

# *There's No Pill for This*

A Naturopathic Physician's  
Personal Prescription for Managing  
**MULTIPLE SCLEROSIS**

**Dr. Michaël Friedman, ND**



**How to radically improve your quality of life with diet,  
hormones, supplements, exercise, and other lifestyle factors**

# Acknowledgments

**M**y deep gratitude goes to my wife, Sarika Tandon, who has been a great support for me in this journey, along with my very supportive children, family, and friends. I'm also grateful to my healers and neurologists and all the people before me who have had the wisdom to understand the complexity of the body and the powerful healing systems passed down from our global ancestors.

Finally, I'd like to offer a heartfelt thank-you to all my peers who have helped in terms of reviewing, writing, editing, commenting on, and contributing to the design of this book: Jane Dunbar; Gary Miller; Liz Sutherland, ND; Mary Bove, ND; Jen Palmer, ND; Karan Baucom, MD; and Tim Newcomb.

Dear Jane,  
Thanks for your  
excellent writing

Praise for *There's No Pill for This* Michael

"My wife lived with MS for fifty years, and her diagnosis started me on the road to holistic health and medicine. I never let her know what her neurologist predicted, and her diagnosis helped me start to teach patients how to live well and cultivate a survivor personality. Dr. Michaël Friedman is what I call a native. He is living the experience; he is not a tourist who doesn't understand—who treats the disease but not the person experiencing it. I truly recommend *There's No Pill for This* because it contains the wisdom of a health care professional who also has the experience of being a patient. Read and learn—participate in your own health and healing and let his wisdom guide you on your journey."

—**BERNIE SIEGEL**, MD, author of *No Endings, Only Beginnings*  
and *Love, Medicine & Miracles*

"Though no one wants to partake in trial-by-fire, the experience does, in fact, carve a powerful path and purpose. Dr. Friedman's touching account of the circuitous exploration of his health challenges will help others return to the sacred rhythm of their own lives. He reminds us that we are more than our body and our diagnosis, ... based anecdotes