



Multiple Sclerosis: Your Natural Way to complementary therapies, alternative techniques and conventional treatments

Richard Thomas

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This still incurable disease of the nervous system leads to major disability and paralysis. The fatigue, depression and pain MS causes makes it particularly hard for sufferers and their families to cope with. An explanation of MS Possible causes and triggers Diet, exercise and relaxation techniques Safe, gentle and effective natural treatments MS and the environment (heavy metals, pollutants, climates and allergies) Finding and choosing a practitioner

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