

Living your best life with MS



The [National Multiple Sclerosis Society's Facebook page](#) received more than 800 responses to the question "What is the most important thing you do to manage your MS so you can live your best life?" Here's a sampling.



Photo: iStock

Don't let it rule your life. Don't give into it. You control it. Don't let it control you. I was diagnosed in 2004, and this was the advice my neurologist gave me. Best advice I've been given, and it's only been in the last three and a half years, when my mum passed away, [that MS has] affected me. Avoid stress and LIVE your life!!!!

Angela Scheffler

I try not to look too far into the future. I just wake each day and go or don't go according to how I feel.

Catherine Vescovi



Photo: iStock

Don't Google anything, and never assume it's MS related.

Julie Strong

Keep moving to stay moving as much as possible — I know some days are hard or near impossible.

Linda Scarrow

Caruso Diet! One of the first things I did when I was diagnosed was educate myself on what we ingest that is bad for our brains and the importance of gut health. Cutting out fake sugars, artificial flavors and colors, preservatives and gluten. It's been a decade, and I feel my MS is quite manageable. It may be luck or the progression of 'My MS,' but I feel it has been important to keep a healthy diet.

Lizz Carrara

Read about more things that are [important to people living with MS](#).