

Taking Control Of Multiple Sclerosis

Kerryn Phelps, Craig Hassed



Taking Control Of Multiple Sclerosis:

Managing Multiple Sclerosis Naturally Judy Graham, 2010-06-24 A totally revised and updated edition of the first book to offer a holistic approach to slowing the progression of MS Provides guidance on special diets and nutritional supplements exercise alternative therapies and the effects of negative and positive thoughts on MS Explains how to reduce toxic overload from mercury and chemicals Includes life wisdom and coping strategies from others who suffer with MS Judy Graham is an inspiration Diagnosed with multiple sclerosis when she was just 26 years old 35 years later Judy Graham is still walking working and has successfully birthed and raised a son who is now an adult In this totally revised and updated edition of her groundbreaking Multiple Sclerosis first published in 1984 she shares the natural treatments that have helped her and many others with MS stabilize or even reverse the condition Beginning with the effects of diet she explains that many people with MS have been eating the wrong foods and shows which foods are good and bad how to recognize food sensitivities and how to correct nutritional deficiencies using dietary supplements She also looks at reducing the body's toxic overload whether from mercury amalgam fillings chemicals or medications She presents the exercises with proven benefits for MS she has found most reliable and appropriate such as yoga pilates and tai chi and explores alternative therapies that provide relief and support to the body's efforts to control MS including acupuncture reflexology shiatsu reiki and ayurveda Most important are the insights she provides on the effects of negative thoughts on MS She demonstrates how a positive mental attitude can actually slow down or even reverse the progression of this disease Judy Graham is living proof that as devastating as a diagnosis of MS is life can still be lived to its fullest

Overcoming Multiple Sclerosis George Jelinek, 2017-01-01 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

General Practice Kerry Phelps, Craig Hassed, 2011 The aim of the book is to provide a comprehensive General Practice text book which takes a contemporary integrative approach to diagnosis investigation and management of health issues and disease states encountered in the general practice environment The book will cover the philosophy underpinning general practice in the 21st Century and deal with primary and secondary prevention as well as acute and chronic disease management General Practice The Integrative Approach will inform doctors as fully as possible about potential treatment and prevention options

as well as potential pitfalls according to the growing evidence base in this area The book is directed at best practice rather than alternative practice The first section of the textbook lays the foundations and principles of Integrative Medicine and the second section examines important medical conditions in a systems based approach Each chapter begins by detailing the allopathic medical and consulting knowledge required of a standard GP text discussing physiology and pharmacological management plans of systems based conditions The chapter then leads into an evidence based discussion of the therapeutic options available for the treatment of associated factors essentially providing practitioners with the knowledge required to adapt their approach to meet the needs of the individual patient A national panel of experts with experience in Chinese medicine herbal medicine nutritional medicine naturopathy and exercise therapy have contributed to their various fields of expertise to incorporate management plans that utilise a variety of therapeutic modalities to achieve the best clinical outcome incorporates evidence based and safe therapies including conventional medical care lifestyle interventions and complementary therapies is directed at best practice rather than alternative practice focuses on prevention and health promotion a symptomatic layout matching the approach of contemporary medical curriculum each therapeutic modality and therapeutics contributor is coded with an icon for easy modality reference a unique chapter covering medico legal issues a ready reference herb drug interaction chart expert authors include Dr Kerry Phelps well known Australian medical practitioner and President of the Australasian Integrative Medicine Association AIMA *Inspire Me Well: Finding Motivation to Take Control of Your Health* Lisa Bélanger, 2014 General Practice - Inkling Kerry Phelps, Craig Hasted, 2010-12-29 A comprehensive medical textbook taking a holistic approach to contemporary general practice This e book takes an integrative approach to the diagnosis investigation and management of health issues in the general practice environment General Practice The integrative approach e book version covers the philosophy underpinning modern day general practice including primary and secondary prevention as well as acute and chronic disease management This comprehensive e book informs doctors of potential treatment and prevention options as well as possible pitfalls according to the growing integrative medicine evidence base The first section of General Practice The integrative approach e book lays the foundations of integrative medicine while the second examines important medical conditions in a systems based approach Each chapter in this valuable health resource outlines required medical and consulting knowledge while discussing physiology and pharmacological management plans of systems based conditions An evidence based discussion of the available therapeutic options for the treatment of associated factors follows This helps medical practitioners adapt their approach for individual patient needs General Practice The integrative approach e book features contributions from experts in Chinese medicine herbal medicine nutritional medicine naturopathy and exercise therapy all of whom incorporate their expertise into management plans that utilise multiple therapeutic modalities to achieve the best clinical outcome incorporates evidence based and safe therapies including conventional medical care lifestyle interventions and

complementary therapies is directed at best practice rather than alternative practice focuses on prevention and health promotion a symptomatic layout matching the approach of contemporary medical curriculum each therapeutic modality and therapeutics contributor is coded with an icon for easy modality reference a unique chapter covering medico legal issues a ready reference herb drug interaction chart expert authors include Dr Kerry Phelps well known Australian medical practitioner and President of the Australasian Integrative Medicine Association AIMA

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Multiple Sclerosis Melissa Abramovitz, 2003 Explains what multiple sclerosis is its causes how it is treated life with the disease and the future of the disease

Taking Control Jillian Kingsford-Smith, 2013 Each week 200 people are diagnosed with MS adding to the approximately 2.5 million people living with the condition worldwide Despite this large number so little is really known about the condition and it can be difficult to find practical real life advice that you can put into action Taking Control is an inspiring journey through the lives of 15 people living with MS Read how they were diagnosed address their greatest fears to go on create a new life Practical advice and over 100 tips to help you put your life back together

Taking Control of Multiple Sclerosis George Jelinek, 2000-01-01 One of five children of Czech immigrants George Jelinek was educated at Scotch College in Perth before studying medicine at the University of Western Australia While at school his mother developed multiple sclerosis and by the time he had qualified in medicine she was wheelchair bound A few years later she took her own life such was her suffering George Jelinek specialised in Emergency Medicine winning the prize in the first specialist examinations in that field in Australasia in 1986 A stellar career followed President of the Australasian Society for Emergency Medicine Editor of Emergency Medicine then in 1996 inaugural Professor in Emergency Medicine in Australasia But at the age of 45 two years into that job he too was diagnosed with MS Professor Jelinek accepted the disease as a challenge searching the medical literature and modifying his own life according to the findings support for new disease modifying drugs and sound evidence that dietary modifications and sunlight may help in controlling MS More than a medical challenge the disease has also led Professor Jelinek to re assess his life relationships and spirituality The insights he gained

together with the dietary and lifestyle changes he prescribes will be of benefit to thousands of people with MS and many other chronic conditions

Multiple Sclerosis: A Comprehensive Guide to Understanding, Managing, and Living with MS

Ethan D. Anderson, 2023-01-01

A comprehensive guide for patients families and caregivers facing MS Are you or a loved one facing a multiple sclerosis MS diagnosis Empower yourself with the knowledge strategies and support you need to navigate this complex journey with Multiple Sclerosis A Comprehensive Guide to Understanding Managing and Living with MS This indispensable guide provides a clear and thorough overview of multiple sclerosis breaking down the intricacies of this life altering disease for patients families and caregivers Written in an easy to digest format this book will equip you with the tools you need to make informed decisions about your healthcare journey and live a fulfilling life with MS Inside this essential resource you ll discover

- A detailed introduction to MS its types causes and risk factors
- An in depth exploration of the nervous system the immune system and the demyelination process in MS
- Comprehensive information on the signs symptoms diagnostic process and differential diagnosis of MS
- An overview of the disease course prognosis and treatment options tailored for each disease course
- A complete guide to disease modifying therapies including injectable oral and infusion treatments
- Practical advice on managing common symptoms such as fatigue mobility issues and cognitive problems
- Expert guidance on rehabilitation and support services including physical occupational and speech therapy
- An exploration of complementary and alternative medicine approaches for MS including diet mind body therapies and natural supplements
- An examination of the psychosocial aspects of MS including emotional well being relationships intimacy and caregiver support
- Information on employment disability and navigating legal rights and benefits
- Tips for daily living exercise travel and recreation for individuals with MS
- A special section dedicated to pediatric MS diagnosis treatment and support for children and families
- A look at the latest advancements in MS research emerging therapies and the future of personalized medicine

Multiple Sclerosis A Comprehensive Guide to Understanding Managing and Living with MS is more than just a reference book It s a powerful resource that empowers those affected by MS to take control of their lives providing them with the knowledge and tools they need to face the disease with confidence and hope Don t let multiple sclerosis define your journey Order your copy today and take the first step towards understanding managing and thriving with MS

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