

## BOOK REVIEW

### Dangerously Healthy

by Malcom Birkenshaw

reviewed by Sylvia Brown



This humorous and entertaining novel follows the ups and downs of Malcolm's life from the time of his diagnosis with MS in 1974 and his adamant refusal to accept the decline that doctors intimated would 'inevitably' follow.

Malcolm graduated with a BSc from Hull University in 1958, despite having many confusing MS symptoms. He went on to become a lecturer and comedy scriptwriter, got married and had two children.

We live though the turmoil of his diagnosis, and the devastating effects on his professional and personal life. But throughout Malcolm remains determined to beat MS and begins his search for answers.

He starts by taking sunflower oil, vitamins, sticking to a gluten-free low-fat diet, and trying Hyperbaric Oxygen. Gradually, he starts looking and feeling better. His next step was to try and tackle the muscles which had wasted through inactivity. So he decides to try bicycling, somewhat to his wife's trepidation!

Gradually Malcolm finds his strength building. He takes up tennis, starts playing cricket again and even climbed Mount

Snowdon! The following year he cycled to London to raise funds for the newly-formed A.R.M.S (Action and Research for MS).

Despite his wife's affair and being left to bring up his two children, he manages to remain fit and active. We travel with Malcolm on the all too familiar MS rollercoaster, while being reminded to stay positive and keep a real sense of humour at all times!

Be prepared for some hearty 'Yorkshire' dialect, a good dose of down to earth Yorkshire wit, and plenty of scandal. It made me cry as well as laugh my socks off!

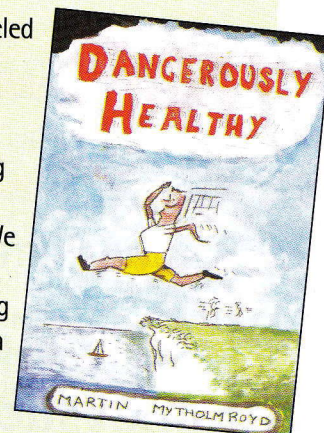
Malcolm wrote 'Dangerously Healthy' in 1997. The idea was to raise money for MS Research. But the publishers let him down big time. Three years of stressful litigation and financial hardship has caused the MS to flare up. But he is now on the way back up again, as stubbornly determined as ever. He has even established a webpage where you can download free copies of his book, before he sends it out to major publishers.

Alternatively this autobiography is available in paperback at less than half price to UK addresses for £5.50 (USA \$10).

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Steve the proprietor is a member of their local MS Therapy Centre with his partner Sylvia who has MS. (See the article about her on page 16 of this issue) Call now for a free brochure!



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