**What is OVERCOMING MS?**

Overcoming MS (OMS) is a global nonprofit, and registered charity in the UK, USA, and Australia. OMS is an independent and unbiased charitable organization, and does not accept any financial or “in kind” support from pharmaceutical or other companies where there may be a conflict of interest.

**The OMS MISSION**

To educate, support and empower the global MS community in evidence-based lifestyle and medication choices that improve health outcomes.

**What is OVERCOMING MS?**

- **MS FACTS**
  - **MS affects 3 TIMES AS MANY WOMEN AS MEN**
  - **Although we don’t know why**
  - **MS is typically diagnosed between the ages of 20 and 40**
  - **Over 2.5+ MILLION people worldwide have MS**

**MS FACTORS**

MS is now considered a chronic Western disease, with progression influenced by lifestyle factors.

- **VITAMIN D**
  - Low levels of sun exposure

- **GENETICS**
  - Comprises 25% of the risk of getting MS

- **SATURATED FAT**
  - Diets high in saturated fat including meat and dairy

- **STRESS**

- **SMOKING**

**What is the 7-Step OMS RECOVERY PROGRAM?**

- An evidence-based and rigorously researched diet and lifestyle modification approach developed by Professor George Jelinek, an award-winning doctor and professor of medicine.

  Prof. Jelinek is the current Head of the Neuroepidemiology Unit (NEU) within the Melbourne School of Population and Global Health at The University of Melbourne.
**What are the 7 STEPS?**

1. **Diet**
   - Eat a plant-based wholefood diet, plus seafood. No meat and no dairy.
   - Supplement with omega-3s. 20+ mls of flaxseed oil daily is recommended.

2. **Vitamin D and Sunlight**
   - Get it naturally: 15 minutes of sun 3 to 5 times per week.
   - Get it from a bottle: take 5,000-10,000 IUs of vitamin D daily.

3. **Exercise**
   - 30 minutes of exercise, 3 to 5 times per week.

4. **Meditation and Mindfulness**
   - Meditate 30 minutes daily.

5. **Medication**
   - Choose which medication (if any) may be right for you in close consultation with your doctor.

6. **Prevent Family Members from Getting MS**
   - Over 400 people who attended a 5-day OMS Recovery Program retreat showed increases in physical and mental health quality of life of 15% to 20%.

7. **Change Your Life, For Life**
   - You are the captain of your own health ship. Choosing to follow the 7-Step OMS Recovery Program means you’re setting a course for a better and healthier life. You may not see results immediately, but the evidence has shown that if you stick to the 7-Step OMS Recovery Program, you will feel better in time.

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**THE EVIDENCE**

- Based on 1,000+ pieces of research from the top 5,000 medical journals.
- Validated by ongoing research studies such as HOLISM and STOP MS.

**HOLISM**

- 2,500 participants from 57 countries.
- Over 15 research papers published in top peer-reviewed medical journals, such as PLOS ONE, BMC Neurology, and BMC Psychiatry showed that following the 7-Step OMS Recovery Program produced better health outcomes and quality of life.

**STOP MS**

- Over 400 people who attended a 5-day OMS Recovery Program retreat showed increases in physical and mental health quality of life of 15% to 20%.

**OMS GLOBAL IMPACT**

- TENS OF THOUSANDS of people from 130 COUNTRIES have benefited from the evidence-based diet and lifestyle changes advocated by the 7-Step OMS Recovery Program.

**Learn more**

- Get more information and support through the OMS website, social media, 7-Step brochure, and Professor George Jelinek’s book.

**Get involved**

- Welcome to the OMS community, and congratulations on taking your first step to a better and healthier life! Get support in your area, and connect with other local OMSers, through the OMS Ambassador Program. And follow us on social media to get our latest news and updates. Learn more on our website.

- OvercomingMS
- @OvercomingMS
- www.overcomingms.org