



Overcoming Multiple Sclerosis: An Evidence-Based Guide to Recovery

By George Jelinek



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A research-based approach to treating the devastating neurological condition multiple sclerosis, based on a combination of drug treatment and lifestyle modifications

Multiple sclerosis (MS) is a serious, progressively disabling condition for which current medical treatment is not particularly effective and has many side effects, however, this guide provides a genuine alternative. Through an exhaustive, evidence-based analysis of medical research, the study concludes that MS is a disease largely determined by lifestyle factors. Showing that people with MS who modify their diet, their exercise habits, and other aspects of their lifestyle can stabilize the illness and potentially recover, these recommendations will change the lives of thousands of people with MS and support their loved ones.



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Review

"As a physician and the spouse of someone with multiple sclerosis I feel that this book contains much wisdom and guidance for achieving one's greatest potential for healing when confronted by the reality of this disease." —Bernie Siegel M.D., author, *Love, Medicine and Miracles*

"The most exciting book I have read in some time. Everyone affected by MS, either directly or indirectly, needs to read it." —Ian Gawler, author, *You Can Conquer Cancer*

About the Author

Professor George Jelinek is an emergency physician. He was the first professor of emergency medicine in Australasia and founding editor of the journal *Emergency Medicine Australasia*. He has given many public lectures and retreats for people with MS.

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