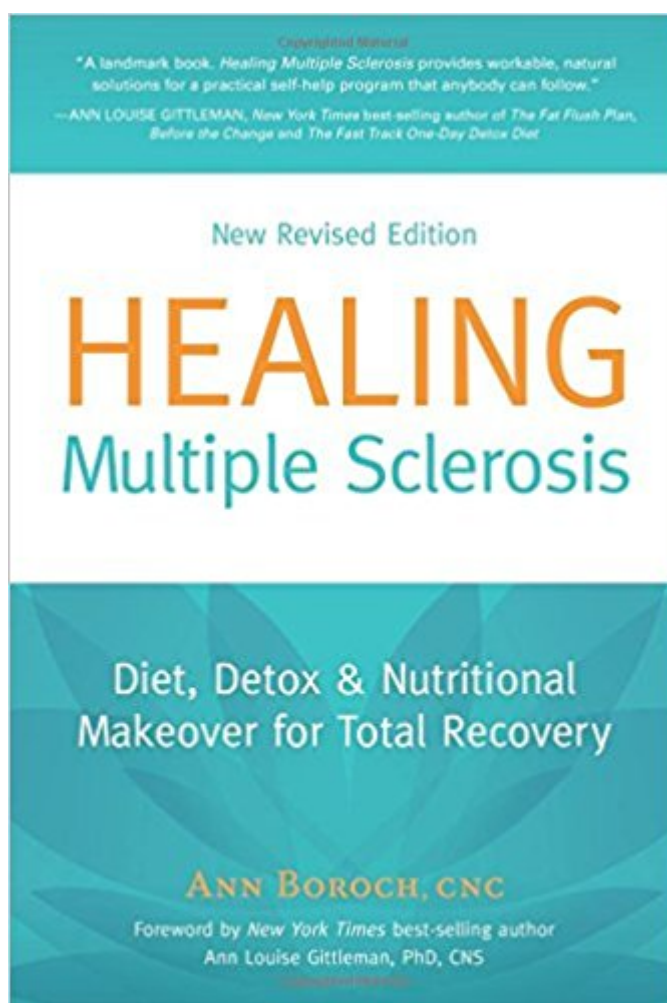


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# Healing Multiple Sclerosis: Diet, Detox & Nutritional Makeover For Total Recovery, New Revised Edition



## Synopsis

This new, expanded edition (revised in 2014) gives a breakthrough treatment protocol that can restore health to those with multiple sclerosis. Even though MS is widely believed to be unbeatable, Ann Boroach, certified nutritional consultant and naturopath, has developed a breakthrough treatment protocol that is having dramatic results.    This landmark work describes how she cured herself of MS using complementary medicine, the real causes of MS, case histories of those who have triumphed over multiple sclerosis, and a comprehensive how-to section that will show you how to develop your own treatment plan. Healing Multiple Sclerosis contains everything you need to know to bring about recovery, including: A detailed and effective self-help treatment plan Delicious recipes and recommended foods with two weeks of sample menus A five-week nutritional makeover An updated and expanded step-by-step vitamin and supplement protocol Slow-start program for those that are more progressed or not ambulatory User-friendly charts and resources Healing Multiple Sclerosis finally brings hope to those suffering from MS.

## Book Information

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## Customer Reviews

"A woman who's done something really incredible. . . . I want people to go out and get a copy of the book."--Montel Williams on The Montel Williams Show"Healing Multiple Sclerosis not only reveals a new paradigm underlying this disease but provides a powerful user-friendly therapeutic approach. This is a vitally important must read for patients and families alike." --David Perlmutter, MD, FACN, author of The Better Brain Book and Power Up Your Brain"A must-read book for those with multiple

sclerosis. There is so much you can do to begin restoring your health and vitality without resorting to expensive, toxic prescription medications." --Terry Wahls, MD, author *Minding My Mitochondria: How I Overcame Secondary Progressive Multiple Sclerosis and Got Out of My Wheelchair*"A landmark book. . . . Provides workable, natural solutions for a practical self-help program that anybody can follow. . . . By following her program, you will not only experience more energy, heightened vitality, and mental clarity, but your overall health is sure to improve." --Ann Louise Gittleman, PhD, CNS, New York Times bestselling author of 30 books on health and healing"Filled with useful information that, when combined with the desire and intention of someone who chooses to be a survivor and participate in their healing, can provide results which far surpass what is expected." --Bernie Siegel, MD, New York Times bestselling author of *Love, Medicine & Miracles* and *Help Me to Heal*

From the Preface by the author: My doctor leafed through page after page of my medical chart--EEG results, neurological exams, evoked potential tests. . . . I had undergone two weeks of tests hoping to learn what was causing the spasms, numbness, tingling, and other neurological symptoms that had left me barely able to walk on my own. "Well, Ann," he said, "the good news is, you don't have cancer. The bad news is . . . you have multiple sclerosis." With those words, I became a statistic, one of an estimated three million people worldwide--500,000 in the United States alone--who are afflicted by the debilitating disease of multiple sclerosis. ". . . incurable . . . experiment with chemotherapy . . . slow the inevitable deterioration. . . ." He went on speaking, but I was in such shock that his words made no sense to me. Traditional Western medicine had failed to cure me of serious mononucleosis five years earlier. I had no confidence that it could help me now. I left his office, and after two weeks of physical suffering, mental turmoil, and emotional torture, I turned my back on the traditional medical treatments for MS. I was only twenty-four, and terrified, but I refused to accept the prospect of spending my life in a wheelchair. "I will not be another MS statistic," I promised myself. And slowly, bit by bit, I created my own self-care program based on integrative medicine methods. Four tumultuous years later, I reversed MS. You must understand that health is more than just the physical body. Health means a balance of the body, mind, emotions, and spirit. When you experience a chronic disease, all facets of the self must be examined. This means moving beyond the symptoms to address diet, lifestyle, stress, exercise, negative thoughts, fear-based emotions, and self-limiting belief systems. Eventually, I hope, the usual paradigm in Western medicine will shift to a realization that even if two people have the same disease, they must be treated as individuals based on the knowledge that each person's

history is unique, that health is more than just treating the physical body, and that it is essential to go to the root cause. Then cures will be the rule, not the exception to the rule. Most important, health is a choice. Yes, the body has an innate inner intelligence that works at keeping itself balanced through the process known as homeostasis. But this is not enough to maintain health if you are making unhealthy choices, entertaining negative thoughts, bombarding your body with depleted foods, overwhelming it with stress, and holding on to fear-based emotions. Whenever you make the apparently simple choice of what to eat each day, you are actually choosing whether you want health--or not. Even as I took the first steps on my healing journey, it was clear to me that I would be moving not only toward achieving recovery, but also toward helping others to move through the complexities of autoimmune disease. Today I am a nutritionist and naturopath with a fifteen-year practice, during which I've seen thousands of clients for various health conditions. Based on both my personal and my professional experience, it is my responsibility, and my passion, not just to educate you about the causes of MS and how to reverse it, but also to inspire you with the knowledge that you can triumph. Society, your family, and your peers have more or less conditioned you to believe that you are powerless when it comes to MS--that drugs are your only option for living with this diagnosis. That is not so. There is a hidden truth to healing that has always been with us. This truth is the incredible individual power you possess to transform yourself--your body, your spirit, your mind, and your emotions. Making a choice to become healthy and then backing it up with belief and conviction are the keys to coming into your own power and turning around any disease. This book is presented in four sections: Part One, "My Healing Journey," recounts my personal transformational journey and how I cured MS. Part Two, "The Real Cause of Multiple Sclerosis," describes all the causes of MS. Part Three, "You Can Heal Yourself: The Solutions," explains the solutions and why they are effective. Part Four, "Your Treatment Plan," gives you user-friendly charts, recipes, and exercises so you can create your own self-help treatment program.

So helpful that in addition to my kindle version, I will be ordering the hard copy as well!

Nothing new and inaccurate on food choices - Went on Keto as a vegetarian and felt much better. Not recommended.

This gives information that we need. When one has M.S., you need everything in print.

great book and great information!

Not much has changed much, but was interesting. I'm still trying to eat right, which I think is most important and we'll see if that helps.

Very informative and well written. Good information for those suffering with MS.

I bought this for a friend who has MS. She has started reading it, and is learning a lot from it.

Very informative book for people who suffer from multiple sclerosis. A must read for everyone!

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14-day Zero Sugar detox diet: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.  
Multiple Sclerosis: Simple Changes to Help You Manage Your Multiple Sclerosis  
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Multiple Sclerosis Many Stories Many Symptoms: A book written by people living with Multiple Sclerosis, about how they deal with the challenges they face.  
The Liver Cleanse and Detox Diet: Ultimate Liver Cleansing Guide to stay Healthy and Lose Weight! (fatty liver, healthy diet detox, liver disease, cleanse ... fat loss, detox diets, healthy cooking,)  
Cooking Well: Multiple Sclerosis: Over 75 Easy and Delicious Recipes for Nutritional Healing  
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Tea, Flat Belly Tea) Detox Diet & Detox Recipes in 10 Day Detox: Detoxification of the Liver, Colon and Sugar With Smoothies The Multiple Sclerosis Diet Book: A Low-Fat Diet for the Treatment of M.S., Revised and Expanded Edition Lupus Recovery Diet - The Natural Lupus Recovery Solution: (Recover from Lupus with the Lupus Recovery Diet) Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know **\*\*BONUS\*\*** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet)

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