

BEATING MULTIPLE SCLEROSIS

Empowering Stories of Self-Healing and Thriving

AGOTA NAWROTH
& PAIGE NEWSOME

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ISBN: 979-8-218-27971-4

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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.

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.

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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

DAWNMARIE DESHAIES

Diagnosed in 2012

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I was in my twenties when I started to lose vision in my right eye. The blurriness went in and out, and my fingers were constantly going numb. Doctors told me that I was basically just tired and put me on Xanax, Prozac, Zoloft, and recommended that I take a vacation. While I battled the disease, doctors continued to prescribe me more antidepressants. I struggled with incessant pain, miscarriages, and everything else in between. I tried to take care of my body and continue working, but I was fueled by penicillin and medication. I wasn't diagnosed with multiple sclerosis (MS) until 2012. That's when I was given MS medications to help me manage various types of tremors and the side effects from the previous medications. It was a never-ending cycle. I was having allergic reactions to them—even suicidal thoughts—so I finally decided to stop taking everything completely.

While I was learning about the disease, I met many other people experiencing similar challenges in managing their daily lives. This is when I learned that we are never alone. To get over our own challenges, we need to help each other with loving care and compassion, self-care, positivity, mental and physical health, and community support. These were all the areas I knew I could bring change, and that's what I've been doing for the past decade.

My personal health battles and emotional struggles were the fuel to start my company, Dawnmarie Healthy and Fit LLC, that offers multiple services related to health, self-care, mindfulness, restoration, and positivity. This was an idea that would allow me to share my journey with others and deliver a community platform for warriors alike to find their own path to healing and health. By helping others heal and paying it forward, I have found that it benefits my own healing journey, as well.

I also run a podcast called *Live with Dawnmarie* that shares stories of MS survivors and how they have dealt with the disease. I interview people from around the world, men and women who have decided to continue living life with their inspiring, personal journeys. The purpose of the podcast is to liberate listeners from the burden of "should-haves" that weigh them down, empowering them to confidently move forward on their path towards a brighter purpose.

Throughout my journey, I learned to let go of what I can't control. Finding peace wasn't easy. Over the years, I have found that I am stronger than this disease with God and Jesus on my side—I can overcome it all. There is no fear, depression, or pain with God.

These days, I focus on prayer, daily meditation, keeping all negative energy and thoughts away from me, and finally, giving it all to God. I no longer accept anything less than the highest love of God. My body is doing better; it doesn't hurt, and I no longer experience multiple sclerosis symptoms. Of course, keeping my diet as clean as possible helps a lot.

Many people with multiple sclerosis say they feel better when they eat healthy. I'm right there with you! A healthy, well-balanced diet, combined with daily exercise, helped to relieve my MS symptoms. It lifted fatigue, mood, improved my memory, gut health, and even my skin. It also helps control weight gain and weight regulation. Getting a good night's sleep is just as important as any diet.

As we know, there's no evidence supporting one specific diet, but there are potential benefits in several. My balanced diet includes the major

food groups: proteins, carbohydrates, fats, fiber, vitamins, and minerals. Protein helps growth and tissue repair. Fat helps with energy, providing essential fatty acids and helping to absorb vitamins. Fiber aids in digestion. Vitamins and minerals are needed for different cell processes. And let's not forget to drink plenty of fluids because water helps transport nutrients to every cell in the body.

I eat fish high in omega-3 fatty acids, such as salmon, herring, mackerel, tuna, and sardines. For meat, I eat skinless chicken or turkey and lean meats, trimmed of visible fat. I try to include at least five different organic fruits and vegetables every day. I only eat organic eggs and gluten-free grain products. Foods that I try to avoid are red meat that is high in saturated fats, butter, cheese, and other full-fat dairy products. I do drink caffeine in moderation.

My first piece of advice is that this disease does not define you; it is your life, and you can take control over it. The bottom line is that you need to take care of yourself by consuming healthy food (not processed). If you do eat processed food, drink lots of water to help detox your body.

For decades, I lived with and suffered from this autoimmune disease; it impacted my life in many ways. This is why I chose to dedicate my life to helping and educating people by contributing to raising awareness. You don't have to believe in a religion to pray to the higher rounds of God. Stop listening to negative music and negative talks, and instead, focus on the positivity of your life and what you're doing in the moment.

You are not defined solely by your past; it is your present actions and how you handle them that truly shape who you are. Fear is not real; fear is man-made, and it comes from darkness. Moving forward is what matters. You need to leave the diagnosis behind, and start changing your life. Live a clean lifestyle, focusing on the positivity of what you can do, and everything will change.

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.