

Welcome to the Overcoming MS Podcast

SPEAKERS

Geoff Allix

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Do you have MS or are you a friend, family member or caregiver or someone who does? Have you ever wondered if it's possible to overcome symptoms and relapses associated with MS and have a better, healthier quality of life? The answer is yes to any of the above, then this podcast is for you. My name is Geoff Allix and I'll be your host for Overcoming MS. Living Well with MS podcast. I was diagnosed with MS three years ago and I consider myself very lucky that my wife came across OMS soon after. Straightaway, I was convinced by the huge amount of evidence supporting the OMS protocol. And I'm convinced that OMS is a prime reason that I have not had a relapse since. This podcast will be a journey into the heart of the OMS seven step recovery program: A scientifically researched and evidence-based diet and lifestyle modification program created by Australian Professor of Medicine Dr. George Jelinek. It's intended for everyone from the newly diagnosed to those who have been following the OMS seven step program for years. We'll be covering the fundamentals of the program's seven pillars, talking to experts from different health related fields, hearing about the experiences of people with MS and their journeys on the OMS seven step recovery program, as well as looking at new developments related to OMS and MS in general. We hope to create episodes that are insightful, informative and hopeful. Stay tuned for our first episode coming in early October. When I'll be interviewing none other than Professor George Jelinek himself, the founder of Overcoming MS. You could subscribe to the podcast on the podcast platform of your choice directly at overcomingms.org/podcast That's overcomingms.org/podcast. Episodes will come out approximately monthly, so subscribe now to be notified when the first and subsequent episodes will be available. Thanks for listening. And thanks for joining me on this journey to Overcoming MS and living well with multiple sclerosis. I'm Geoff Allix and I'll catch up with you again on your maiden episode.

SUMMARY KEYWORDS

OMS, MS, Geoff, podcast, step recovery program, relapse, episode, journey, overcoming, professor, hopeful, subscribe, diagnosed, George, caregiver, related, convinced, program, interviewing, evidence