



Overcoming Multiple Sclerosis: An Evidence-Based Guide to Recovery

By George Jelinek

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A research-based approach to treating the devastating neurological condition multiple sclerosis, based on a combination of drug treatment and lifestyle modifications

Multiple sclerosis (MS) is a serious, progressively disabling condition for which current medical treatment is not particularly effective and has many side effects, however, this guide provides a genuine alternative. Through an exhaustive, evidence-based analysis of medical research, the study concludes that MS is a disease largely determined by lifestyle factors. Showing that people with MS who modify their diet, their exercise habits, and other aspects of their lifestyle can stabilize the illness and potentially recover, these recommendations will change the lives of thousands of people with MS and support their loved ones.

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Editorial Review

Review

"As a physician and the spouse of someone with multiple sclerosis I feel that this book contains much wisdom and guidance for achieving one's greatest potential for healing when confronted by the reality of this disease." —Bernie Siegel M.D., author, *Love, Medicine and Miracles*

"The most exciting book I have read in some time. Everyone affected by MS, either directly or indirectly, needs to read it." —Ian Gawler, author, *You Can Conquer Cancer*

About the Author

Professor George Jelinek is an emergency physician. He was the first professor of emergency medicine in Australasia and founding editor of the journal *Emergency Medicine Australasia*. He has given many public lectures and retreats for people with MS.

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Jaclyn Warner:

Overcoming Multiple Sclerosis: An Evidence-Based Guide to Recovery can be one of your basic books that are good idea. All of us recommend that straight away because this publication has good vocabulary that may increase your knowledge in vocabulary, easy to understand, bit entertaining but nevertheless delivering the information. The article author giving his/her effort to place every word into satisfaction arrangement in writing *Overcoming Multiple Sclerosis: An Evidence-Based Guide to Recovery* although doesn't forget the main level, giving the reader the hottest and also based confirm resource details that maybe you can be certainly one of it. This great information can easily drawn you into brand new stage of crucial contemplating.

Ruth Aguilar:

This *Overcoming Multiple Sclerosis: An Evidence-Based Guide to Recovery* is brand-new way for you who has attention to look for some information because it relief your hunger associated with. Getting deeper you into it getting knowledge more you know or else you who still having tiny amount of digest in reading this *Overcoming Multiple Sclerosis: An Evidence-Based Guide to Recovery* can be the light food to suit your needs because the information inside that book is easy to get by simply anyone. These books acquire itself in the form and that is reachable by anyone, yep I mean in the e-book type. People who think that in e-book form make them feel sleepy even dizzy this e-book is the answer. So you cannot find any in reading a guide especially this one. You can find what you are looking for. It should be here for anyone. So , don't miss the idea! Just read this e-book sort for your better life along with knowledge.

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