

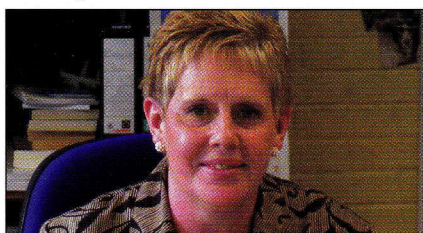
Best Books On MS

What are the best books to read if you've got MS?

Opinions differ, and it also makes a difference whether you're newly-diagnosed or not.

Here's our selection.

Wendy Larkins, msrc office:



Wendy Larkins

The First Year Multiple Sclerosis (An Essential Guide for the Newly Diagnosed)

By Margaret Blackstone.
Constable and Robinson,
ISBN: 1-84119-742-4,
normally £9.99 +pp (£2.50)
This very comprehensive

publication is an excellent easy read for those newly diagnosed wondering which journey to take, where to go, how to manage, what lies ahead and how to deal

with it. Everything from fears to relationships, research, therapies, support groups etc. etc. and even deals with the delicate subject of sex and MS and the more practical problems such as travel, driving, insurance and so on.

Written by Mary Blackstone, this is an account of how she took command after her

diagnosis of MS and is now considered a patient-expert on the subject.

I would recommend this not only to newly diagnosed, but to those who have been reluctant to educate themselves in the do's and don'ts of MS and those who could use it as a reference publication.

(SEE READER OFFER !)



Sylvia Brown

Sylvia Brown's Recommendations: Multiple Sclerosis: a Self Help Guide

By Judy Graham
Harper Collins.
ISBN 0-7225-2777-2

£9.09 + pp

"This book is a must for anyone who has MS. The broad spectrum of self-help information contained within this book is truly life-changing. I can testify to this fact because following similar approaches to those advised in Judy's book have helped me to stabilise a rapidly progressive form of MS.

Judy did her research on MS

extremely well. The book covers many topics such as food allergies, dietary advice, nutritional supplements, physiotherapy and exercise, yoga, and many other alternative therapies. She also gives helpful advice on attitude, daily living, relationships and sex, pregnancy, childbirth and motherhood.

When you study the material in her book it just makes so much sense and seems so obvious. In other MS books I have read, it is never as compelling or clear.

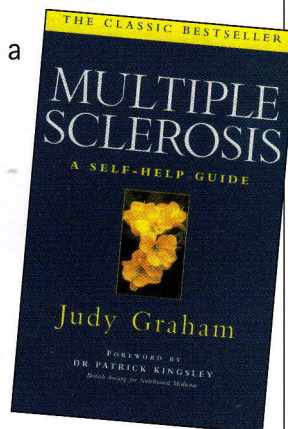
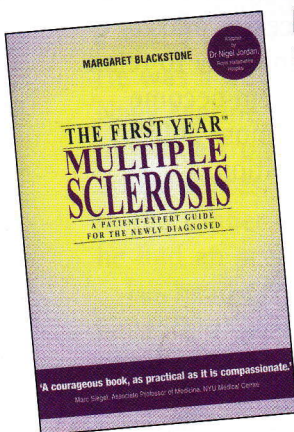
A copy of this book should be mandatory for everyone diagnosed with MS."

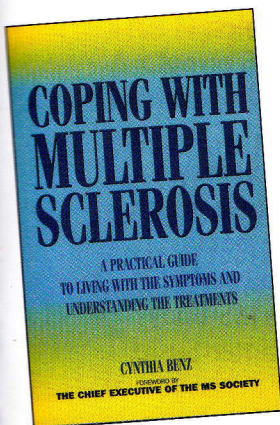
Coping with Multiple Sclerosis - A Practical Guide To Living With Symptoms and Understanding The Treatments.

By Cynthia Benz.
ISBN: 0-90-181361-1
Vermilion. £8.99

This is a particularly informative and useful book to read if you are newly diagnosed. Cynthia explains in a down to earth manner all that is currently known about MS and how it may affect you. However, unlike with some other MS books I have read, all the info doesn't drag you down or scare you half to death. This book encourages you to see that, although MS may cause stress, and changes to your life, they are often "liveable" with, if you allow them to be. Life can and will go on.

In this book Cynthia lays great emphasis on feelings and how to





deal with them. She discusses in detail the feelings people normally go through upon learning you have MS, and in living with the illness. This will help you feel a lot less alone with MS, and help you to

realise that these feelings of denial, fear, anger, resentment, and helplessness are perfectly natural and understandable.

She also discusses the effects MS can have on your partner, family and friends, and the importance of communicating how you are feeling with them!

Cynthia also talks about the importance of attitude. It is vital do not let your fears take over, but remain positive and optimistic. The cartoons in this book are funny and remind us to laugh despite having MS.

In the final chapter of this book Cynthia discusses some of the fields being explored in current MS Research. There is also a list of useful addresses and contacts at the end of the book.

From MS to Wellness

By Betty Iams. Iams House-Non-Fiction: Health/Self-Help
ISBN: 0-9663717-0-4
Price: \$19.95

This book is a must read for anyone with MS. Full of hope, information, advice and inspiration, this book describes Betty's personal Journey to overcoming MS.

Betty has travelled a long way since her diagnosis in 1994. This filled Betty with "stark terror" because her mother had been rendered helpless by the illness. Betty's neurologist didn't help her much by telling her, "There's nothing you can do for this kind

of MS". But, Betty being Betty, she saw this as a challenge and was determined to prove him wrong!

Betty believes that she created everyone and everything in her life. If she created everything, that had to include MS. And if she created MS, then surely she could heal herself of MS too.

This marvellous book documents Betty's journey of discovery in finding out ways to stabilise her progressive form of MS. I felt as though I was reading the words of a kindred spirit.

Betty believes that MS results from the body becoming out of balance for one reason or another. These "stressors" can be physical, environmental and/or emotionally based. Healing can occur only when the body is returned to a state of perfect balance. She believes the human body is designed to heal itself once we provide the necessary tools and healing environment.

As with any journey you live and learn! Betty freely admits that she spent thousands of dollars on alternative therapies which didn't do her much good. But to find your way to the right path you will meet many a dead end. She certainly found the right path in the end.

The advice about crucial lifestyle changes including the Best Bet Diet, nutrition, and exercise.

Betty believes that physical healing is as much about healing the mind and spirit as the body and devotes a whole chapter to the importance of meditation. This practice can help balance your life and tune into your higher self.

Betty also shares her joy in discovering Deepak Chopra and his little book called "The Seven Spiritual Laws of Spiritual Success". Her retreat to Deepak

Chopra's Center for Mind/Body Medicine was also another important step in her Journey to Wellness.

She talks about the important role our thoughts and feelings play in our well-being. Positive affirmations, visualisation and forgiveness are very powerful tools to help overcome illness.

MS has taught Betty plenty about life and all this she shares in her book too. She really is living proof that life can be what you make it!

Most importantly, Betty does not to have claim to have all the answers to MS. There is no one formula to healing MS; that has to be up to the individual. She is just sharing her journey in the hope she can help others.

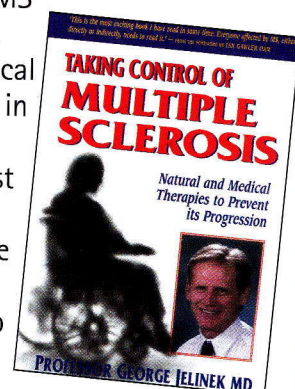
Betty Iam's newsletter:
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Email:

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www.chopra.com
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Taking Control of Multiple Sclerosis - Natural and Medical Therapies to Prevent its Progression.

By Professor George Jelinek MD
Hyland House Publishing.
ISBN: 1-8644-7086-0
£12.99

This is a most unusual book as, written by an Australian doctor of Emergency Medicine who was diagnosed with MS at the age of 45. Dr Jelinek's medical training put him in an ideal position to search the vast amount of medical literature on MS, and he had the ability to read and



comprehend it. This book is a summary of all his findings.

This book has to be the most objective, unbiased, up to date overview of all the current MS therapies I have yet read. What is most surprising is that the book is more in favour of natural therapies than conventional medicines. Here is a conventionally-trained doctor who has reached the conclusion that lifestyle changes, dietary changes, supplements, sunshine, and attitude are more effective in the newly diagnosed than the available drugs therapies.

The book also covers many of the new MS drug treatments that have evolved in the last decade, such as interferons, copolymer 1, and anti-viral treatments. He also devotes an entire chapter to the therapeutic value of sunshine and vitamin D.

This book has a very positive and empowering message for patients with early MS. Jelinek himself started to practise natural therapies as soon as he could and succeeded in keeping MS at bay.

The message for patients in the later stages of MS, though still positive, is somewhat less hopeful and Jelinek is less confident about the effectiveness of natural therapies in these cases and places far greater emphasis on drug therapies to slow down the progression of MS in patients with more advanced MS.

He documents Swank's low-fat dietary research results in great detail and also covers the importance of taking essential fatty acid supplements. Reading this book compelled me to increase my uptake of fish oil and monitor my intake of saturated fats a lot more carefully.

Jelinek is somewhat dismissive

of diets such as the Best Bet Diet perhaps due to lack of scientific proof. He also does not appreciate the wealth anecdotal evidence there is suggesting that this diet can indeed help halt the progression of MS, even when the disease has progressed.

The chapter on the connection between the body and the mind was the biggest surprise of all. He covers topics such as the conscious and subconscious mind, symbols and dreams, faith, letting go, positivity, feelings, psychotherapy, and meditation. Dr Jelinek describes how MS has given his life greater depth and a greater spiritual dimension.

The Complete MS Body Manual - A handbook of effective natural treatment for people with MULTIPLE SCLEROSIS and those who care for them.

By Susie Cornell
Health/Self-help
ISBN: 0-9527830-0-2

Even if you already have Susie's exercise video I would

definitely recommend that you buy this book as well. It covers many more exercises and also gives a stack of informative and effective ways to manage MS.

Each chapter has case studies; real-life examples of patients Susie has successfully treated at her clinic. This proves that the theory she preaches really works!

In this book Susie, very wisely indeed, encourages us not to focus on the label of MS. It is all too easy to blame everything on MS. Through reading Susie's book I became aware that many

of our pains and troubles, whether caused by MS or not, can be alleviated by simple natural therapies!

Susie covers all the many symptoms MS can cause in the different parts of the body, making this book really what it says it is: "Complete MS Body Manual". In each chapter Susie gives advice on self-massage techniques, exercise routines, diet, nutritional support, and reflexology for each of these specific body parts to alleviate each specific symptom.

In this book Susie shares all the wealth of hands-on experience she has gained. She looks at the network of triggers in her patients' histories which have predisposed them to developing MS, such as physical trauma, emotional stress or strain, poor diet, nutritional deficiencies, severe infection and recurrent childhood infections.

If you get this book and you are anything like me, you will find yourself constantly referring back to it. Most importantly of all, it will encourage and motivate you to strive onward and upward, not matter how difficult your situation.

*Edwina Dennehy's
Recommendations:*

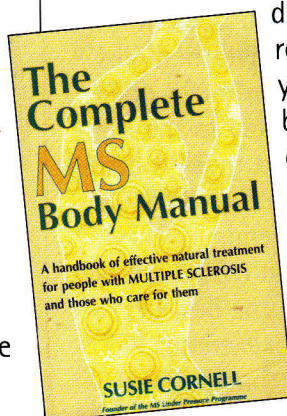
Multiple Sclerosis - A Self Help Guide'

by Judy Graham (as above)
I call this book my MS Bible as I often re-read different topics and just check things up in it.

A must read if considering having kids.

Multiple Sclerosis and Having a Baby

by Judy Graham
Healing Arts Press.
ISBN: 0-8928-1788-7 £6.34 + pp



The Natural Way with MS: A Comprehensive Guide to Effective Treatment

By Richard Thomas
Harper Collins.

ISBN: 1-8523-0715-3 £3.68 + pp

A good book on the variety of natural approaches to help MS.

The Optimum Nutrition Bible

by Patrick Holford
Piatkus Books.

ISBN: 0-7499-1855-1 £9.09 + pp

A fantastic resource on everything to do with nutrition.

The Nutritional Health Handbook for Women

by Marilyn Grenville
Piatkus Books.

ISBN: 0-7499-2235-4 £11.89

Another fantastic nutrition book for women.

Special Diet Solutions

by Carol Fenster
Savory Palate.

ISBN: 1-8893-7400-8 £7.81

Brilliant cook book for people on special diets.

Cooking Without By Barbara Cousins

Harper Collins.

ISBN: 0-7225-4022-1 £7.69

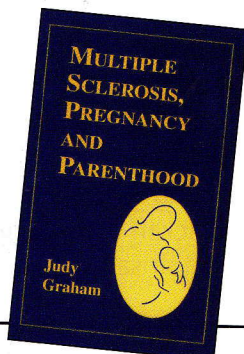
Another good cook book.

*Alison Kennedy's
Recommendations:*

Multiple Sclerosis And Having A Baby

I would highly recommend this book to anyone either thinking of becoming a parent.

Refreshingly, this book is full of statistics – something I've found the medical profession are reluctant to



give us – maybe because they think they will frighten us! It gives figures on the relapse rate once the baby is born, which has got me seriously thinking of ways to cope.

Also the advice to get some help in and REST is priceless. It's something us mums just do tend to overlook.

Other Suggestions:

A-Z Guide to Complementary Therapies

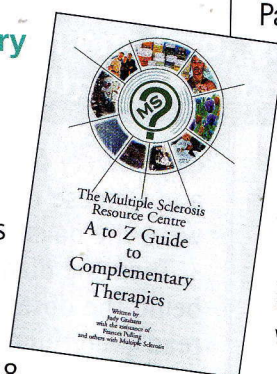
By Judy Graham
and Fran Pulling
Published by The
Multiple Sclerosis
Resource Centre

Only available
from The MSRC

Tel 0800 783 0518

or E-mail info@msrc.co.uk

www.msrc.co.uk



The Multiple Sclerosis Diet Book

By Roy Laver Swank
Bantam Doubleday Dell
Publishing Group.

ISBN: 0-3852-3279-9 £15.92

More than half the book is about how fats affect our blood, causing the breach in the blood-brain barrier and subsequent embolisms that lead to plaques. It really implants the idea of how important a low fat diet is for us. And it's helpful to see his figures and graphs on how well his patients did on the low fat diet.

Multiple Sclerosis

by Jan de Vries
Mainstream Publishing.

ISBN: 0-9063-9198-9

£4.79 + pp

Draws on Jan's 40 years' experience of treating MS sufferers. He shows that a gluten-free diet is highly

beneficial as a means of controlling MS. It includes a simple and thorough guide on how to follow a gluten free diet.

How to Cure MS

by Ann Boroch –

Only obtainable from the author in US via

website :www.annboroch.com

Folk Medicine

by Dr.D.C. Jarvis

Pan. 0-3304-8968-2 £4.79

Saving Yourself from the Disease-Care Crisis

by Walt Stoll

only obtainable from author.

About candida and leaky gut and the effect of modern society on our health.

www.waltstoll@knology.net

The Daily Telegraph Encyclopaedia of Vitamins, Minerals and Herbal Supplements

by Sarah Brewer

Constable & Robinson.

ISBN: 1-8411-9184-1 £6.99

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