

# BEATING MULTIPLE SCLEROSIS

**Empowering Stories of Self-Healing and Thriving**

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& PAIGE NEWSOME

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**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.

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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.

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#### 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.

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# 8

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**Story by**

**NASSIRA**

Diagnosed in 2018

Currently 48 years old

Lives in Canada

Instagram: [@my\\_natural\\_ms\\_lifestyle](#)

My journey began in 2018. I was forty years old, and from what I thought, in good health. While we were on vacation, I started feeling a tingle on my lips, a symptom I had never felt before. A few days later, I noticed that the left side of my face was going numb. This was also something I had never experienced. When I returned from vacation, I decided to go to the emergency room (ER) to make sure everything was okay. At the hospital, they completed blood work, checking to see if I'd had a stroke. I hadn't. The ER doctor submitted a requisition for magnetic resonance imaging (MRI), so they could get a better understanding of what was going on.

I was anxious while awaiting my MRI appointment. My face was still numb, and it wasn't improving. Several weeks later, I had the MRI, and my results were sent to my family doctor. I remember going to the appointment by myself, thinking the conversation was going to be easy. There would be a simple explanation. I was wrong. My family doctor

advised that based on the MRI results, I more than likely had multiple sclerosis (MS). He needed to refer me to a neurologist to be sure.

I was in disbelief when he spoke those words. Dazed and confused, I went home to share the news with my husband. It was a big shock to both of us. I knew nothing about MS and didn't know anyone that had it. I didn't really believe the news and held onto hope that it wasn't true. We decided we would take it one day at a time, not jumping to any definite conclusions until meeting with a neurologist.

My doctor advised that the wait for a neurologist in our smaller city outside of Toronto was very long. I was told if I could find a neurologist who would see me sooner, my family doctor would send a referral. Luckily, I found a one who could see me within three weeks. It's important to be proactive and ask what options you have. This is a great example of where being proactive allowed me to see a neurologist much sooner than if I had waited on the system instead of taking action myself.

My first appointment with the neurologist consisted of more tests and another MRI, this time including my spine. I was anxious to go back to see him for the results. Unfortunately, it was the news we didn't want to hear. There was a small lesion on the top of my spine, accompanied by several lesions in my brain. It was official—I was diagnosed with multiple sclerosis. He wanted to refer me to the MS clinic in Toronto. You never think you are going to be diagnosed with a chronic illness. When it happens, it takes some time to sink in. When I was first diagnosed, I shared the news with my immediate family. It wasn't something I was ready to share with everyone. I didn't want people to look at me as a sick person because I didn't view myself as being sick. I immediately went into a warrior-like mindset—MS was not going to get the best of me! I would do everything in my power to support my physical and mental health. What drives me to continue with my positive mindset? My family. They are my world, and I refuse to let MS take my future away.

While waiting to see my neurologist at the MS clinic, I began researching MS and the different ways people managed their symptoms. This included disease-modifying therapies (DMT) and the natural approach by managing through food and lifestyle. The first thing I found was the Swank diet, a diet proposed by Roy Swank that is low in saturated fats. I could feel hope returning. This wasn't going to be the end of my story; this was going to be a new beginning where I chose a DMT or a different path.

I had to wait some time before being assigned a neurologist at the MS

clinic. While waiting for my appointment, I had another flare. The right side of my body was going numb. I didn't lose any bodily movement; it was just numb to the touch. My concern grew as I anxiously waited for my appointment at the MS clinic. My first visit consisted of a lengthy conversation regarding my symptoms, the unknown aspects of the disease, and the diagnosis that I have Relapse-Remitting Multiple Sclerosis (RRMS). The recommendation was clear. I should go on DMT as soon as possible to lower my risk of a future relapse, especially since I'd experienced two flares back-to-back. This was a lot of information to digest. While I was scared, I knew I wasn't ready to make any decisions. I shared with the neurologist that I'd researched managing MS via food and lifestyle. He wasn't upset with this information. Rather, he suggested that there weren't enough studies to confirm that this approach worked. He did not share any further information on the topic. I left the hospital confused but knowing I had to continue my research into the disease and how others managed it with a natural approach. I will premise that I have always been open to a holistic approach when it comes to my health. I knew this route was something I wanted to consider if it was a viable option. The neurologist respected that I'd received a lot of information. He told me to consider everything we discussed, and to contact the nurse if I decided to take medication. I was happy he didn't tell me he would stop seeing me if I chose the natural approach. However, he did stress that he highly recommended going on a DMT.

After being diagnosed, it's very important to let the news sink in and process all the options that have been presented to you. You will more than likely find that your neurologist may not suggest the approach of managing your MS by lifestyle, but it is a choice—one that should be considered along with the DMT options.

The symptoms on the right side of my body began to fade as I dedicated time to my research. This is where I found Dr. Terry Wahls (author of *The Wahls Protocol*) and Mathew Embry (creator of *MSHope.com*). Mathew Embry also created the documentary *Living Proof*. This was a game-changer for me. While the documentary carried many hard truths, it validated that managing MS in alternative ways was possible. I found hope in the idea that alternative options to DMT would work for me, too. Please remember that there are excellent MS medications that have helped improve people's lives. I am not against them, but I knew I wanted to try alternative self-care before I said yes to a DMT. My decision to try the natural route first felt right for me.

Listen to your gut. If you know that you want to try the natural route, believe in your decision. There is plenty of research showing that

managing your MS through lifestyle changes reduces symptoms and can help prevent relapses.

It was a big decision, but I knew that I had no choice except to go all in. If I was choosing the natural route, it wasn't something I could go in and out of. I had to consider it my form of medication. I also needed my family's support. I shared with my husband and girls the reasons why I decided to try the holistic approach first. My family understood the reasons behind my choice and fully supported my decision. I did stress to them that if at any point we felt it would be a better decision for me to try a DMT, then I would. This helped ease their concern. I started sharing the news with close family friends, but I have never felt the need to tell everyone I know. Now, I choose when and with whom I share it with.

One of the ways I decided to hold myself accountable to my new lifestyle was by creating an Instagram page dedicated to multiple sclerosis. The page holds me accountable to my lifestyle change while allowing me to follow other MS warriors who live a similar lifestyle to mine. This was the best decision I ever made. Having a support system filled with like-minded people helps me immensely.

My Instagram account is *@my\_natural\_ms\_lifestyle*. This account has allowed me to share my healthy food ideas while serving as a platform for sharing positivity regarding the natural MS lifestyle. It is so important to surround yourself with other like-minded people who will empower you in the choices you make.

I began changing my lifestyle, which included going gluten and dairy free, while increasing my daily vegetable intake. I have always practiced living with a positive mindset. I knew a positive mindset would be vital in managing my health. Along with food, your mindset is one of the most important remedies you can give yourself. The mind is capable of remarkable things. Like fueling your body with the right food, it's just as important to fuel your mind with the right thoughts. Never doubt the power of your mind. It will support your health while giving you strength you never knew you had.

Since changing my diet five years ago, I feel great (most of the time). Over the past several years, there have been very few moments where I doubted my decision to choose the natural MS lifestyle. I've made a choice that not only supports my multiple sclerosis, but supports my overall health, as well. What better gift can you give to yourself?

The next step in my lifestyle change was addressing what supplements my body was lacking. Most MS patients have a vitamin D deficiency. In

fact, many people do. Vitamin D is crucial for optimal health. When I was first diagnosed, my vitamin D level was extremely low. I went to see a naturopath to discuss this, as well as the other supplements I should be taking. The doctor made recommendations on supplements that would help with inflammation and optimize my health. Some of the multivitamins I take include:

- Vitamin D - 5,000 IU (this can be increased to 10,000 IU in the winter)
- Vitamin K
- Zinc
- B-100
- Fish oil
- Lion's Mane
- Turmeric (something I have taken off and on)

I do my best to take my vitamins daily. There are some days it doesn't happen, but I take them 95% of the time. It's not about being perfect, but it is imperative to follow your best practices at least 90-95% of the time. There is very little wiggle room when dealing with your health. It's also important to conduct research on the brand of supplements you take and the source. One of my favorite brands is Plant Vital. I do my best to stay away from generic brands. I also recommend taking individual supplements rather than a multivitamin, claiming to have everything you need all-in-one. When fighting a chronic illness, it's crucial that your body receives the nutrients it needs from each individual supplement. Five years later, my vitamin D level is finally at a satisfactory level. When my other blood work was evaluated, the doctor was happy with all my levels.

If you can, try seeing a naturopath, even if only for one appointment. Through different modalities, a naturopath can advise what supplements you should be taking. The ones I have shared are very common supplements that people with MS take. If it isn't within your budget to visit a naturopath, the internet is a great resource where you can find tons of useful information.

Over the past five years, I have taken the time to get to know my body. One thing I try not to do is attach everything to multiple sclerosis. One example are the headaches I suffer from. I've always experienced them, and I believe that they are connected to my hormones—not MS. I'm proactive in managing my headaches with different natural approaches before jumping to medication. I purchased an ice cap that helps relieve my headaches. I've found a peppermint roller helps, too.

Trying natural remedies first helps me not to attach every ailment with MS.

Instead of thinking MS is the route to all our bodily issues, try looking at it as a separate entity. This also ensures that we aren't empowering our MS with negative thoughts. Instead, we are considering that we are human, and everyone experiences non-serious medical issues.

I am extremely fortunate that within the five years of managing my MS naturally, I've had only one flare-up. I believe this was triggered by stress, bringing me to another very important piece of the puzzle. I know the damage stress can have on the body. As soon as I was diagnosed, I knew I had to be proactive in reducing my stress levels. I made the decision to share the news with my work. At the time, I was commuting five days a week, driving nearly three hours a day. I knew I had to eliminate this unnecessary stress. I requested that my company let me work from home three days a week. They agreed, and my life became a little easier. For me, telling my company what was going on was the right decision. They were, and still are, very supportive. If you work for an organization that believes in supporting your well-being, you might consider sharing this news.

Some other ways I manage my stress include exercise and red-light therapy. I like to start my day with ten minutes of red-light therapy. During this time, I listen to podcasts often related to health. It's a time for me to set my intentions for the day, which is so important. The red light provides many medical benefits, including reducing inflammation and improved mood, especially during the winter months. I concentrate the red light on both my face and spine.

Exercise varies for me daily, depending on my mood. On busier days where I have less energy, I will go for a walk. On the days that I need mediation and calm movement, I practice yoga. On the days I want to expend a little more energy, I do a high intensity interval training (HIIT) exercise program on YouTube. There are so many great options, allowing you to switch it up whenever needed. My advice is to move however feels right for you. Do your best! If you can, try to move for at least twenty minutes a day. I recommend following Gretchen Hawley ([@doctor.gretchen](https://www.instagram.com/doctor.gretchen)) on Instagram for helpful exercise tips for people with MS.

I want to end by reinforcing the importance of food. It is imperative to eat your way to good health. Start exploring new vegetables you haven't eaten before and try different ways of cooking them. An example of this

is the way I make my veggie fries. I cut up turnip, sweet potato, beets, and carrots into wedges. Then, I either use coconut or olive oil on top. I season with sea salt, pepper, and herbs, but you can season with any of your favorite spices. I cook them in the oven for about twenty-five to thirty minutes. They are delicious! In this dish, I've demonstrated how to incorporate several veggies into one side dish. It's important not to stop at one vegetable. Instead, add as many as you can wherever you can. Try incorporating vegetables into every meal. I've cut out dairy, gluten, and legumes. Was it easy? No. Is it still easy? No. Is it important? YES! The commitment to reducing food that causes inflammation is key. Have I occasionally cheated? Yes. Has it been worth it? No. I've learned that once you commit to this lifestyle, it's vital to stick to it. After all, it is your medicine.

The alternative approach isn't suitable for everyone. Each one of us is on our unique journey with multiple sclerosis. The one piece of advice I will give anyone just starting their MS journey or looking to try an alternative approach to their health, is to spend time researching the topic. Don't feel pressure to make any decisions or be in fear of changing a choice you have made. You are strong! You have the power to make the right choice for you. I am very fortunate to have been relapse-free over the past five years. I believe the choices I've made have helped me stay this way. Believe in your choices! Be an MS warrior, but also a health warrior. Everything you are doing now is helping to safeguard your future. Not only from multiple sclerosis, but from other possible health issues. Along with everything you practice for good health, a positive mindset is your number one daily dose of medication.

## 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](http://www.BeatingMultipleSclerosis.com)** to explore all the limitless possibilities together.