

Wheel of Health in Multiple Sclerosis

Psychological Factors

BE YOUR AUTHENTIC SELF

Ongoing relationship with Self/inner self/Inner Child.

Self Respect

You are not the sacrifice. Respect and treat yourself as you would others.

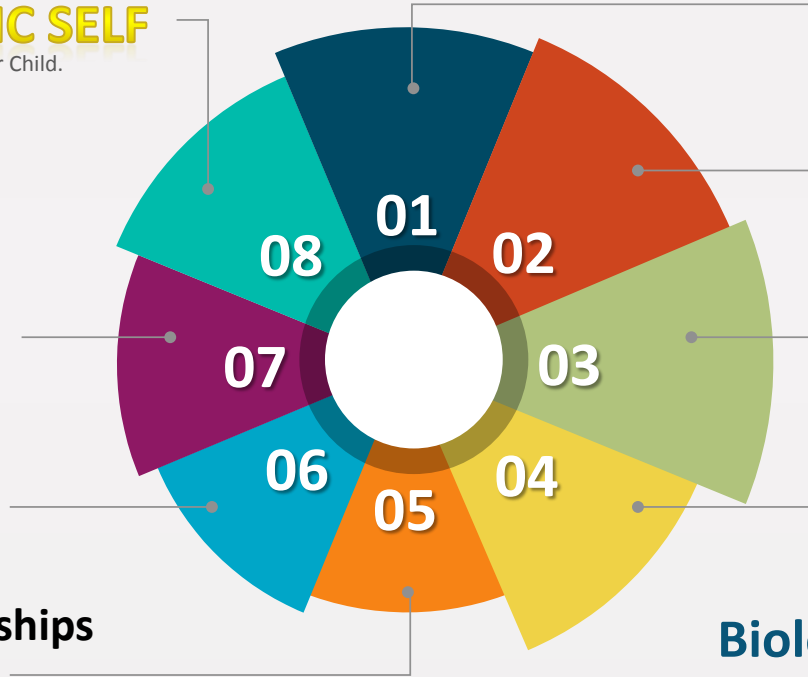
Emotional Expression

Health expression of emotions.

Interpersonal Relationships

Healthy relationships & community support.

Social Factors



Nourishment IN

SAD out, Nutritional food and supplements in.

Toxins OUT

Remove chemicals, heavy metals, infection, parasites.,

Gut Health

Treat leaky gut. Increase the good microbiome and remove the bad microbiome.

Sleep Quality & Gentle Exercise

Restore, repair, replace. Sympathetic/parasympathetic balance.

Biological Factors