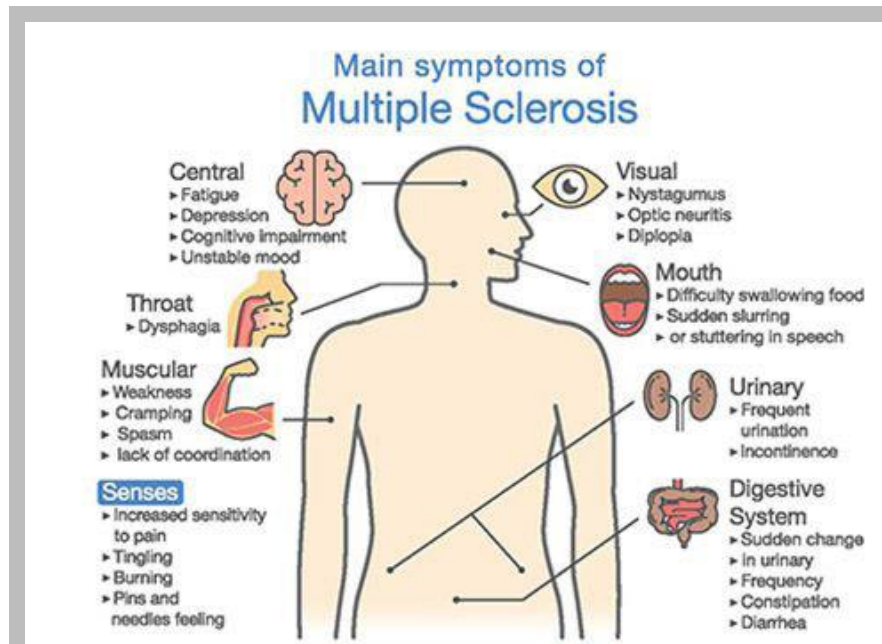


Multiple Sclerosis



About MS and its symptoms

Multiple Sclerosis is a disease of the central nervous system, which manifests itself in different ways. Many people suffer numbness in the arms and legs, whilst for others, the condition is far more serious leading to blindness or paralysis. Medical improvements have greatly improved the outlook for many with MS. Other MS symptoms can include muscle stiffness (spasticity), mobility and balance problems including tremors, and bladder and bowel problems. Fatigue is common in MS sufferers, as is low mood and depression.

Research into complementary therapies and MS

Complementary therapies are excellent, providing sufferers with a feeling of wellbeing, and today more than a third of sufferers are benefitting from treatment. Reflexology was found to be particularly beneficial in one survey, and the National Institute for Health and Clinical Excellence (NICE) guidelines support this.

They suggest that regular massage has a positive effect on mind and body. Healthcare professionals take a positive attitude by implementing complementary medicine alongside

conventional treatment.

Complementary treatments

Gentle aromatherapy massage with essential oils such as :

Sweet Marjoram, *Origanum Majorana*

Lavender, *Lavandula Angustifolia*

Chamomile Roman *Antemisis nobilis*

can be used to relax the muscles, while

Bergamot Citrus *Bergamia*

Lemon Oil Citrus *Limon*

can be used to lift the mood, easing anxiety and depression.

Lavender and Sandalwood's *Santalum Album* calming effects can help with insomnia.

Reflexology is a powerful tool which is both diagnostic and can help to clear energy blockages.

This therapy has been reported as particularly beneficial for problems in the lower limbs, and urinary problems.

Exercise is recommended by the MS society as beneficial for MS. Research suggests that both aerobic and resistance activities can be useful if undertaken regularly.

NICE guidelines recommend a balance of Omega 6 and 3 oils – consider a good quality supplement.

For more detailed information on MS:

The MS Society www.mssociety.org.uk

or contact us info@ascent-therapies.co.uk

