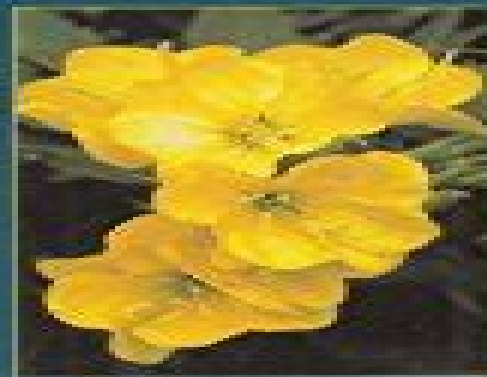


THE CLASSIC BESTSELLER

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

Ian Robinson



Multiple Sclerosis A Self Help Guide To Its Management:

Multiple Sclerosis Judy Graham,1984 **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 tai 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

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

Quick Steps To Taming MS: A Concise Guide to Multiple Sclerosis and Immune System Repair Louise Docherty,2006-03-16 This book is designed to present information and options quickly to those who may not be feeling well enough or have enough time to cope with more in depth reading In positive and easy to understand language the author gives a step by step account of all the things she did to help repair her own immune system when diagnosed with Multiple Sclerosis Ranging from the use of vitamin supplements to diet plans *Quick Steps to Taming MS* will help the reader navigate through the wealth of information regarding alternative health routes and enable them to quickly put into practice the methods that the author used to repair and strengthen her immune system From MS to general immune system malaise this

book is guaranteed to give you a kick start **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 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 and Having a Baby* Judy Graham, 1999-06-01 An essential resource for anyone with MS who is considering having a child Firsthand advice from a woman with multiple sclerosis who has successfully borne and raised a child Contains information that can change the lives of many of the 250 000 women in the United States suffering from MS Highly readable format puts the facts at your fingertips Diagnosed with MS at twenty eight author Judy Graham gave birth for the first time at the age of thirty eight Her new book *Multiple Sclerosis and Having a Baby* provides other women who are considering starting a family with the kind of genuine and useful insight that comes only from firsthand experience *Multiple Sclerosis and Having a Baby*

makes available not only the medical answers prospective parents need but also the practical suggestions and sound advice that will help them meet the many unique and sometimes difficult challenges that face couples living with MS In this highly informative and readable book Graham asks and provides answers for nearly every question a woman with multiple sclerosis might want to consider before having a baby With the latest medical facts and valuable data culled from hundreds of interviews with women who have multiple sclerosis and are currently raising a child Graham straightforwardly addresses such issues as the possibility of relapse genetic predisposition to MS sexuality and fertility pregnancy postnatal care and breastfeeding as they relate to women with MS

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