

Download Growing Up With Multiple Sclerosis 45 Years And Still Thriving

I received a multiple sclerosis diagnosis in 2006. At that time I knew nothing about MS and thought I was going to die very soon as I imagined the disease was terminal. A plant-based diet may not only be the safest treatment for multiple sclerosis; it may also be the most effective. Your number 2 is your number 1 tool to use so you can see what your body is up to. For example, my sister was lactose intolerant growing up and it took her years to discover this because she did not know that it wasn't normal to have diarrhea every time you ate ice cream or drank milk. Get up to the minute entertainment news, celebrity interviews, celeb videos, photos, movies, TV, music news and pop culture on ABCNews.com.