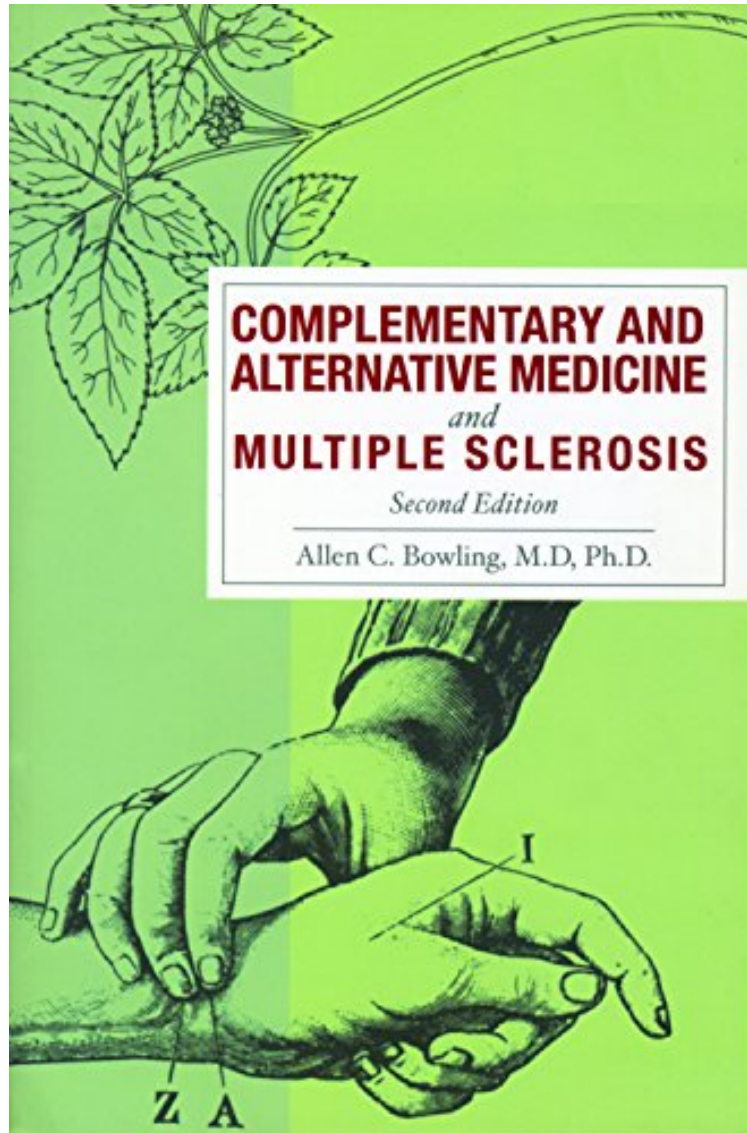


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## Complementary and Alternative Medicine and Multiple Sclerosis

*Allen C. Bowling MD PhD*

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**Allen C. Bowling MD PhD : Complementary and Alternative Medicine and Multiple Sclerosis** before purchasing it in order to gage whether or not it would be worth my time, and all praised Complementary and Alternative Medicine and Multiple Sclerosis:

4 of 4 people found the following review helpful. Worth the read, but not what I expectedBy Sarah MSo if you're actually LOOKING for suggestions on alternative therapies for MS, you won't find it here. This book is ALL studies, most of which are inconclusive or have the disclaimer "no official studies have been conducted..." It was certainly

interesting and pointed out some symptoms that I never would have thought were associated with my MS, but still...no real long term help here because this book is just proposed therapies that have never been fully studied (but to be fair, most alternative medicine doesn't get the funding for research it deserves). It did give me some things to consider when talking with a neurologist about possible therapies other than the mainstream therapies of interferons. Just buy this book used, don't waste the cover price on it.0 of 0 people found the following review helpful. A balanced approachBy cookiebreathThere's a labyrinth of choices for anyone with MS and it's not always easy to discern hype. I had found a number of articles online written by Dr. Bowling and was pleased to find this book. It is moderate. If you're looking for enthusiastic support of something new or radical, this isn't going to satisfy. It provides measured examination of many approaches to MS. As might be expected, there aren't a great many approaches that warrant whole-hearted approval. I like that it states that an approach has or has not been subject to clinical studies, whether the studies represent a rigorous evaluation, whether it might theoretically have negative consequences, and a neutral conclusion. I've felt that it generally provides enough information for me to act or not on different approaches to this disease. The book is organized by types of therapy, so if there's something you've heard or read about it's pretty easy to find it.0 of 0 people found the following review helpful. This is a good book to get fundamentals of alternative treatmentsBy Ginger catThis is a good book to get fundamentals of alternative treatments, but it is a bit out of date. Almost ten years have passed since this 2nd addition was published, I hope they decide soon to update again with information from the newest studies.

The first edition of *Alternative Medicine and Multiple Sclerosis* quickly became the single source for accurate and unbiased information on a wide range of complementary and alternative medicine (CAM) approaches that can aid both in the management of multiple sclerosis symptoms and in promoting general health and wellness. The second edition of this authoritative book continues to offer reliable information on the relevance, safety, and effectiveness of various alternative therapies. *Complementary and Alternative Medicine and Multiple Sclerosis, 2nd Edition* is completely updated throughout, and reflects the advances in the field since the first edition's publication in 2001. There is a new chapter on low-dose Naltrexone and a pivotal section on integrating conventional and alternative medicines. Therapies are organized alphabetically so that readers can readily pinpoint a specific treatment and learn about its origins, merits, and possible uses in MS. They will find in-depth discussions on topics that include acupuncture, biofeedback, chiropractic medicine, cooling therapy, yoga, diets and fatty acid supplements, the use of herbs, vitamins and minerals, and much more. With this book, readers will be able to: Find other options that may provide symptomatic relief when conventional therapies are limited Learn about potentially dangerous interactions between CAM therapies and medical treatments used in the management of MS Identify CAM therapies that are effective, low risk, and inexpensive Recognize ineffective, dangerous, or costly alternative therapies"

"This book is full of wise and balanced information. It provides a valuable service to patient and health care provider alike."--Dr. Oliver Sacks, author of *Awakenings* "Rarely does a publication address an unmet need as thoroughly as *Alternative Medicine and Multiple Sclerosis*... Dr. Allen Bowling is uniquely qualified to produce a book on CAM, having a doctorate in pharmacology and clinical experience as a neurologist treating people with MS. Organized in a user-friendly format, the topics are grouped in logical categories. In addition, references are provided, encouraging further exploration. Highly recommended for people with MS, their families, and their health-care providers." -- *InsideMS* "Alternative Medicine and Multiple Sclerosis is a much-needed resource. Dr. Bowling has done an excellent job of making his reader more aware of the myriad forms of non-traditional therapies available." -- Consortium of Multiple Sclerosis Centers "In Dr. Allen Bowling's *Alternative Medicine and Multiple Sclerosis*, he enables the reader to find unconventional options that may provide symptomatic relief when conventional therapies for multiple sclerosis are limited or otherwise unsatisfactory. Dr. Bowling explains the potentially dangerous interactions between complementary and alternative (CAM) therapies and medical treatments utilized in the management of MS; identifies CAM therapies that are possibly effective, low risk, and inexpensive; and exposes ineffective, dangerous, or needlessly costly alternative therapies. *Alternative Medicine and Multiple Sclerosis* is a very highly recommended and informative addition to any personal or professional multiple sclerosis reading list." --The Bookwatch (The Bookwatch 20100503)About the AuthorAllen C. Bowling, MD, PhD, is Medical Director of the Rocky Mountain MS Center. He is also the Director of the Complementary and Alternative Medicine Program based at the center and a Clinical Associate Professor of Neurology at the University of Colorado Health Sciences Center. Dr. Bowling has published numerous articles in clinical and basic science journals. He has presented information and original research on CAM and MS at national and international medical conferences as well as to lay audiences. His work on CAM has received numerous awards.