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nicole\_apelian Have you heard of Ursolic Acid?

According to studies performed by Neuroscience News they demonstrated that Ursolic Acid:

- 🌿 Can both prevent and repair neurons in animal models of Multiple Sclerosis
- 🌿 Can reduce further damage to neurons
- 🌿 Can help rebuild the protective sheaths covering neurons
- 🌿 Has significant potential as an oral anti-inflammatory for MS
- 🌿 Has significant potential as a neural repair agent for MS

Outside of specific MS benefits they



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Outside of specific MS benefits they found that "UA is a preventive and therapeutic intervention against various chronic diseases including cancer, metabolic syndrome, cardiovascular disease, brain disease, liver disease, and sarcopenia" (muscle wasting) and may improve exercise capacity, help with fat loss, and limit the loss of muscle tissue."

But, how do you get Ursolic Acid?

You can get UA from apples, bilberries, cranberries, elderflower, peppermint, lavender, oregano, thyme, hawthorn, and prunes.

Personally, I get UA from drinking a shot of aronia berry (chokeberry) juice, twice a day.



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Have you ever tried aronia berries?  
Share with me below!

You can learn more about aronia berries and all they do in my blog post on my website titled: Aronia Berries, Ursolic Acid, and MS: The Superfruit I Drink Daily.

Pants by @annmarie\_design

#multiplesclerosis #ms #mswarrior  
#invisibleillness #msfighter #thisisms  
#aloneshow #doctornicoles  
#naturalwellness #aronia #lifebrook  
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