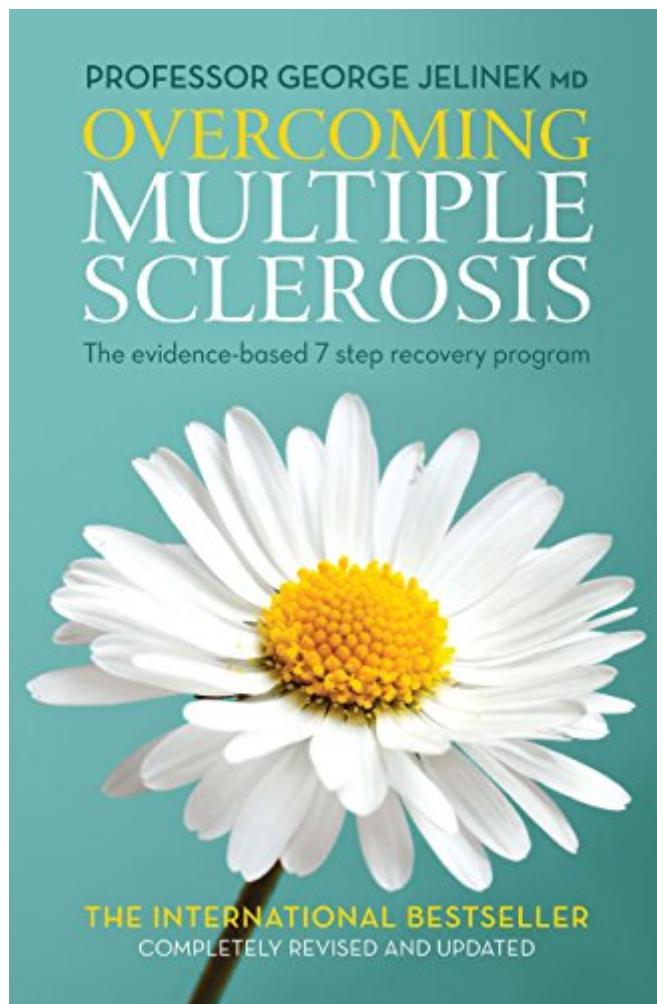


The book was found

# Overcoming Multiple Sclerosis: The Evidence-based 7 Step Recovery Program



## Synopsis

Overcoming Multiple Sclerosis is an established and successful program of treatment. Once a diagnosis of MS meant inevitable decline and disability. Now thousands of people around the world are living healthy, active lives on the Overcoming Multiple Sclerosis recovery program. Overcoming Multiple Sclerosis explains the nature of MS and outlines an evidence-based 7 step program for recovery. Professor George Jelinek devised the program from an exhaustive analysis of medical research when he was first diagnosed with MS in 1999. It has been refined through major ongoing international clinical studies under Professor Jelinek's leadership, examining the lifestyles of several thousand people with MS world-wide and their health outcomes. Overcoming Multiple Sclerosis is invaluable for anyone recently diagnosed with MS, living with MS for years, or with a family member with MS. It makes an ideal resource for doctors treating people with MS. 'I would have no hesitation in recommending Overcoming Multiple Sclerosis to my patients, but also to my friends and colleagues.' Professor Gavin Giovannoni, MBBCh, PhD, FCP (S.A., Neurol.), FRCP, FRCPath, Chair of Neurology, Blizard Institute, Barts and The London School of Medicine and Dentistry. Overcoming Multiple Sclerosis combines hard scientific evidence with practical advice and compassion. It will be of benefit to nearly everybody affected by MS and I heartily recommend it.' Dr Peter Fisher FRCP, Physician to Her Majesty Queen Elizabeth II, and Director of Research, Royal London Hospital for Integrated Medicine

## Book Information

File Size: 2187 KB

Print Length: 504 pages

Publisher: Allen & Unwin; 2 edition (June 22, 2016)

Publication Date: June 22, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01DCWNJ0A

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #77,974 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #7 in Kindle

## Customer Reviews

This book is quite simply required reading for anyone with MS or anyone who knows someone with MS. There is also strong evidence suggesting the lifestyle is extremely beneficial for anyone having (or wishing to prevent) any of the 'autoimmune' diseases that are currently so prevalent in the western world! I have been following the OMS lifestyle approach for 7 years now and I couldn't be happier or more grateful. I have gone from a rapidly deteriorating situation to one of complete health without any symptoms - something very unusual according to statistics for those following so-called 'normal' treatment plans. The approach and lifestyle are simple to adapt, and Professor Jelinek provides you with all of the scientific evidence you will need to begin a life-changing health journey. The real life advice on getting started is simple to understand...especially if using the overwhelming backdrop of supporting science.

It is a breakthrough book, with many scientific references and issues related to positive overcoming MS. Great stuff!

Everything is fine.

[Download to continue reading...](#)

Overcoming Multiple Sclerosis: The evidence-based 7 step recovery program Multiple Sclerosis: Simple Changes to Help You Manage Your Multiple Sclerosis Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Overcoming Multiple Sclerosis Healing Multiple Sclerosis: Diet, Detox & Nutritional Makeover for Total Recovery, New Revised Edition Healing Multiple Sclerosis, New Revised Edition Diet, Detox & Nutritional Makeover for Total Recovery Rising UP!: My Recovery from Multiple Sclerosis, Disability and Despair, including Western and Chinese Medicine, Tai Chi, Qigong, diet, neurological exercise, meditation--and much more! The Easy Way to Host Multiple Websites on EC2: A complete step-by-step recipe for launching and hosting multiple websites on a single EC2 instance Celebrate Recovery Updated Leader's Guide: A Recovery Program Based on Eight Principles from the Beatitudes Exercises for Multiple Sclerosis: A Safe and Effective Program to Fight Fatigue, Build

Strength, and Improve Balance The Caffeine Cure: A Definitive Guide to Finally Overcoming Your Caffeine Addiction (Addictions, Addiction Recovery, Overcoming Addictions Book 1) Overcome The BS of MS: A 3-Step Plan For Women Living With Multiple Sclerosis Mindfulness-Based Cancer Recovery: A Step-by-Step MBSR Approach to Help You Cope with Treatment and Reclaim Your Life Gambling Addiction Recovery: Gambling Addiction Recovery and Cure of Your Life (Addiction Recovery, Addictions Gambling, Quit Smoking, Addiction) Evidence Trumps Belief: Nurse Anesthetists and Evidence-Based Decision Making Models and Frameworks for Implementing Evidence-Based Practice: Linking Evidence to Action A Practical Guide to Fecal Transplants: A Revolutionary Approach to C. Difficile, Ulcerative Colitis, Crohn's Disease, Dysbiosis, Multiple Sclerosis & More! Herbs and Nutrients for Neurologic Disorders: Treatment Strategies for Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, and Seizures What is a Probiotic, Probiotics against Obesity, Colon Cancer, Inflammatory Bowel Disease, Heart Disease, Multiple Sclerosis, Weight Loss, Cholesterol, Diabetes and Autism. Digestive Wellness Why Is There No Multiple Sclerosis At The Equator? How Brazilian Doctors Are Curing Ms With High-Dose D3

[Dmca](#)