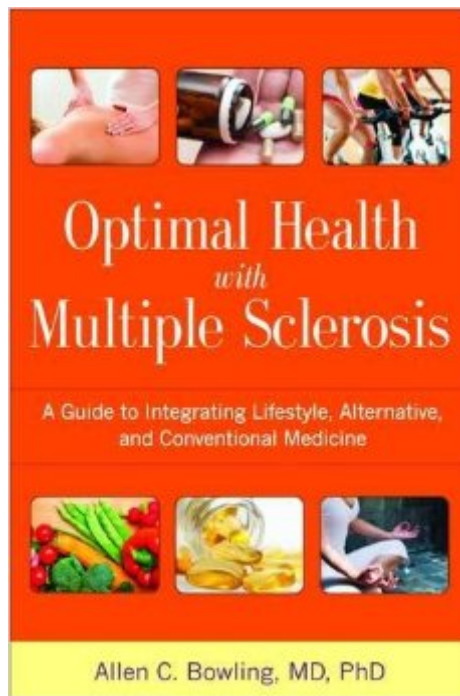


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# Optimal Health With Multiple Sclerosis: A Guide To Integrating Lifestyle, Alternative, And Conventional Medicine



## Synopsis

For everyone in the MS community, the only source for reliable, evidence-based information on the relevance, safety, and effectiveness of various alternative and lifestyle medicine approaches to MS treatment and the best ways to safely integrate them with conventional medicine. In addition to conventional medicine, many people with MS also use some form of alternative medicine and there is growing evidence and interest in the effects of lifestyle factors, such as diet and exercise, on MS. Yet, until now, it has been difficult to obtain unbiased and practical information about the MS-relevant aspects of these non-medication approaches. Written by a renowned specialist in MS and alternative medicine, *Optimal Health with Multiple Sclerosis* provides the accurate and unbiased information people with MS, their friends and family, health care professionals, and educators need to make responsible decisions and achieve the very best outcome. Find other options that may provide symptomatic relief when conventional therapies are limited. Learn about potentially dangerous interactions between alternative therapies and medical treatments used in the management of MS. Identify alternative and lifestyle therapies that are effective, low risk, and inexpensive. Recognize ineffective, dangerous, or costly alternative therapies.

## Book Information

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## Customer Reviews

For people with multiple sclerosis, there's often an uncomfortable moment in an appointment with the doctor. It usually occurs somewhere to the end of the visit, when there is little time left to talk. Yet, this is a key element in MS care, the time when the question of "what else can I do" is

asked. For the neurologist, itâ€™s almost like accepting that they donâ€™t have all the answers. For the patient, it may feel like they are poking into areas that the neurologist is a., unfamiliar with and b., not in favor of, or c., unwilling to discuss. Sometimes people with MS come across a neurologist willing to go outside the box, but often they are left to their own devices to try to find information that they can use in an informed, reasonable fashion. Dr. Allen Bowling, in his âœœOptimal Health with Multiple Sclerosisâ•, fills this void in a well written, thoroughly researched, thoughtfully framed book about âˆwhat elseâ™ people with MS can do for their health. Chapter by chapter he reviews how to think about health with MS, provides a seven- step guide to optimal health in MS, and details important information about placebos and nocebos which may help people understand how difficult it is to study complementary and alternative medicines. The facts are clear, unbiased, and helpful for anyone with MS. Perhaps the best element of the book is the treatment by treatment in depth analysis of Aromatherapy to Yoga. Each segment goes into detail about what we know about the treatment, studies that have been done in MS, and a realistic assessment of risks and benefits of the treatment. At the beginning of each section Dr. Bowling uses check, question, and exclamation marks to make it clear if a treatment looks ok, is of uncertain benefit, or is something to stay well away from.

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