

Doctors back unconventional treatment for multiple sclerosis

28th March, 2017



*Dr Matthew Miles, Chief Executive Officer, MS
Research Australia.*

On the [ABC News 7-30 Report](#) recently, the MS Research Australia Chief Executive Officer, Dr Matthew Miles, featured in a report discussing the approach to the management of MS founded by Melbourne Professor George Jelinek.

Professor Jelinek's approach consists of a strict regime of meditation, exercise, sun exposure and a predominately vegan diet that also includes fish.

While researchers agree that adopting a holistic brain healthy lifestyle is very important, it should be done in conjunction with medication where needed and under the supervision of your healthcare providers. Until there is further evidence from research and clinical trials exploring the role of lifestyle factors in MS it is hard to exactly quantify the effectiveness of this form of MS management.

If you are considering dietary and physical activity changes please do seek advice and referrals to appropriate medical professionals to ensure that the changes are safe for your individual circumstances.

Please refer to the following articles on [nutrition](#) and [employment](#) for more information.