



OVERCOMING MS

7 Steps in a Blink... and Move!

What is OVERCOMING MS?

Overcoming MS (OMS) is a global nonprofit, and registered charity in the UK, USA, and Australia. OMS is an independent and unbiased charitable organization, and does not accept any financial or "in kind" support from pharmaceutical or other companies where there may be a conflict of interest.



MS FACTORS

MS is now considered a chronic Western disease, with progression influenced by lifestyle factors.

Here's what impacts MS:



VITAMIN D
Low levels of sun exposure



GENETICS
Comprises 25% of the risk of getting MS



SATURATED FAT
Diets high in saturated fat including meat and dairy



STRESS



SMOKING

The OMS MISSION

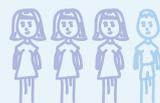
To educate, support and empower the global MS community in evidence-based lifestyle and medication choices that improve health outcomes.

MS FACTS



Over
2.5+
MILLION
people worldwide
have MS

MS affects
3 TIMES
AS MANY WOMEN AS MEN
ALTHOUGH WE DON'T KNOW WHY



MS is typically diagnosed
between the ages of

20 AND 40

What is the 7-Step OMS RECOVERY PROGRAM?



An evidence-based and rigorously researched diet and lifestyle modification approach developed by Professor George Jelinek, an award-winning doctor and professor of medicine.

Prof. Jelinek is the current Head of the Neuroepidemiology Unit (NEU) within the Melbourne School of Population and Global Health at The University of Melbourne.

What are the 7 STEPS?



5 Medication

Choose which medication (if any) may be right for you in close consultation with your doctor.

6 Prevent Family Members from Getting MS

Your family members can take steps to significantly decrease their chances of getting MS.

- Don't smoke.
- Get enough vitamin D.
- Eat a healthy diet that's low in saturated fat, and supplement with flaxseed oil.
- Keep stress levels down and exercise regularly.

7 Do Whatever it Takes

You are the captain of your own health ship. Choosing to follow the 7-Step OMS Recovery Program means you're setting a course for a better and healthier life. You may not see results immediately, but the evidence has shown that if you stick to the 7-Step OMS Recovery Program, you will feel better in time.

1 Diet

Eat a plant-based wholefood diet, plus seafood. **No meat and no dairy.**

Supplement with omega-3s. 20+ mls of flaxseed oil daily is recommended.

2 Vitamin D and Sunlight

Get it naturally: 15 minutes of sun 3 to 5 times per week.

Get it from a bottle: take 5,000-10,000 IUs of vitamin D daily.



3 Exercise

30 minutes of exercise daily, 3 to 5 times per week.



4 Meditation and Mindfulness

Meditate 30 minutes daily.

THE EVIDENCE



Based on 1,000+ pieces of research from the top 5,000 medical journals.

Validated by ongoing research studies such as HOLISM and STOP MS.

HOLISM

- 2,500 participants from 57 countries.
- Over 15 research papers published in top peer-reviewed medical journals, such as PLOS ONE, BMC Neurology, and BMC Psychiatry showed that following the 7-Step OMS Recovery Program produced better health outcomes and quality of life.

STOP MS

- Over 400 people who attended a 5-day OMS Recovery Program retreat showed increases in physical and mental health quality of life of 15% to 20%.

To date

TENS OF THOUSANDS

of people from **130 COUNTRIES**

have benefited from the evidence-based diet and lifestyle changes advocated by the 7-Step OMS Recovery Program.

OMS GLOBAL IMPACT

Learn more

Get more information and support through the OMS website, social media, 7-Step brochure, and Professor George Jelinek's book.

Get involved

Welcome to the OMS community, and congratulations on taking your first step to a better and healthier life! Get support in your area, and connect with other local OMSers, through the OMS Ambassador Program. And follow us on social media to get our latest news and updates. Learn more on our website.

 [OvercomingMS](#)

 [@OvercomingMS](#)

 [OvercomingMS](#)

 www.overcomingms.org