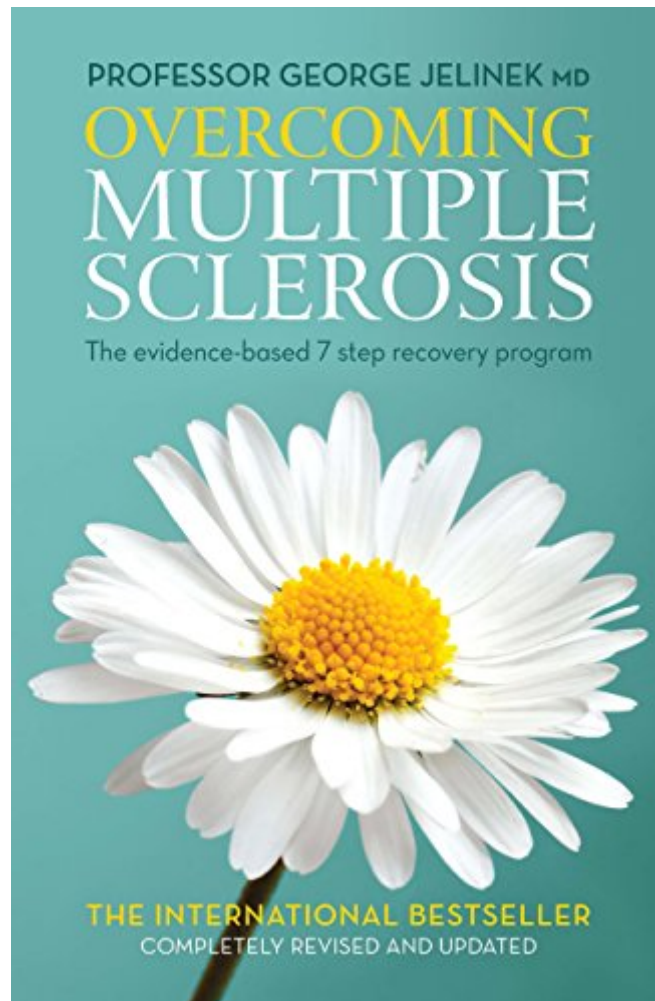


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# Overcoming Multiple Sclerosis: The Evidence-based 7 Step Recovery Program



## 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, Blizzard 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

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## 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.

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