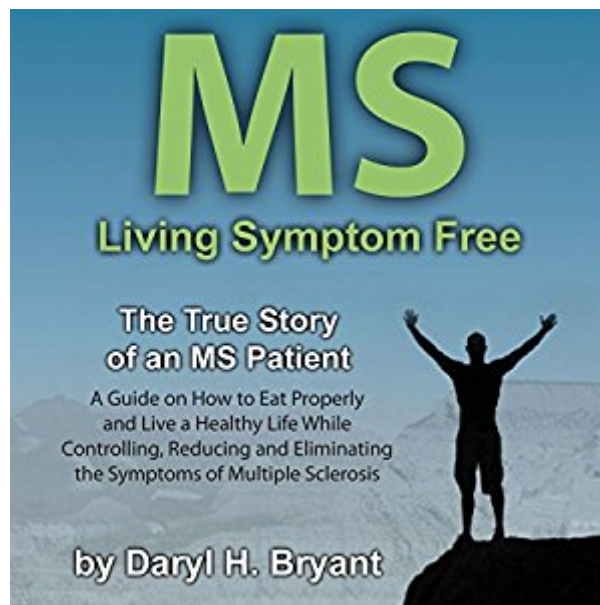


The book was found

MS - Living Symptom Free: The True Story Of An MS Patient: A Guide On How To Eat Properly And Live A Healthy Life While Controlling, Reducing, And Eliminating The Symptoms Of Multiple Sclerosis



Synopsis

Are you or is someone who you love and care for living with Multiple Sclerosis? For people struggling to discover a happier, healthier way to live with this lifelong disease, it sometimes seems like an impossible task. Now, author Daryl H Bryant shares his own challenges, frustrations, anxiety, and ultimate victories in managing MS. His new book shares his stories as a person faced with the disease. Bryant is not a doctor, but a person living with Multiple Sclerosis. *MS - Living Symptom Free* shares Bryant's daily regimens that have resulted in his symptom-free living. With hard-won insight, practical advice, fitness tips, and recipes, this invaluable guide instructs readers on how to eat properly and live a healthy life while controlling, reducing, and eliminating the symptoms of MS. In each user-friendly chapter, Bryant covers topics including symptoms and complications, the author's own road to MS, the benefits of conventional medication, things doctors don't tell you, popular MS diets, vitamins and supplements, exercise and sleep, staying on track, support systems, and more. The guide also features more than 25 easy recipes that adhere to many prevalent MS-friendly diets. *MS - Living Symptom Free* reveals the author's own pain, struggles, and depression which led to his hitting rock bottom. Today, Bryant has emerged healthier, happier, and more motivated than ever. Hoping to ease the journey of others, he offers inspiration and frontline guidance to assure patients that they are not alone.

Book Information

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Multiple Sclerosis #192 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments >

Chronic Fatigue Syndrome & Fibromyalgia #573 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System

Customer Reviews

The only thing consistent about MS is its inconsistency...in other words, no two people will have the same journey with this devastating disease. Quite often the medical community, who is keenly aware of the variable nature of MS, will still offer the "one stop shopping" approach to its treatment and management. Anyone living with MS, like myself, can certainly attest to the idea that we need options to find what fits our specific disease, even as it varies in our lifetime, as well as our lifestyle. Daryl has done what many health professionals can't do...he has given us options. He has told his inspirational story in very frank terms. He has been very honest about his successes and his less-successful attempts at managing his MS. He has explained what has worked for him, regarding diet, exercise, lifestyle changes and even conventional as well as complimentary medicines. In addition he has offered us other options, that although they may not have been the right fit for him, has been known to have helped others. Daryl knows full well that we each respond to different approaches and that it is important to find strategies that do fit into your life in order to adhere to your regime successfully; it is therefore important to consider all available choices to really find what works for us individually. Daryl never preaches or judges, proclaiming that his method is the perfect fit for the reader...instead he offers his own experience as an example of how one can tailor their own program to their needs. In this regard, the book is a practical and user-friendly guide to potential management paths for anyone living with MS.

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