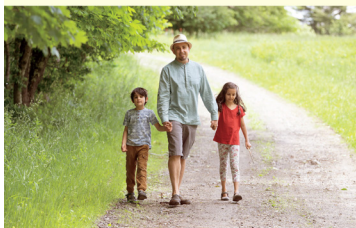


There's No Pill for This

A Naturopathic Physician's
Personal Prescription for Managing
MULTIPLE SCLEROSIS

Dr. Michaël Friedman, ND



How to radically improve your quality of life with diet,
hormones, supplements, exercise, and other lifestyle factors

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A Naturopathic Physician's Personal
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Health & Wellness

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From a doctor living with MS: how to radically improve your quality of life with diet, hormones, supplements, exercise, and other lifestyle adjustments

Most of take for granted the little things in life—such as walking out to the mailbox, socializing with friends, or enjoying a mug of hot coffee. But what if each daily activity required intensive planning and effort? That's what living with multiple sclerosis is, and author Michaël Friedman knows this from first-hand experience.

Since his diagnosis of multiple sclerosis a decade ago, Dr. Friedman has been searching for a cure for the disease. After years of research, he realized he had some of the answers right in his naturopathic medicine toolbox, and others, surprisingly, lay in the realm of conventional medicine. *There's No Pill for This* tells his story and offers treatment advice and hope to those who suffer from MS.

He does not promise a miracle cure but instead provides the personal prescriptions he follows that are delaying the disease process and radically improving his quality of life, including dietary measures and supplements to support a healthy microbiome and hormone therapies that can reduce neuroinflammation and possibly promote neurorestoration. Dr. Friedman presents a daily protocol for MS patients including diet, supplement, detoxification, and hormone strategies; mindfulness therapy; physical therapy; and a wide range of beneficial lifestyle adjustments related to exercise, sleep routines, time management, stress management, and more.

In the book's conclusion, Dr. Friedman reflects on what this complicated chronic disease has taught him about the need for humility and about what is truly important in life.

To request a review copy or author interview, please contact: Christina Butt (802) 295-6300 ext. 127, or cbutt@chelseagreen.com

Author Availability: Vermont, or by phone or arrangement



Dr. Michaël Friedman is a naturopathic physician and founder of the Association for the Advancement of Restorative Medicine. He is cofounder and president of the Restorative Formulations supplement company, and lives in Montpelier, Vermont.

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