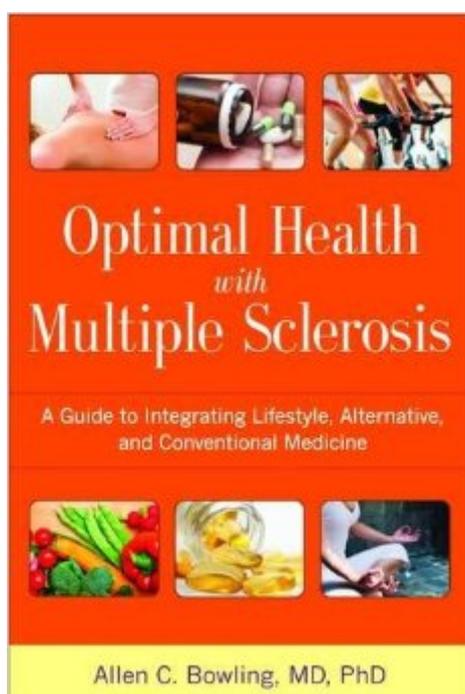


The book was found

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

Paperback: 402 pages

Publisher: Demos Health; 3 edition (October 20, 2014)

Language: English

ISBN-10: 1936303701

ISBN-13: 978-1936303700

Product Dimensions: 6 x 0.9 x 9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (13 customer reviews)

Best Sellers Rank: #483,534 in Books (See Top 100 in Books) #71 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Multiple Sclerosis](#) #407 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System](#) #528 in [Books > Health, Fitness & Dieting > Alternative Medicine > Holistic](#)

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 âœOptimal Health with Multiple Sclerosisâ•, fills this void in a well written, thoroughly researched, thoughtfully framed book about â^what 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.

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

Optimal Health with Multiple Sclerosis: A Guide to Integrating Lifestyle, Alternative, and Conventional Medicine
Optimal Health with Parkinson's Disease: A Guide to Integrating Lifestyle, Alternative, and Conventional Medicine
Multiple Sclerosis: Simple Changes to Help You Manage Your Multiple Sclerosis
Complementary and Alternative Medicine and Multiple Sclerosis, 2nd Edition: Second Edition
Alternative Medicine Definitive Guide to Headaches (Alternative Medicine Definitive Guide)
Alternative Medicine Made Easy: How to Use Simple Homemade Remedies to Stay Healthy and Disease-Free (Herbal Remedies, Alternative Medicine, How to Use Herbal Remedies,)
The Top 10 Lyme Disease Treatments: Defeat Lyme Disease with the Best of Conventional and Alternative Medicine
Essential Oils for Dogs: 100 Easy and Safe Essential Oil Recipes to Solve your Dog's Health Problems (Alternative animal medicine, Small mammal Medicine, Aromatherapy, Holistic medicine)
US Army Technical Manual, DESTRUCTION OF CONVENTIONAL AMMUNITION AND IMPROVED CONVENTIONAL MUNITIONS (ICM) TO PREVENT ENEMY USE, TM 43-0002-33, 1993
Herbal Remedies: The Ultimate Guide to Herbal Healing, Magic, Medicine, Antivirals, Antibiotics, : herbs, Alternative Medicine, Magic, Medicine, Antivirals, ... Oils, Depression Cure, Natural Remedies,)
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 Arthritis Bible: A Comprehensive Guide to Alternative Therapies and Conventional Treatments for Arthritic Diseases The Medical Advisor: The Complete Guide to Alternative & Conventional Treatments The Medical Advisor: The Complete Guide to Alternative & Conventional Treatments : Home Edition Gentle Yoga for Multiple Sclerosis: A Safe and Easy Approach to Better Health and Well-Being through Yoga Women's Encyclopedia of Natural Medicine: Alternative Therapies and Integrative Medicine for Total Health and Wellness Healthy Eating: Spring Healthy Eating Guide and 60+ Recipes Inspired by Traditional Chinese Medicine to Detoxify the Body and Achieve Optimal Health Healthy Eating: Winter Healthy Eating Guide and 60+ Recipes Inspired by Traditional Chinese Medicine to Warm Up the Body, Nourish Your Skin, and Achieve Optimal Health MS - Living Symptom Free: The True Story of an MS Patient: A Guide on How to Eat Properly and Live a Healthy Life while Controlling, Reducing, and Eliminating the Symptoms of Multiple Sclerosis A Practical Guide to Fecal Transplants: A Revolutionary Approach to C. Difficile, Ulcerative Colitis, Crohn's Disease, Dysbiosis, Multiple Sclerosis & More!

[Dmca](#)