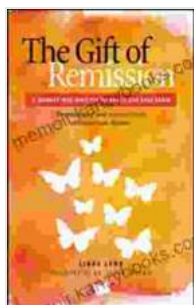


# The Gift of Remission: A Journey into Multiple Sclerosis and Back Again

Multiple sclerosis (MS) is a chronic, debilitating disease that affects the central nervous system. It is characterized by a wide range of symptoms, including fatigue, weakness, numbness, tingling, vision problems, and cognitive impairment. While there is no cure for MS, there are a variety of treatments that can help to manage the symptoms and improve quality of life.



## The Gift of Remission - A Journey Into Multiple Sclerosis and Back Again: Prevent, Stop and Recover from Autoimmune Disease by Amy Shapiro

★★★★☆ 4 out of 5

Language : English  
File size : 299 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 128 pages  
Lending : Enabled



Remission is a period of time when the symptoms of MS subside or disappear. Remission can occur spontaneously, or it can be induced by treatment. While remission does not always indicate a cure, it can provide a significant improvement in quality of life for people with MS.

## **The Gift of Remission**

In her book, *The Gift of Remission*, Jennifer Lefort shares her personal journey of living with and overcoming MS. Lefort was diagnosed with MS in her early 30s. She experienced a wide range of symptoms, including fatigue, weakness, numbness, tingling, and vision problems. After years of struggling with the symptoms of MS, Lefort decided to take a more proactive approach to her health. She began to research alternative treatments and natural remedies. She also made significant changes to her diet and lifestyle.

Over time, Lefort's symptoms began to improve. She eventually experienced a complete remission of her symptoms. Lefort credits her recovery to a combination of factors, including alternative treatments, natural remedies, diet, and lifestyle changes.

## **The Journey into Remission**

In her book, Lefort shares the details of her journey into remission. She discusses the different alternative treatments and natural remedies that she tried. She also provides detailed information on the diet and lifestyle changes that she made. Lefort's book is a valuable resource for people with MS who are looking for alternative ways to manage their symptoms and improve their quality of life.

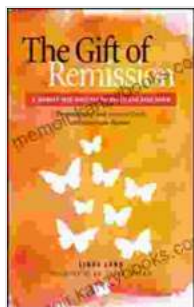
## **The Secrets of Remission**

In *The Gift of Remission*, Lefort shares her insights into the secrets of remission. She believes that remission is possible for anyone with MS. However, she emphasizes that there is no one-size-fits-all approach to remission. What works for one person may not work for another. Lefort

encourages people with MS to experiment with different treatments and strategies until they find what works best for them.

Lefort also believes that a positive attitude is essential for achieving remission. She encourages people with MS to stay positive and to never give up hope. She believes that with the right mindset and the right approach, anyone with MS can achieve remission.

The Gift of Remission is a powerful and inspiring book that offers hope to people with MS. Lefort's story is a reminder that remission is possible, even for people with severe symptoms. Her book provides valuable information on alternative treatments, natural remedies, diet, and lifestyle changes that can help people with MS manage their symptoms and improve their quality of life.

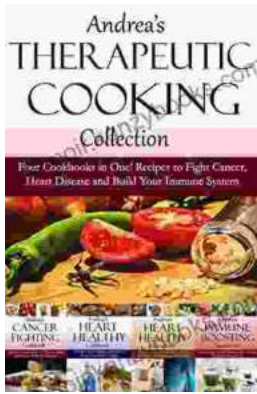


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