

# Multiple Sclerosis Recoverers Guide How To Get Your Sex Life Back

**American Book Publishing Record** 2006

**Oxford Handbook of Nutrition and Dietetics** Joan Webster-Gandy 2012 Fully updated, the Oxford Handbook of Nutrition and Dietetics, second edition is a practical quick-reference guide to nutrition in the prevention and treatment of disease and the maintenance of good health.

**Multiple Sclerosis** Ian S. Zagon 2017

**Multiple Sclerosis and Related Disorders** Douglas S. Goodin 2014-02-05 Multiple Sclerosis (MS) is generally understood to be an inflammatory autoimmune disease of the central nervous system. While we still are not certain of the root cause of MS, research results suggest that unknown environmental factors and the presence of specific genes seem the most probable targets. MS causes an inflammatory response in the central nervous system leading to neurodegeneration, oligodendrocyte death, axonal damage, and gliosis. Over the past five years ongoing research has greatly expanded our understanding of the pathogenesis of MS, detailed insight into the epidemiology and genetic factors related to MS, the introduction of new technologies and tests to better diagnose and predict the future course of the disease and the introduction of new treatments targeting MS. This collection of review chapters provides a comprehensive reference into the science and clinical applications of the latest Multiple Sclerosis research and will be a valuable resource for the neuroscience research community and the clinical neurology community of researchers and practitioners. A comprehensive tutorial reference detailing our current foundational understanding of Multiple Sclerosis Includes chapters on key topics including the genetics of MS, MRI imaging and MS, and the latest treatment options Each chapter is translational and focuses on current research and impact on diagnosis and treatment options

*The Publishers Weekly* 1997

**Film/video Rental Catalog** University of California (System). Extension Media Center 1994

**Subject Guide to Books in Print** 1993

**Neurology in Clinical Practice** Walter George Bradley 2004 New edition, completely rewritten, with new chapters on endovascular surgery and mitochondrial and ion channel disorders.

**Desires Reborn** Penny Pepper 2012-08-30 Desires Reborn is a collection of unique erotica. It is different because the central characters are disabled people, and disability sexuality can still make society uncomfortable. Complete with a special exclusive story with a Paralympic twist, the collection is published as the 2012 Paralympic Games hit London. The focus of the world will be on the disabled athletes. But as the sport heats up, what about ordinary disabled people? And sex? And love? Author Penny Pepper leads an extraordinary and dramatic life, not merely because she is disabled. Punk claimed her at an early age, and in the 1990s her own band Spiral Sky made no 2 in the Italian indie charts. For the print version of this book, Penny worked with Tony Cowell, brother of Simon Cowell of X-Factor fame. Winning an 'Erotic Oscar', nude modelling and burlesque performing are a few of the other roles she has found herself in as she strives to break down barriers and discrimination. Desires Reborn takes us on a new journey into the complications and yearnings of lust at its most demanding, and also the delicacy of first love, and of passion never known. 'Summer Lightening Days', recounts Linda deciding to lose her virginity to a hospital porter at a physiotherapy rehab centre, while Jean in 'Postcards for Jean' hears her niece making love and wonders if her own life will every change. Ellie swelters with forbidden passion for a younger man in 'Lava Lamp,' and in a new exclusive story 'Bound and Devoted' both Adrian and Bethany have kinky secrets to spill against the backdrop of the 2012 Games. Rob Young,

award winning writer, says: 'Desires Reborn is an intelligent examination of desire and disabled people. And if it is passion you're after why choose grey when you can have scarlet?' Penny's intelligence and sheer exuberance sing from the page. There is an elegant mind at work here. She distills her passion then filters it through craft without ever losing a drop of its raw emotion. That is a rare skill and should not to be underestimated.'

Ultimately, Desires Reborn is a rude, lewd, sad and provocative collection on a subject every human being can relate to.

White Matter Diseases Massimo Filippi 2020-02-13 This book provides cutting-edge information on the epidemiology, etiopathogenesis, clinical manifestations, diagnostic procedures and treatment approaches for the main white matter (WM) disorders of the central nervous system (CNS). WM lesions are associated with many neurological conditions, and with aging. The diagnostic work-up of neurological diseases characterized by the presence of these lesions has changed dramatically over the past few years. This is mainly due on the one hand to the discovery of specific pathogenetic factors in some of these conditions, and on the other to the optimized use of diagnostic tools. All of this has resulted in new diagnostic algorithms, and in the identification of new neurological conditions. The book offers neurologists essential guidance in the diagnosis and treatment of the most frequent WM conditions, promoting their correct and cost-saving diagnosis and management. By integrating neurological, laboratory and imaging concepts with the demands of accurate diagnosis, this reference guide provides a state-of-the-art overview of the current state of knowledge on these conditions, as well as practical guidelines for their diagnosis and treatment.

*Reclaiming Sex and Intimacy After Prostate Cancer* Jeffrey Albaugh 2018-11 Almost all treatments for prostate cancer can result in some degree of erectile dysfunction (ED). Assessing a man's sexual health is particularly important in the treatment of prostate cancer. Jeffrey Albaugh, PhD, APRN, CUCNS, is a pioneer in the field of sexual medicine who emphasizes that treating a man with prostate cancer requires an assessment of his sexual history. ED is no longer considered a foregone conclusion for patients with prostate cancer. All men and their partners should read this book prior to undergoing prostate cancer treatment. This second edition highlights the patient and partner experience of acknowledging that sexual health is a fundamental part of treating the whole patient.

*Index Medicus* 2004 Vols. for 1963- include as pt. 2 of the Jan. issue: Medical subject headings.

State Library of Iowa Video Catalog State Library of Iowa 1998

**The Carnivore Diet** Shawn Baker 2019-11-19 Shawn Baker's Carnivore Diet is a revolutionary, paradigm-breaking nutritional strategy that takes contemporary dietary theory and dumps it on its head. It breaks just about all the "rules" and delivers outstanding results. At its heart is a focus on simplicity rather than complexity, subtraction rather than addition, making this an incredibly effective diet that is also easy to follow. The Carnivore Diet reviews some of the supporting evolutionary, historical, and nutritional science that gives us clues as to why so many people are having great success with this meat-focused way of eating. It highlights dramatic real-world transformations experienced by people of all types. Common disease conditions that are often thought to be lifelong and progressive are often reversed on this diet, and in this book, Baker discusses some of the theory behind that phenomenon as well. It outlines a comprehensive strategy for incorporating the Carnivore Diet as a tool or a lifelong eating style, and Baker offers a thorough discussion of the most common misconceptions about this diet and the problems people have when transitioning to it.

**Sober Curious** Ruby Warrington 2018-12-31 Would life be better without alcohol? It's the nagging question more and more of us are finding harder to ignore, whether we have a "problem" with alcohol or not. After all, we yoga. We green juice. We meditate. We self-care. And yet, come the end of a long work day, the start of a weekend, an awkward social situation, we drink. One glass of wine turns into two turns into a bottle. In the face of how we care for ourselves otherwise, it's hard to avoid how alcohol really makes us feel... terrible. How different would our lives be if we stopped drinking on autopilot? If we stopped drinking altogether? Really different, it turns out. Really better. Frank, funny, and always judgment free, Sober Curious is

a bold guide to choosing to live hangover-free, from Ruby Warrington, one of the leading voices of the new sobriety movement. Drawing on research, expert interviews, and personal narrative, *Sober Curious* is a radical take down of the myths that keep so many of us drinking. Inspiring, timely, and blame free, *Sober Curious* is both conversation starter and handbook—essential reading that empowers readers to transform their relationship with alcohol, so we can lead our most fulfilling lives.

**Multiple Sclerosis** Institute of Medicine 2001-08-10 Multiple sclerosis is a chronic and often disabling disease of the nervous system, affecting about 1 million people worldwide. Even though it has been known for over a hundred years, no cause or cure has yet been discovered-but now there is hope. New therapies have been shown to slow the disease progress in some patients, and the pace of discoveries about the cellular machinery of the brain and spinal cord has accelerated. This book presents a comprehensive overview of multiple sclerosis today, as researchers seek to understand its processes, develop therapies that will slow or halt the disease and perhaps repair damage, offer relief for specific symptoms, and improve the abilities of MS patients to function in their daily lives. The panel reviews existing knowledge and identifies key research questions, focusing on: Research strategies that have the greatest potential to understand the biological mechanisms of recovery and to translate findings into specific strategies for therapy. How people adapt to MS and the research needed to improve the lives of people with MS. Management of disease symptoms (cognitive impairment, depression, spasticity, vision problems, and others). The committee also discusses ways to build and financially support the MS research enterprise, including a look at challenges inherent in designing clinical trials. This book will be important to MS researchers, research funders, health care advocates for MS research and treatment, and interested patients and their families.

[The Health Effects of Cannabis and Cannabinoids](#) National Academies of Sciences, Engineering, and Medicine 2017-05-01 Significant changes have taken place in the policy landscape surrounding cannabis legalization, production, and use. During the past 20 years, 25 states and the District of Columbia have legalized cannabis and/or cannabidiol (a component of cannabis) for medical conditions or retail sales at the state level and 4 states have legalized both the medical and recreational use of cannabis. These landmark changes in policy have impacted cannabis use patterns and perceived levels of risk. However, despite this changing landscape, evidence regarding the short- and long-term health effects of cannabis use remains elusive. While a myriad of studies have examined cannabis use in all its various forms, often these research conclusions are not appropriately synthesized, translated for, or communicated to policy makers, health care providers, state health officials, or other stakeholders who have been charged with influencing and enacting policies, procedures, and laws related to cannabis use. Unlike other controlled substances such as alcohol or tobacco, no accepted standards for safe use or appropriate dose are available to help guide individuals as they make choices regarding the issues of if, when, where, and how to use cannabis safely and, in regard to therapeutic uses, effectively. Shifting public sentiment, conflicting and impeded scientific research, and legislative battles have fueled the debate about what, if any, harms or benefits can be attributed to the use of cannabis or its derivatives, and this lack of aggregated knowledge has broad public health implications. *The Health Effects of Cannabis and Cannabinoids* provides a comprehensive review of scientific evidence related to the health effects and potential therapeutic benefits of cannabis. This report provides a research agenda—outlining gaps in current knowledge and opportunities for providing additional insight into these issues—that summarizes and prioritizes pressing research needs.

*The Wahls Protocol* Terry Wahls 2017-08-03 After progressive multiple sclerosis landed Dr Wahls in a tilt/recline wheelchair, she exhaustively researched autoimmune disease and brain biology, and embraced the concepts of functional medicine. Determined to overcome her initial dismal diagnosis,, she made a choice to rely on food as her medicine and begun using paleo concepts as guidelines for her unique, nutrient rich plan. As her broken biochemistry began to fix itself, Dr Wahls soon retained full mobility and left her wheel chair behind for good. Dr Wahls transformation was

nothing short of miraculous, and she knew these treatments could be life-changing for anyone struggling with an autoimmune condition. Now, Dr Wahls shares her pioneering research along with three levels of nutrient-rich diets that can help you reverse the debilitating symptoms of your disease. The Wahls Protocol gave Dr Wahls her life back. Give it the chance to restore yours.

**Freeing Celibacy** Donald B. Cozzens 2006 Cozzens explores priestly celibacy as a source of power and burden of obligation, as spiritual calling and gift of the Spirit. He affirms celibacy as a charism, a gift that is true for some, but only when received as a grace.

*Healing Multiple Sclerosis* Ann Boroch 2014-05-14 Multiple Sclerosis can now be healed and this book shows you how. Though MS is widely believed to be incurable, Boroch's breakthrough treatment protocol can dramatically restore patients to health. This landmark book describes her own tumultuous journey with MS: • Her quest for a cure • Case histories of those who have triumphed over MS • The real causes of MS • How to develop a personal treatment plan • Everything you need to bring about recovery, including a detailed and effective self-help treatment protocol • Delicious recipes and recommended foods, with two weeks of sample menus • A five-week nutritional makeover, recommended supplements and a daily sample supplement schedule • A list of recommended products • User-friendly charts and resources

Joint Arthroplasty Shinichi Imura 2012-12-06 The introduction of total joint arthroplasty throughout the world has contributed manifold benefits to patients who suffer from joint diseases. Concurrently, however, there has been an increase in revision surgery. Many orthopedic surgeons agree that durability of prostheses is an eternal problem. In particular, periprosthetic osteolysis recently has been identified as one of the serious problems affecting prosthetic durability. To improve durability, osteolysis and many other problems must be investigated and solved both experimentally and clinically with respect to such aspects as prosthetic material, design, and biological and biomechanical behavior. This book comprises 37 papers that were presented by orthopedic surgeons and biomedical engineers at the 28th Annual Meeting of the Japanese Society for Replacement Arthroplasty, held in March 1998 in Kanazawa, Japan. The volume is thus a compilation of the latest knowledge about the pathogenesis and reduction of osteolysis and wear, newly developed total hip prostheses, and other current topics of total knee arthroplasty. We earnestly hope that this book will be of benefit to clinicians and researchers, and that it will contribute to the creation of more durable total joint prostheses in the future. SHINICHI IMURA

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*Multiple Sclerosis For Dummies* Rosalind Kalb 2011-02-25 Being diagnosed with multiple sclerosis (MS) doesn't have to mean your life is over. Everyone's MS is different and no one can predict exactly what yours will be like. The fact is, lots of people live their lives with MS without making a full-time job of it. MS for Dummies gives you easy to access, easy to understand information about what happens with MS—what kinds of symptoms it can cause, how it can affect your life at home and at work, what you can do to feel and function up to snuff, and how you can protect yourself and your family against the long-term unpredictability of the disease. You'll learn: Why some people get MS and others don't How to make treatment and lifestyle choices that work for you What qualities to look for in a neurologist and in the rest of your healthcare team How to manage fatigue, walking problems, and visual changes Why the road to diagnosis can be full of twists and turns How to understand the pros and cons of alternative medicine Why and how to talk to your kids about MS How to find stress management strategies that work for you Your rights under the Americans with Disabilities Act Complete with listings of valuable resources such as other books, Web sites, and community agencies and organizations that you can tap for information or assistance, MS for Dummies will tell you everything you need to know in order to make educated choices and comfortable decisions about life with MS.

*Multiple Sclerosis Therapeutics* Jeffrey A. Cohen 2011-10-20 This book comprehensively reviews the current state of clinical trial methods in multiple sclerosis treatment, providing investigators, sponsors and specialists with current knowledge of outcome measures and study designs for disease and symptom management. The status of the rapidly evolving field of disease-modifying drugs is presented, with emphasis on the most promising therapies currently being tested. Experts discuss disease and symptom management for MS subtypes, including neuromyelitis optica and pediatric MS. In addition, key scientific advances in MS pathology, genetics, immunology and epidemiology are presented. The fourth edition has been extensively revised, featuring more than 50% new material. All chapters have been substantially updated to provide current information on rapidly evolving topics and this volume contains 15 new chapters, reflecting the growth of the field in recent years. This book is an essential reference for practitioners caring for MS patients, investigators planning or conducting clinical trials, and clinical trial sponsors.

**The Emotional Survival Guide for Caregivers** Barry J. Jacobs 2006-03-17 Caring for a parent whose health is in decline turns the world upside down. The emotional fallout can be devastating, but it doesn't have to be that way. Empathic guidance from an expert who's been there can help. Through an account of two sisters and their ailing mother--interwoven with no-nonsense advice--The Emotional Survival Guide for Caregivers helps family members navigate tough decisions and make the most of their time together as they care for an aging parent. The author urges readers to be honest about the level of commitment they're able to make and emphasizes the need for clear communication within the family. While acknowledging their guilt, stress, and fatigue, he helps caregivers reaffirm emotional connections worn thin by the routine of daily care. This compassionate book will help families everywhere avoid burnout and preserve bonds during one of life's most difficult passages.

**Overcoming Multiple Sclerosis** George Jelinek 2017-01-01 Overcoming Multiple Sclerosis is an established and successful program of treatment. Once a diagnosis of MS meant inevitable decline and disability. Now thousands of people around the world are living healthy, active lives on the Overcoming Multiple Sclerosis recovery program. Overcoming Multiple Sclerosis explains the nature of MS and outlines an evidence-based 7 step program for recovery. Professor George Jelinek devised the program from an exhaustive analysis of medical research when he was first diagnosed with MS in 1999. It has been refined through major ongoing international clinical studies under Professor Jelinek's leadership, examining the lifestyles of several thousand people with MS world-wide and their health outcomes. Overcoming Multiple Sclerosis is invaluable for anyone recently diagnosed with MS, living with MS for years, or with a family member with MS. It makes an ideal resource for doctors treating people with MS.

**The Sex Book** Suzi Godson 2013-02-14 "The Sex Book" explores the subject of sex, health and sexuality in a straightforward, uninhibited, accessible and adventurous way. Designed as a guide, the book explains everything you want to know about conventional and unconventional sexual behaviour in gender neutral, straightforward language with bold visuals. A wealth of information is balanced with practical advice and personal experience. The book presumes little and the tone is witty and direct. It avoids the usual stigma attached to sex manuals by having a detached editorial approach that packs gritty sex between beautiful contemporary graphics. Ranging from G-spots to sex diets, "The Sex Book" speaks plainly and openly about a subject at the emotional and spiritual hub of everyone's life. At long last - a contemporary guide to sex; for absolutely everyone, whatever their orientation.

**The Ultimate Guide to Sex and Disability** Cory Silverberg 2016-09-06 The Ultimate Guide to Sex and Disability is the first complete sex guide for people who live with disabilities, pain, illness, or chronic conditions. Useful for absolutely everyone, regardless of age, gender, or sexual orientation, the book addresses a wide range of disabilities — from chronic fatigue, back pain, and asthma to spinal cord injury, hearing and visual impairment, multiple sclerosis, and more. Expertly written by a medical doctor, a sex educator, and a disability activist, The Ultimate Guide provides readers with encouragement, support, and all the information they need to create a sex life that works for them. The authors cover all aspects of sex and disability,



including building a positive sexual self-image; positions to minimize stress and maximize pleasure; dealing with fatigue or pain during sex; finding partners and talking with partners about sex and disability; adapting sex toys; and more.

Therapeutic Uses of Cannabis British Medical Association 2020-08-17 At the last Annual Representative Meeting of the British Medical Association a motion was passed that "certain additional cannabinoids should be legalized for wider medicinal use." This report supports this landmark statement by reviewing the scientific evidence for the therapeutic use of cannabinoids and sets the agenda for change. It will be welcomed by those who believe that cannabinoids can be used in medical treatment. The report discusses in a clear and readable form the use and adverse effects of the drug for nausea, multiple sclerosis, pain, epilepsy, glaucoma, and asthma.

**Ebony** 2003-10 EBONY is the flagship magazine of Johnson Publishing. Founded in 1945 by John H. Johnson, it still maintains the highest global circulation of any African American-focused magazine.

**Love from A to Z** S. K. Ali 2019-04-30 From William C. Morris Award Finalist S.K. Ali comes an unforgettable romance that is part *The Sun Is Also a Star* mixed with *Anna and the French Kiss*, following two Muslim teens who meet during a spring break trip. A marvel: something you find amazing. Even ordinary-amazing. Like potatoes—because they make French fries happen. Like the perfect fries Adam and his mom used to make together. An oddity: whatever gives you pause. Like the fact that there are hateful people in the world. Like Zayneb's teacher, who won't stop reminding the class how "bad" Muslims are. But Zayneb, the only Muslim in class, isn't bad. She's angry. When she gets suspended for confronting her teacher, and he begins investigating her activist friends, Zayneb heads to her aunt's house in Doha, Qatar, for an early start to spring break. Fueled by the guilt of getting her friends in trouble, she resolves to try out a newer, "nicer" version of herself in a place where no one knows her. Then her path crosses with Adam's. Since he got diagnosed with multiple sclerosis in November, Adam's stopped going to classes, intent, instead, on perfecting the making of things. Intent on keeping the memory of his mom alive for his little sister. Adam's also intent on keeping his diagnosis a secret from his grieving father. Alone, Adam and Zayneb are playing roles for others, keeping their real thoughts locked away in their journals. Until a marvel and an oddity occurs... Marvel: Adam and Zayneb meeting. Oddity: Adam and Zayneb meeting.

Rewire Your Brain John B. Arden 2010-03-22 How to rewire your brain to improve virtually every aspect of your life-based on the latest research in neuroscience and psychology on neuroplasticity and evidence-based practices Not long ago, it was thought that the brain you were born with was the brain you would die with, and that the brain cells you had at birth were the most you would ever possess. Your brain was thought to be "hardwired" to function in predetermined ways. It turns out that's not true. Your brain is not hardwired, it's "softwired" by experience. This book shows you how you can rewire parts of the brain to feel more positive about your life, remain calm during stressful times, and improve your social relationships. Written by a leader in the field of Brain-Based Therapy, it teaches you how to activate the parts of your brain that have been underactivated and calm down those areas that have been hyperactivated so that you feel positive about your life and remain calm during stressful times. You will also learn to improve your memory, boost your mood, have better relationships, and get a good night sleep. Reveals how cutting-edge developments in neuroscience, and evidence-based practices can be used to improve your everyday life Other titles by Dr. Arden include: *Brain-Based Therapy-Adult*, *Brain-Based Therapy-Child*, *Improving Your Memory For Dummies* and *Heal Your Anxiety Workbook* Dr. Arden is a leader in integrating the new developments in neuroscience with psychotherapy and Director of Training in Mental Health for Kaiser Permanente for the Northern California Region Explaining exciting new developments in neuroscience and their applications to daily living, *Rewire Your Brain* will guide you through the process of changing your brain so you can change your life and be free of self-imposed limitations.

*Weekly World News* 1981-07-14 Rooted in the creative success of over 30 years of supermarket tabloid publishing, the *Weekly World News* has been

the world's only reliable news source since 1979. The online hub [www.weeklyworldnews.com](http://www.weeklyworldnews.com) is a leading entertainment news site.

Multiple Sclerosis Rosalind C. Kalb, MD 2005-09-01 Because most people who are diagnosed with MS are between the ages of 15-55 years, the disease has a significant impact, not only on the individual with the disease, but also on the family members and loved ones whose lives are interwoven with them. Families experiencing multiple sclerosis often find themselves in uncharted territory. Prior patterns of interacting with each other may no longer work; roles often shift with dramatic emotional impact; guilt, anger, sadness, and a sense of burden may create a barrier to intimacy, joy, growth, and family unity. There are ways out of this debilitating situation, and many families have restored their balance, humor, productivity and family solidarity. *Multiple Sclerosis: A Guide for Families* can lead the way for your family to strengthen its coping skills and to receive targeted information about the disease and its ramifications. This complete yet highly readable guide for families living with multiple sclerosis addresses these issues and more. Families must learn how to strike a reasonable balance between the interests and needs of its members, and to accommodate the limitations imposed by MS without allowing them to impact every aspect of family life. This is easier said than done, and extensive discussions consider how the basic goals of living with this chronic disease can be met.

*The Comfort of Home for Stroke* Maria M. Meyer 2007 This complete guide helps caregivers, family members, and stroke survivors understand the day-to-day issues faced by care providers. It guides readers through every stage of care, from explaining different kinds of strokes to understanding personality changes brought on by the illness. Other topics covered include how to prevent strokes from recurring, making the home safe and comfortable, returning to work after a stroke, and preventing caregiver burnout.

**Working Mother** 2003-10 The magazine that helps career moms balance their personal and professional lives.

*Best Life* 2006-06 Best Life magazine empowers men to continually improve their physical, emotional and financial well-being to better enjoy the most rewarding years of their life.

**New York Magazine** 1987-03-30 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country. With award-winning writing and photography covering everything from politics and food to theater and fashion, the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself, while celebrating New York as both a place and an idea.

**The New York Times Book Review** 1957

New York Times Saturday Review of Books and Art 1956

The Wahls Protocol Terry Wahls M.D. 2014-03-13 An integrative approach to healing chronic autoimmune conditions by a doctor, researcher, and sufferer of progressive multiple sclerosis (MS) whose TEDx talk is already a web sensation Like many physicians, Dr. Terry Wahls focused on treating her patients' ailments with drugs or surgical procedures—until she was diagnosed with multiple sclerosis (MS) in 2000. Within three years, her back and stomach muscles had weakened to the point where she needed a tilt-recline wheelchair. Conventional medical treatments were failing her, and she feared that she would be bedridden for the rest of her life. Dr. Wahls began studying the latest research on autoimmune disease and brain biology, and decided to get her vitamins, minerals, antioxidants, and essential fatty acids from the food she ate rather than pills and supplements. Dr. Wahls adopted the nutrient-rich paleo diet, gradually refining and integrating it into a regimen of neuromuscular stimulation. First, she walked slowly, then steadily, and then she biked eighteen miles in a single day. In November 2011, Dr. Wahls shared her remarkable recovery in a TEDx talk that immediately went viral. Now, in *The Wahls Protocol*, she shares the details of the protocol that allowed her to reverse many of her symptoms, get back to her life, and embark on a new mission: to share the Wahls Protocol with others suffering from the ravages of multiple sclerosis and other

autoimmune conditions.

## **Multiple Sclerosis Recoverers Guide How To Get Your Sex Life Back**

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