



# OVERCOMING MULTIPLE SCLEROSIS

## An evidence-based guide to recovery

### Professor George Jelinek

Multiple sclerosis (MS) is the most common debilitating neurological disorder in Western countries with 2.5 million sufferers worldwide. One in every 1400 people in New Zealand have MS, and it is three times more common in women than in men. Professor Jelinek's mother died of MS at the age of 45. When he was diagnosed with the condition himself in 1999, he knew what lay before him. MS is a cruel disease which, as it progresses, leaves its sufferers increasingly immobilised.

Drawing on his skills as a clinician and medical researcher, he scoured the medical literature and came to the startling conclusion that MS is a disease largely determined by lifestyle factors. He developed a program based on a diet with no animal products, exercise, meditation and a daily dose of sunlight. A decade later, he remains fit and well, and many other MS sufferers in Australia, New Zealand and other countries have also benefited from his program.

Although Professor Jelinek's 'integrative medicine' approach to MS treatment is very different from that currently offered by conventional medicine, he demonstrates increasing support for it in the latest medical research findings.



**Professor George Jelinek** is an academic emergency physician. He has professorial appointments at the University of Western Australia, University of Melbourne, and Monash University. He was the first Professor of Emergency Medicine in Australasia and founding editor of the journal *Emergency Medicine Australasia*. He regularly gives public lectures and retreats for people with MS in Australia and New Zealand, and is well-connected with MS support groups internationally. For more info, visit: [www.takingcontrolofmultiplesclerosis.org](http://www.takingcontrolofmultiplesclerosis.org)

### PROFESSOR GEORGE JELINEK IS AVAILABLE FOR INTERVIEW

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**Please see overleaf for responses from practitioners and sufferers to *Overcoming Multiple Sclerosis***

## **Responses to *Overcoming Multiple Sclerosis* from medical practitioners, people with MS, and professionals who work with people with MS:**

'Dr. George Jelinek's book is a source of great wisdom because he is a wounded healer who knows what it is like to experience MS. Bringing together the experience and wisdom of a health professional and a patient with a survivor personality offers all those with MS an excellent resource which can empower them and help them to survive. I know from my wife's experience with MS for decades how important it is to heal your life and at the same time utilize all the medical knowledge which is available to us. This book does it all and I found it very helpful.'

***Bernie Siegel, MD author of Faith, Hope & Healing and Help Me To Heal (senior US clinician and author)***

'This is the most exciting book I have read in some time. Everyone affected by MS, either directly or indirectly, needs to read it.'

***Ian Gawler OAM, author of international bestseller, You Can Conquer Cancer***

'Through George Jelinek's advice I have learned how to take my vulnerable nervous system and nurture it back to a life free from MS. Jelinek's work has given me back my health and my confidence to live my life to the full again. I am a busy General Practitioner, mother of four, hiker, equestrian, gardener, with a zest for life and thrilled to have it back again.

As a doctor I am grateful to have Jelinek's expert review of the research around MS. There is so much information and mis-information that one gets lost in the mire. To be able to say to the newly diagnosed or the gradually more debilitated, 'yes we can help' is medically exciting and such a relief.

I have had MS for 10 years now, the first four in denial with episodes every one or two years, the last six years since starting the Jelinek diet and lifestyle plan have become rapidly episode free, with my health and energy restored. I cannot recommend this book highly enough to anyone whose life is affected by multiple sclerosis.'

***Dr Heather King MBCHB Dip Obs***

'Professor Jelinek is inspirational in empowering patients to take responsibility for the management of their disease. His holistic approach encouraging patients to consider more than just pharmaceutical treatment for the disease has proven itself as the modern approach to the management of multiple sclerosis.'

***Clinical Professor Peter Silbert MBBS FRACP, State Director of Neurology in Western Australia; Head of Department of Neurology, Royal Perth Hospital***

'People who have been diagnosed with MS are often vulnerable and open to ideas which offer false hope. Our Society recognises that George Jelinek's work provides important, genuine hope.

People diagnosed with the condition often feel stripped of control over their lives and future. This book is a wonderful resource that will help to redress the balance and give people the opportunity to thrive despite their diagnosis. Every person diagnosed with multiple sclerosis should receive a copy as a reference work and a motivational tool, encouraging them to take sensible steps to minimise their symptoms and maximise their enjoyment of life.'

***Gary McMahon, General Manager, MS Society of Auckland and North Shore, New Zealand***