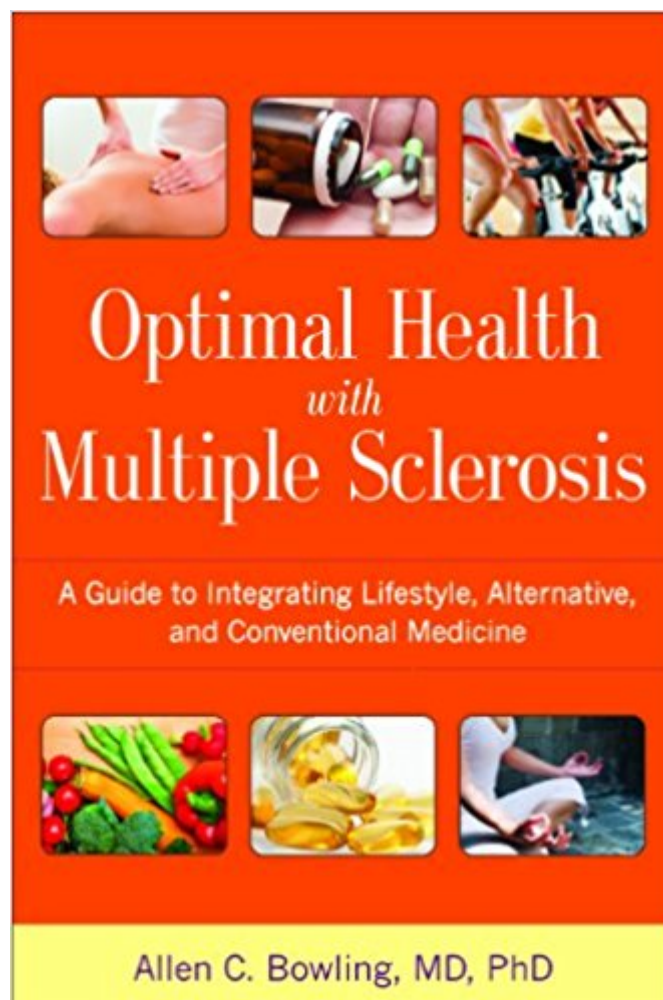




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Optimal Health With Multiple Sclerosis: A Guide To Integrating Lifestyle, Alternative, And Conventional Medicine



Synopsis

For everyone in the MS community, the only source for reliable, evidence-based information on the relevance, safety, and effectiveness of various alternative and lifestyle medicine approaches to MS treatment and the best ways to safely integrate them with conventional medicine. In addition to conventional medicine, many people with MS also use some form of alternative medicine and there is growing evidence and interest in the effects of lifestyle factors, such as diet and exercise, on MS. Yet, until now, it has been difficult to obtain unbiased and practical information about the MS-relevant aspects of these non-medication approaches. Written by a renowned specialist in MS and alternative medicine, *Optimal Health with Multiple Sclerosis* provides the accurate and unbiased information people with MS, their friends and family, health care professionals, and educators need to make responsible decisions and achieve the very best outcome. Find other options that may provide symptomatic relief when conventional therapies are limited. Learn about potentially dangerous interactions between alternative therapies and medical treatments used in the management of MS. Identify alternative and lifestyle therapies that are effective, low risk, and inexpensive. Recognize ineffective, dangerous, or costly alternative therapies.

Book Information

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Customer Reviews

Praise for Allen C. Bowling's *Complementary and Alternative Medicine and Multiple Sclerosis*: "This book is full of wise and balanced information. It provides a valuable service to patient and health care provider alike."--Dr. Oliver Sacks, author of *Awakenings* "Rarely does a publication address an

unmet need as thoroughly as *Alternative Medicine and Multiple Sclerosis*... Dr. Allen Bowling is uniquely qualified to produce a book on CAM, having a doctorate in pharmacology and clinical experience as a neurologist treating people with MS. Organized in a user-friendly format, the topics are grouped in logical categories. In addition, references are provided, encouraging further exploration. Highly recommended for people with MS, their families, and their health-care providers." -- InsideMS "Alternative Medicine and Multiple Sclerosis is a much-needed resource. Dr. Bowling has done an excellent job of making his reader more aware of the myriad forms of non-traditional therapies available." -- Consortium of Multiple Sclerosis Centers "In Dr. Allen Bowling's *Alternative Medicine and Multiple Sclerosis*, he enables the reader to find unconventional options that may provide symptomatic relief when conventional therapies for multiple sclerosis are limited or otherwise unsatisfactory. Dr. Bowling explains the potentially dangerous interactions between complementary and alternative (CAM) therapies and medical treatments utilized in the management of MS; identifies CAM therapies that are possibly effective, low risk, and inexpensive; and exposes ineffective, dangerous, or needlessly costly alternative therapies. *Alternative Medicine and Multiple Sclerosis* is a very highly recommended and informative addition to any personal or professional multiple sclerosis reading list." --The Bookwatch (2014-03-11)

Allen C. Bowling, MD, PhD, is Physician Associate at the Colorado Neurological Institute (CNI). He is also Clinical Professor of Neurology at the University of Colorado. Dr. Bowling has more than 100 lay and professional publications, including five books on MS. He has provided consultation or authored publications for many MS and neurological organizations, including the American Academy of Neurology (AAN), the National MS Society (NMSS), and the MS International Federation (MSIF). Dr. Bowling lectures extensively and is actively engaged in the ongoing clinical care of people with MS. He incorporates the approaches outlined in *Optimal Health with Multiple Sclerosis* in his clinical practice, Neurology Care (www.neurologycare.net), in Englewood, CO. Dr. Bowling is a Phi Beta Kappa graduate of Yale, where he also obtained his MD and PhD degrees. He completed his neurology residency training at the University of California-San Francisco and his fellowship training at Massachusetts General Hospital-Harvard Medical School.

This is a great book for the professional or the patient seeking knowledge provided they have the base and capacity to understand what they are reading. I saw on the MS Association web site that they have this book in their lending library.

I liked that Bowling evaluates substances and activities and gives an opinion on their usefulness for MS patients. The opinions are backed by studies when available, and I appreciate that I can evaluate other results based on Bowling's standards of evidence of effectiveness and safety.

Easy to browse and dive deep into nearly all of the alternative and complimentary approaches to the joy of managing life with this ever changing devolving disease

My doctor recommended the book, I haven't read it yet. It looks like it's going to be very informative

A good read. Informative.

Excellent reference for someone new to MS. Full of resources for facts about the disease.

This book is an excellent tool for multiple sclerosis patient guidance.

I have MS and the book was very helpful.

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