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Overcoming Multiple Sclerosis: The Evidence-Based 7 Step Recovery Program

George Jelinek MD

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Overcoming Multiple Sclerosis: The Evidence-Based 7 Step Recovery Program George Jelinek MD *Overcoming Multiple Sclerosis* offers real hope for people with multiple sclerosis. Multiple sclerosis (MS) is a serious, progressively disabling neurological condition for which current medical treatment is not particularly effective and has many side effects. Professor George Jelinek, an experienced medical clinician and researcher, provides a genuine alternative. Through an exhaustive, evidence-based analysis of medical research, Professor Jelinek reached the conclusion that MS is a disease largely determined by lifestyle factors. He has demonstrated that people with MS who modify their diet, exercise habits, and other aspects of lifestyle can stabilize the illness, and potentially recover. Professor Jelinek's experience with his mother's death from MS, and his own diagnosis in 1999, lend an urgency and compassion to this meticulous work. Professor Jelinek's recommendations have already changed the lives of thousands of people around the world with MS who follow this program.

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