



## Top NLO MS Articles of 2014

by NEWLIFEOUTLOOK TEAM

---

### **The Four Types of MS**

There are four different types of MS, which vary in terms of how severe symptoms are, how often the patient has flare ups and how the disease progresses.

### **Vertigo and MS**

Vertigo is a common symptom of MS. Consider these tips for what to do during an vertigo episode to stay safe.

### **Benefits of Massage for MS**

Have you considered massage for MS treatment? Massage can help increase your circulation and reduce pain.

### **Researchers Hunting for MS Clues**

The severity, progression and long term prognosis of MS can be extremely unpredictable, but researchers are always learning more. Read up on the latest MS research news.

### **The MS Hug**

The pain known as the MS hug is fairly common among multiple sclerosis sufferers, but the sensation can vary significantly, making it difficult to track and treat.

### **The Benefits of Owning a Pet**

If you have MS, you may think having a pet is too difficult. But did you know there are many health benefits to having a pet? Here's five.

### **The Connection Between Vitamin D and MS**

There is a connection between vitamin D and MS, research has shown. The further you live from the equator, the more likely you are to have the condition.

---

---

## **What Causes Itchy Skin in MS?**

There are several explanations why MS causes itchy skin, and also a several things you can do to manage it.

## **MS vs. ALS: What's the Difference?**

What's the difference between multiple sclerosis (MS) and amyotrophic lateral sclerosis (ALS)? They have similarities, but some key differences mean the prognosis and treatments are different.

## **Using Chemo for MS Treatment**

Chemo for MS is a unique form of treatment because rather than masking the symptoms, it actually sends them into remission. When done properly, patients can see a dramatic different in their overall symptom occurrence.