

USING MY MS EXPERIENCE TO HELP OTHERS

Dr Keryn Taylor, NZ



Dr Keryn Taylor with Prof George Jelinek



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After being diagnosed with multiple sclerosis seven years ago at the age of 25 Keryn Taylor, a medical student suffering from pain and tingling sensations in her right arm, was left with limited capabilities.

“I was completely overwhelmed when I was first diagnosed, I had gone from being a fit and active person, to feeling so unhealthy. Prescription medication was leaving me with the flu like symptoms all the time but my neurologist told me medicine was my only option.”

After coming across Professor George Jelinek’s evidence based research, Keryn decided to attend his ‘Overcoming MS’ retreat where she learnt the benefits of meditation, a diet specific to counteracting the pathophysiological basis of MS, including a low saturated fat intake, high in omega 3, as well as vitamin D, meditation and as a positive attitude.

“The best thing about the retreat was gaining confidence and being in control again. It was the first time I really believed that I could overcome MS by changing my lifestyle, in addition to the prescription medicine. After six months my arm had recovered and I felt so much healthier, I have completed my medical studies and I am now a psychiatry registrar.”

Dr Keryn Taylor has spoken about her experience with MS at a conference, as well as recently facilitating an ‘Overcoming MS’ program with George Jelinek.

“The retreat has definitely shaped my medical career and I am fascinated by the research behind the retreat and how it played a huge factor in the recovery of my MS. I am not surprised by the results of Professor Jelinek’s study which showed people attending the retreat experienced a 19.5 per cent improvement in their quality of life. It’s vital that people with MS know that this kind of help is available, especially when some doctors promote a prescription medication only approach, with little hope of ever fully recovering.”

As well as facilitating the next program, Dr Keryn Taylor plans on continuing to work with George and carrying out research on MS.