

BEATING MULTIPLE SCLEROSIS

Empowering Stories of Self-Healing and Thriving

AGOTA NAWROTH
& 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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Story by

KATHRYN

Diagnosed in 2018

Currently 34 years old

Lives in Iowa, United States

My story begins about three years prior to me being diagnosed. My initial symptoms were tingling sensations on the left side of my abdomen, which started after attending an intense hot yoga class. I was seen by several family care physicians during the three years leading up to my diagnosis. Each time I brought up multiple sclerosis (MS), I was told, “You’re healthy, you’re young, and I’m sure it’s nothing.” I eventually felt the tingling sensations on the left side of my face. It was then I knew something was wrong. I found a primary care physician who listened to me, and she referred me to a neurologist. I was diagnosed in June of 2018. My life changed from that point forward.

A lot happened in a very short period. The day I was diagnosed, my husband brought home *The Wahls Protocol* by Dr. Terry Wahls, and we began changing our diets immediately. I also saw a functional medicine practitioner shortly after I was diagnosed, who ran labs for me, which gave me a ton of information about my nutritional deficiencies and what

heavy metals were in my body. Having this information was key in figuring out what supplements I should take.

My body went through an intense detox for about a month. I was very sick but still maintained all my responsibilities, such as work, volunteer commitments, etc. It took around a year before I started feeling the effects of the changes I was making. During this time, neurologists tried to convince me to get on a drug modifying therapy (DMT). I am not anti-western medicine, but I knew there was another way that didn't require me to completely deplete my immune system and put me in thousands of dollars of medical debt. I was determined to explore holistic healing methods and forge my own path—and I never looked back.

I have no plans of getting on a DMT and generally feel pretty good in my body. I do not fear this disease, nor do I receive regular magnetic resonance imaging (MRIs) any longer, as the neurologists who I was seeing cannot help me.

People hear the words “multiple sclerosis”, and they immediately think of the worst possible outcome. I have shared my health status with some but not everyone. Personally, I have never entirely identified with this disease, and I do not plan to hang onto it. This illness and what it has required of me is more than eating healthily and exercising; it has required me to cleanse myself in a way that is profoundly intimate, personal, and at times, very raw. It's not that I'm ashamed of having a chronic illness; I'm not willing to expose myself in a way that would then require me to discuss all of the reasons my body fell weak to this disease. There's too much to share and too much trauma to unpack. There have been no mistakes along this journey because with every setback, I learn more and feel deeper. This disease has allowed me to understand my body in a way that feels affirming. I have always said that my body continues to talk, and it's up to me to listen. My advice to anyone newly diagnosed is to listen and know that nobody knows your body like you do.

In terms of healing practices, I've done it all, and it's changed and taken on new shapes with the different phases of life. Currently, I continue to eat a fairly strict paleo diet. I do not mess with processed foods. I eat a very clean, whole food, organic diet; I know what a privilege this is in this country. I take supplements, and I work out when I can. I love all forms of body work and receive massages and chiropractic care on a regular basis. When it comes to what I expose my body to, I avoid using chemical-based products, and I don't subject myself to anything I cannot unsee. Reading the news is scary enough these days. I am very

conscientious about who I spend my time with and what I give energy to, which is another reason I choose not to share my disease with everyone. I don't want to answer people's questions, as I do not have time or energy for that.

My willingness to share my story is not to try to encourage folks to holistically heal themselves but embolden them to make whatever decision is best for them while knowing there are alternative methods. This is a delicate dance. As you know, holistic healing encompasses a wide range of approaches, and there's no "one size fits all" solution, especially with a disease that is systemic.

MS changed my life in countless ways. I'm not going to sugar coat it—it's incredibly hard. But I remind myself that most good things in life are just that—hard. What a blessing to have something that has given me so much in return, taught me so much, and made me realize the flaws in my upbringing and previous path. It wasn't right. The past five years were earth-shattering when I realized my individual strength. I diagnosed myself, I removed the toxins that were poisoning my body and life, and now, I get to heal myself. What a gift!

I will leave you with some soft words of encouragement—listen to your intuition. There is so much information out there about how you should do things, but your body is the best teacher.

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.