

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

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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

JASMIN DUNCAN

Diagnosed in 2008

Currently 35 years old

Lives in Los Angeles, United States

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Welcome to my multiple sclerosis (MS) Journey. In this chapter, I share my journey of living with and healing from MS, from the onset of symptoms to finding a path of holistic healing. I aim to inspire and provide valuable insights for others facing similar challenges. I was diagnosed with toxic shock syndrome, caused by a Staph infection in 2007. After fighting for my life and coming out on the other side a year later, I was diagnosed with MS at the age of nineteen.

My journey started with intruding unfamiliarity. I noticed changes in my speech and an unexplained slurring of my words that would only happen for a few seconds at a time. Then, the tingling sensations in my fingers and toes followed, a strange numbness creeping up my legs and arms. Not the kind that comes from being in one position for too long, such as your foot being “asleep”, but a more profound, bone-deep sensation. The kind that can’t be cured by getting up and shaking it off. Overall, my coordination seemed a little off.

After a few days, I decided to see a doctor, who then referred me to a neurologist upon hearing about my condition. The neurologist ordered magnetic resonance imaging (MRI), a spinal tap, and even a visual test, which led to the diagnosis that would drastically redefine my existence: Multiple Sclerosis. I was blindsided. MS, a chronic disease that affects the Central Nervous System, was now a part of my reality.

My initial reaction was fear, so deep and overwhelming that it threatened to consume me. How could I lead a normal life? What about the rest of my life? What will that look like for me? Instantly, fear turned into hope after hearing that my grandmother also had MS; she was diagnosed in the early seventies. I spent my entire childhood with this superwoman, who lived her life to the fullest every single day, and I had no clue that she was living it with this vicious disease. She is now eighty-eight, and she remains unmedicated. Her fullness gave me hope. Still, her only beauty/health secret is to rest and not worry about a thing.

At the time of my diagnosis, conventional medicine offered me a treatment called Rebif. I embarked on a year-long journey of self-administered injections, but the side effects took a toll on my well-being. Discontented with the impact on my quality of life, I explored alternative approaches. I decided to educate myself more about MS, learning about its potential progression, available treatments, and coping mechanisms. The more I learned, the more I came to accept my condition. This wasn't the end of my world, but the beginning of a new, challenging chapter.

I began by making lifestyle modifications. I desired a more natural approach, so I shared my decision with my doctor to discontinue Rebif. I would embrace a holistic approach to managing my condition, prioritizing a healthier diet, regular exercise, vitamin D supplementation, stress management, and plenty of rest. This lifestyle became my new mantra for navigating life with MS. However, my doctor expressed concerns and predicted a bleak future, stating that I would be in a wheelchair by the age of twenty-five. I refused to accept this prognosis and told him that I had too many fabulous shoes not to be able to walk in them again. I resolved to take charge of my health and explore natural healing methods.

Despite my skepticism, I maintained a positive mindset and believed in the healing potential. I refused to let MS define my life or dictate my future. I found motivation in envisioning a life filled with vitality, adventure, and the ability to wear my chosen shoes—progressive actions and advancements. With advancements in MS treatment, I started disease-modifying therapy (DMT). While committed to a natural path, I

remained open to medical advancements and the possibility of oral medications. A year after I decided to discontinue Rebif, the FDA approved the first oral drug called Gilenya. Recognizing its potential benefits, I weighed the options. I resumed treatment to manage my MS symptoms—the treatment aimed to reduce the frequency and severity of relapses, slowing the progression of the disease. Despite how I felt about conventional treatment options, it was a placeholder to manage my condition.

Life changed when I became pregnant with my first child in 2015. That's when I stopped taking Gilenya, and since then, I haven't taken any prescription medications. As a mother-to-be, I had to prioritize the health of my unborn child while managing my MS symptoms. Through navigating pregnancy, I found a delicate balance that allowed me to embrace the joys of motherhood while maintaining my health. I learned to adapt my healthy habits to accommodate my new reality. I've also found that walking can be therapeutic. My journey isn't over. I am not just living with MS—I am thriving, and I am resilient.

Throughout my journey, I discovered the power of holistic healing approaches. I explored various lifestyle changes, including diet modifications. Managing MS started in my kitchen. I swapped processed foods for natural, whole foods, concentrating on lean proteins, fruits, vegetables, and whole grains. Regularly consuming fish rich in omega-3 fatty acids became a ritual. Cutting down on sugar was challenging, but my determination kept me on track. Moreover, I stayed well-hydrated with celery juice and supplemented my diet with essential vitamins, particularly vitamin D and turmeric. In addition, I eliminated all toxic chemicals from the beauty products I use and the cleaning supplies in my house.

Recognizing the intimate relationship between the mind and body, I delved into the power of the mind-body connection regarding healing. During my second pregnancy in 2020 and the subsequent years, I experienced a remarkable absence of MS symptoms. I attribute this improvement to being pregnant and combining factors, including an active lifestyle, mindful eating, and emotional well-being. I cultivated resilience, inner strength, and renewed hope through mindfulness practices, exercising, meditation, and positive affirmations. All of these were a cornerstone of my life with MS, which improved my strength, balance, and aided in stress management. On good days, I walk a minimum of 10k steps, taking care not to overexert myself. Exercising helps me feel more in control of my body, giving me a sense of accomplishment and uplifting my spirit.

Usually, my days start with a good morning stretch and meditation to set a positive tone. I then enjoy warm water with lemon, followed by celery juice. Taking my supplements is an essential part of maintaining my health and well-being. In the evening, we like to go for another walk. Before I go to bed, I do lymphatic drainage massage while putting my legs on the wall to reduce the day's inflammation. I don't follow a strict day-to-day routine; instead, I prioritize staying in tune with my body and listening to its needs. If it suggests going for a walk, I embrace it. However, what truly matters to me is finding stillness. I feel my best when I allow myself to be still, as it is during those moments that I know my nervous system is healing. My body requires a less rigid routine and more attentiveness to its signals.

It is important to note that every individual's journey with MS is unique, and what works for one person may not work for another. Connecting with your inner being and making informed decisions based on personal circumstances is essential. My collaborative chapter aims to share my experiences and insights. I hope my story makes your healing journey a little easier.

Dealing with MS is a balancing act. I found my rhythm by juggling herbal supplements, an active lifestyle, mindful eating, and stress management techniques, like acupuncture and an undying spirit. I have maintained moderate-to-zero MS symptoms in recent years. Today, as I reflect on my journey, I celebrate the triumphs and the lessons learned. Earlier this year, I went in for a well overdue checkup with my neurologist. I was curious about what my body looked like on the inside. It had been seven years since my last MRI. After the MRI showed no active lesions on my brain, I embraced the idea that natural healing is a lifelong process—but it is happening.

It goes beyond managing the symptoms of MS. Through resilience, determination, and a commitment to holistic well-being, I have surpassed expectations and continue to thrive. I take each day as it comes, celebrating small victories, learning from the setbacks, and forever remaining hopeful.

We all know that every day with MS brings new challenges but also new growth opportunities. Taking a holistic approach has given me the power to take charge of my health and live a fulfilling life beyond the limitations of MS. I am incredibly grateful to my tribe for their unwavering support and encouragement. Together, we have faced challenges, celebrated victories, and embraced the beauty of life.

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.