

# Postbag

## Your Letters



Do you have something to say or helpful information to pass on? Whether it's gripes and groans, a pat on the back, or hints and tips, we'd love to hear from you. Please write to: Judy Graham, Editor, New Pathways, MSRC, 7 Peartree Business Centre, Peartree Road, Stanway, Colchester, Essex CO3 0JN  
Tel: 0800 783 0518 or 01206-505444 Fax: 01206-505449  
e-mail: [themsrcc@yahoo.com](mailto:themsrcc@yahoo.com)

### Spread the Word

Dear New Pathways,  
We all rave about how great this publication is don't we? Who'd be without their copy? So LET'S SPREAD THE WORD! It really is up to us to let other people know about New Pathways! I am doing just that by obtaining 80 complimentary copies of New Pathways to send out to my GYMS Members (Group for Young MSers). If you know of any MS groups, individuals, MS nurses, hospitals, doctors or even neurologists who you think would benefit from reading New Pathways, then give the MSRC a call and arrange for them to be sent out for free either to you or direct to the people in question. Some people need that extra nudge to convince them that something is worth doing.

And don't forget to pass on the message, that the MSRC will send this magazine out free to people who genuinely can't afford the subscription, so there is no excuse.

I have also decided that there is no need to copy articles from New Pathways to our GYMS newsletter - what is the point when all our members will be receiving New Pathways directly? Saves me duplicating a lot of work and members receive a far more extensive glossy version to boot. My GYMS newsletter still gets sent out but now with more room left to focus on regional activities and meetings.

It's really up to us folks! The MSRC will back us all the way because their objective is to reach out as many people with MS as possible and HELP THEM TO HELP THEMSELVES!

**Sylvia Brown, Sheffield,**  
[sylvia.m.brown@btinternet.com](mailto:sylvia.m.brown@btinternet.com)

### Usana Amazing

Dear New Pathways  
I thought it was about time I put pen to paper and wrote to you about my amazing experiences of USANA. I started taking it in August last year after reading Mary Smith's story in issue 8. I was taking many different supplements, I was always that bit low in energy. I think maybe I was on the right path but not taking them in the right proportions. I noticed a difference within a fortnight both mentally and physically. My energy levels improved dramatically and now I can do much more without stopping to rest and with much less effort. I feel my body was confused before but now it seems more sorted out.

Recently I noticed that my left foot, which was always colder than my right, is now the same temperature. I told my husband as that is physical proof to him as he often complained of my cold left foot. Also my toes on that foot often curled under slightly so that when walking barefoot they often scraped on the floor. Now they never do. Also my grip has returned so that once again I can wear clogs and toe post sandals. My lazy left leg is not so lazy any more, it lifts on its own much more easily. Instead of dragging it along it seems to walk more normally. I don't trip up so much. I used to trip when there was nothing there!

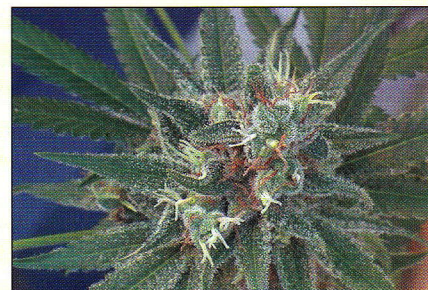
Twitches and spasms in my legs have gone. Balance is back to normal. Also I occasionally suffered from constipation, now I never do. I feel I sleep more deeply and wake more refreshed and don't take so long to come round in the mornings. I used to describe myself as a cotton wool, robot stiff on the outside and soft as cotton wool inside. It makes me realise now just how bad I felt mentally and physically.

I totally believe in Usana and would encourage anyone with MS to at least give it a chance. Why this has not been front page news and why this is not available on the NHS I don't know. Maybe one day! I am age 48 and have had MS for almost 9 years. I am taking Usana Essentials and Provlavenol.  
Yours sincerely

**Irene Read,**  
**Writtle, Chelmsford**  
**Essex.**

### Shift on Cannabis

Dear New Pathways,  
Glyn Williams of Flintshire (Misleading on Cannabis, March issue) is obviously incensed by the upbeat reception given to the tiny shift in the government's attitude towards cannabis use - which should



affect many disabled users. Feeling as strongly as he does, the Home Office might be a better target for his anger. Policy statements coming from this place are obviously struggling to address the strong pro-legalisation lobby (including the police, medical profession and general public) without confronting the culture of entrenched bigotry and ignorance that has become a pillar of the 'civilised' western Establishment since the 1930's. These clumsy half-baked proposals are fed through the various branches of our media, where editors, programme makers and presenters 'spin' them according to their individual preferences.

Liz Brice is being understandably positive about the possibilities for

