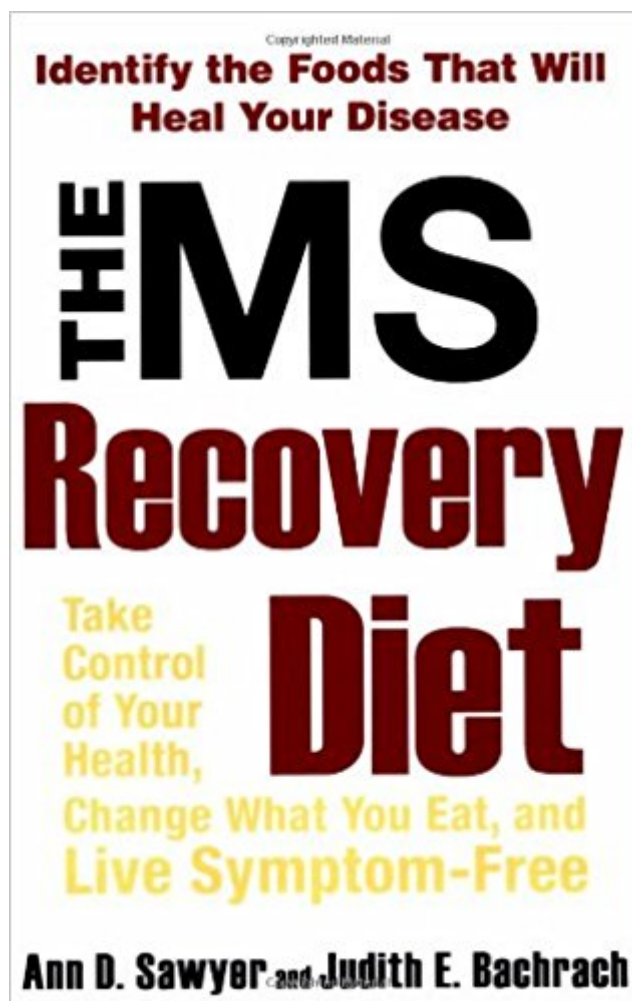


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# The MS Recovery Diet: Identify The Foods That Will Heal Your Disease



## Synopsis

More than half a million people live with multiple sclerosis, yet conventional medicine still has little to offer patients. There is no known cure-and even recent breakthroughs in drug therapy do not work to control many of the symptoms or promise any degree of recovery. But there is an alternative to drugs that can stop and reverse the ravaging symptoms of MS-the MS Recovery Diet. As this book explains, there are five common food triggers that can set off the symptoms of MS-dairy, grains containing glutens, legumes, eggs, and yeast. Yet because MS is such a complex disease, other foods play a role, as culprits or aides. The MS Recovery Diet explains the background, science, and development of this treatment in one source for the first time, and shows readers how to pinpoint their specific problem foods and sensitivities. It also offers more than one hundred simple recipes, as well as strategies to improve digestion, balance the immune system, and repair the body's myelin-crucial steps toward healing the body. Both of the authors, Ann D. Sawyer and Judith E. Bachrach, who had been diagnosed and disabled by multiple sclerosis, have experienced incredible recovery on the diet. Within the first three months on this program, Sawyer was able to stop the disease progression and begin to walk short distances with an even gait. Bachrach, whose health has been declining because of MS for thirty- eight years, regained feeling in her toes in one week and after one year on the diet, has stopped taking all medication. This book shares the treatment plan that has dramatically changed their lives, and the lives of others who have discovered it. With inspiring personal stories throughout, it offers real help- and hope-for sufferers of MS.

## Book Information

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## Customer Reviews

Ann D. Sawyer has been a psychotherapist and college instructor. Soon after her 1997 MS diagnosis, she was put on full disability. She has also made it her mission to share the MS Recovery Diet and has been rewarded by seeing others recover from MS. Judith E. Bachrach is a former dancer, movement instructor, and psychological counselor who has lived with MS for thirty-eight years.

THE MS RECOVERY DIET  
Enjoy the following recipe toward recovery - Emilia's Greens with Dried Cranberries - Serves 4  
Ingredients: 1 bunch Swiss chard or lacinata kale, or 2 bunches of well-washed spinach, washed and sliced  
2 tablespoons oil  
2 tablespoons balsamic vinegar or cooking sherry  
2 tablespoons dried cranberries  
1/2 cup pine nuts (optional)  
Salt, to taste  
Do not drain the washed greens. Put the oil into a large pot over medium-high heat and stir in wet greens (greens start out big then cook down as they wilt). Salt to taste and add vinegar and cranberries. Stir frequently. Add pine nuts, if you wish.

I purchased this book 2 years ago. I implemented the diet and principles and saw improvement very quickly. My brain fog lifted (I didn't even know I was in a fog until it was gone). I had struggled with my weight for years. The excess weight just fell off. I lost 20 pounds in no time. My body continues to regulate me to my correct size. After two years I have lost 40 pounds and all I did was eat and utilize basic exercises. My walking and energy levels improved quickly. However, I must point out that when going gluten free, I soon found out that I felt much better by not trying to replace bread and grains. Bread of any kind has very little nutritional value. I feel better and have more energy without grains of any kind. I lean more to a Paleo diet and now follow the Wahls Protocol (highly recommend this book too). Dealing with MS is a learning process and it is important to keep reading and seeing what works for you. This is the book that made me realize I didn't have to wait for a miracle from the drug companies and just accept declining health. I have taken control of my health and it feels great!

I was originally diagnosed with MS in 2007, but my doctor misdiagnosed what DID turn out to be MS with something else. After some time, I was admitted into the hospital earlier this year because I couldn't walk or use my hands and was told that my MS condition, which I did have after all, since 2007 was much worse. To make a long story short, and after many different types of drugs and methods on how to hamper my relapses, I came upon this book while recently in the hospital (latest

MS drugs were not working). I downloaded it on my Kindle and have been reading it ever since. The authors in the very beginning explain the basics of the MS Recovery Diet (do's and do not's) and make you start thinking right off towards changing your diet to better a human body with MS. I think this is very helpful so that you can start making dietary changes immediately. Another really great thing about this book is that the author's explain MS and neurological conditions very well, even better than my (new) Neurologist as a matter of fact. I've been on the diet for about two weeks now and happy to say that I do feel better. I'm only hoping that with the information from this book along with a new medicine regime, I can start living again and not rely on "life crutches." To be honest, hope is always possible... but Judith and Ann just enhance it ten fold!!!

This book is partially accurate if you are trying to recover from ms. Candida overgrowth and leaky gut syndrome has to be addressed before you get rid of most of your symptoms. I had parasites in my small intestine as well as leaky gut. It caused me to lose 40 unhealthy lbs. I would wake up a couple times a night, severe skin itching, sinus problems and digestive issues. I addressed the parasites with grapefruit seed extract and probiotics. I addressed the leaky gut with bone broth and I feel 100% better. I pay attention to the foods I eat and I stopped eating foods that make me feel bad.

I have not yet finished reading this book, but so far, i'm finding it very informative and interesting. a friend of mine used this book as a guide, from the moment she was diagnosed with Primary Progressive MS. she takes no drugs and is fully mobile. there must be some miracles in this book!!

My wife has MS and we're always looking for something to help her condition. This book was recommended to me by a woman whose mother has MS, tried the diet and had a remarkable "cure" . My wife didn't get "the cure" but it did help on certain aspects and if you're looking for something to help someone with MS - this might be the book and diet for you.

I bought this book and read it with some skepticism. I was diagnosed 10 years ago and had already changed my diet (no red meat; low-fat; little sugar). I still had considerable pain on every area of my body. Maybe even more pain than I had ten years ago. I was exhausted and depressed. I no longer had any muscle strength because exercise hurt. Well, this book's recommendation to eliminate dairy, legumes, gluten, eggs, and yeast was spot on for me. After two weeks, I felt much better. I noticed I had problems with other foods (potatoes, eggplant, and corn). I have had some sort of pain

for twenty years, but after months of staying away from offending food, the pain is all gone. Same for the stomach pain, depression, exhaustion, and eczema (born with it). I stopped running twenty-two years ago, but I started again and I'm training for a 5K race. I do not feel deprived of food because the food I was eating--no matter how healthy--was like poison. I've replaced it with all sorts of interesting gluten-free grains, more veggies, fish, and almond milk. Yes, cooking takes a bit more time and eating out is difficult, but I don't care. I have my life back. I will also say that my food bill has gone down. I cannot recommend this book enough and I can't thank the authors enough for making this information available in a readable, thoughtful, and compassionate way.

I've given this book to probably a dozen people. Most have tried the diet and have had success as long as they can stay true to it. Determining triggers for symptoms must be tricky...and many triggers are foods that are savored and loved. MS is a challenge, but if the diet is maintained, overcoming the symptoms has been experienced. That's praiseworthy!

This book is so informative, well written, and interesting, it's difficult to put down. It is nicely divided into appropriate sections so you can refer back to a particular section easily and as needed. Thank you so much!!!!

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