



Managing Multiple Sclerosis Naturally: A Self-help Guide to Living with MS

Judy Graham

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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.



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Leslie Padilla:

A lot of people always spent all their free time to vacation or even go to the outside with them household or their friend. Do you know? Many a lot of people spent they will free time just watching TV, or perhaps playing video games all day long. In order to try to find a new activity here is look different you can read a new book. It is really fun for yourself. If you enjoy the book that you read you can spent the entire day to reading a guide. The book Managing Multiple Sclerosis Naturally: A Self-help Guide to Living with MS it is very good to read. There are a lot of people that recommended this book. We were holding enjoying reading this book. In the event you did not have enough space to bring this book you can buy typically the e-book. You can more easily to read this book out of your smart phone. The price is not too expensive but this book features high quality.

Teresa Cook:

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important for you. As we know that on this age, many ways to get whatever you want. Likewise word says, many ways to reach Chinese's country. Therefore this *Managing Multiple Sclerosis Naturally: A Self-help Guide to Living with MS* can make you feel more interested to read.

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