

Revised and Updated Edition

# MULTIPLE SCLEROSIS

A Self-Help Guide  
to Its Management



Judy Graham

# **Multiple Sclerosis A Selfhelp Guide To Its Management**

**Lingjun Ying**



## **Multiple Sclerosis A Selfhelp Guide To Its Management:**

Multiple Sclerosis Judy Graham,1984      **Multiple Sclerosis** Judy Graham,2009-06-01 A practical self help guide to multiple sclerosis providing important information about MS and how to live with it This bestselling guide has proved a lifeline to many sufferers Drawing on extensive research and personal stories it provides an overview of orthodox and alternative medical methods to help the reader make an informed choice about which treatment is right for them Includes the latest information on food allergies special diets exercise nutritional supplements alternative therapies yoga etc It also provides guidance on physical and emotional factors such as relationships sex pregnancy and childbirth      The MS Recovery Diet Ann Sawyer,Judith Bachrach,2007-09-20 More than half a million people live with multiple sclerosis yet conventional medicine still has little to offer patients There is no known cure and even recent breakthroughs in drug therapy do not work to control many of the symptoms or promise any degree of recovery But there is an alternative to drugs that can stop and reverse the ravaging symptoms of MS the MS Recovery Diet As this book explains there are five common food triggers that can set off the symptoms of MS dairy grains containing glutens legumes eggs and yeast Yet because MS is such a complex disease other foods play a role as culprits or aides The MS Recovery Diet explains the background science and development of this treatment in one source for the first time and shows readers how to pinpoint their specific problem foods and sensitivities It also offers more than one hundred simple recipes as well as strategies to improve digestion balance the immune system and repair the body s myelin crucial steps toward healing the body Both of the authors Ann D Sawyer and Judith E Bachrach who had been diagnosed and disabled by multiple sclerosis have experienced incredible recovery on the diet Within the first three months on this program Sawyer was able to stop the disease progression and begin to walk short distances with an even gait Bachrach whose health has been declining because of MS for thirty eight years regained feeling in her toes in one week and after one year on the diet has stopped taking all medication This book shares the treatment plan that has dramatically changed their lives and the lives of others who have discovered it With inspiring personal stories throughout it offers real help and hope for sufferers of MS      **Complementary medicine and disability** Andrew Vickers,2013-11-11      **Winning the Pain Game** Bill Code,Denise Code,2006      Reclaim Your Health David J. Frähm,Anne E. Frähm,1998 readers will discover how others have fought back against the same diseases they re facing now And they will learn as others who have reclaimed their health have how to stimulate the body s native healing and immune systems      *The Complete Home Healer* Angela Smyth,1994 For each ailment the author includes appropriate gentle treatments such as acupressure acupuncture Alexander technique applied kinesiology aromatherapy Bach flower remedies Bates method biochemic tissue salts biofeedback Chinese medicine chiropractic dietary exercise herbalism homeopathy hydrotherapy hypnotherapy massage meditation reflexology relaxation techniques visualization and yoga      **General Practice Medicine** James Hill Barber,1984      The Women's Desk Reference Irene M. Franck,David M. Brownstone,1993 Contains some 1 500

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