

## 7 Steps at a glance

Live well by making informed lifestyle choices



### Diet

Eat a plant-based wholefood diet, plus seafood. No meat, fried foods or dairy. Supplement with omega-3s. 20+ ml of flaxseed oil daily is recommended.



### Vitamin D and Sunlight

Get it naturally: 15 minutes of sun 3 to 5 times per week when UV index is 5 or higher. Get it from a bottle: take 5,000-10,000 IU of vitamin D daily.



### Meditation and Mindfulness

Meditate 30 minutes daily.



### Exercise

30 minutes of exercise, 3 to 5 times per week. It should be a mix of cardio and strength training.



### Medication

Speak with your healthcare team to find out which medications (if any) may be right for you.



### Prevent Family Members from Getting MS

Family members can significantly decrease their chances of developing lifestyle diseases by also making positive lifestyle changes.



### Change Your Life, For Life

Following this program means making permanent changes. Find support from family, friends and the Overcoming MS community, to make the change stick.

## Your lifestyle can change your experience of MS

MS is now considered a chronic Western disease, with progression influenced by lifestyle factors. The good news is, that means that modifying your lifestyle factors, as promoted by the charity Overcoming MS, can change your risk factors and even change your disease progression.

The program Overcoming MS promotes is an evidence-based and rigorously researched diet and lifestyle modification approach. It was developed by Professor George Jelinek, an award-winning doctor, professor of medicine and founder of the Neuroepidemiology Unit (NEU) at the University of Melbourne.

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**I experienced life-changing improvements to my MS as a result of the Overcoming MS Program. I want as many people as possible to have a similar experience and to see that there is hope after an MS diagnosis.”**

**– Linda Bloom, Founder of Overcoming MS and President**

## What is the evidence behind the program?

Professor George Jelinek used over 1,000 pieces of research from the top 5,000 medical journals to create the program.

The complete Overcoming MS Program has since been validated by ongoing research studies such as 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 Overcoming MS Program produced better health outcomes and quality of life.



Receive tips and inspiration about living well with MS.  
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