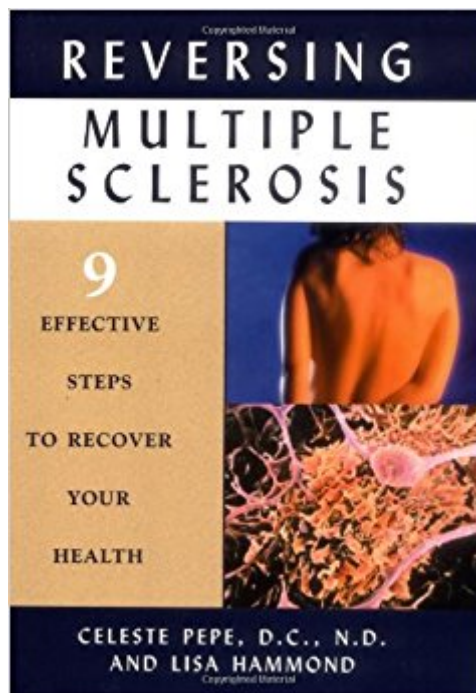




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# Reversing Multiple Sclerosis: 9 Effective Steps To Recover Your Health



## Synopsis

Reversing Multiple Sclerosis 9 Effective Steps to Recover Your Health Celeste Pepe, D.C., N.D. and Lisa Hammond Celeste Pepe was strong, fit, and energetic until multiple sclerosis attacked. The verdict: incurable. The option: masking symptoms with synthetic drugs that did nothing to reverse the disease and often produced debilitating side effects. Instead, Pepe sought alternative therapies that have resulted with hard work and commitment, in an ongoing reversal of her MS symptoms. ã A revealing look into the physical and emotional world of a multiple sclerosis patient ã A doctor defies her own fears in a courageous personal journey from incurable illness to healing ã An easy-to-read instruction manual for reclaiming health, complete with an extensive resource section ã Find out how combining alternative treatments such as biocybernetic testing, mercury removal, chelation, and apitherapy with proper diet, nutrition, and exercise may reverse the debilitating symptoms of a little-understood disease

## Book Information

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## Customer Reviews

Multiple sclerosis is a debilitating disease that has long been regarded as being almost beyond the possibility of successful treatment. For many patients a diagnosis of MS has meant the end of a normally functioning life. Not any longer. Celeste Pepe was a vigorous 42, a busy chiropractor and naturopath, when she an MS diagnosis. What does an expert in alternative medicine do when she gets seriously ill? Dr. Pepe realized it was time to put her deep belief in alternative medicine to the test. She resolved to find and employ effective natural ways to reverse this condition and restore her

health. She did, and her multiple sclerosis is now a thing of the past. Dr. Pepe's remarkable healing odyssey took her through many disciplines, theories, and practices in the world of natural medicine and into the depths of her own body and mind. In the end, she distilled her successful treatment into a program that any MS patient can follow to restore health. She explains this with clarity, medical precision, and a strong measure of encouragement. Using her own healing experience, Dr. Pepe explains the nine steps that can help the MS patient turn the corner on this disease: detailed nutrient testing and fortification, bee venom treatment, allergy testing, dietary changes, personally tailored nutritional plans, the use of specialized supplements, chelation therapy, regular exercise, and the replacement of mercury amalgam dental fillings. "I truly believe that if you diligently apply these healing protocols, which I have learned, you will no longer be known as an MS victim," says Dr. Pepe.

It was hard to relate to the author and stomach her ego. She seems to me to be very selfish and self-centered. Interestingly, I tried to find her on the internet - no such luck. Where is she now, 12 years after the book was written? Two of the doctors she raves about - Dr Jonathan Wright and Dr Bradley Weeks - have both recently lost their medical licenses within the state of Washington. I could not relate to her lifestyle - she mentions her chef and her "staff" at home on the ranch in Santa Barbara. Fortunately for her, she appears to have access to all the time and money in the world to seek various treatments and tests. BioCybernetics is another company she highly recommends but I could not find on the internet. I think the basic premise of the book might be worthwhile - to determine what your nutritional deficiencies are, assess your toxic load - basically stop doing what's hurting you, and start providing your body with what it needs to repair/recover in order to at least give your body a fighting chance to make a dent in your MS symptoms. But are her recommendations realistic? Well, they certainly are costly. There are many other books out there that provide better information and are presented in a much more palatable, reliable fashion. I couldn't finish this book because of all of her grandiose comments about herself. I can't have a whole lot of respect for someone who chose to leave her little daughter (grade school age) in New York with her ex-husband so that she could follow her rich boyfriend to Santa Barbara and live on his ranch, complete with chef and "staff" (including a driver). Really.

VERY informative. If you or a loved one has MS; this is a must read.

as a professor of neuropsychiatry AND someone who suffers from MS, i found this book to be okay.

it discusses some of the alternative methods for the treatment of MS that have been used and are presently in use. she offers some evidence, both objective and subjective, in support of her claims. the writing is relatively easy to follow. She uses fairly short sentences. It pulls the reader in at times, but, with equal energy, it pushes or repulses you away. i was quite disappointed overall with the book, hoping that it would be both more descriptive and scholarly. i would not recommend this book for use in the classroom, for "primary care providers", or for those with MS.

Great book and service.

wonderful book to learn about ms.

Fantastic book and seller

This book is mostly a long-winded autobiography of Celeste Pepe. She constantly reminds the reader that she is rich, a nutritionist (who, incidentally, was "out of balance"), and married to a very wealthy, handsome man, who was in complete denial and not much help to her. It appears she believes she was re-incarnated and chose to have MS in a previous life so that she could save the rest of the world with vitamins, bee-stings and oxygen blown through every bodily opening! How is that even accomplished? As a person with recently diagnosed MS, this book was not in the least bit helpful. No one should take any advice from her at all and I don't think going to her as a chiropractor would be such a great idea either.

Honestly, I didn't get very far into this book before I began to realize that this woman was an imposter. She claims that she used many different methods (diet, yoga/exercise, and Bee Sting Therapy) to completely recover from MS.....until you learn that she has only had MS for 5 years, and only the initial attack. Most of us who have MS can say that we recovered completely from our first attack, followed by a period of time (sometimes years) where we were free of the disease. Let's see if she can remain symptom-free for 10 or 15 or 20 years.

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