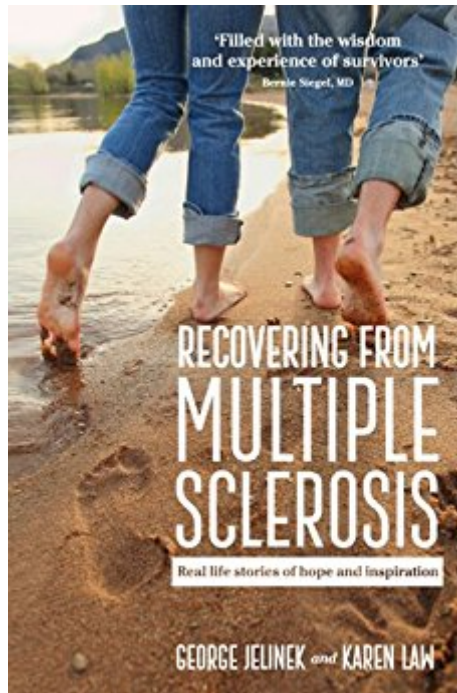




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Recovering From Multiple Sclerosis



Synopsis

A deeply personal exploration of the journeys of 12 ordinary men and women diagnosed with multiple sclerosis around the world, showing that recovery is possible. A diagnosis of multiple sclerosis conjures up images of wheelchairs, paralysis, and a shortened life, but in fact it's possible to regain mobility and make a recovery. This is a collection of 12 life stories of people who have been diagnosed with MS, and have been able to halt the progression of the disease and recover mobility by following a program of drug treatment, diet, sunshine, meditation, and exercise. These stories offer hope and inspiration to others diagnosed with MS, and an insight into the different journeys people take to recovery. Based on extended interviews, they also offer an understanding of the challenges faced by people with different types of MS and at different stages in the progression of the disease.

Book Information

File Size: 945 KB

Print Length: 242 pages

Publisher: Allen & Unwin; Main edition (October 1, 2013)

Publication Date: July 1, 2013

Language: English

ASIN: B00DMKMZB2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #405,473 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #14

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Customer Reviews

This is a great book if u just found out about your ms and feel lost and hopeless. It's nice to hear more than the doom and gloom u get from your doctor and message boards online about treatment

of this disease. It does read a little like an advertisement for the swank/ jeselnik diet but if the diet can produce these kind of results than its worth hearing about and then incorporating. We all eat a terrible amount of processed junk that is full of chemicals and preservatives that the body was not designed to process or eliminate. It doesn't take a doctor or a genius to realize that but we all prefer our comforts and its hard to take a stand against these "foods" until our bodies and brains really are ill. Whoever you are don't wait till serious damage is done. Make changes and save your life.

Real life interviews that reveal the horrors of a diagnosis of an in curable disease, and the hope and success provided by evidence based methods. The candid stories of twelve suffers of MS who have all improved their health beyond imagination are truly Inspiring.

I could not put down the book as it is so close to my heart (overcoming MS myself). I felt like I had something in common with all of the twelve persons stories in this book. Having taken the journey myself is the best thing I've done since I was diagnosed. It has given me a sense of control. This book is a true inspiration for people to take it on.

Really like this book. I have ms and completely identify and appreciate the background stories of the people who have shared their experiences. I believe through nutrition, exercise and mediation, that multiple sclerosis can be halted and possibly even reversed. The stories of those covered here are living proof that it's true. I have recently started following Dr. Jelinek's guidelines as laid out in his book "Overcoming Multiple Sclerosis: An Evidence Based Guide to Recovery" and am already feeling a difference.

Brilliant & Inspiring! Prof George Jelinek does it again! An insiders view of ' taking your life into your own hands'

Very encouraging. Nice to know that you can possibly change the progression of MS with diet and exercise.

An inspiring series of life experiences and family stories of hope and achievement. The stories are well researched and accompanied by a summary of the program of healthy living that can lead to recovery from multiple sclerosis.

I recommend this book for everyone, mainly those who know someone suffering from this terrible disease. The book shows us how important is our lifestyle, and at what extent it affects our health.

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