your Smart Phone to scan this QR code and follow the instructions to donate". Thank you for your generosity.



EVENTS COMMITTEE – WE NEED YOU

We have formed an Events Committee to help us organise events. If you have a great network, organising skills, are artistic or simply enthusiastic and you have the time to dedicate to our events throughout the year, please contact us. There is a group of us currently working on a major event in June.

Please email therese@msaki.org.nz with your suggestions.

iNRF

Integrated Neurological
Rehabilitation Foundation

**You're invited to iNRF's
Open Day**

**Wednesday 5 March
9:30am - 3:00pm
2 Claude Brookes Drive Henderson**

You are invited to come and learn more about our specialised and effective rehabilitation programs for people with neurological disorders such as Stroke, Parkinson's, Multiple Sclerosis, Brain Injury, and Cerebral Palsy.

For more information contact us on: 09 836 6830
Email: admin@inrf.org.nz or visit: www.inrf.org.nz

Events



Join Multiple Sclerosis Auckland for an exclusive movie showing

Sunday, February 16th 2014

Berkeley Takapuna

3:00 pm doors open

\$20 per person

Movie starts at 3:30 pm

includes complimentary glass of wine or ice-cream

Call Kirsty on 845 5921 to book your ticket

MULTIPLE SCLEROSIS AUCKLAND

WELLNESS WORKSHOPS

Multiple Sclerosis Auckland invites you to a series of workshops designed to help you manage some of the conditions of MS, with six sessions over six months, commencing March through to August.

Cost

Members: \$10.00 / session
\$50.00 / six sessions

Non-members: \$20.00 / session
\$100.00 / six sessions



- 1 **8 March** – Pain Management
- 2 **12 April** – Nutrition/Diet
- 3 **10 May** – Mind Power
- 4 **7 June** – Making Change Stick
- 5 **12 July** – Exercise: Meditation (1hr) and Yoga (1hr)
- 6 **9 August** – Continence Management

Commerce Club of Auckland
27/33 Ohinerau St, Remuera
Auckland

All workshops run from
10.00am-12.30pm with a
30 minute break.

Call Kirsty for dates and more
information on 845 5921.

Invest in Heartland to invest in New Zealand

Heartland Bank is proud to support MS Auckland in their mission to empower people with Multiple Sclerosis to lead full and achieving lives in their community.

Heartland Bank has a proud history of supporting small-to-medium sized businesses, farms and families in the Auckland region. So when you invest with us, your deposit is used to drive prosperity in your local community.

To find out more or to invest, call us on **0800 85 20 20** or go to **www.heartland.co.nz**

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P.A.

Interest paid quarterly

12 Month Term Deposit

4.25%
P.A.

Interest paid quarterly



Call us on 0800 85 20 20
Or visit your local branch
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HEARTLAND
BANK

***IMPORTANT INFORMATION:** Minimum term deposit investment \$1,000. Interest rates subject to change without notice. The current Heartland Bank Limited Disclosure Statement and Term Deposits Investment Statement are available at any Heartland Bank branch, at www.heartland.co.nz or by calling 0800 85 20 20.

Events

Lord Nelson Tall Ship Visit – December 2013

It was a hardy group of Tall Ship enthusiasts that met on a drizzly Saturday morning on Princes Wharf to visit the Jubilee Sailing Trust's Tall Ship - Lord Nelson.

The ship had just returned to Auckland having completed a number of 10 day voyages to Nelson and Wellington and was back in Auckland for maintenance before departing for Chile on her longest voyage ever. Lord Nelson left the UK, (where she is based) one year ago and will not return to England for another year. The next leg of her voyage is 8 weeks long and will be one of the toughest voyages ever.

The ship is unique, as she is totally geared for a crew comprising up to 40% disabled people, including people in wheelchairs. Everyone is welcome and age is no barrier. All disabled crew are allocated an able bodied crew member to help them whilst onboard. Everyone is expected to assist with the running of the ship, whether it is hoisting the sails, preparing the daily meals or doing the cleaning and washing; no one is exempt.

Our group was met by the crew on Watch, including the Master, Captain Barbara Campbell. All crew members are familiar with assisting the various disabilities our group had and I must say I have never seen a wheelchair whisked up a gangway so effortlessly. Watch Leader, Sue Tupper led our tour throughout the ship and she was full of tales regarding the various voyages she had been on.

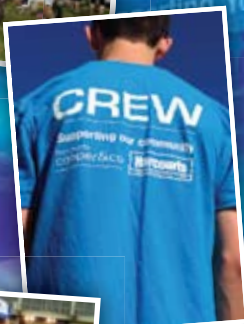


It was a wonderful tour of the ship and I know all who went aboard thoroughly enjoyed themselves especially the scrummy cake at the end of the tour! Thank you Tall Ships.

PROUD TO BE SPONSORS OF MS BIKE THE BRIDGE!

"Looking forward to seeing you all at Bike The Bridge later this year!"

Martin Cooper - Managing Director
Harcourts Cooper & Co Ltd



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Events

Midweek Mix 'n' Mingle

Velvet Room, Sale St Bar – 7 Sale St, Freemans Bay, Auckland 1010

Wednesday 5 March 2014

6.00 – 8.00pm

We'd love you and your partner to come along for a light hearted mix and mingle with other Members of the Society. This is a great opportunity to meet other Members like yourself who are in the work force.

Cash Bar. Nibbles provided

Brought to you by MS Auckland

RSVP Kirsty on 845 5921 or kirsty@msakl.org.nz by 14 February so we can have an indication of numbers for catering.

DREAMs

A DREAM Come True!

Hello. I'm Wendy Watson. Some of my fellow Members of MS Auckland might remember my story in Member's Stories on page 13 & 14 in the 2013 August/September issue of Multiple News called "Finding A New Passion". Here's an update...

I'm absolutely thrilled to announce that I have been appointed by Internal Affairs as a Registered Independent Marriage Celebrant. It feels wonderful to be part of such a fantastic profession!

Thank you very much to General Manager - Therese Russel, South Field Worker Dianne Bartlett and Committee Members Joan Thomson and Louise Reed. I am forever grateful for their support and wonderful letters of recommendation. They've helped me achieve my DREAM.

I have MS, it doesn't have me! MS has not stopped me becoming registered as a Marriage Celebrant. I've found my passion and a new niche!

Now that I am registered I am really looking forward to working with my future clients. I hope that I'll be able to officiate at a Wedding Ceremony for some of my fellow Members of MS Auckland. It will be an honour and a privilege to be part of such a beautiful and special moment in your lives.

I think it's wonderful that the Marriage Amendment Act was passed in August 2013. Everyone should be able to make a public commitment to the person they have chosen to spend



their life with; regardless of gender, and be free to marry the person that they love. I welcome same sex couples and look forward to working with you.

I'm also able to officiate at Baby Naming Ceremonies, Vow Renewals, Commitment Ceremonies, Milestone Birthdays, Anniversaries, House and Boat Blessings, Transition Ceremonies and many others.

My fee is reasonable and for all MS Auckland referrals or MS Members using my services, I am pledging 15% of my fee to Multiple Sclerosis Auckland.

If you are interested in contacting me, my details are:

Wendy Watson - Celebrant

Email: wcwatson.celebrant@extra.co.nz

Website: <http://wendywatson-celebrant.weebly.com>

Email me your contact details and I'll be delighted to phone you to discuss your ceremony.

Member's Stories

Rod Milner Motors – Here to help you with your special adapted car

After they made the decision that they needed a more suitable van for transporting themselves around, Cameron and Rachel Ford headed to Rod Milner Motors in Greenlane. Rod's been in the business for many years helping people with disabilities, sort out a more appropriate vehicle suited to their requirements. There isn't anything that Rod and his team don't know about modifying a vehicle to suit your specifications. Rod and his team and Field Worker Georga guided Cam and Rachel through the whole process – no stress involved at all. Cam and Rachel are pictured here with Rod Milner on the right – these are two very happy customers and they are loving their new set of wheels.

Rod and his team can help you fill out your Lottery application for grant approval and he would be able to tell you first hand your chances before you even get started, so that there is no disappointments. Rod Milner Motors can arrangement any changes required to the vehicle and takes all the hassle off your hands. He has been a huge supporter of Multiple Sclerosis Auckland for over ten years now and he is very aware that every client's needs are different.

For every vehicle that Rod Milner Motors sells to a Member of our Society, Rod gives a cheque to MS Auckland for \$500.00. This is so generous and makes a huge difference to our fundraising figures. If you are in the market for a 'specially adapted vehicle' give Rod a call and say you are a Member of MS Auckland – he can take care of everything for you. In the first instance you can always talk to your Field Worker and they can enlighten you more.

Here at Rod Milner we have had a very busy year and have added another service for our disability clients.

We have formed a new company called DISABILITY RENTALS and have purchased very high quality vehicles for this company.



Cameron and Rachel Ford with Rod Milner (right) and staff member (left)

ROD MILNER MOTORS



We are offering very competitive rates and these are.

RENTAL RATES

\$94 per day for 1st 6 days

\$89 per day for 1 week hire days 1 to 7

\$79 per day for 1 month hire days 1 to 30/31

\$69 per day for 2 months hire days 1 to 60

\$59 per day for 3 months hire 3 months or more

(Insurance and GST included in these rates).

I'm sure many of your clients will want to avail themselves of these vehicles.

We also offer our services free of charge for clients wanting to know about the various funding options for purchasing disability vehicles. We can assist in making them aware of all funding and will even assist in preparing the paper work to obtain funding.

Just call my team on 09 579 9632 or toll free 0800 763 645.

Thank you and look forward to being of service to all of your valuable clients.

Regards,

Rod Milner

Rod Milner Motors Ltd www.rodmilner.co.nz

milner@ihug.co.nz

"EXPOSED: Your Poisoned Food Supply"

Here's Sweet Remedy... The Movie that Could Save Your Life

I love to read. Every week, in fact, I read a handful of books and thousands of health articles.

So, it's a nice change of pace to sit down, relax, and watch a movie – particularly a movie that deals realistically with health and health-related political issues affecting every one of us.

Now, you may recall me telling you about filmmaker Cori Brackett's poignant documentary *Sweet Misery: A Poisoned World*. We still offer it in our store at Mercola.com, and I encourage you to add it to your home library.

Back in 2002, Cori faced a life-threatening diagnosis of multiple sclerosis. In her quest to investigate the best ways to regain her health, she discovered that the toxin

aspartame was a major culprit in M.S. (and many other diseases, unfortunately).

I'm happy to report that Cori is doing well. So well, in fact, that she had the energy to produce a new documentary movie – one that's an absolute "must-see". (I give it a "two thumbs up".)

Sweet Remedy: The World Reacts to an Adulterated Food Supply picks up where *Sweet Misery* leaves off...

As Cori found out, modern medicine doesn't necessarily have the best tools to help you get better when you have a chronic or life-threatening disorder.

And what's worse, how can you prevail against disease when your food supply can no longer be trusted?

This film, which she made with her partner

JT Waldron, documents Cori's inspirational cross-country journey... a journey spent interviewing medical doctors and specialists in alternative health care while seeking answers for her own illness.

Sweet Remedy provides a candid look at people across the U.S. who work tirelessly to improve our food supply – and work to heal and detoxify those who have already been poisoned.

This movie seeks to provide an answer – a reason "why" – to the escalating epidemic of neurological disorders, lupus, fibromyalgia, brain tumors and other diseases.

Some of the things you'll hear will shock you.

A Documentary Movie Loaded With Powerful & Compelling Interviews

About Cori Brackett

Cori Brackett is an energetic M.S. survivor and filmmaker dedicated to the continuing battle for decentralized, grassroots control over food and health.

She is currently studying for her Ph.D. in Natural Health through Clayton College and has plans to pursue issues of food safety, corporate accountability and individual empowerment.

She is also an award-winning published poet with an MFA in creative writing. Although *Sweet Misery: A Poisoned World* was her first documentary movie, she also wrote about making the connection between aspartame and her illness in *Through the Shadows*.

In *Sweet Remedy*, you'll hear Cori candidly interview other victims of M.S. who experienced dramatic symptom improvement from pro-actively eliminating toxins from their diets.

You'll also see and hear from numerous practitioners, experts and others about our contaminated food supply, including:

- Myself, Dr. Joseph Mercola (I'll tell you about some things you can do to combat these nasty food toxins).
- Dr. Russell Blaylock, board-certified neurosurgeon and outspoken alternative health advocate who adamantly opposes the use of aspartame and other excitotoxins.
- Jim Turner, a top consumer attorney familiar with the food regulatory processes – and their

failures.

- Noam Chomsky, professor of linguistics and philosophy at MIT, shares his view on specific shortcomings of the U.S. trade system that actually encourages lying by drug companies.
- Candace Pert, Ph.D., author and research pharmacologist, will tell you why your brain is frighteningly vulnerable to everything you eat and drink.
- Arthur Evangelista, former FDA investigator (Just imagine what he's seen and heard).
- Dr. Michael Ruff, Associate Research Professor at Georgetown Medical Center (He'll bluntly tell you that the root causes of most cancers are the toxins in our food supply).
- Carmen Carradine, mother of a child reportedly left brain-damaged by aspartame in her Flintstones brand vitamins.
- Sheldon Rampton, research director of the Center for Media & Democracy, shares his insights on shaping public opinion.
- Jeffrey Smith, author of *Seeds of Deception*, a provocative expose on genetically modified foods.
- Jack Samuels, founder and president of the Truth in Labeling Campaign (Is 'truth in labeling' an oxymoron?)
- Mary Nash Stoddard from the Aspartame Consumer Safety Network discusses how researchers with negative information about aspartame are made to look like laughingstocks doing "junk science".

- Betty Martini, director of Mission Possible, a non-profit group that works to spread the word about the hazards of aspartame.
- Howard Glasser, MA, designer of the Nurtured Heart Approach to transforming difficult children without the use of Ritalin and other drugs.
- Spice Williams-Crosby, actor, stuntwoman and nutritionist asks the ultimate question: are you really sure you want to live?
- Sally Fallon, MA, president of the Weston A. Price Foundation, which emphasizes the healthfulness of traditional foods, promotes getting animals out of factory farms, and fights for the rights of farmers to sell products directly to the public.
- Jane Hersey of the Feingold Association, dedicated to reversing childhood learning difficulties by eliminating certain toxic food substances.
- Audrey Ricker, Ph.D. and Brian Cabin, M.D. & homeopath, authors of *Bad Attitude: Reverse Your Child's Rudeness in 1 Week – With Food*.
- Justin Dumais, Olympic diver with Graves Disease who was able to wean himself off medication by eliminating aspartame from his diet.
- Actor Larry Hagman, a passionate advocate for the use of stevia as a sweetener.
- Naturopath and board-certified nutritionist David Getoff on pulling out toxins

A Killer In Your Fridge ~ Sweet Poison...

In October of 2001, my sister started getting very sick. She had stomach spasms and she was having a hard time getting around. Walking was a major chore. It took everything she had just to get out of bed; she was in so much pain.

By March 2002, she had undergone several tissue and muscle biopsies and was on 24 various prescription medications. The doctors could not determine what was wrong with her. She was in so much pain, and so sick she just knew she was dying.

She put her house, bank accounts, life insurance, etc., in her oldest daughter's name, and made sure that her younger children were to be taken care of.

She also wanted her last hooray, so she planned a trip to Florida (basically in a wheelchair) for March 22nd.

On March 19, I called her to ask how her most recent tests went, and she said they didn't find anything on the test, but they believe she had MS.

I recalled an article a friend of mine e-mailed to me and I asked my sister if she drank diet soda? She told me that she did. As a matter of fact, she was getting ready to crack one open that moment.

I told her not to open it, and to stop drinking the diet soda! I e-mailed her an article my friend, a lawyer, had sent. My sister called me within 32 hours after our phone conversation and told me she had stopped drinking the diet soda AND she could walk! The muscle spasms went away. She said she didn't feel 100% but, she sure felt a lot better.

She told me she was going to her doctor with this article and would call me when she got home.

Well, she called me, and said her doctor was amazed! He is going to call all of his MS patients to find out if they consumed artificial sweeteners of any kind. In a nutshell, she was being poisoned by the Aspartame in the diet soda.. and literally dying a slow and miserable death

When she got to Florida March 22, all she had to take was one pill, and that was a pill for the Aspartame poisoning! She is well on her way to a complete recovery. And she is walking! No wheelchair! This article saved her life. If it says 'SUGAR FREE' on the label; DO NOT EVEN THINK ABOUT IT! I have spent several days lecturing at the WORLD ENVIRONMENTAL CONFERENCE on 'ASPARTAME,' marketed as 'Nutra Sweet,' 'Equal,' and 'Spoonful.' In the keynote address by the EPA, it was announced that in the United States in 2001 there is an epidemic of multiple sclerosis and systemic lupus. It was difficult to determine exactly what toxin was causing this to be rampant. I stood up and said that I was there to lecture on exactly that subject.

I will explain why Aspartame is so dangerous: When the temperature of this sweetener exceeds 86 degrees F, the wood alcohol in ASPARTAME converts to formaldehyde and then to formic acid, which in turn causes metabolic acidosis. Formic acid is the poison found in the sting of fire ants. The methanol toxicity

mimics, among other conditions, multiple sclerosis and systemic lupus.

Many people were being diagnosed in error. Although multiple sclerosis is not a death sentence, Methanol toxicity is!

Systemic lupus has become almost as rampant as multiple sclerosis, especially with Diet Coke and Diet Pepsi drinkers. The victim usually does not know that the Aspartame is the culprit. He or she continues it's use; irritating the lupus to such a degree that it may become a life-threatening condition. We have seen patients with systemic lupus become asymptomatic, once taken off diet sodas.

In cases of those diagnosed with Multiple Sclerosis, most of the symptoms disappear. We've seen many cases where vision loss returned and hearing loss improved markedly.

This also applies to cases of tinnitus and fibromyalgia. During a lecture, I said, 'If you are using ASPARTAME (Nutra Sweet, Equal, Spoonful, etc) and you suffer from fibromyalgia symptoms, spasms, shooting, pains, numbness in your legs, cramps, vertigo, dizziness, headaches, tinnitus, joint pain, unexplainable depression, anxiety attacks, slurred speech, blurred vision, or memory loss you probably have ASPARTAME poisoning!' People were jumping up during the lecture saying, 'I have some of these symptoms. Is it reversible?'

Yes! Yes! Yes!

STOP drinking diet sodas and be alert for Aspartame on food labels! Many products are fortified with it! This is a serious problem. Dr. Espart (one of my speakers) remarked that so many people seem to be symptomatic for MS and during his recent visit to a hospice; a nurse stated that six of her friends, who were heavy Diet Coke addicts, had all been diagnosed with MS. This is beyond coincidence!

Diet soda is NOT a diet product! It is a chemically altered, multiple SODIUM (salt) and ASPARTAME containing product that actually makes you crave carbohydrates.

It is far more likely to make you GAIN weight!

These products also contain formaldehyde, which stores in the fat cells, particularly in the hips and thighs. Formaldehyde is an absolute toxin and is used primarily to preserve 'tissue specimens.'

Many products we use every day contain this chemical but we SHOULD NOT store it IN our body!

Dr. H. J. Roberts stated in his lectures that once free of the 'diet products' and with no significant increase in exercise; his patients lost an average of 19 pounds over a trial period. Aspartame is especially dangerous for diabetics. We found that some physicians, who believed that they had a patient with retinopathy, in fact, had symptoms caused by Aspartame. The Aspartame drives the blood sugar out of control. Thus diabetics may suffer acute memory loss due to the fact that aspartic acid and phenylalanine are NEUROTOXIC when taken without the other amino acids necessary for a good balance.

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Health & Research

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Treating diabetes is all about BALANCE. Especially with diabetics, the Aspartame passes the blood/brain barrier and it then deteriorates the neurons of the brain; causing various levels of brain damage, seizures, depression, manic depression, panic attacks, uncontrollable anger and rage. Consumption of Aspartame causes these same symptoms in non-diabetics as well. Documentation and observation also reveal that thousands of children diagnosed with ADD and ADHD have had complete turnarounds in their behavior when these chemicals have been removed from their diet.

So called 'behavior modification prescription drugs' (Ritalin and others) are no longer needed. Truth be told, they were never NEEDED in the first place! Most of these children were being 'poisoned' on a daily basis with the very foods that were 'better for them than sugar.' It is also suspected that the Aspartame in thousands of pallets of diet Coke and diet Pepsi consumed by men and women fighting in the Gulf War, may be partially to blame for the well-known Gulf War Syndrome.

Dr. Roberts warns that it can cause birth defects, i.e. mental retardation, if taken at the time of conception and during early pregnancy. Children are especially at risk for neurological disorders and should NEVER be given artificial sweeteners.

There are many different case histories to relate of children suffering grand mal seizures and other neurological disturbances talking about a plague of neurological diseases directly caused by the use of this deadly poison.'

Herein lies the problem: There were Congressional Hearings when Aspartame was included in 100 different products and strong objection was made concerning its use. Since this initial hearing, there have been two subsequent hearings, and still nothing has been done. The drug and chemical lobbies have very deep pockets.

Sadly, MONSANTO'S patent on Aspartame has EXPIRED! There are now over 5,000 products on the market that contain this deadly chemical and there will be thousands more introduced. Everybody wants a 'piece of the Aspartame pie.' I assure you that MONSANTO, the creator of Aspartame, knows how deadly it is.

And isn't it ironic that MONSANTO funds, among others, the American Diabetes Association, the American Dietetic Association and the Conference of the American College of Physicians?

This has been recently exposed in the New York Times. These [organizations] cannot criticize any additives or convey their link to MONSANTO because they take money from the food industry and are required to endorse their products. Senator Howard Metzenbaum wrote and presented a bill that would require label warnings on products containing Aspartame, especially regarding pregnant women, children and infants.

The bill would also institute independent studies on the known dangers and the problems existing in the general population

regarding seizures, changes in brain chemistry, neurological changes and behavioural symptoms. The bill was killed. It is known that the powerful drug and chemical lobbies are responsible for this, letting loose the hounds of disease and death on an unsuspecting and uninformed public. Well, you're informed now!

Note: I have been studying health and nutrition for 35 years. What I've learned in the past 3 years has been by far the most valuable. My husband was diagnosed with liver disease 3 years ago and that sent me on a very aggressive search for help. I came across an article about Dr. Otto Warburg that said he won the Nobel Prize in 1931 for proving that no disease including cancer, can survive in an alkaline body. From there, a friend told me about a Japanese medical device that makes alkaline water. She went on to tell me that since our body is 70% water, drinking alkaline ionized water is the easiest way to raise your pH.



FYI there are many other names for 'fake sugars' and 'bad sugars', you need to educate yourself and read labels very carefully.

JOKE CORNER

A Maori fella is walking up the beach with a couple of live Crayfish in a bucket when he is stopped by a Ministry of Agriculture and Fisheries inspector.

The inspector says to the Maori that it looks like he has caught a couple of under size crayfish.

The Maori says, "Nah Bro, these are my pet crayfish. I just bring them down to the beach each day for a swim. When I whistle they hop back in the bucket and I take them home."

The MAF officer doesn't believe him and says it is illegal to catch undersize crayfish and starts writing out a ticket.

Then the Maori says, "Nah Bro just watch" and chucks the crayfish into the surf.

The MAF officer then says, "OK let's see ya whistle and make those crayfish come back to you."

And the Maori fella says, "What crayfish?"

Tips to tackle bullying in the workplace

Employment Relations

Auckland employment barrister Michael Smyth's book arms employees with strategies to deal with a range of challenges at work including personal grievance cases.

People having trouble at work may want to arm themselves with some expert information before hastily resigning or making a formal complaint to their employer.

Putting all the issues into focus and exploring the realistic options can take time and money. Which is why Auckland employment barrister Michael Smyth has just published *Employed But Under Fire*.

It is his second book on New Zealand employment law, and though the first one was aimed squarely at employers, this second one is written in plain English for employees.

Smyth qualified to practise law in Britain and moved to New Zealand in 2001 to join law firm Buddle Findlay as part of his OE. He resat his legal papers, decided to stay, and now runs Approachable Lawyer, a firm specialising in employment and sports law.

After the success of his self-published book, *Employed But Not Engaged*, in 2008, Smyth decided at the start of last year that it was time to write a self-help guide for people facing issues such as being bullied at work and negotiating employment deals.

It was completed late last year and published in December.

Smyth says he self-published the book because he likes to be in control of the process, to have it designed just how he wants it.

The first question posed in the book is for those facing some level of bullying: Do you fight or flight?

"This is the first question employees need to ask themselves," he says. "If things aren't going well at work it is easy to start looking for another job. Some people just move on and forget about it.

"That said, it is not always possible to move seamlessly to another role. So if someone is leaving involuntarily, then they might want to know what they can do about raising a personal grievance."

If you do want to stand up and fight your corner, then this book explains how to go about it. It covers the process of raising a personal grievance, what to do if you're stuck in an apparently unjust disciplinary process or performance improvement process.

The book covers the legal options to tackle bullying at work by the boss or co-workers, how to make allegations without adding fuel to the fire, and the ideal strategy to adopt during sometimes difficult conversations.

"It... is not just about the process you follow, it also provides practical strategies on how to deal with each step in the process," says Smyth.

"It is based upon all my experience as a practising barrister. When one does so many cases you get to understand the tricks of the trade to get the best outcome.

"The book is not a legal text book, it is a real-life practical guide."

Smyth's day-to-day practice involves representing both employers and employees. "I think I do an equal number of each. I think that helps because it means I get to see things from both sides of the fence," he says.

"I have developed a deeper understanding of how human nature works and what works best to get a successful outcome."

Despite the book being "very thorough" Smyth says it won't cause any solicitors to lose sleep through thoughts of lost fees. "For people facing problems at work then this book will give them a lot of comfort and a lot of knowledge," he says.

And he says though there is enough information to help lay people navigate the whole legal process of taking their employer to court on their own, most readers will eventually seek out professional representation.

"If you go to a disciplinary meeting you have the right to have a support person present, and that could be your lawyer," says Smyth. "Most people will take that opportunity.

"Where I think the book is of real value is that a lot of people are nervous about going to a lawyer, they don't know if they have a case or not, they don't know what they should be doing.

"*Employed But Under Fire* will give readers an overview and an understanding of the whole process, so if they do decide to get a lawyer involved they will be a lot more knowledgeable about what lies ahead.

"It will also provide some comfort, particularly the chapter on bullying, because they will understand they are not alone, and that there are things they can do - and that may lead to them seeking professional advice."

Smyth's book also looks at the psychological impact of workplace bullying on staff. "It all comes down to self-esteem," he says. "Often the bully will have low self esteem and in order to caress their egos they will put somebody down. Often, bullies will feel threatened by the victim.

"Often the victim of bullying is more capable at their job than the bully, but the bully will be higher up in the seniority of the organisation."

Smyth says the book would be ideal for employees to use to help their HR manager understand the problems they face at work, and the associated legal ramifications.

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Elsewhere in the book are chapters on redundancy, with explanations on what the employee should expect to happen when a firm announces that jobs are to go.

Smyth says redundancy payments are purely a contractual thing, so unless there is a provision for it in the employment agreement there are no laws to force employers to pay it.

The book also covers restraint of trade clauses that some people might have in their contract of employment, as well as how best to negotiate an employment contract. "There is a chapter on the

things to look out for in an employment contract," he says. "Some things are worth negotiating on, others might be seen as rocking the boat before you've started the job. So there is some advice to cover those issues - certainly restraints of trade clauses may need looking at."

Smyth says his book is ideal for people having difficulty at work as well as those looking to change jobs, and who need some guidance on job-offer contracts.

- NZ Herald

Fat phobia... get over it and eat more

I've just finished a series of nutrition workshops with my team Dr Caryn Zinn (dietician), Dr Mikki Williden (nutritionist) and Julia McPhee (low carb cook). We ran workshops on low carb high fat for the public, health and fitness professionals, and athletes. Its all interesting and motivating, but one thing was obvious to me. There still exists a widespread fear of fat.

That's right, in my opinion, the number one barrier to the successful implementation of a whole food low carb diet is the fear of fat.

The trouble is when you don't eat enough fat you either end up with a low fat, low carb diet (where it is hard to get enough calories to feel OK), or (most common) you are not fully satiated, so you end up over eating protein which gets turned into glucose in the liver, or worse you just binge on carbs because you aren't full.

The secret is to get past the fear of fat that the food pyramid belted into us and just eat more fat. Eat fat until you are full is my mantra.

Here's my top ten "go to" fats:

Coconut oil - add this to anything, but most important use it for frying. It holds together at high temperatures. Coconut oil contains lauric acid a medium chain triglyceride which has some antibacterial and possibly anti-inflammatory properties. Good quality extra virgin is what you want - it costs a bit more, but worth it.

Coconut cream - same as above but can be used in smoothies - that's a great way of getting your breakfast time fat up.

Avocados - this is a magnificent source of vegetable saturated fat. Avos are highly nutritious and a very effective way to get the fat content of a salad up. Use them in dips and so forth as well.



Olive oil - in general avoid cooking with olive oil. But it's really the most effective way of turning a low calorie, rabbit food salad into something more substantial and nutritious. I almost always make my own salad dressing, most often a combination of olive oil and something else. My salad dressings are mostly zero carbs, and very high healthy fat.

Cream - plain cream either poured or whipped is a great way to turn a cup of berries into a filling and extra yummy dessert. Added to coffee or tea you know you love it!

Butter - get liberal with this - have a pound of butter on the dinner table and add liberally to your vegetables.

Cheese - extra fatty varieties - like blue vein are a great source of fat. Some of the double blue cheese in New Zealand can be 70% fat!

Less lean meat - that's right you can ask your butcher to NOT trim the fat off the meats you buy. Also, consider some of the other organ meats. My butcher makes whole meat sausages which are quite fatty and he chucks in all sort of bits and pieces like brains which modern humans have mostly given up eating. Avoid supermarket sausages - they tend to be full of wheat and starchy fillers..

Macadamia nuts - can be 70-80% fat depending on how they are prepared. Yum. Be careful not to over eat these as they are so yummy you start and sometimes don't stop (at least that's what happens to me).

Nut butter - my favorite is almond butter - add it to anything that seems plausible - smoothies, vegetables, eat it straight. You can even make your own in a blender.

Fats to avoid? There's now plenty of evidence to show that we should ditch the manufactured polyunsaturated seed oils. We should especially avoid frying with them. We have only three oils in our pantry - butter, coconut oil and olive oil.

Vitamin D may slow disease onset and progression in early stage multiple sclerosis

New research published in JAMA Neurology suggests higher vitamin D levels in early stage multiple sclerosis may slow disease onset and progression.

Multiple sclerosis (MS) is a well-covered disease on this blog and website, due to the heavy volume of research published to date on the link between vitamin D and MS. Studies have consistently shown a link between low vitamin D intake/levels and increased risk of getting MS. Studies have further found a link between lack of sun exposure and increased risk of getting MS.

There is also a link between vitamin D levels and disease progression, with observational studies showing that lower vitamin D levels are associated with faster progressing MS.

Some small experimental trials have also shown that supplementation may slow disease progression or onset.

In the present study, researchers honed in on the role of vitamin D levels on the progression of MS by looking at patients with early stage MS (clinically isolate syndrome, or CIS) who enrolled into a randomized controlled trial looking at the intervention interferon beta-1b. The advantage of this approach is that all patients started the study with a similar disease stage and were placed on similar interventions.

The researchers looked at 468 patients enrolled in the BENEFIT study, a randomized controlled trial that administered the drug interferon beta-1b (IFNB-1b, marketed under trade names Betaferon and Betaseron) or placebo to patients with early symptoms of MS. All patients took IFNB-1b or placebo until they were diagnosed with definite MS (sometimes early stage MS does not convert to definite MS). If they were diagnosed with definite MS, the patients had the choice to begin taking open-label IFNB-1b for five years, whether or not they took the drug or placebo during the trial.

During the study, the researchers measured vitamin D levels [25(OH)D] at baseline, 6, 12 and 24 months. Did vitamin D influence the progression or onset of MS? Here's what they found:

- At baseline, patients with higher vitamin D levels had lower number of T2 lesions and higher brain volume.

- During the 5 years of follow-up, 377 patients (81.3%) converted to definite MS by clinical and MRI criteria. The risk of conversion to definite MS decreased by 50% for every 20 ng/ml rise in vitamin D levels.

- For every 20 ng/ml increase in vitamin D levels at baseline, 6 months and 12 months, there was a 57% lower lesion rate between 12 and 60 months follow-up and a 63% lower rate between 24 and 60 months follow-up. The implication here is that the longer the follow-up, the bigger the impact of vitamin D levels.

- For every 20 ng/ml increase in vitamin D levels at baseline, 6 months and 12 months, there was a non-significant 27% decrease in risk of relapse over the 5 year follow-up.

- For every 20 ng/ml increase in vitamin D levels at baseline, 6 months and 12 months, there was a 20% decrease per year in T2 lesion volume over the 5 year follow-up.

The researchers concluded:

"In summary, in this large longitudinal study among patients with CIS randomized to early vs late treatment with IFNB-1b, we found that higher serum

25(OH)D levels robustly predicted a lower degree of MS activity, MRI lesion load, brain atrophy, and clinical progression during the 5 years of follow-up."

Furthermore, the researchers mused over their study's clinical application:

"Although controlled studies currently underway may provide more definitive answers as to the therapeutic value of further increasing already adequate vitamin D levels, our results suggest that identification and correction of vitamin D insufficiency has an important role in the early treatment of MS."

As they state, trials underway should paint a more definitive and clearer picture on the role of vitamin D in slowing the progression of MS. Since this was an observational study, they can't say for sure if vitamin D deficiency causes worse MS outcomes. However, observational research and some small experimental trials to date strongly suggest that vitamin D plays a role in the progression of MS and that supplementation may help.

Source: Ascherio A et al. Vitamin D as an Early Predictor of Multiple Sclerosis Activity and Progression. JAMA Neurology, 2014.



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