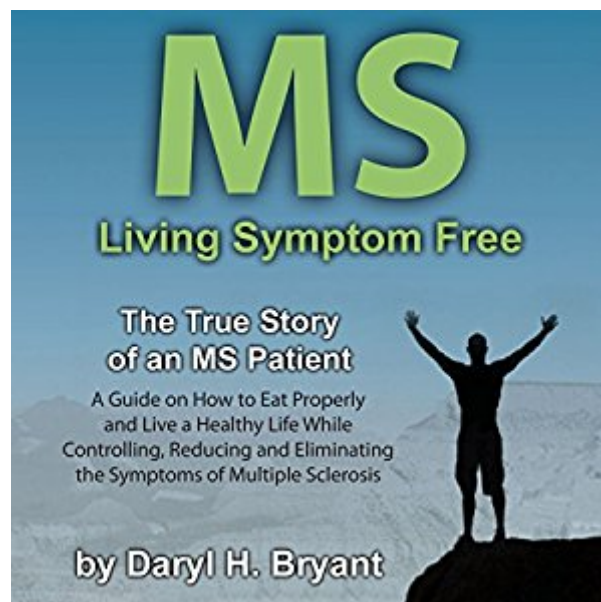


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# MS - Living Symptom Free: The True Story Of An MS Patient: A Guide On How To Eat Properly And Live A Healthy Life While Controlling, Reducing, And Eliminating The Symptoms Of Multiple Sclerosis



## Synopsis

Are you or is someone who you love and care for living with Multiple Sclerosis? For people struggling to discover a happier, healthier way to live with this lifelong disease, it sometimes seems like an impossible task. Now, author Daryl H Bryant shares his own challenges, frustrations, anxiety, and ultimate victories in managing MS. His new book shares his stories as a person faced with the disease. Bryant is not a doctor, but a person living with Multiple Sclerosis. *MS - Living Symptom Free* shares Bryant's daily regimens that have resulted in his symptom-free living. With hard-won insight, practical advice, fitness tips, and recipes, this invaluable guide instructs readers on how to eat properly and live a healthy life while controlling, reducing, and eliminating the symptoms of MS. In each user-friendly chapter, Bryant covers topics including symptoms and complications, the author's own road to MS, the benefits of conventional medication, things doctors don't tell you, popular MS diets, vitamins and supplements, exercise and sleep, staying on track, support systems, and more. The guide also features more than 25 easy recipes that adhere to many prevalent MS-friendly diets. *MS - Living Symptom Free* reveals the author's own pain, struggles, and depression which led to his hitting rock bottom. Today, Bryant has emerged healthier, happier, and more motivated than ever. Hoping to ease the journey of others, he offers inspiration and frontline guidance to assure patients that they are not alone.

## Book Information

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## Customer Reviews

I've had MS for 19+ years and I've lived my life embracing a positive attitude and healthy living. I've had many "bumps in the road" but at the end of the day I "Start with doing whats necessary; then do whats possible and suddenly I'm doing the impossible" Daryl has done a beautiful job of reminding us that we can and showing us how he has navigated through a challenging disease. I loved it, I've been carrying the book around for days. I finished it in a few hours but it brings me strength to have it near me. It's a must read for anyone faced with the challenging disease of MS....

Excellent for someone just learning about MS, I bought for my wife and we are both learning a lot about this very debilitating disease.

First off, I have to say that I really enjoyed this book. First one that I read pertaining to MS that I wanted to finish. I like that he starts with his story and why he looked for ways to help himself. Full of information, much of which I already knew, but had put in the back of mind. Lets face it many of us do it as a way to deal with things, which is not to deal with it. I loved the tips on food and I learned more about vitamins, certain ones, that could help my body repair itself. This was good info to have when I went for my 6 month follow up because it allowed me something positive to discuss with the doctor. Very pleased with this book in general. Easy to read and follow. Thank you Mr. Bryant for sharing your story and insights into this nasty disease. I was first diagnosed with Relapsing/remitting MS and now it has moved to Progressive Secondary remit/relaps MS. It only took 9 years to progress. Thanks for the vitamin info, in just 6 months I have noticed that my body is benefiting from them.

For the price, this book was quite short. I went into it knowing that it was only his story, but there was little helpful information that couldn't be found in a quick google search. Sorry - he was brave to share his story, but this could have been a free online blog instead of a book.

As we (us with MS) know, it is very beneficial to arm ourselves with as much education as we can. While what has worked for this author may or may not work for you, it is full of options, opinions, what has worked and what hasn't. Highly recommended!!

This book has been one of the best and most real books about MS. I was diagnosed 11 years ago myself and have had a hard time figuring out how to go about taking care of MYSELF. This book has opened my eyes to so many different options. No doctor gives you so many different options.

All they do is fill you up with meds and send you on your way. Most importantly this book has shown me the different diets to look into. I have recommended this book to many people. I have even told my family to read it so they can get an understanding.

As a person affected by MS, I found so much helpful information in this book. It is great to see how others deal with this disease, without giving up on their normal lives. Thank you so much for having these types of books in stock. I will continue to get more information about this disease so I can live a full life.

I downloaded this book yesterday, and could not put it down until I finished. It is so nice to read a book written by someone with MS, who knows what other people are going through. Doctors can answer questions, but they don't really know what it is like to have pins and needles in your hands and feet all the time, to feel so weak from the heat that you can not move. This book gives you some knowledge as to other things you can add to your treatments to maybe make life a little better.

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Multiple Sclerosis: How I Reversed My Chronic Autoimmune Symptoms By Making Simple Changes To The Way I Eat  
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Symptom Journal: CFS / ME / MS / LUPUS Symptom Tracker  
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