

Possible reasons for the difference in the prevalence of Multiple Sclerosis between European -American and African - Asian Jews, as based on their diet: Ecological considerations**Klaus Lauer**

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In the population of Israel, a marked difference has been reported in the prevalence of multiple sclerosis between European / American (EA) and African / Asian (AA) inhabitants (Alter *et al.* 2006): EA Jews have a two - fold higher rate than AA Jews. This distinction in population groups is similar of the variation in Ashkenazim and Sephardim. As a first step to elucidate dietary reasons for that difference, the bibliography of Ashkenazim diet in Europe and America was compared with that of the Sephardim diet in North Africa and the Middle East. As a result, it became evident that Sephardim used a higher amount of: (1) vegetable oil; (2) turmeric; (3) dried vegetables and dried fruits; (4) garlic; (5) cinnamon; (6) nuts; and (7) onions than Ashkenazim. Many of these foods were shown to have immunosuppressive effects in the experimental - allergic

- encephalitis (EAE) model of MS. In contrast, Ashkenazim cuisine was particularly rich in a variety of smoked meats that were unknown to Sephardim. Thus, it might be advised to all people to approximate rather more the Sephardic cooking methods, to remain free of MS during lifetime.

Speaker Biography

Klaus Lauer worked in patient care. Since 1980 he was responsible, in the same hospital, as leading physician in a long - term research project on the epidemiology of multiple sclerosis (MS). During that time, he had visited and interrogated more than 1,000 MS patients, and he published many scientific papers on MS. He was also engaged in teaching activities for medical students. In 2000, he was retired as physician, but he continued has scientific publications on the epidemiology of MS until the present day. In the last 10 years, dietary factors, as one possible reason for this multivariate disease, came into the focus of my research.

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