



# **Cooking Well: Multiple Sclerosis: Over 75 Easy and Delicious Recipes for Nutritional Healing**

*Marie-Annick Courtier*

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Marie-Annick Courtier

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*Can practicing a healthy lifestyle, which includes a healthy diet, decrease Multiple Sclerosis symptoms?*

In the U.S. alone, approximately 400,000 people suffer from Multiple Sclerosis (MS). MS is an autoimmune disease that affects the central nervous system. There are a variety of symptoms of MS, and it affects people in different ways, but there is no cure.

Eating well can help strengthen your body, and make living with the disease a little easier. Maintaining a low fat diet with foods containing anti-inflammatory properties can improve your well-being by decreasing your MS-related symptoms and flare-ups.

**Cooking Well: Multiple Sclerosis** features over 100 recipes designed to improve daily functioning and aid in the treatment of this disease.

**Cooking Well: Multiple Sclerosis** also includes:

- \* An overview on how to live with MS
- \* A list of foods to avoid
- \* A meal diary and checklist to track your progress

All recipes and meals in the **Cooking Well** series have been specially created by renowned health and diet expert, **Chef Marie-Annick Courtier**. Each book in the series also includes general nutrition information as well as tips on which foods to avoid along the path of nutritional healing.

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