

BEATING MULTIPLE SCLEROSIS

FREE HEALING GUIDE

BY AGOTA NAWROTH



A HOLISTIC ROADMAP TO SUPPORT YOUR HEALING JOURNEY



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Welcome, Beautiful Soul

I'm so grateful you're here. If you're reading this, you're either newly diagnosed, supporting a loved one, or maybe you've been living with MS for years and are now ready to do it differently.

I was diagnosed with multiple sclerosis at 35. At the time, I felt lost, scared, and completely disconnected from my body. But deep down, something told me: *there has to be more than this.*

So I went looking — for truth, for healing, and for myself.

What I found is that healing is not only possible, but it starts the moment you decide to take your power back.

Let's dive into the core practices that helped me turn things around...

1.

HEALING THROUGH NUTRITION



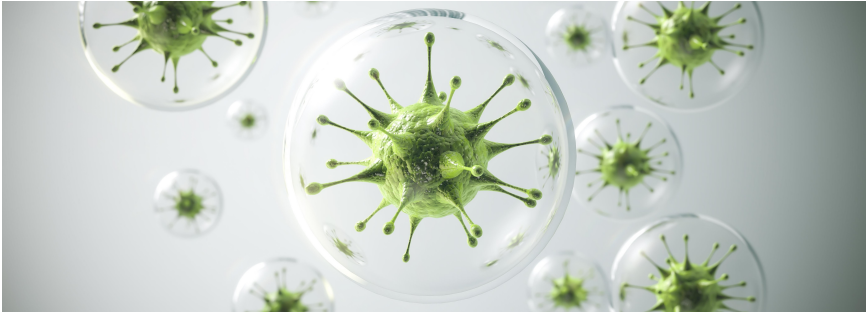
What you eat becomes the foundation of your healing. But keep in mind that everyone is different, and there's no one-size-fits-all diet. Choosing healing, anti-inflammatory foods can still make a powerful difference.

- ❖ Focus on whole, living foods: vegetables, fruits, leafy greens and herbs.
- ❖ Reduce or eliminate common triggers: dairy, gluten, eggs, processed sugar, and alcohol.
- ❖ Include clean protein sources like lentils, quinoa, hemp seeds, spirulina, or wild-caught fish — if it feels right for your body.
- ❖ Try smoothies, juices, and simple meals that both nourish and support gentle detox.

Tip: Start your day with celery juice or a heavy metal detox smoothie. [Join our community](#) for meal plans, shopping lists, and resources that make healthy, sustainable eating easier.

2.

DAILY DETOX PRACTICES



MS is often a response to hidden burdens like viruses, toxins, and pathogens.

- ❖ Start your day with lemon water to flush the system or switch things up by adding some electrolytes, mint or pinch of sea salt.
- ❖ Sip detoxifying herbal teas like burdock root, dandelion, nettle, milk thistle, ginger, or peppermint.
- ❖ Use essential oils like lemon, frankincense, or oregano (diluted and used safely) to support immune and lymphatic function.
- ❖ Sweat regularly — through infrared saunas, Epsom salt baths, or gentle movement.
- ❖ Consider regular parasite cleanses and liver support — we cover this and more inside [the program](#).

Your body wants to heal — it just needs less interference and more support.

3.

GENTLE MOVEMENT & BODY BALANCE



Even if fatigue or pain makes it hard to move, your body still craves movement and balance. It doesn't always need intensity — sometimes it just needs kindness and consistency.

Gentle exercise supports circulation, reduces inflammation, and calms the nervous system.

- ❖ Try light stretching, yoga, or balance exercises to support alignment and reduce stiffness.
- ❖ Go for walks in nature — and when possible, walk barefoot to reconnect with the earth.
- ❖ Dance freely — even in your kitchen, even if you don't feel like it. Shake, bounce, or move intuitively — it works like magic.
- ❖ Incorporate gentle strength-building exercises (like light weights or bodyweight resistance) to help maintain muscle and support mobility.
- ❖ Breathe deeply — try box breathing, 4-7-8, or simply lengthen your exhales.

4.

REWIRING THE MIND & EMOTIONS



Your beliefs shape your biology. Your thoughts shift your cells. The way you speak to yourself matters — more than you may realize.

- ❖ Meditation isn't a luxury — it's medicine for your nervous system. Start small. Even 5 minutes a day can help calm a racing mind.
- ❖ Practice journaling daily. Ask: *What do I need today?* or *What is my body trying to tell me?* Let the answers flow without judgment.
- ❖ Reframe your symptoms: Instead of "What's wrong with me?" try "What needs attention or care right now?"
- ❖ Acknowledge your emotions. Don't push them away — they're messengers, not enemies.

- ❖ Build self-compassion like a muscle. Speak to yourself like you would to a scared child or a dear friend.

Feed your mind and heart with uplifting guidance. Read or listen to teachers like Dr. Joe Dispenza, Louise Hay, Eckhart Tolle, or anyone who reminds you that you are not broken.

You have the power to rewire your brain, shift your emotional state, and reconnect with the deep intelligence of your body. It starts one breath, one thought, one choice at a time.

5.

SPIRITUAL CONNECTION & INNER TRUST

Healing isn't just physical — it's soul-level. When we connect to something greater than ourselves, we open the door to deep inner peace, guidance, and resilience.

- ❖ Speak kindly to your body — it's doing its best, even when it's hurting. What if your symptoms were a form of communication, not punishment?
- ❖ Create space for stillness. Silence helps you hear what your busy mind often drowns out: your own wisdom.
- ❖ Tune in to your intuition. It might come as a whisper, a gut feeling, or a sudden knowing. Start trusting those nudges.
- ❖ Develop a spiritual practice that feels right for you — prayer, meditation, time in nature, or simply placing a hand on your heart and breathing with intention.
- ❖ Surround yourself with people who believe healing is possible. Protect your energy. Doubt is contagious — but so is hope.



Remember: You are not alone on this path. You are guided, supported, and deeply loved — even on the hard days. Trust that your body is working with you, not against you. Trust that healing is happening, even if you can't see it yet.

Final Words...

You are not defined by a diagnosis. You are not your symptoms. You are a whole, powerful being learning to reconnect with your body.

That's why we created the **Beating Multiple Sclerosis community last year** — a space where like-minded people support each other, share resources, and walk this healing journey together.

Learn more or join us here:

<https://www.skool.com/beating-multiple-sclerosis-5840/about>



In health and gratitude,
Agota 