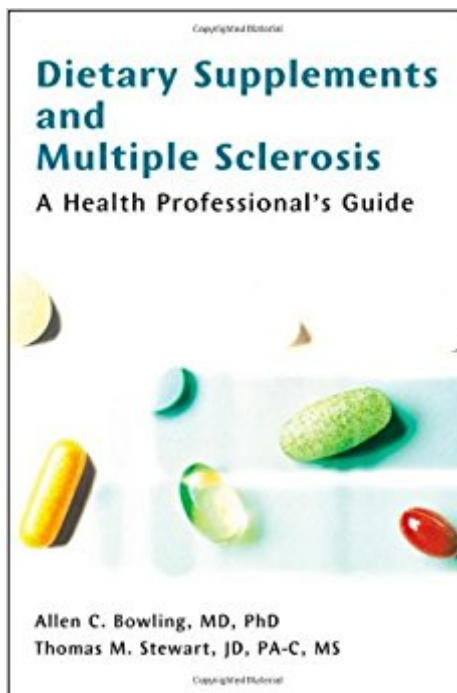




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Dietary Supplements And Multiple Sclerosis: A Health Professional's Guide



Synopsis

"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."

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Customer Reviews

"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)

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.

This 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

no real information. more like a dictionary of vitamins. no useful advice.waste of money.

WOW! 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!

I have MS, and take supplements. The book was really helpful.

Not a good review of supplements. Mostly a big-Pharma / AMA approach with warnings about how supplements might adversely affect pharmaceuticals. Prior to the big-Pharma approach to medicine, orthomolecular doctors were having as good of results as any of the pharmaceuticals can claim. This book does not make that information available to concerned people.

This book provides a good road map to navigate the bewildering array of vitamins & supplements for MS patients and their caregivers. This book will save money in the long run by narrowing the choices and preventing harmful side effects that could occur.

Dear MS-er: If you expect this book to present a "Complementary and Alternative Medicine Program" that can help you with your disease (As could be implied by the authors' professional field), then you are mistaken. If you are looking for "Dietary Supplements" (As could be implied by the title of this book) then look elsewhere. If you need to read such silly claims like "Excessive Vitamin E can increase risk of bleeding" (may I ask if this has been clinically proven? huh), then buy this book and enjoy. This book makes me wonder, if it was written with the intention to help MS sufferers or was intended to favor beta-Interferon manufacturers over alternative Medicine? False claims in the book makes the authors' credibility questionable. A POSITIVE, yet challenging, approach in handling the subject would be listing those supplements that can benefit MS sufferers instead of a list to warn about. Logically, a statement like "No clinical proof that X supplement have any impact on MS" - does

NOT imply that X supplement has NO impact on MS but rather it means that NO clinical trials were conducted to prove its effectiveness. Surprisingly enough, TWO of the most exciting herbs, backed up with clinical experiments - proven to positively impact MS (Turmeric - recommended by Dr. Weil, Polypodium Leucomomum). More funny thing about this book is that it considers "Turmeric" which is an Indian food spice to be equivalent to "GOLDENSEAL"!!!! and warns against its sedative impact!!! by the way, it doesn't mention Polypodium!!!! If I would comment on all rubbish claims in this book, I could end up with another book of its size or even more! Take Care

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