



New Developments for MS Sufferers (By Appointment Only)

Jan de Vries

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A follow-up to Jan de Vries' *Multiple Sclerosis*, this reveals more recent developments in the treatment of the disease. Drawing on nearly 40 years experience of treating MS sufferers, Jan de Vries, working closely with Professor Roger MacDougall, advocates a gluten-free diet, not only as a means of controlling MS, but also for those suffering from autism and schizophrenia. The volume discusses these findings and provides a guide to following a gluten-free diet in everyday life. Jayne Martin, an MS sufferer successfully treated by Jan de Vries, shares the challenges she overcame in following the diet and provides easy-to-follow recipes.

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