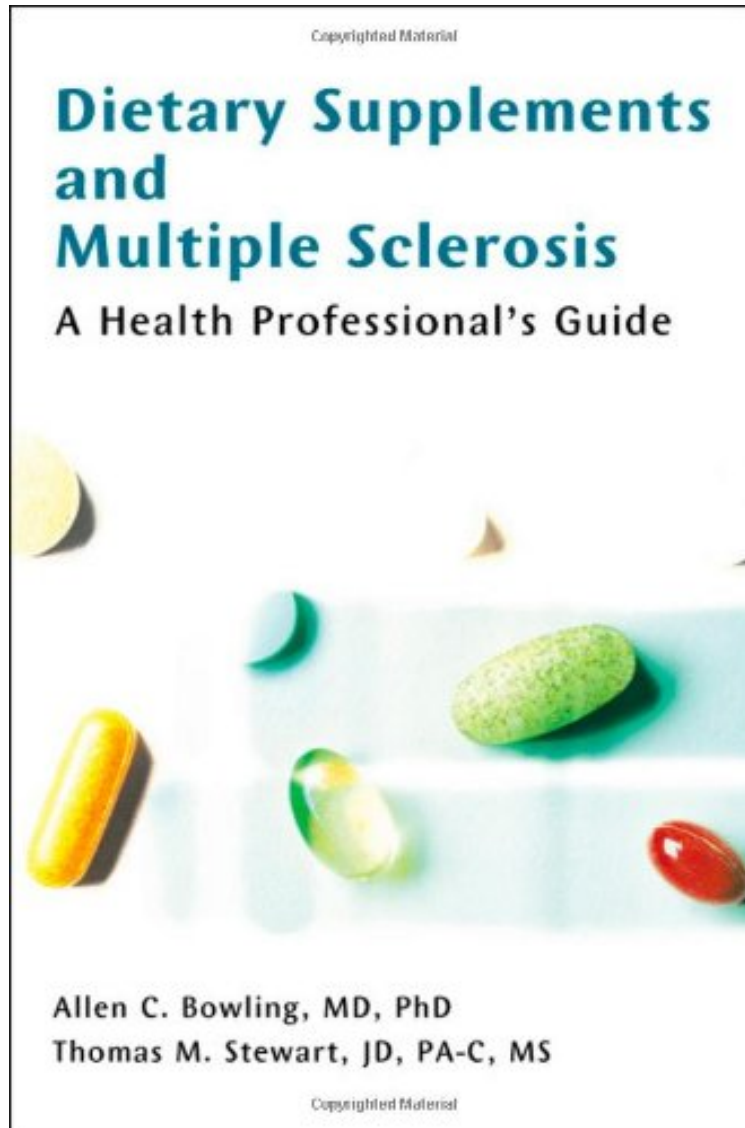


# Dietary Supplements and Multiple Sclerosis: A Health Professional's Guide

*Allen C. Bowling MD PhD, Thomas M. Stewart JD PA-C MS  
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**Allen C. Bowling MD PhD, Thomas M. Stewart JD PA-C MS : Dietary Supplements and Multiple Sclerosis: A Health Professional's Guide** before purchasing it in order to gage whether or not it would be worth my time, and all praised Dietary Supplements and Multiple Sclerosis: A Health Professional's Guide:

0 of 0 people found the following review helpful. Understanding What to Buy- and What to AvoidBy lisaclairThis gave me a list of supplements and additions to my daily intake in alphabetical order. It gave the good, the bad, the ugly

including caffeine, green tea, hops, and marijuana. For the vitamins/minerals it also has an appendix stating the normal intake for men and women as well as a highest tolerable dose. As it describes one of the vitamins/minerals it also gives other substances in the same category, such as PUFAs, and which would be better. One of the things I liked best was its possible interaction with my disease modulating therapy. The references were extensive with 2 appendices. Best buy for my health, and my pocketbook! 1 of 1 people found the following review helpful. more like a dictionary of vitamins. no real information. more like a dictionary of vitamins. no useful advice. waste of money. 31 of 33 people found the following review helpful. Jampacked with lots and lots of essential information those of us with MS need! By BRWOW! I now no longer feel like I'm fumbling around in the dark about dietary supplements and MS! Dr. Bowling thoroughly and objectively examines supplements and their effects on MS! How empowering it is to know that certain supplements have the side effect of nausea, which is my most frequent and bothersome MS symptom and the one thing I simply can't cope with. No more Evening Primrose Oil for me! I've replaced it with Flaxseed Oil, which does basically the same thing, but unlike Evening Primrose Oil does not have nausea as a side effect! I would gladly trade more physical disability if I just could find a way to do something about the nausea! And even more important information, supplements that stimulate the immune system. Also of importance is the information on which supplements can cause liver damage, particularly important for those of us who are on one of the interferons! With Dr. Bowling's excellent book in hand I am adding herbal supplements to my regimen, and I do notice a measurable improvement in my overall condition! However, as all us MS'rs know, our lovely little disease has a tendency to go through periods when it kicks our butts less than at other times, and with that knowledge, I'll do an update on this review towards the end of this year. Obviously, highly recommended to anyone with MS! I'd pretty much put this in the category of a must-read book for my Sisters and Brothers with MS. Doesn't having MS absolutely STINK????? 10/19/05 As promised, I'm updating this review. Well, so far the improvement is continuing. Actually, I think it's a combination of several different things. I feel that the fact that I workout 4 to 6 times a week is also very beneficial! So this book still rates a 5+ with me!

"There is a relatively high use of complementary and alternative medicine (CAM), especially dietary supplements, among people with multiple sclerosis (MS). Health professionals with CAM information can improve the quality of patient care by guiding patients away from possibly harmful therapies and, if appropriate, towards low-risk, possibly effective therapies. Dietary Supplements and Multiple Sclerosis is meant to be referred to when people with MS ask a question about a particular dietary supplement. Supplements are arranged in alphabetical order under the most commonly used name. In addition, the index contains a listing of these common names as well as less common names that may be encountered. The main information about the supplements is written in a concise summary form that usually discusses only the MS relevance of the supplement. The supplements selected for inclusion are those with specific MS relevance, such as those that are known to be used by people with MS, have claimed efficacy for slowing disease progression or relieving MS symptoms, interact with drugs commonly used to treat MS, and potentially worsen MS or its symptoms. Also, supplements are reviewed that are popular in the general population or are known to have serious adverse effects."

"Health professionals knowledgeable about complementary and alternative medicine can guide MS patients away from possibly harmful therapies and toward low-risk, possibly effective therapies. The supplements selected for inclusion are those with specific relevance to MS that are popular among the general population, or known to have serious adverse side effects." --Yale Medicine (Yale Medicine 20100503) About the Author Allen C. Bowling, MD, PhD, is Medical Director of the Rocky Mountain MS Center. He is also the Director of the Complementary and Alternative Medicine Program based at the center and a Clinical Associate Professor of Neurology at the University of Colorado Health Sciences Center. Dr. Bowling has published numerous articles in clinical and basic science journals. He has presented information and original research on CAM and MS at national and international medical conferences as well as to lay audiences. His work on CAM has received numerous awards. Thomas M. Stewart, JD, PA-C, MS, is a physician assistant and Associate Director of the Complementary and Alternative Medicine Programs at the Rocky Mountain Multiple Sclerosis Center. With Dr. Bowling, he is involved in developing information related to multiple sclerosis and alternative medicine, and has presented information and original research on CAM and MS nationally to both professional and lay audiences.