

Overcoming Multiple Sclerosis The Evidence Based 7 Step Recovery Program English Edition By George Jelinek Md

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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.

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Based on many studies published in journals such as lancet nature and journal of the american medical association neurology as cited in oms evidence brochure link to evidence brochure ii pui ming l jelinek ga weiland tj et al effect of a residential retreat promoting lifestyle modifications on health related quality of life in people with multiple sclerosis qual primary care

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reduction together with medication where needed.

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Rachael s overing ms overing multiple sclerosis january 29 at 7 00 am omser rachael is senior health professional in swansea wales i am overing ms finding oms was like someone turning on the light at a really dark time the program makes sense to me as a health professional and is evidence based.

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Based on his work jelinek devised a dietary based program overing multiple sclerosis 18 19 the medical munity and some anizations that specialize in ms remain unconvinced of the results of dietary regimens and await higher level evidence before making definitive remendations.

A research based approach to treating the devastating neurological condition multiple sclerosis based on a bination 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

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