

These are treatment options that are in alphabetical order and not in any particular ranking for efficacy. A good objective and science-based source to investigate these options and more is Allen C. Bowling, MD, PhD's book **Optimal Health with Multiple Sclerosis** published in 2014. It addresses each particular approach in more depth and with references to scientific studies.

Acupuncture

Aromatherapy

Biofeedback/Guided Imagery/Meditation

Cooling/Heating modalities

Counseling/Talk Therapy-clinical psychologists/support groups/friends

Electromagnetic Therapy/Transcutaneous Electrical Nerve stimulation

Manual Therapies/"Body Work"- Massage, Reflexology, Therapeutic Touch, Traeger, Feldenkrais, Myofascial Release

Music Therapy

"Nature Bathing"-spending time outdoors exercising or just sitting and breathing

Pets/Crafts/Hobbies/Art

Physical Therapy-for a more specifically tailored exercise program/recommendations that can be applied to your situation and your specific orthopedic or neurologically driven limitations

Therapeutic Movement Techniques-Tai Chi, Qigong, Feldenkrais, Dance, Yoga

**Challenges:** Consistency, Finding the right practitioner, financial limitations, objective self-assessment

**What not to do:** Smoking, excessive alcohol/sugar/eating