

# Drugless Options for Multiple Sclerosis

Living with chronic disease could have a significant impact on our quality of life; many people are impacted daily by chronic disease. An estimated 2.3 million people were diagnosed with multiple sclerosis (MS) in 2013, a bit of a jump up from 2.1 million people in 2001. Often, chronic disease comes with persistent symptoms that leave us in pain and a lower quality of life.

Pharmaceutical companies want us to believe that chronic symptoms require chronic medications to help us make those symptoms more manageable. Using prescriptions regularly results in more money out of our pockets and more medication in our system at all times, despite any adverse side effects! So, what if there was a way to help ease the symptoms by spending less money and using holistic methods?

Weakness, spasticity, ataxia, tremor, coordination issues, and improper balance are all reported symptoms of MS, which can take a massive toll on the human body. It's been found that around 70% of MS patients have sought at least one alternate form of relief aside from medication! Researchers recently analyzed 40 peer-reviewed publications in which alternative forms of care were beneficial for patients with mild to moderate MS. Notably, researchers found that alternative forms of care were most useful for managing fatigue, functionality, balance, and overall improvement in the quality of life of patients.

When it comes to managing disease, medication isn't always a one-size-fits-all solution. What works for one person may not work for another.

Additionally, it's important to consider the risks associated with taking heavy amounts of medication, and the extra time and money to find medications that work well with each person's particular body.

However, neurologically-based chiropractic care works to restore the body's natural function to an optimal state. The body functions better from start to finish, helping to eliminate symptoms of dysfunction and making our body more readily equipped to deal with disease and other threats to our health!



**Pharmaceutical companies want us to believe that the only solution for chronic disease is chronic medication.**

Byrnes, K. L., & Whillier, S. (2019). Effects of Nonpharmaceutical Treatments on Symptom Management in Adults With Mild or Moderate Multiple Sclerosis: A Meta-analysis. *Journal of Manipulative and Physiological Therapeutics*, 42(7), 514–531. doi: 10.1016/j.jmpt.2018.12.010



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