

# 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: [info@msrc.co.uk](mailto:info@msrc.co.uk)

## New Pathways 'brilliant'

Dear New Pathways,  
A huge thank you for the magazine. It is an invaluable communication for those of us



diagnosed with MS and our carers. I and fellow MSer's who are in receipt of it here in Plymouth think it is "brilliant".

Marks out of 10? Ehmmmm ... Only 12, I'm afraid!  
Best wishes,  
**Tony Watters, Plymouth**

## 'Positive Outlook Keeps Us Going'

Dear New Pathways,  
I was surprised to read the letter from Anne Almond who was rather fed-up of reading all the "GET UP AND GO" articles.

I think she really missed the point that it is people who are disabled and use wheelchairs that are doing these wild fundraising



ventures. I can only walk short distances and have no balance, but I still did the Skydive and the Abseil. Mike Taylor uses a wheelchair but he still swam the Channel.

And anyway, just because I can't walk far doesn't mean I don't think it's wonderful when another person with MS more able than me climbs a mountain or runs a marathon.

However, I do agree that the real challenges in this life are in living with MS on a daily basis. I think most of us realise that and I do think *New Pathways* cover that aspect too, articles about the real lives of real people with MS getting on with it and focusing on what they CAN DO as opposed to what they can't!

Through the internet I have met some amazing people with MS who achieve so many things in spite of being bedbound. Also don't forget without the dramatic fundraising stunts, the MSRC would be no more. They need us to raise as much money as possible especially at this time! So I will cheer each and every one of us on every step of the way irrespective of my abilities or lack thereof!

Please don't tone down your positivity *New Pathways* as that's what sets you apart from other organisations and keeps many of us going!

Best wishes,  
**Sylvia Brown, Sheffield**

## Pilates Worked For Me Too

Dear New Pathways,  
I was interested to read Judy Graham's article on Pilates in the latest issue of *New Pathways*. I bought a Pilates Performer 4 months ago, having experienced this exercise a few years ago in South Africa.

I had an attack last Oct/Nov. My legs were like sticks due to muscle wastage. (I have been a wheelchair user for 18 months now and this combined with the

attack led to severe weakness).

My husband helps me use the machine by holding my feet on the bar, helping my legs in the air (the neighbours must wonder what we are up to!). At first I started on one strap for resistance, now I am up to 4 on some exercises and can sit up unsupported to do the "Tree Hugging" exercise, where at first my husband had to hold my back.

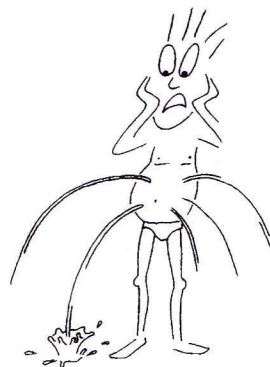
We can see improvements all the time. My legs now have some shape and my posture is much better. I would certainly recommend this to anyone – wheelchair user or not.

Best wishes,  
**Georgina Young**

## Multiple Food Sensitivity

Dear New Pathways,  
I was diagnosed with primary progressive MS in '95, but am now much improved – both physically and in my approach to myself and my MS.

However, I have many dietary allergies, as a result, I believe, of a leaky gut. I recently tried to modify my diet in an attempt to rid myself of candida – which I have been host to since my teens (I'm now 53.) The result of this was the discovery that I'm now sensitive to many more foods, including all the anti-fungals and acidophillus!



**I think I've sprung a leaky gut !!!**