



Overcoming
MS

7 pillars at a glance

Live well by making informed lifestyle choices



1. Diet

Eat a plant-based wholefood diet, plus seafood. No meat and no dairy. Supplement with omega-3s. 20+ ml 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 4,000–10,000 IU of vitamin D daily depending on your levels.



3. Physical activity

Keep active. Aim for 30 minutes of exercise, 3 to 5 times per week.



4. Stress management

Manage your stress, for example, by meditating for 30 minutes daily.



5. Medication

Choose which medication may be right for you in close consultation with your doctor.



6. Family health

Family members can significantly decrease their chances of getting MS by also making positive lifestyle changes.



7. 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.

Visit our
website to
get started.

Learn more

overcomingms.org

Support from Overcoming MS

Connect with a global charity dedicated to helping people with MS take control of their health and wellbeing. Through evidence-based lifestyle guidance, expert support and a vibrant community, we empower you to make choices that support your long-term health and a better quality of life.

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



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