

	<p>Useful tips that can probably maintain the quality of life for longer with multiple sclerosis - but everyone should discuss it individually with their doctor. These are only recommendations and some natural remedies work better for one person and less for another. This is something to keep in mind and try out for yourself.</p>	<p>www.colorfullife.ch – The general terms and conditions of Colorful Life apply. We are not medical professionals - we are critically thinking citizens who have discovered a lot and are making it available to those affected as help. Anyone reading this list should be 18 years old. We make no health promises and would like to point out that naturopaths have even more knowledge.</p>
	General Tips	
1st	Pay attention to a change in diet for MS	Lots of fruit and vegetables and wholemeal bread – little to no sugar – little white bread.
2nd	Foster good friendships - they help you to always look forward, even in times of crisis.	It is also important to have other topics of conversation.
3.	A pet can also help to lift your mood.	And more exercise helps, for example a dog.
4th	Walks in nature and especially in the sun are important.	If possible with Nordic walking poles – more movement for the body.
	Cost-effective vital substances – but still consult your doctor beforehand.	
5th	<p>Magnesium effervescent tablets https://www.amavita.ch/de/p/magnesium-sandoz-brausetabl-243-mg-ds-40-stk-7363786</p> <p>If the doctor prescribes it, the health insurance company will cover it through the basic insurance.</p>	Magnesium is also important for building muscle and also works against muscle cramps.
6th	<p>Vitamin B Complex https://www.amavita.ch/de/p/becozym-forde-drag-50-stk-2157295</p> <p>If the doctor prescribes it, the health insurance company will cover it through the basic insurance.</p>	The B vitamins supply the nerves and help with many metabolic processes as well as muscle building.
7th	<p>Valerian tablets for falling asleep and sleeping through the night https://www.amavita.ch/de/p/redormin-filmtabl-500-mg-30-stk-2858833</p> <p>If the doctor prescribes it, the health insurance company will cover it through the basic insurance.</p>	Valerian has a relaxing effect on the entire body, including the muscles, and is a medicine – which does not result in addiction.
8th	<p>Vitamin D in drop form https://www.amavita.ch/de/p/vi-de-3-tropfen-4500-ie-ml-10-ml-519498</p> <p>If the doctor prescribes it, the health insurance company will cover it through the basic insurance.</p>	Vitamin D is also called the sunshine vitamin. In order for it to develop its full power, you should spend about 15-20 minutes in the sun every day

		without sunscreen. It is also important for the muscles.
9th	Moisturizing cream with aloe vera https://www.mueller.ch/p/kneipp-hydro-koerperlotion-bio-aloe-vera-IPN2986296/	This cream keeps the skin beautifully supple.
10th	Add 1 teaspoon of turmeric to cooked porridge and enjoy while still warm, or stir 1 teaspoon into plain yoghurt with a pinch of black pepper.	Turmeric contains anti-inflammatory substances and is an ancient remedy for many different diseases.
11th	Liquorice tea – 1 tablespoon of liquorice to about one liter of water https://www.gesundfit.de/artikel/suessholz_Wurzel-4149/ Be careful if you have high blood pressure as it will increase it even further.	Licorice has more than 400 ingredients and is also used in other cultures such as Asia to treat MS. It promotes blood circulation in the smallest vessels.
12th	Nettle tea – 3 cups a day https://www.nachhaltigleben.ch/gesundheit/brennnesseltee-3272 https://www.vitalove.ch/search?q=Nettle tea	Nettle tea cleanses the blood and increases detoxification in the body. You should always take a longer break after 3-4 weeks of treatment.
13th	Add lavender essential oil diluted with water to a diffuser to freshen the room.	Lavender promotes relaxation.
14th	Ashwagandha powder millennia-old remedy https://www.vitalove.ch/collections/ashwagandha/products/superfood-ashwagandha-bio-500g-vorratstaschen	Promotes general well-being...
	Dietary supplements from Dr.Hittich.de without side effects – you have to bear the costs yourself.	www.drhittich.de
15th	https://www.drhittich.com/mega-rot-super-q10-omega-3-capsules/	The Omega 3 fatty acids are very valuable and support the nervous system.
16th	https://www.drhittich.com/Kopf-Geist/Super-Vitamin-B12-Intenz-Tabletten/?listtype=search&searchparam=Vitamin%20B12%20Intenz	Also strengthens the nervous system and is an important vitamin
17th	https://www.drhittich.com/Energie-Wohlhaben/DoloGon/?listtype=search&searchparam=Dologon	Dologon also works against pain and should therefore be taken twice a day. Otherwise only once a day - try it yourself. And it contains curcumin, which has anti-inflammatory properties.
18th	https://www.drhittich.com/super-s-plus-msm-tabletten/	With sulfur and frankincense, double anti-inflammatory medicinal substances
19th	Muscle building powder https://www.drhittich.com/Gelenke-Muskeln-Knochen/Mu	Stir a measuring spoonful into yoghurt every day and eat. The

	skel-Direct-AktivDrink-D-Collagen-Peptide/	protein is easily absorbed by the body.
20th	External cream application: https://www.drhittich.com/Gelenke-Muskeln-Knochen/Ultra-CelaFlex-CBD-2000-Creme/?listtype=search&searchparam=ultra%20cela%20	Cools and promotes blood circulation.
21st	Physiotherapy is also covered by health insurance if prescribed by a doctor.	
22nd	Physiotherapy – half physical training and half relaxation massages	Exercise in a healthy amount is also very important. As is massage to relieve tension.