



Optimal Health with Multiple Sclerosis: A Guide to Integrating Lifestyle, Alternative, and Conventional Medicine

Allen Bowling MD PhD

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The only source for reliable, evidence-based information on the relevance, safety, and effectiveness of 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 information about the MS-relevant aspects of these nonmedication approaches. *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

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