

The Overcoming MS Program is a comprehensive, evidence-based lifestyle approach designed to help individuals with multiple sclerosis (MS) manage their condition and improve their quality of life.

Developed by Professor George Jelinek, the Program is built on seven key pillars.



1. Diet and nutrition

The Overcoming MS diet emphasises a plant-based, whole food diet low in saturated fats and rich in Omega-3 fatty acids. It excludes meat, dairy, and processed foods, focusing on fruits, vegetables, grains, nuts, and seafood.



2. Vitamin D and sunlight

Maintaining adequate vitamin D levels through sun exposure and supplements is critical. Vitamin D supports immune function and may reduce the risk of MS relapses and disability progression.



3. Physical activity

Regular physical activity is essential. The Overcoming MS Program recommends at least 30 minutes of moderate exercise, three to five times a week, to improve mobility, strength, and mental health.



4. Stress management and meditation

Stress can exacerbate MS symptoms. The Program incorporates daily meditation and mindfulness practices to manage stress and promote emotional well-being.



5. Medication

The Program supports the use of disease-modifying therapies and other medications as prescribed by healthcare professionals to manage symptoms and slow disease progression. We aim to provide impartial and balanced information to allow people with MS to make informed choices about which medications are right for them.



6. Preventive family measures

Family members are encouraged to adopt healthy lifestyle habits to reduce their own risk of MS and other common health conditions, as well as supporting their loved ones with the condition.



7. Change your life for life

The Program advocates for a lifelong commitment to these lifestyle changes. Continuous adherence to the Overcoming MS principles can lead to sustained health benefits and improved quality of life.

Benefits

Physical health

Improved mobility, reduced symptoms, lower relapse rates and slowing of disease progression.

Mental health

Reduced anxiety and depression, improved cognitive function.

Community support

Access to a supportive community of like-minded individuals through the Live Well Hub and other Overcoming MS resources.



Practical tips

Set clear goals

Establish and track specific health goals.

Stay informed

Utilise Overcoming MS resources, such as webinars, podcasts, and guides.

Seek support

Engage with the Overcoming MS community and healthcare professionals for guidance and motivation.

Be consistent

Make these lifestyle changes a permanent part of your daily routine.



Learn more

By integrating these principles, the Overcoming MS Program empowers individuals with MS to take control of their health and live fuller, healthier lives.

For more detailed information and resources, visit our website on www.overcomingms.org

