



Multiple Sclerosis: A Self-Help Guide to Its Management

Judy Graham

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Multiple Sclerosis: A Self-Help Guide to Its Management Judy Graham

This comprehensive guide to alternative and self-help care is directed to those who have MS, and to their families, friends, and helpers. Judy Graham's personal experiences with MS prompted her to explore various natural methods of treatment, leading to dramatic and lasting improvement in her own health. In her book, she has combined this first-hand knowledge with extensive, ongoing research.

Offers advice on exercise, posture, yoga, hyperbaric oxygen treatment, incontinence, relationships, sexuality, pregnancy, childbirth, mental attitude, and dealing with fatigue.

Includes resource information and full details on evening primrose oil, a dietary supplement shown to be effective for many people with MS.

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