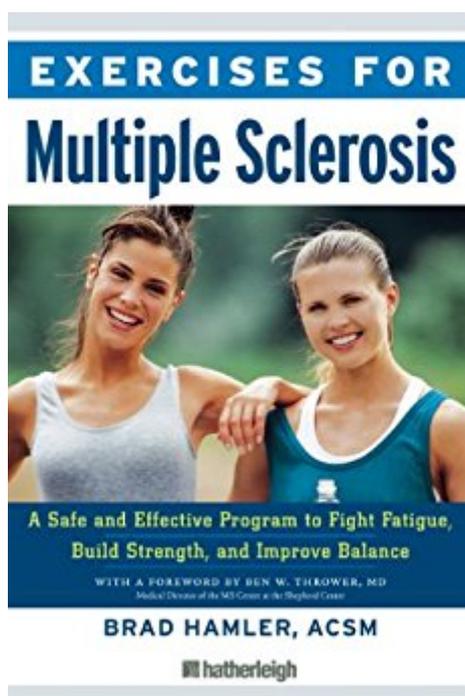


The book was found

Exercises For Multiple Sclerosis: A Safe And Effective Program To Fight Fatigue, Build Strength, And Improve Balance



Synopsis

A specially-designed, easy-to-follow program to feel better and improve your quality of life. Multiple sclerosis (MS) is a devastating disease that damages the central nervous system. It affects nearly 400,000 Americans with daily fatigue, loss of coordination and balance, and muscle spasms or spasticity—and it has no cure. Now, research shows that MS symptoms can be reduced through exercise, making living with MS a little easier. Exercises for Multiple Sclerosis tells you how to improve your daily symptoms, especially fatigue and mobility. Written by a licensed postrehabilitation specialist who has worked extensively with MS patients, Exercises for Multiple Sclerosis provides a tested program. An essential reference for anyone who suffers from MS, it will show you:

- How daily exercise can help reduce your fatigue
- How to increase physical strength while decreasing spasticity
- How to compensate for loss of balance and coordination while walking
- Why medical treatments are just not enough

If you or someone you know suffers from MS, you need this book. With an easy-to-follow, simple workout designed to adapt to many energy levels, Exercises for Multiple Sclerosis will help MS sufferers to achieve a healthier, happier, more productive life. From the Trade Paperback edition.

Book Information

Print Length: 176 pages

Publisher: Hatherleigh Press; 1 edition (June 5, 2018)

Publication Date: June 5, 2018

Sold by: Digital Services LLC

Language: English

ASIN: B00JI48XH6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #883,435 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #30

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments >

Multiple Sclerosis #75 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases &

Physical Ailments > Genetic #186 in Books > Health, Fitness & Dieting > Diseases & Physical

Ailments > Genetic

Customer Reviews

I have been battling Multiple Sclerosis for years and I have read almost every book I have run into on the subject. This book is by far the best, for people who are unwilling to surrender to this disease. Brad Hamler clearly understands that it is possible to delay the immobility and other physical problems that MS can cause, by maintaining a focused exercise routine. I had come to the same conclusion myself and I was delighted to read the experiences of a medical service professional, with extensive experience with MS patients, confirming my strategy in battling this disease. I highly recommend this book to anyone with MS. A well focused exercise routine has been the most clearly effective therapy, of all the therapies I have tried. If you have MS, this book will show you how to fight back, and keep active and mobile. Eventually, medical science will develop therapies not requiring this much effort, but until then Brad has the best strategy to battle MS. Continue with whatever drug therapy you may be on, but add Brad's exercise routine to it.

This is a terrific, positive presentation, especially for younger patients with MS. As I have had MS for over forty years I found some of the exercises more difficult than they would have been when I was in my thirties or forties. However I liked the positive reinforcing attitude of the author and found many of the exercises helpful.

I've been struggling with MS for years and have tried pt that was kind of standard, aquatic pt -- and just plain riding an exercise bike. This book is full of information I haven't received from any of my docs or pts -- VERY helpful, encouraging and the exercise program is manageable and seems to be helping! Thanks, Brad Hamler.

Managing fatigue, balance, spasticity and other symptoms make exercising a true challenge for those of us with MS. The descriptions and the pictures ensure that you're doing the exercises correctly. Most can be done at home and/or at the gym. In Part 111, there is a discussion on the benefits of working out and pacing yourself on "bad days" that I found very useful. Definitely worth it.

This book is wonderful. Finally one that does not do the "oh, poor you" and give us a workable workout schedule without costly machines. It is a book that makes us take charge of what we can control and gives us a better chance for a future filled with "can do's" instead of "feel sorry for me".

I found the book to be very informative and helpful. The exercises are fairly easy to do and the

author is very knowledgeable about MS.

I very much appreciate this book. When I was first diagnosed in 2004 the 'experts' were still telling us we couldn't do anything because it made us tired or could trigger an exacerbation. I'm glad to see a book that addresses the need for regular exercise for people with MS. What can happen to a healthy person over the course of a life time can happen to someone with MS in a matter of years or months or even weeks. "Move it or lose it!" This book provides an easy to understand and follow exercise routine that can serve me for a life time.

after 20+ years of relapse/remission I'm at a point where many things are much harder. The tone and attitude were wonderful. The basic weights and exercises were standard but the MS specialized like how to stand up were unclear and not well illustrated....

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

Exercises for Multiple Sclerosis: A Safe and Effective Program to Fight Fatigue, Build Strength, and Improve Balance
Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet)
Self-help Treatment for Chronic Fatigue Syndrome, M.E, Fibromyalgia and Adrenal Fatigue:
The Sensitive's Solution: FREE Support Group (Chronic Fatigue Syndrome, M.E, Fibromyalgia, Chronic Fatigue)
Exercises for Osteoporosis, Third Edition: A Safe and Effective Way to Build Bone Density and Muscle Strength and Improve Posture and Flexibility
Adrenal Fatigue: Goodbye - Adrenal Fatigue!
The Ultimate Solution For - Adrenal Fatigue & Adrenal Burnout: Adrenal Diet - Hormone Reset - Balance Hormones ... Reset, Addison's Disease, Low Libido)
Multiple Sclerosis: Simple Changes to Help You Manage Your Multiple Sclerosis
Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training)
Improve Your Eyesight Naturally: How To Improve Your Vision Naturally - Learn Super Effective Eyesight Exercises To Improve Eyesight Without (Vision Therapy, Optometry, Eyesight Improvement)
Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome With The Adrenal Reset Diet. How To Reduce Stress, Anxiety And Boost Energy Levels And Overcome Adrenal ... Books, Adrenal Fatigue Diet, Adrenal Reset)
Adrenal Fatigue: What Is Adrenal Fatigue And How To Reset Your Diet And Your Life (Adrenal Fatigue, Reduce Stress, Boost Energy, Diet)
Gut: The Key to Ultimate Health - SIBO, IBS & Fatigue (GAPS, Candida, Chronic Fatigue, Fibromyalgia, Adrenal Fatigue, SIBO, Parasites)
Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great

(Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Adrenal Fatigue Diet: Adrenal Fatigue Treatment with the Hormonal Balance and Top 50 Easy to Do Recipes Fatigue: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating the Conditions That Cause Fatigue Build a Survival Safe Home: The Latest Guide for Building Safe and Warm Wilderness Shelters (Survival Safe Home, Survival shelter, Survival shelter books) The Complete Strength Training Workout Program for Racquetball: Improve power, speed, agility, and resistance through strength training and proper nutrition Fit to Fight: An Insanely Effective Strength and Conditioning Program for the Ultimate MMA Warrior Bodybuilding: The Straightforward Bodybuilding Diet Guide to Build Muscle, Build Strength and Put On Mass Fast As Hell (Fitness, Bodybuilding Nutrition, ... diet books, weight loss, strength training) Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) Gentle Yoga for Multiple Sclerosis: A Safe and Easy Approach to Better Health and Well-Being through Yoga

[Dmca](#)