



# **Fighting Fatigue in Multiple Sclerosis: Practical Ways to Create New Habits and Increase Your Energy**

*Nancy Lowenstein MS OTR/L BCPR*

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400,000 people in the U.S. alone have multiple sclerosis. Of that, 86% cite fatigue as the number one symptom of their disease. Commonly people resort to substances such as caffeine, sugar and medications to combat fatigue with mixed results and uncertain health effects. Occupational therapists teach clients "Energy Conservation Techniques" to deal with their fatigue without resorting to drugs. These approaches have been shown, through research, to have positive impacts on individual's ability to deal with this debilitating symptom of MS.

The information in *Fighting Fatigue in Multiple Sclerosis: Practical Ways to Create New Habits and Increase Your Energy* will help individuals with MS learn techniques to assist them in having more energy to do the activities they enjoy. Many people give up doing the "fun" activities in their lives in order to get through the "must dos." This book will give them the tools to manage their time and activities in order to do both.

Nancy Lowenstein's expertise on fatigue management, rehabilitation and environmental modifications make this the go-to book for dealing with fatigue and multiple sclerosis.

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