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# Healing Multiple Sclerosis, New Revised Edition Diet, Detox & Nutritional Makeover For Total Recovery

"A landmark book, *Healing Multiple Sclerosis* provides workable, natural solutions for a practical self-help program that anybody can follow."  
—ANN LOUISE GITTLEMAN, New York Times best-selling author of *The Fat Flush Plan*, *Before the Change* and *The Fast Track One-Day Detox Diet*

New Revised Edition

## HEALING Multiple Sclerosis

Diet, Detox & Nutritional  
Makeover for Total Recovery

ANN BOROCH, CNC

Foreword by New York Times best-selling author  
Ann Louise Gittleman, PhD, CNS



## Synopsis

This newly revised and expanded edition of *Healing Multiple Sclerosis* (revised 2014) gives a breakthrough treatment protocol that can dramatically restore health to those with MS. Even though MS is widely believed to be unbeatable, Ann Boroach, certified nutritional consultant and naturopath, has developed a breakthrough treatment protocol that is having dramatic results. This landmark work describes how she cured herself of MS using complementary medicine, the real causes of MS, case histories of those who have triumphed over multiple sclerosis, and a comprehensive how-to section that will show you how to develop your own treatment plan. *Healing Multiple Sclerosis* contains everything you need to know to bring about recovery, including:

- A detailed and effective self-help treatment plan
- Delicious recipes and recommended foods with two weeks of sample menus
- A five-week nutritional makeover
- An updated and expanded step-by-step vitamin and supplement protocol
- Slow-start program for those that are more progressed or not
- ambulatory
- User-friendly charts and resources

*Healing Multiple Sclerosis* finally brings hope to those suffering from MS.

## Book Information

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## Customer Reviews

So helpful that in addition to my kindle version, I will be ordering the hard copy as well!

Nothing new and inaccurate on food choices - Went on Keto as a vegetarian and felt much better.  
Not recommended.

This gives information that we need. When one has M.S., you need everything in print.

great book and great information!

Not much has changed much, but was interesting. I'm still trying to eat right, which I think is most important and we'll see if that helps.

Very informative and well written. Good information for those suffering with MS.

I bought this for a friend who has MS. She has started reading it, and is learning a lot from it.

Very informative book for people who suffer from multiple sclerosis. A must read for everyone!

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Healing Multiple Sclerosis: Diet, Detox & Nutritional Makeover for Total Recovery, New Revised Edition  
Healing Multiple Sclerosis, New Revised Edition Diet, Detox & Nutritional Makeover for Total Recovery  
Multiple Sclerosis - Diet for Recovery: The Multiple Sclerosis Autoimmune Disease Recovery Diet Guide for Beginners  
Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse)  
14-day Zero Sugar detox diet: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.  
Multiple Sclerosis: Simple Changes to Help You Manage Your Multiple Sclerosis  
MULTIPLE SCLEROSIS: A Fresh Approach To Dealing With Multiple Sclerosis  
Multiple Sclerosis Many Stories Many Symptoms: A book written by people living with Multiple Sclerosis, about how they deal with the challenges they face.  
The Liver Cleanse and Detox Diet: Ultimate Liver Cleansing Guide to stay Healthy and Lose Weight! (fatty liver, healthy diet detox, liver disease, cleanse ... fat loss, detox diets, healthy cooking,)  
Cooking Well: Multiple Sclerosis: Over 75 Easy and Delicious Recipes for Nutritional Healing  
Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for

Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Sugar Detox: Beat Sugar Cravings Naturally in 30 Days! Lose Up to 15 Pounds in 14 Days, Increase Energy, Boost Metabolism! (Sugar Free Diet, Sugar Detox ... 30 Day Detox, Weight Loss and More Energy) Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose Your Detox Tea's, Shed Up To 10 Pounds a Week, Boost Your Metabolism and Improve Health (Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea) Detox Diet & Detox Recipes in 10 Day Detox: Detoxification of the Liver, Colon and Sugar With Smoothies The Multiple Sclerosis Diet Book: A Low-Fat Diet for the Treatment of M.S., Revised and Expanded Edition Lupus Recovery Diet - The Natural Lupus Recovery Solution: (Recover from Lupus with the Lupus Recovery Diet) Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know **\*\*BONUS\*\*** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet)

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