Top 10 NLO|MS Articles of 2015

by NEWLIFEOUTLOOK TEAM

Is There a Connection Between MS and Gluten?

Studies have delivered conflicting results about MS and gluten, but some MS patients swear by gluten free. Nurse Patricia Bratianu looks at the facts.

Standing Up For Yourself

When you have a chronic illness everyone wants to give you their opinion — whether you ask for it or not. Consider these tips for standing up for yourself.

Causes and Treatments of MS Back Pain

There are a number of factors that can contribute to MS back pain, and as a result there are several treatment options.

How Yoga for MS Patients Can Help

It’s the versatility of yoga that really makes it an ideal exercise for those with MS. Learn about how it can help and how to get the most out of it here.

MS and Loss of Appetite

MS and appetite changes are connected for a number of reasons, including side effects from medications and the stress caused by the condition.

MS and Cold Weather: Your Guide to Getting Through Winter

Dealing with MS and cold weather at the same time can be a challenge. Libby shares her tips for getting through

the chilly season with a smile on your face.

5 Positive Things About Having MS

"I'd prefer not to have a chronic, disabling illness, but in some ways it has enriched and improved my life." Abi looks at positive things about having MS.

Coping With MS and Anger

MS and anger is a real struggle as MSers may have strange mood swings that seem unrelated or disproportionate to what’s triggered them.

8 Examples of What Not to Say to Someone With MS

Most people are genuinely trying to help — but there are certain things an MSer does NOT need to hear!

Understanding MS Brain Lesions

Lesions, or plaques, are damaged areas of nerves in the brain. Learn about why lesions form, their effects, and some theories for limiting their formation.