

MS TOOLBOX

FOR THE MS WARRIOR WOMAN

When you're busy with the medical management of multiple sclerosis symptoms, it can be easy to forget the effectiveness of simple, good lifestyle choices. These steps may help slow down MS and give you an all-over health boost, too.



There's no doubt that living with multiple sclerosis (MS) can be tough. But researchers are working hard to find out the causes of MS, and what factors can ease or aggravate multiple sclerosis symptoms and even slow down MS progression. Many involve making the right lifestyle choices every day, such as not smoking and getting enough vitamin D

— steps that are definitely within your control. And some of these choices can improve your overall health while positively impacting your MS. Find out the easy steps you can start taking today.

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Eating Healthy

by Jen Martin | The MS Wellness Coach

To begin healing ourselves, we must first clean up our gut health. This will aid in healing the whole body, reducing inflammation and improve overall health. Though this may seem like a daunting task, it's actually easier than you think. Follow these tips to achieve results.

- 1.Reduce then eliminate process sugars.
- 2.Reduce then eliminate gluten.
- 3.Replace dairy for plant-based milk.
- 4.Add in more vegetables & fruit.
- 5.Quality protein (seafood, turkey, chicken, plant-based protein powder).
- 6.Transition to a whole-foods diet.
- 7.Keep healthy snacks for on-the-go.

Remember that it takes 2 weeks of consistency to develop new habits. Be gentle on yourself, baby-steps. It's mind over matter when it comes to your health and remember your "why". Knowing that you have the power to heal your MS is within yourself. But should you need support, I am here for you.

Movement

Just 30 minutes of moderate physical activity like walking or swimming two times a week can reduce fatigue and depression among people with multiple sclerosis. Regular exercise also improves energy levels.

Try several of these to find what fits your lifestyle & needs:

- 1.Dumbbells
- 2.Water therapy
- 3.Yoga or pilates
- 4.Kickboxing
- 5.Walking
- 6.Weight lifting
- 7.Martial arts
- 8.Round
- 9.TRX
- 10.Cardio workout





Vitamin D

Sometimes we see pain and energy levels improve with adequate vitamin D.

There is some relationship between low vitamin D and developing MS or worsening MS symptoms. Getting this wonderful vitamin has so many health benefits, and is the easiest way towards achieving our health and wellness goals.

Here are some ways to get your daily dose of vitamin D:

1. Get 10 min of afternoon sunshine, especially crucial in winter.
2. Eat vitamin D rich foods (eggs, cod liver oil, tuna, salmon, trout, almond milk, mushrooms, beef, chicken, pork chops, fresh OJ, ham)
3. Plant-based supplements (D3, C0Q10, Cod liver oil)

Manage Stress

You may feel like you're trapped in a vicious cycle: Stress worsens multiple sclerosis symptoms, but MS can also be stressful. Reducing and managing stress is much better for our health and well-being.

Try these natural techniques to reduce & manage stress:

1. Delegate tasks
2. Say no to things that don't serve you
3. Deep belly breathing
4. Meditation
5. Yoga
6. Journaling
7. Go for a walk
8. Be in nature - get grounded
9. Relaxing hobbies (reading, TV, nap)
10. Herbs & supplements to relax





Manage Fatigue

Fatigue is a hallmark symptom with MS. Learning to manage your fatigue is a vital role in your health and wellness.

You wake up in the morning and don't feel like you slept? Yawning throughout your day? You're not alone. MS symptoms such as leg pain and spasms may also be preventing restorative sleep.

Here are some ways to get your daily dose of vitamin D:

1. Stick to a regular sleep schedule
2. Reduce inflammation in the body (supplements: turmeric, ashwaghand root, curcumin, eat whole-foods)
3. Reduce stress
4. Check for adrenal fatigue
5. Delegate tasks
6. Rest when needed
7. Add movement/exercise 3x a week

General Health

Multiple sclerosis may seem like the focal point of your life, but living with MS can be more complicated if you also have diabetes, high blood pressure, or other chronic health conditions. Working with your health care team is a vital part of your health and well-being.

Your health care team and techniques should include:

1. Primary care physician
2. Neurologist
3. Health & Wellness Coach
4. Naturopath
5. Masseuse
6. Acupuncturist
7. Self-care
8. Healthy life-style changes
9. Positive mindset
10. Exercise/movement
11. Journaling





Meet Jen Martin

I'm a Master Certified Wellness Coach specializing in helping women with MS to combat fatigue, skyrocket energy levels, manage MS symptoms and improve overall health naturally.

I work with women around the globe to achieve their health and wellness goals so that they can live life to the fullest.

I too have MS, and I understand what you're going through.

1. Are you sick & tired of being sick & tired?
2. Do you want to be more independent?
3. Does fatigue consume your life?
4. Do you suffer from neuropathy?
5. Want to improve cognitive decline?
6. Do you experience anxiety, depression and overwhelm and want it to go away?
7. Do you want to improve your health and wellness?

If you answered yes

....to any of these questions, then working with me will help guide you on how to achieve these goals.

You have one life, one body, one chance to get it right.

Schedule your complimentary Healing Strategy Session today and let's talk about what your challenges are, then we'll put a plan of action together where small changes have a BIG impact!

