

BEATING MULTIPLE SCLEROSIS

Empowering Stories of Self-Healing and Thriving

AGOTA NAWROTH
& PAIGE NEWSOME

Copyright © 2023 by Agota Nawroth

All rights reserved.

No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

ISBN: 979-8-218-27971-4

Neither the publisher nor the author is engaged in rendering professional advice or services to the individual reader. The ideas, procedures, and suggestions contained in this book are not intended as a substitute for consulting with your physician. All matters regarding your health require medical supervision. Neither the author nor the publisher shall be liable or responsible for any loss or damage allegedly arising from any information or suggestion in this book.

While the author has made every effort to provide accurate telephone numbers, Internet addresses, and other contact information at the time of publication, neither the publisher nor the author assumes any responsibility for errors, or for changes that occur after publication. Further, the publisher does not have any control over and does not assume any responsibility for author or third-party websites or their content.

To my loved ones,

This book reveals the transformative path of my MS journey and daily dedication required for a healthy life. I'm taking care of myself, so you don't have to.

To the multiple sclerosis community,

May our stories empower and inspire, fostering understanding, compassion, and progress. Together, let's navigate the challenges of this journey, knowing that we are never alone.

With love and deepest admiration,
Agota Nawroth

ACKNOWLEDGMENTS

I would like to express my deepest gratitude and appreciation to everyone who has contributed to the creation and completion of this book.

First and foremost, I extend my heartfelt thanks to Paige Newsome. Without you, this book wouldn't exist. Your belief in this project, constant motivation, and endless hours of work have been a driving force. You shaped this book in ways I couldn't have imagined.

I would like to extend my heartfelt gratitude to all the remarkable individuals who graciously shared their heartbreaking stories for this book. Your bravery in opening up about your journeys will undoubtedly resonate with others who find solace and strength in knowing they are not alone. I am honored to have had the opportunity to give voice to your stories and express my deepest appreciation for your invaluable contribution.

Lastly, I extend my gratitude to my followers, readers, and supporters. Your enthusiasm, feedback, and reviews inspire me to continue sharing my story and the knowledge I've acquired along the way with the world, raising awareness about diseases that can be prevented.

To all those mentioned above and the countless others who have contributed in various ways, your presence in my life has made this book a reality. Thank you for being a part of this remarkable journey.

With heartfelt appreciation,
Agota Nawroth

AUTHOR'S NOTE

Many individuals are searching for a diagnosis while struggling with various symptoms. For those of us already diagnosed, having answers can be a relief but also adds a lifelong burden. At times, this weight can feel overwhelming. I wish a book like this had been available when I was first diagnosed four years ago. It would have made a world of difference. Back then, I wouldn't have felt so alone and lost. I wouldn't have had to search through numerous books to connect the dots. My goal with this book is to provide you answers and give you practical guidance to regain control and steer your life back on track.

The stories in this book showcase the remarkable potential within us as human beings. We can heal our minds and bodies, making full recoveries from autoimmune diseases when we cultivate the right mindset and well-being practices. I haven't encountered anyone who thrives with a pessimistic outlook. Our minds are incredibly powerful. It's crucial to remember that the path to healing often begins there. While change can be a challenge, it's a necessary step for those seeking a healthier life.

So, who is this book for? It's not exclusively for people with MS. This book is filled with ideas to improve the lives of anyone, diagnosed or not, who is facing symptoms. Each chapter is a glimpse into someone's life, flourishing despite the diagnosis. My hope is that you'll discover a story or two that resonate with you. Please share this book, help us spread the message, and raise awareness about this complex condition. It doesn't have to lead to life in a wheelchair.

CONTENTS

Disclaimer

1	Agota N. - Diagnosed in 2019	1
2	Paige N. - Diagnosed in 2019	28
3	Katy - Diagnosed in 2020	44
4	Angie G. - Diagnosed in 2004	56
5	Elisa F. - Diagnosed in 2011	65
6	Kelly G. - Diagnosed in 2015	81
7	Bob C. - Diagnosed in 1999	89
8	Nassira - Diagnosed in 2018	100
9	Biljana - Diagnosed in 2013	107
10	Mohammed - Diagnosed in 2018	112
11	Kathryn - Diagnosed in 2018	117
12	Claudie - Diagnosed in 1996	120
13	Laila - Diagnosed in 2010	129
14	Adria H. - Diagnosed in 2020	133
15	Mara R. - Diagnosed in 2004	159
16	Kelly K. - Diagnosed in 2015	164
17	Michelle - Diagnosed in 1996	182
18	Joanne M. - Diagnosed in 2009	190
19	Helena K. - Diagnosed in 2000	205
20	Sam P. - Diagnosed in 2015	212

21	Alicia - Diagnosed in 2018	230
22	Dawnmarie D. - Diagnosed in 2012	240
23	Clare M. - Diagnosed in 2019	243
24	Sofia C. - Diagnosed in 2013	250
25	Andrea - Diagnosed in 2000	257
26	Meryl H. - Diagnosed in 1999	268
27	Conor K. - Diagnosed in 2003	274
28	Parmjit K. - Diagnosed in 2008	286
29	Kadesha R. - Diagnosed in 2012	298
30	Melody W. - Diagnosed in 2013	306
31	Lieza - Diagnosed in 2016	312
32	Jasmin D. - Diagnosed in 2008	321
33	Megan L. - Diagnosed in 2007	325
34	Gabriel - Diagnosed in 2018	339
35	Talia - Diagnosed in 2016	348
36	Alice S. - Diagnosed in 2007	357
37	Maria I. - Diagnosed in 2012	373

Final Note

“Wellness is the complete integration of body, mind, and spirit – the realization that everything we do, think, feel, and believe has an effect on our state of well-being.”

– *Greg Anderson*

DISCLAIMER

The stories shared in this book provide personal perspectives and experiences, reflecting individual accounts. These stories should not be construed as professional medical advice or recommendations.

The author and publisher have made reasonable efforts to ensure the accuracy and authenticity of the stories. However, due to the subjective nature of personal accounts and the uniqueness of each individual's circumstances, the stories may not apply to or accurately represent everyone's experiences. The information and opinions expressed in this book are not a substitute for professional medical advice, diagnosis, or treatment. It is essential to consult with a qualified healthcare professional before making any decisions or taking any actions based on the information or stories provided in this book.

The author and publisher are not liable for errors, omissions, or consequences, resulting from the use of the information or stories in this book, which are shared for informational purposes only and do not guarantee specific outcomes or results. Health conditions and treatments vary among individuals, and what worked for one person may not be suitable for another. Therefore, readers should exercise caution and use their discretion when interpreting and applying the information or stories presented.

The stories in this book do not serve as endorsements or advertisements for specific healthcare providers, products, or services. Any references made are solely for illustrative purposes and do not imply endorsement or recommendation. Readers are encouraged to consult with qualified healthcare professionals for personalized advice and guidance, regarding their health concerns. Reliance on the information or stories provided in this book is done at the reader's own risk.

By reading this book, you acknowledge and agree to the terms of this disclaimer.

21

Story by **ALICIA**

Diagnosed in 2018

Currently 39 years old

Lives in New England, United States

Contact: alee132@yahoo.com

Hi! I am one of the 2.1 million people worldwide who have been diagnosed with multiple sclerosis (MS). I was asked to write a chapter in this book by a purely innocent dose of inspiration that happened in August of 2019. A big part of my life at that time was research, social media, support groups, etc. That's when I started reaching out to people to discuss their opinions on alternative ways to help feel our best while managing this difficult disease.

It's not often mentioned that there are many things we can do to help heal our symptoms by altering our lifestyle. I've heard many stories in support groups that weren't so supportive. I felt like the certain few I joined were geared toward hopelessness. I'm absolutely sensitive to the people that are having a hard time sustaining a positive attitude through this journey. It's no fun hearing you have a disease that is unpredictable and has no cure; I know that because I have experienced it. I was an emotional wreck as anyone would be to find out they have a clinical

diagnosis. I sympathize with everyone afflicted, and for once, I wanted to read, “We can do it!” or, “We got this!” But there wasn’t as much of that out there, unfortunately.

We all have a different story to tell. The purpose for mine is to give true hope and inspiration to those who are just as scared as I was when I was stumped by symptoms that appeared unsolvable. For as long as I can remember, I have never really felt right. I grew more concerned as time went on. I was previously diagnosed with Hashimoto’s Thyroid disease in my early twenties. From that point on, any concerns that I explained to my doctors were blamed solely on that—Thyroid disease. I accepted that answer for much longer than I should have and went on with my life, persistently aware that the way I was feeling every day was not right.

My name is Alicia. I reside in New England where I was born and raised. I live with my fiancé and our two beautiful boys, ages five and seven. I was diagnosed with Relapsing Remitting Multiple Sclerosis (RRMS) on June 11, 2018. It was the day before my youngest son’s first birthday and just about three weeks before my fortieth birthday. I, like many others, fell into major stressors. Looking back, I believe they led to more serious symptoms that became concerning to me. Stress does play a role in this disease!

I needed brain surgery in 2008. I was helping decorate for my goddaughter’s birthday party one summer morning and became extremely tired. I remember leaving to go home and take a nap. My dad found me on the floor, having a grand mal seizure in his home. It was later discovered that my brain was hemorrhaging from a cavernous malformation. There was a cluster of blood vessels that popped, causing the seizure and very bad headaches. Thank God I had just moved back home with my dad after a difficult break up. Nobody at my previous residence would have found me for hours. I am very lucky to be here today.

Doctors said there was a good chance that the hemorrhage wouldn’t happen again, but unfortunately, it continued from July through October. There were a lot of emergency visits during those months. I remember medical staff wanted to send me home, but I insisted on staying until they performed a scan and reassured me that I wasn’t hemorrhaging again. I was, in fact, having more active bleeds. Because I wasn’t presenting with the same severe symptoms, it was almost dismissed. The doctors and I then decided to schedule a craniotomy for the second week of October. I will never fully recover from that experience. I have high anxiety in fear of something like that ever happening to me again. I’m

currently learning ways to heal my anxiety, such as breathing and meditation.

Five months into my recovery from brain surgery, my fiancé had a heart attack. While he was in the emergency room, they took his vitals and performed an electrocardiogram (EKG). He insisted something wasn't right, but they told him his tests and vitals were normal, so they sent him back to the waiting room. He drove himself to another hospital. They told him there that everything was normal (EKG and vitals). So, he went to a THIRD hospital. When they were done taking his vitals, he had a heart attack in the waiting room. They performed surgery and found that he had blockages in three arteries and placed three cardiac stents. This scenario sounds like it could be exaggerated, but I promise you every word is true. He's okay now. My point here is to convey the importance of listening to your body; pay attention to the signs it gives you. Don't be dismissed. Pay attention to factors that make you feel both your worst and your best, and make small changes to improve your overall health. My fiancé was able to get off his high blood pressure medication and his cholesterol meds that made his joints ache so badly. He did that by making changes to his diet and lifestyle.

Years later, my dad experienced a major stroke that left him very disabled. I was six months pregnant with my first child. I spent much of my time in hospital rooms, on a recliner beside my father, going to rehab facilities to cheer him on while learning to walk again, and attending speech therapy sessions to help him relearn to speak (roller coaster of emotions), all while embracing my first pregnancy. It's a huge challenge to accept the condition that his stroke has left him in. The guilt of not being able to care for him is a huge stress for me to this very day.

I have an older brother that primarily takes care of him, who doesn't understand why I can't just "do more". I guess trying to act "tough" while raising a family and not feeling well all the time was misleading. I am often misunderstood because I "look fine" or "act fine". It wasn't until recently that I started saying "I'm not okay" to perform a certain task or show up for a plan I made earlier. I need to heal; I need to focus on things my body is telling me are necessary.

My pregnancy went extremely well, and I carried my baby boy to full-term with no complications, other than needing a Cesarean (C-section) at the end because the baby wasn't descending, and I have that history of hemorrhaging, so they wanted me to stop pushing.

A year and a half later, my second son was born, also with no complications. I remember breastfeeding him while watching television, and I was seeing two of everything. It was to the point that I had to shut one eye to see normally. I knew then that something was NOT right. I believe this was my first relapse, but I wasn't aware of it at the time. I made an appointment with my primary care doctor who suggested that the fatigue and double vision were because I had two small children, breastfeeding, getting little sleep, and potential dehydration. That all sounded like a possibility, but it wasn't enough for me to just accept it, so I insisted on bloodwork. After receiving the results, we learned that my vitamin B12 was very low, as well as my vitamin D. I started B12 injections weekly until the levels were maintained orally. A prescription of 1.25MG (50,000 units) of vitamin D was also ordered.

The double vision lasted about two weeks, which felt like months. As you can imagine, I was scared as hell. I made an appointment with an eye doctor right away. My poor vision was interfering with everything. I had an eye exam and underwent various tests. Although my eyesight was found to be good, I was diagnosed with diplopia (double vision). However, at that time, no specific medication recommendations were provided. The doctor was concerned and submitted orders for me to undergo magnetic resonance imaging (MRI) to rule out a possible tumor causing the vision issue. I scheduled the MRI and luckily got an appointment within weeks. The appointment was made for May 30, 2018. (The reason I am providing the date is quite ironic as you read on.)

My symptoms worsened, and new things started happening to me. For about a month or so, I felt like I had shards of glass stuck in both thumbs and index fingers. So bizarre, right? It was not painful but super annoying, as you can imagine. I found out later that it could have been caused by a B12 deficiency.

I was in the shower one morning, and I felt like I had ants marching up and down my back. It was a strange feeling, but I thought maybe it was just the suds from the shampoo rinsing off. It continued as I dried off, got dressed, and occurred a few more times outside of the shower. The numbness and tingling in my back persisted, as well as the horrible feelings in my thumbs and fingers. At this point, I found myself doing more and more research regarding my symptoms, trying to find answers.

I visited the neurologist who I followed up with after my brain surgery, and he was concerned I may have myasthenia gravis disease (MG). It is a condition that causes muscle weakness. This weakness tends to get worse the longer the muscles are used and gets better after the muscles are

rested. It is caused by a breakdown in the communication between the nerves and muscles. Those tests came back negative, and he also tested me for Lyme disease. Good news, but what now? More bloodwork and an MRI.

I remember sitting in the waiting room for the MRI and on the overhead radio, they announced that it was World MS Day! I got such a feeling inside. I had never even heard of World MS Day, and it was honestly the strongest sign that I have ever received in my life. It was May 30, 2018. I had a gut feeling walking into that MRI appointment that my results were going to read multiple sclerosis. Did I mention the waiting process to get results from these tests? Talk about nerve-wracking. If you know, you know! It took a little over a week to hear back. My advice to you while waiting for these tests is to stay busy and try to stay positive.

The moment I received the phone call with the results from my neurologist, I stepped outside while celebrating my grandmother's ninetieth birthday. The doctor confirmed that the MRI showed lesions in my brain and gave me the diagnosis of multiple sclerosis. I remember needing to compose myself while walking back into the house, as if everything was okay. That evening was tough. I was in shock, I was sad, and I was scared. I couldn't contain my negative thoughts. To hear the words "multiple sclerosis" from a medical professional speaking to ME was incomprehensible, even though I had known something was wrong. I wasn't even scared for me; I was scared for my two small children who need their mom, and I was scared for the man I had plans to marry. Thoughts of possibly being in a wheelchair made me panic. Would I become a burden? My mind just kept spiraling with scary, crazy thoughts. It was a mix of so many negative emotions. It was all starting to make sense: the headaches, fatigue, numbness, tingling, double vision, and brain fog.

A few days later, I went to my best friend, Olivia's, place of business. She had a red binder full of papers she had prepared for me and asked me to come sit down. Now, I call my friend Olivia my "witch doctor" friend. She is always conjuring up some type of natural lip balm, serum, and even the most delicious, healthy recipes from her garden. As I sat beside her that day, she explained to me how important it is to take care of my body with healthy foods. Of course, we all learn that as children, but does anyone listen? I didn't listen as a child or as a young adult. My breakfast daily was a blueberry muffin and an "iced coffee extra extra" (for those unfamiliar with the term, it refers to a coffee with more cream and sugar than coffee itself). While this may be acceptable for some people, it proved detrimental for me due to my autoimmune disease.

Over time, I learned that such food choices were working against my health. It is reassuring that society has become more educated on how food and health go hand-in-hand.

Back to that red binder—it was full of recipes that slowly welcomed me into a healthy diet; recipes that included anti-inflammatory foods that she knew I would try and enjoy. She explained the effects that certain foods have on our bodies. She asked me to try it for a few weeks and see how I felt. I will be forever grateful for that conversation because it led me down a path that has helped me tremendously. I went home with some encouragement and started focusing more on research, healthy diet, and lifestyle changes that would help with my symptoms. The next few weeks were filled with concoctions of smoothies, supplements, and books. I was continuing with my vitamin D and B12, which was helping me feel less tired. My research was flowing, I was learning new things, and I was feeling better physically, mentally, and emotionally.

I finally got an appointment with a local neurologist. My fiancé came with me to help calm my nerves, as I didn't know what to expect. (I feel it is important to mention how supportive my fiancé is with my diagnosis, as it was a major insecurity of mine in the beginning.) The wait was long, making me even more nervous. Did I mention that I have really bad anxiety? I was finally called into the room where the doctor greeted me and introduced himself. He confirmed that I had a few lesions on my brain, which is something I read about in my research but was terrifying to hear. He was able to pull up the MRI on a big screen and point out where the lesions were located. I learned about words I'd read in my research, like white matter, myelin, demyelination, sub cortex, and peri ventricular parts of the brain. We discussed how I was feeling and what my symptoms were. He immediately started handing me brochure after brochure of the newest medications on the market for treating multiple sclerosis. This was my first visit; I was very overwhelmed. He suggested I book an appointment to have an aggressive infusion in his office the following week! He told me I should book sooner rather than later because the seats in the infusion room were hard to reserve.

I was newly diagnosed and still processing the whole thing. I didn't know if I was ready or educated enough to make these decisions. I explained to him that I had been conducting a lot of research on managing my health through diet for a few weeks, and I wanted to see if I noticed a difference in the way I felt. I didn't know a thing about the medication he recommended. I said that I would go home and read through the side effects and weigh them out. As I was leaving (I will never forget this), he looked at my fiancé and told him to “go get her a

cupcake”, while laughing at the approach I was taking with my diet and lifestyle. I never went back to that doctor.

In the meantime, I continued my research on the medication brochures that were sent home with me (Ocrevus infusions and Tysabri shots were two of them). I didn’t feel comfortable with either one. I couldn’t even leave them out; I hid them in my drawer. I was so uneasy about all of it. I went to neurologist after neurologist; I think I saw about seven or eight in the state of Rhode Island. All they wanted to do was start me on whatever medication was newest on the market. I remember being petrified as they handed me packet after packet, with unlimited side effects. My ideas of changing my lifestyle and diet were not considered in their plans. I don’t remember any of them showing compassion or offering alternatives on how to deal with this unpredictable disease, other than aggressive medication. I did sit and listen to all the options, such as infusions, shots, pills, etc. They just never sat right with me.

I was eight months into my diagnosis, and I hadn’t told my mother yet. I waited so long because I knew how heartbreaking it would be for her. We are very close, and she knew everything that was going on with me, as far as my health and symptoms. However, I was sugar coating all of it, and it was wearing on me. She deserved the truth, but I think telling her was harder than hearing it from the doctor. She was very emotional; she hugged me and reassured me that she was here and would help me with anything I needed. I felt so supported.

She found a doctor for me who was an hour away in Boston. I made an appointment, and she came with me. I finally found a doctor that I felt comfortable with! She was understanding and compassionate. She took her time with me and listened to every concern I had. I told her I was apprehensive to take medication. She told me to take my time in making whatever decisions I felt were right for me. If she felt my condition was worsening and required medication, then I would be open to that discussion. What a relief it was to actually hear that from a doctor! She gave me a thorough neurological exam while explaining, then went over the MRI with me and explained the different stages of MS. Mine is Relapsing-Remitting, and she explained what that meant, as well. I left that office feeling hopeful that I wouldn’t be pressured and persuaded to go against my will, and most importantly, not be judged for it!

I could go on and on about how scary it can be getting diagnosed with multiple sclerosis, but I would rather talk about how important it is to take a positive approach. I get it! It’s awful and hard and scary, and it took me years to find acceptance. I want to share the story that helps me

get through. I will start by saying how happy I am that I chose to manage my MS by changing my diet and lifestyle. It is so important to surround yourself with a positive support group and to not feel judged for the decisions you make that feel right for you! Nobody knows your body like you—listen and be kind to it. I have consciously decided to explore alternative options instead of relying on medication, as long as they continue to work for me. I have had a stable MRI for the past two years, and my doctor recommends staying on the path that I'm on. She is not currently recommending medication.

It is imperative to have inspiration and encouragement in our lives no matter what the situation is. This book is a prime example of the power of support and positivity through real-life stories. It shares the trials and tribulations that, when faced alongside the right people, can help make your journey a little bit lighter.

My perspective was changing. I was beginning to think more positively, and it caused a rippling effect. My fiancé was able to manage his cardiac issues without medication because his blood pressure and cholesterol dropped to a healthy level with the right diet and lifestyle—doctor approved! The medication he was taking was making him feel terrible, and he was essentially just masking the issues he was experiencing. He tackled the root of the issue by eating clean and healthy. I would also like to mention that I have impacted my friends and family's diets and lifestyle changes. It has made my family, friends, and loved ones much more conscious of their food choices. I am proud to share that.

I started making smoothies for breakfast and learned that I actually like them! A few of my favorites are frozen organic blueberries, frozen banana, spinach, a teaspoon of peanut butter, some chia seeds, almond milk, and ice. Another is frozen banana with peanut butter, honey, ground flaxseed, almond milk, and ice with a sprinkle of organic cinnamon on top! Last is kale, pineapple, mango, ice, organic apple juice, and water. I also learned a lot about food and recipes to promote good health. I took a couple of classes on how to make fresh spring rolls, rice paper, fruits, veggies, and edible flowers by Food Fairy Ri. Nutritional tips and doctors are all over social media with recipes fit for everyone.

The symptoms I experience these days are mostly triggered by stress, the wrong foods, and in some cases, the weather. If I eat a lot of sugar or bread, I feel it! I try to eat mostly gluten-free and not a lot of sugar. Processed foods are the worst thing for me! I keep alcohol to a minimum (if any). I drink socially a few times a year, and when I do, I feel the effects from it for days. My fiancé built me a beautiful garden in our

backyard. Not only am I growing healthy, organic food, but it's calming and peaceful. My boys have also learned so much through gardening!

When I get stressed, I experience numbness and tingling down my back. My vision gets blurry and "off". I get vertigo but not as frequently as the other symptoms. I'm still trying to find the trigger for my leg becoming stiff at night (part of the disease). My hips hurt some days, but I stretch and do yoga to help relieve them. I have a phenomenal massage therapist who helps me once every six weeks or so, and a physical therapist who will dry needle certain muscles that are bothering me. Look up dry needling—it does NOT hurt, and I highly recommend it.

It would be nice if insurance covered these much-needed resources! It would help if they covered Pilates and yoga class, as well (sigh). I find going outside helps with mood changes, something that affects me often. I'd like to make it known that although I've had a bumpy road with decisions that doctors may not agree with, I have the utmost respect for medical professionals who respect patients' choices and the journey they choose.

This journey has taught me so much already. I've become more aware of my body, understanding what causes inflammation, and how stress affects me. As a result, I've experienced reduced joint pain, brain fog, and fatigue. Feeling better has motivated me to explore various resources available to support my well-being.

If I can influence just one person's decision on how they treat their body, or even their mindset, I believe it will be a ripple effect. I was chosen to take part in this book by inspiration when this author reached out to me upon her diagnosis, and I'd like to think I am a little piece of her reason for writing this book. She asked me about drugs, treatment, diet, lifestyle, motherhood, and what I found helpful after receiving my diagnosis. We hit it off immediately, just through comforting each other without judgement on what the other was doing. It is about what works for you as an individual and gets you through. Don't give up on putting in the work to feel your best. If you can't manage to feel better physically, work on your mental health and mindset. Stay hopeful. There are so many reasons to look forward to another day. Again, it's a ripple effect, and I'm so proud of it.

When talking to myself, I say, "You've got this!" Listen to your body, as you are the only one who knows inside and out if something isn't right. If you don't get answers that make you feel at ease, move on to the next. Make sure you find a person who is willing to listen to you and actually

hear you out. Do your research. Be hopeful. Stay positive. Live a healthy lifestyle. Stay persistent. Cry when you need to. Laugh as much as you can. Surround yourself with good people. Love yourself. Don't be afraid to talk about things and most of all, don't let it define you. You got this!

I want to thank my fiancé, my family, and my friends who support me every day. I am so grateful for their positivity and encouragement that surrounds me. Thank you for paying enough attention to realize when I'm not feeling my best without me having to say it, and even more for listening when I need to vent. Words can't express how much my children mean to me. My greatest accomplishment is being their mommy. They push me every single day and put the biggest smile on my face, effortlessly. Thank you from the bottom of my heart to my mom and my mother-in-law for giving me the much-needed breaks without me even having to ask. I'd like to add how proud I am to be the little voice behind some of the choices my loved ones are making because of my influence. It has been mentioned to me more than once that I've made an impact with the outlook I now have, and it makes me so happy.

FINAL NOTE

"Before you heal someone, ask him if he is willing to give up the things that made him sick." -Hippocrates

As we reach the end of this book, I hope these stories have not only inspired you but also encouraged you to take a moment to reflect on your own life. The purpose of this book has been to shine a light on aspects that deserve recognition and change. It's not just about MS or autoimmune diseases; it's a call to awareness, an invitation to slow down and reevaluate our lives.

Our ancestors had wisdom we can learn from, and with today's technology and knowledge, we can create a healthier, more harmonious world, instead of heading down a destructive path. It's as simple as pausing to take a deep breath, enjoying the smell of flowers, and appreciating the beauty that surrounds us.

We hope you've found this book to be a valuable guide. In closing, remember that while healing isn't guaranteed, it's always within reach. The life you choose to lead is firmly in your hands. Join us on **www.BeatingMultipleSclerosis.com** to explore all the limitless possibilities together.