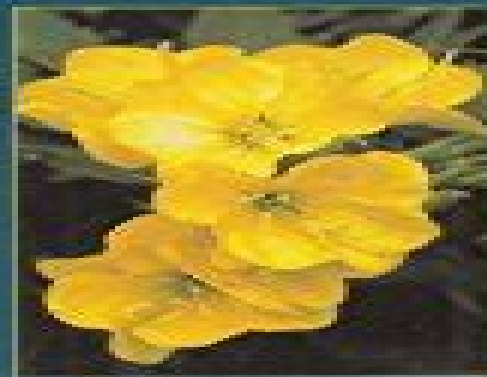


THE CLASSIC BESTSELLER

MULTIPLE SCLEROSIS

A SELF-HELP GUIDE



Judy Graham

FOREWORD BY
DR PATRICK KINGSLEY

British Society for Nutritional Medicine

Multiple Sclerosis A Self Help Guide To Its Management

IM Harris



Multiple Sclerosis A Self Help 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 **Overcoming Multiple Sclerosis** George Jelinek,2010-10-19 Large Print Managing Multiple Sclerosis Naturally Judy Graham,2010-06-24 A totally revised and updated edition of the first book to offer a holistic approach to slowing the progression of MS Provides guidance on special diets and nutritional supplements exercise alternative therapies and the effects of negative and positive thoughts on MS Explains how to reduce toxic overload from mercury and chemicals Includes life wisdom and coping strategies from others who suffer with MS Judy Graham is an inspiration Diagnosed with multiple sclerosis when she was just 26 years old 35 years later Judy Graham is still walking working and has successfully birthed and raised a son who is now an adult In this totally revised and updated edition of her groundbreaking Multiple Sclerosis first published in 1984 she shares the natural treatments that have helped her and many others with MS stabilize or even reverse the condition Beginning with the effects of diet she explains that many people with MS have been eating the wrong foods and shows which foods are good and bad how to recognize food sensitivities and how to correct nutritional deficiencies using dietary supplements She also looks at reducing the body s toxic overload whether from mercury amalgam fillings chemicals or medications She presents the exercises with proven benefits for MS she has found most reliable and appropriate such as yoga pilates and t ai chi and explores alternative therapies that provide relief and support to the body s efforts to control MS including acupuncture reflexology shiatsu reiki and ayurveda Most important are the insights she provides on the effects of negative thoughts on MS She demonstrates how a positive mental attitude can actually slow down or even reverse the progression of this disease Judy Graham is living proof that as devastating as a diagnosis of MS is life can still be lived to its fullest **The Multiple Sclerosis Diet Book** Tessa Buckley,2017-02-16 Evidence increasingly suggests that nutritious food can improve the health and well being of those with MS This book explains the role that healthy eating may play in MS as well as other autoimmune diseases such as coeliac disease and type 1 diabetes The updated new edition of this popular book presents information about diets designed to help those with MS including recent influences such as the Paleo diet and advises on which foods to eat which foods to avoid and why It also presents research findings into the importance of vitamin D and Omega 3 fatty acids and discusses the effects salt and sugar may have on people with MS Topics include the so called Swank or low fat diet named after Dr Roy Swank who pioneered it in the 1940s the Best Bet diet which has a focus on

avoiding dairy grains and red meat Dr George Jelinek's Overcoming MS Diet which emphasises supplementation and sunlight for vitamin D the Wahls diet or Dr Terry Wahls version of the Paleo diet supplements benefits and dangers food intolerance practical advice on food preparation coping with problems such as swallowing and fatigue new recipes updated case histories including two doctors with MS who have successfully treating their own symptoms with diet Multiple Sclerosis Lorraine De Souza, Action and Research for Multiple Sclerosis, 2013-12-14 **Multiple Sclerosis** Ian Robinson, 2005-09-23 Multiple Sclerosis affects hopes and expectations restructures relationships modifies careers and changes lives It is a disease of variable onset problematic diagnosis unpredictable prognosis and no effective treatment Using unique autobiographical accounts of people with the disease Ian Robinson sensitively portrays the difficulties and frustrations of the struggle to make sense of the clinical diagnosis and management of an illness which is effectively a way of life Multiple Sclerosis Jan de Vries, 2011-05-20 Multiple Sclerosis is recognised as a growing problem In some Scandinavian countries Holland Britain and North America the number of sufferers is rising by the day In the UK alone it is estimated that between 50 000 and 60 000 people suffer from this debilitating disease in the USA figures of 350 000 are quoted What are the causes of the problem And what can be done about it Could it be possible to prevent MS When we look at the countries where there is no occurrence of MS whatsoever the immediate answer is YES Jan de Vries has studied and treated Multiple Sclerosis for over 45 years He has learned that every MS patient is different and that their problems must be treated individually He emphasises the importance of diet and environment sufferers must build up their immune system Even the smallest interference with that delicate mechanism the human body can trigger off problems out of all proportion to the cause For example silver mercury amalgam fillings in teeth can affect your health This book draws attention to a variety of factors and explains how they can be dealt with to improve the quality of life for all MS sufferers It is a relevant and important alternative approach to the problem

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 glutes 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 *New Developments for MS Sufferers* Jan de Vries,2011-04-08 This book is the follow up to Jan de Vries s world wide success *Multiple Sclerosis Drawing* on nearly 40 years experience of treating MS sufferers De Vries now proves that a gluten free diet is highly beneficial not only as a means of controlling MS but also for those suffering from autism and schizophrenia This essential book contains a simple and thorough guide on how to follow a gluten free diet in everyday life Jayne Martin an MS sufferer successfully treated by de Vries shares with readers the challenges she has overcome in following the diet and provides tasty and easy to follow recipes *New Developments for MS Sufferers* is a practical fascinating and worthwhile read for all those affected by this increasingly prevalent problem Complementary medicine and disability Andrew Vickers,2013-11-11 *The Long Covid Self-Help Guide* The Specialists from the Post-Covid Clinic, Oxford,2022-03-17 The first practical accessible self help guide to managing symptoms of Long Covid More than 1 million people suffer from Long Covid in the UK with 400 000 people suffering symptoms for over a year and many more globally Yet there is no clear guidance available to the general public and lots of misinformation out there This handbook cuts through the confusing advice Written by the medical experts working with Long Covid patients at one of the first specialist clinics set up it is filled with helpful case studies and was written with the involvement of real Long Covid sufferers The focus is on self management with a simple consistent message about improving symptoms Each chapter takes a different issue in turn and offers clear friendly guidance on key areas such as breathlessness psychological aspects brain fog fatigue returning to exercise and returning to work **Multiple Sclerosis** June Halper,Nancy Holland,2005-06-01 Education about multiple sclerosis has traditionally been medically oriented and related to disease and dysfunction In contrast this brand new second edition of the Guide continues to focus on staying well in the presence of MS a disease that while incurable can be managed The book covers a broad spectrum of topics related to MS and its effects focusing especially on the needs of those who have been living with the disease for some time Practical tips on self care are designed to promote maximum independence well being and productivity The theme of the book wellness can be described by the acronym Weighing options Eating well Living to your fullest Learning new skills Needing others Evaluating situations realistically Surviving stress and Staying responsible Contributors to the book are professionals who have a specialty or a special interest in MS Their suggestions advice and strategies come from years of experience in the field It is their hope that readers will come away with fresh ideas on how to cope with the ever changing challenges of MS **Winning the Pain Game** Bill Code,Denise Code,2006 **Multiple Sclerosis** Rosalind Kalb,2011-11-11 A comprehensive guide to multiple sclerosis presented in a question and answer format that covers epidemiology symptoms

treatments coping with the disease financial and life planning strategies and other related topics **Evening Primrose Oil** Judy Graham,1989-03 Here is the story of the remarkable evening primrose and the uses to which the oil from its seeds can be put one of the major ones being in the treatment of premenstrual tension Unlike most natural products which are on the whole useful for one condition only the oil of the evening primrose has properties which make it useful for a wide range of conditions among them MS arthritis vascular problems and PMS *Multiple Sclerosis* Rosalind C. Kalb,2011-01-23 What goes wrong when a person has MS What drugs are used to treat MS When should I consider complementary and alternative medicine to treat my MS What can I do to keep myself as healthy as possible despite my MS How common is depression in MS The thoroughly revised and updated fourth edition of the classic *Multiple Sclerosis The Questions You Have The Answers You Need* continues to be the definitive guide for everyone concerned with this disease those who have MS those who share their lives with someone who has it and all healthcare professionals involved with its management It covers a wide range of topics in an accessible question and answer format that allows people to easily find the information they need Within each section MS experts including neurologists nurses rehabilitation and mental health professionals lawyers and insurance and employment experts answer the questions they have been asked most frequently over the course of their careers Each chapter is designed to cover the full spectrum of the disease from the time of diagnosis through the complex challenges that can arise if the disease progresses 214 297 Rosalind C Kalb PhD Dr Rosalind Kalb a clinical psychologist is Director of the Professional Resource Center at the National Multiple Sclerosis Society in New York where she develops and provides educational and consultation services to clinicians who care for people with MS In her private clinical practice she specializes in the needs of individuals and families living with chronic illness and disability She serves on the editorial board of several publications including the *International Journal of MS Care* *The Women's Desk Reference* Irene M. Franck,David M. Brownstone,1993 Contains some 1 500 entries on people organizations issues books politics and health each with see also references and many with bibliographical references Useful as a first stop reference Annotation copyright by Book News Inc Portland OR *Managing Your Multiple Sclerosis* Ian Robinson, Frank Clifford Rose,2004 Providing positive advice on dealing with the debilitating symptoms of MS and practical management of everyday difficulties including employment finances and home adaptation this is a thorough reference book written by two experts in the field **Multiple Sclerosis For Dummies** Rosalind Kalb,Barbara Giesser,Kathleen Costello,2012-04-04 Your trusted compassionate guide to living with MS Being diagnosed with multiple sclerosis MS doesn't mean your life is over Everyone's MS is different and no one can predict exactly what yours will be like The fact is lots of people live their lives with MS without making a full time job of it *Multiple Sclerosis For Dummies* gives you accessible easy to understand information about what happens with MS what kinds of symptoms it can cause how it can affect your life at home and at work what you can do to feel and function better and how you can protect yourself and your family against the long term unpredictability of the disease You'll learn how to

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