

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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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

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Story by **TALIA**

Diagnosed in 2016

Currently 37 years old

Lives in United States

Social media: ALFA by Talia

www.taliahalberor.com

When I was twenty-six years old, I moved from Israel to the U.S. and started fresh in all areas of my life. I was in a new relationship with a wonderful person who, over time, became my husband, and it seemed as if life couldn't get any better than it was.

I had a great partner, I lived in a beautiful house, I had a lot of freedom in so many ways, I didn't lack anything, and I had all the freedom to choose how I wanted to design my life. When I was twenty-nine and already married, even though to one's eye it still seemed as if I had it all, inside of me it felt like something was still missing. Saying that I was "unhappy" would be an understatement.

Around this time, I traveled to Israel, from there to China, and as soon as I landed back in Miami, I got sick. It felt like I initially caught a bad

cold, but unlike any other cold, this one wasn't going away, and it was accompanied by an unexpected bad headache. The whole experience was quite unusual for me since I rarely suffered from headaches. As time went on, the headache worsened, and I experienced very low energy levels. I made an appointment to see a virtual doctor because I was too ill and fatigued to travel to the doctor's office. His answer was that it was a sinus infection. A few days later, I saw him again because I noticed a "cloud" starting to form over my left eye, and the pain around it worsened. He diagnosed it as a severe sinus infection and recommended over-the-counter medication from the pharmacy, reassuring me not to worry.

I followed his advice and didn't worry at first. But a few days later, a startling revelation struck me—I had lost my ability to see almost completely. It became apparent when I met my now ex-husband for lunch at a nearby restaurant. While walking through a store, I unexpectedly bumped into a wall, realizing that I didn't see it, even though it was right there in front of me.

That day, we went to see an optometrist, who referred me to another doctor. By the end of the day, we had seen four different doctors before we finally landed with a neurologist. He gave me steroids after just a couple of tests because he was concerned my vision wouldn't return. I had no clue what was going on, so I did everything they suggested.

The neurologist ordered magnetic resonance imaging (MRI), and the test results showed a clear lesion. I wasn't diagnosed then and there. Instead, he told me, "Because we already injected you, I can't tell you 100%, but we want you to know that it's most likely multiple sclerosis (MS)." He sent me to an MS specialist that immediately suggested I start medications. Since it was easier for me to believe it wasn't an official diagnosis, I carried on with my life and began feeling physically better once the relapse subsided.

As I reflect on that period of my life, I now recognize that if someone had assessed me, I would have received a definitive clinical depression diagnosis. The challenges I faced, both internally and externally, took a toll on any area of my life, and not very long after, my marriage came to an end, as well. After separating, I devoted considerable time to introspection and embarked on a profound journey of self-discovery. It became clear to me that despite having everything that many people desire, I felt an inner emptiness and unhappiness. The word "gratitude" kept echoing in my mind, as I longed to experience it but didn't know how.

I decided to attend a Tony Robbins event. It was a transformative experience that opened my eyes to numerous insights. The most significant realization was that I possess the capability to think, feel, and become more than what I had been, and that ultimately, I am responsible for my own growth. This journey of self-exploration led me to meet someone who suggested I enroll in a personal development course called Gratitude Trainings. The mere mention of the word “gratitude” resonated deeply with me, prompting me to eagerly sign up. The intensive four-day course proved to be one of the most enlightening experiences I’d ever had at that time. By the end of those four days, I felt an overwhelming sense that I could achieve, pursue, or embody anything I desired. This emotional and remarkable experience left a profound impact on me.

After participating in the program, my beliefs underwent a significant shift. I realized that I had the power to choose my path based on the life I truly desired, not just what I had been taught was right or wrong. Coming from Israel, a region plagued by ongoing conflict and suffering, I felt compelled to bring this transformative work back home. My aim was to bridge the divide between Palestinians and Israelis, helping them understand that love can replace fear and hatred. I firmly believe that by connecting with their inner power and making choices that align with their vision for a better life, peace could become a reality, leading to positive changes for many.

I immersed myself in the world of personal transformation, pursuing training to become a creator and facilitator of transformative programs. As a student of the International Coaching Federation (ICF), I developed my skills as a coach. Guided by my vision to bring about transformation in Israel, I also took on the role of a coach, helping individuals in their journey to transform specific areas of their lives.

Around that time, another flare began. This time, I was affected a lot worse, feeling a constant sense of numbness and tingling sensations. It started with my feet and traveled up my legs, but I did my best to ignore it. I began feeling tired, which gradually turned into daily fatigue, becoming a regular part of my life. It got so bad that sometimes I had to take a nap in the middle of lunch just so I could finish eating. When I drove, sometimes I’d have to pull over and rest because I didn’t want to fall asleep at the wheel. I had tingling in many parts of my body, and my left hand felt very weak. When I found out what “brain-fog” was, I later connected it to my MS symptoms.

One morning, I noticed my left knee and ankle weren't functioning properly. The discomfort persisted and eventually worsened to the point

where I could barely walk. I ended up in the emergency room, where the medical team suggested spinal surgery. As I shared my previous experience with "MS" and the vision loss, additional tests were conducted, revealing more lesions on my brain and spine. It became clear that optic neuritis was not a one-time occurrence but a progressing disease. This time, the doctor officially diagnosed me with multiple sclerosis and emphasized the importance of medication as the main treatment. They discussed the likelihood of needing a wheelchair in the future and advised me to prepare for the life-altering changes ahead.

I was told that medication was the only thing that could possibly slow down the progression of MS. When I arrived at the hospital to receive my first dose of the medication I chose, after being instructed by my doctor to do so, the nurse used extreme caution when administering the drug, which made me ask some questions. She warned me that even the slightest contact with any portion of this drug, which resembled a chemotherapy drug, could result in severe health consequences for other individuals or pets involved. I was very upset with the fact that no one had explained what I was about to put into my body. I researched and compared drugs online, but I didn't realize how extremely high the risk was. I remember the level of fear and confusion at that time. They say medications are the only route with MS, but those medications could majorly harm other parts of my body that would then require other medications to "help" with. This whole concept didn't make much sense to me.

I remember my doctor saying, "You know, MS medications can be tricky. We'll probably change your medication later on, so just go with what you want for now, and we'll adjust." It seemed as if he knew it might not be effective. At that time, I didn't fully understand his words, but soon I began experiencing the harsh side effects of the medication. My body was covered in rashes, and I suffered from stomach issues and headaches. I don't remember much from that period, except that my entire body was in constant discomfort and pain. What I remember very well is that there was a lot of fear involved in the process.

Eventually, I had to sell my business since I was the only one running it; I couldn't handle the daily tasks due to how I was doing. The amount of mistakes I was making due to what I later realized was brain fog affected the quality of my work. It was stressful, which I believe caused more symptoms in my body. This is when I noticed that every time MS took a turn, I was experiencing stress in my life.

This was a tough time in my life. I kept thinking about living without mobility, not fulfilling my dream of being an independent woman and a mother, not clear about my future...I knew I was in victim mode but didn't know how to escape it. Brain fog and fatigue made my journey very challenging. I felt like I was stuck in a never-ending cycle, until one day, I had a revelation. A voice from within whispered, "This doesn't have to be your life; there is a better life out there, waiting for you."

That small voice within me became the catalyst I needed to push myself forward toward my goals. It sparked a realization that I was in control of my own life and possessed the power to pursue anything I desired. I couldn't help but envision a future, filled with happiness, good health, and the opportunity to share my passion for coaching with others. However, I also recognized that clinging to a victim mentality and self-pity would only stop these aspirations from becoming a reality. I knew I wanted to travel and thought of how I could help others while staying in beautiful places. So, I spent most of my time studying, taking courses, reading books, and following the most influential teachers, leaders, and scientists—to regain control over my own decisions and reclaim autonomy, ensuring that I, not multiple sclerosis, was the one determining my path.

Little by little, my body started responding favorably due to my newfound optimism, the changes I was implementing in my life, and the way I was perceiving my reality. Gradually, I began to gain confidence that my dedicated efforts were paying off, ultimately resulting in full reversal of all the symptoms, weakness, and limitations I lived with, leading me to make the decision to discontinue the medication. I was very happy to put an end to the side effects and the unnecessary toxins the meds brought to my body. It was like magic; one after another, my symptoms were disappearing. The numbness and tingling vanished, spasms stopped, the effects of optic neuritis completely healed, and fatigue lifted. I regained strength and control in my hands and legs, allowing me to never use the cane again. Thankfully, my mind became clear and focused once more.

My diet had been fairly healthy before, but even more so since I started my healing journey. I pay attention to which foods nourish me. I make sure to eat foods that give my body the power to take care of itself, and I nourish both my mind and body on a daily basis. I understood that many people, upon receiving a chronic illness diagnosis, often focus on changing their diet in hopes of achieving significant results. However, despite their best efforts, they may still find themselves falling short of their desired outcomes. Through my studies, knowledge, and personal

experience, I came to understand the profound impact mind transformation has on our health goals. I learned that our thoughts, emotions, perception of reality, and lifestyle choices can actually influence the expression of our genes. As I dove deeper into research, I began to realize what people with MS might be missing. Despite their dedication to a healthy diet, they often struggle to heal. I discovered that true healing becomes challenging when the body is constantly in survival mode, burdened by low-vibration emotions, fear, and chronic stress.

Around the same time that I had this realization, people with MS began appearing in my life (prior to my own diagnosis, I had never heard of MS). As they applied the insights and strategies I had developed for myself, remarkable changes took place, and they began experiencing notable shifts in their physical well-being. I realized none of this was coincidental—I don't believe in coincidences. I believe everything that appears in our reality has a purpose; everything is designed carefully and specifically for us by the universe and our higher selves, including chronic illness.

In my mind, I started to think that this was one of the reasons MS showed up in my life because I held knowledge and understanding that I could share with my community. Slowly, I was shifting my coaching practice to working only with people who were living with MS, and the results have been amazing. I now help men and women around the whole world through their healing journey from MS and other autoimmune diseases, and I am coaching health coaches to improve their skills and expand their ability to support people on their healing, and I feel better than ever, both in my mind and my body. I believe that love is the answer for healing, and the moment we truly fall in love with ourselves, with our lives, and with the present moment—true healing can be achieved.

These days, I don't feel like I'm just managing MS; I've gone beyond that. MS no longer manifests itself in any form. Through a complete transformation of my life, I no longer take actions to prevent MS from appearing. I've found a sense of freedom within myself that takes care of everything. I think differently, I process information differently, and my beliefs about myself have undergone a profound transformation. Not only have my beliefs about myself changed, but also my beliefs about human beings, the world, and reality. Meditation has become a regular practice for me, allowing me to focus inward rather than seeking external validation. As a result, I no longer feel vulnerable to others' actions or words. This heightened sense of responsibility brings me freedom and peace. When there is peace within, the body no longer engages in a war against itself.

I meditate regularly and maintain a very clean diet. I prioritize making choices that align with my personal values and the life I aspire to live. I have come to realize that I have a purpose on this planet, and in order to fulfill it, I must prioritize self-care. If I neglect my well-being, I may not be able to offer others what I am destined to share. As a result, I operate from a different perspective, a heightened level of responsibility that empowers me to prioritize self-care each day when I wake up.

Through my work with different individuals that were living with MS, I developed a program called “The Mind 2 Body Program”. I felt it was missing from the MS landscape because this is specifically what I realized I needed on my healing journey, but it didn’t exist. Each professional was offering a specific healing modality, and with autoimmune diseases, including MS, there can be multiple underlying causes, making it difficult to pinpoint the specific trigger for each individual. So, if somebody wants to truly heal, there is no other way but spending tens of thousands of dollars to acquire the necessary knowledge, like I did. Clearly, we all know that the body needs more than just dietary changes to facilitate healing. While adjusting one’s diet is important, the disease can still progress during this time, potentially leading to feelings of discouragement and a sense of lagging behind others who seem to be recovering. This uncertainty can have a big impact on people’s lives. My program tackles these concerns by including different approaches that help the body focus on healing and regain its natural healing abilities. It empowers individuals by tapping into the body’s own wisdom and healing capacity.

It breaks my heart every time I meet someone who doesn’t believe that they have the power to heal themselves because I see those “miracles” in my practice every day. It is all backed by science—none of it is miraculous, and it is so unfortunate that we live in a world where most of our doctors don’t voluntarily share this information with us. These cases only seem miraculous because we’re often told we can’t do it, not because they are miraculous. I hope this message reaches those who want to empower themselves because we all have the capability, and we all deserve it.

Someone once asked me the question: How can I eat healthy when I travel so much?” It’s easy! I take responsibility and plan ahead. I prefer to book an Airbnb versus a hotel because Airbnb provides me with a kitchen. I travel with my blender and other kitchen essentials, even if they add extra weight to my luggage. This way, I’m not dependent on the people I travel with or the restaurants they offer. As soon as I arrive, I visit the supermarket and buy the necessary ingredients that will serve

me best. This level of responsibility to myself is essential, and I rely on it. I don't have any expectations from others to provide what I need. Smoothies make it easy for me to consume great food daily, no matter where I am. I often laugh that I make salad smoothies, mixing vegetables, leafy greens with some fruits for flavor, chia seeds, and water. I avoid processed food and animal products, focusing mainly on vegetables and fruits.

If you are reading this and are newly diagnosed, the most important message I have for you is to take a deep breath and understand that everything that happens in life is a course correction. It's a message we receive that is designed for us in a way that, if we end up tuning into and listening to it, it ends up working for our highest good—even though I know it doesn't feel this way necessarily. Once you realize that, you can allow yourself to process it and make decisions to overcome it. If you succumb to the fear that comes through what you read or hear, you're likely to make choices that keep you trapped. Even if a small part of you wants to heal, focus on the positive stories out there. Learn from those who achieved the results you want, and stay curious about why life, God, the universe, or whatever you believe in, has temporarily slowed you down. Then, take immediate action. You can reach out to me or someone you trust for support, and go for it. Don't waste time. Every moment counts in these circumstances.

Looking back, I can say that I unknowingly took immediate action, but it also took me three-to-four years to realize I could have changed my diet right away. I used to eat healthily because I cooked most of the time. Being from Israel, the food in the United States often tasted bland to me, so I preferred to make my own meals. Additionally, I liked knowing what ingredients were in my food, although my knowledge had its limits, and I wasn't aware of how bad any processed item in the states can be. I was not aware of many things. My diet consisted of a lot of eggs and chicken. Each morning, I would have bread before going to the gym, and when I returned, I would eat eggs for protein. I also made smoothies and ate vegetables because I always enjoyed them. Overall, my diet was a lot better than the common American diet, yet I wasn't aware of what my body actually needed. I had food sensitivities to many of the most healing vegetables at the time, so even though I thought I did great, my body was still lacking what I didn't know I needed at the time.

Prior to my diagnosis, I suffered from ongoing digestion problems throughout my entire adulthood, starting at the age of eighteen. It was tough. Unfortunately, I didn't recognize these symptoms as indications that something was not working properly in my body to such an extreme.

I should have paid attention to these signs and taken different action. However, I was repeatedly told by doctors that it was just irritable bowel syndrome (IBS) and that there is nothing that can be done. Additionally, I used to consume processed foods and alcohol to have fun. Thankfully, those habits are now in my past. I hardly drink anymore. Instead, I've learned to create happiness, joy, and energy from within myself. I teach exactly that—this is what true healing entails. It involves recognizing that we came into this world with a clean slate. But as we went through life, we absorbed beliefs about ourselves, some of which we realize, and some we don't. These beliefs end up being the designers of our lives, whether we like it or not. Healing involves peeling back those layers and reconnecting with your true, authentic self, without judgement.

Real happiness comes from within; seeking it in external things, like money or job titles, is temporary. What happens when those things disappear? Who are you without them? It's about being true to yourself from the inside, not relying on external factors. That's where the real work lies. And even with conditions like MS, when you stop fighting yourself, your body stops fighting you, too. That's why I always say that true, lasting healing can only happen from the inside out.

I love the concept of this book. Instead of sharing fear with each other, we get to share love, inspiration, and empowerment. My wish is that it reaches as many readers as possible. I always say that if even just one person receives a message that inspires them to take action and conquer this disease, then my purpose is fulfilled!

You have more power than you were led to believe, and you have everything it takes to successfully overcome this challenge called MS.

Sending you love, light and healing,
Talía

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.