Books Every MSer Should Read

by LIBBY SELINSKY

Multiple Sclerosis Books

Being diagnosed with multiple sclerosis is an isolating and confusing experience. Doctors are oftentimes too busy to explain the minutia and most people don't know very much about the disease. We can find ourselves lost in a sea of people who cannot help us to understand.

We are left with few options for finding answers:

- We can seek understanding through meeting with others who have been diagnosed. There are many MS groups out there.
- We can seek understanding through Googling like crazy. There is a lot of information online, though be selective, not everything is factual and helpful.
- We can seek understanding by reading books. (This is my favorite choice. I am a very private person, so I don't go to support groups. Also, I can select books with a proven reputation for helping people with MS to understand.)

Fortunately, there are many more resources to provide us with answers and help than ever. If you are like me and you prefer a solid book for your knowledge, then you have come to the right article!

The following are my go to books for MS:

The Book of Exercise and Yoga for Those with Multiple Sclerosis

By: Lori Newell

My largest confusion, by far, has been the issue of exercise. My body is no longer the same as it used to be and exercising in the same way as everyone else is not possible for me. I have to curtail my routines to my capabilities. I have found that the one exercise that I am always capable of doing is yoga. Yoga is great for people with MS. It helps to maintain our flexibility, agility, and strength. This book takes the practice of yoga and curtails it to the needs of people with MS. It is a great resource for those who want to remain focused on their exercise routines.

Optimal Health for a Vibrant Life: *A 30-Day Program to Detoxify and Replenish Body and Mind*

By: Tiffany Cruikshank

OK, so this is not a book that is specifically for people with MS. However, I found Tiffany Cruikshank through my Yogaglo.com membership, and I love her. She really understands the human body and mind. I bought this book several years ago and I find myself rereading it often when I need to get back on track. Everything that Tiffany teaches you is easily translatable to whatever your current situation is in life. She is a great resource for those who are new to yoga. She is a great resource for those who need a better mind body connection. She is also a great resource for those who just need to figure out how to find hope and happiness when they wake up in the

mornings.

The Wahls Protocol: *A Radical New Way to Treat All Chronic Autoimmune Conditions Using Paleo Principles*

By: Terry Wahls M.D.

Dr. Wahls treats her MS with a very strict routine of diet and exercise. There is a lot of knowledge that can be taken from this read. She takes a naturopathic route to healing the body. I am in no way suggesting that people with MS stop their disease modifying medications, or any other medical treatment for that matter. For me, this book is a great resource for finding a better way of nourishing your body beyond a full reliance upon medical science. The best proven approach for reducing MS disease activity is a well-rounded health plan.

Overcoming Multiple Sclerosis Cookbook

By: Ingrid Adelsberger

Speaking of proper nutrition, how do we cook healthy foods in a way that tastes good? This book has the answers for you. This is a great book, with a lot of easy recipes, for those who are new to the cooking game. It is easy to get tired and order take out when we get tired. This book helps to cook up something healthy and quick!

MS and Your Feelings: *Handling the Ups and Downs of Multiple Sclerosis*

By: Allison Shadday

Multiple Sclerosis can leave us fraught with entire spectrums of emotions that we can struggle to sort out. Living with an unpredictable disease that has the potential of stripping away our most basic physical capabilities is a hard thing to manage. We all need help and understanding from time to time. We all need guidance. This book is a great resource for those who need it.

Awkward Bitch: *My Life with MS*

By: Marlo Donato Parmelee

Sometimes we need to laugh, this is a great book for that. Marlo writes her story in a way that makes you feel like you are old friends that can be truly honest and tell each other everything. It can be hard to share our experiences of MS with those we are close to. Marlo makes it feel easy.