

# One Man's fight with MS

## Naturopathy helps Nassagaweya man

By ANN KORNUA

You might have seen Nassagaweya resident, Vasil Sprostranov skiing down the slopes at Glen Eden or know him from his family business, the Halton Country Inn. Wherever he goes, he is always being recognised. He is welcomed with smiles and "Hey! Glad you could make it" from friends he has not seen in a while. But recently, Vasil has had some problems getting out since the Multiple Sclerosis has spread to his legs making it hard to get around. Nevertheless,



Vasil  
SUBMITTED PHOTO

Vasil is thankful for every day, thanks to his new Naturopathic treatments. He recently discovered he might be restricted to a wheelchair by his doctors, but after his treatments with his naturopath, Vasil can make it out to social gatherings with the use of a cane.

Vasil, 31, diagnosed with MS six years ago just as he was completing his level one ski instructor's course. "The right side of my body is slower than the left. I noticed when I was walking along a trail one afternoon that things looked funny on the right side. I saw my doctor who recommended I see a doctor in Toronto to go in for a MRI. That's how they found out I had MS."

**"WHEN I LEAVE THERE, I WALK OUT WITHOUT THE USE OF MY CANE,"**

Vasil sees his naturopath once every two weeks for treatments. Each time he sees his naturopath he says he feels so much better. "It is unbelievable. When I leave there, I walk out without the use of my cane," Vasil said. "I feel awesome. I just go in and I leave feeling great. I always tell her WOW- this is really working."

Naturopathic medicine focuses on curing the patient rather than the illness. Naturopathic physicians try to view multiple sclerosis as they would

any other disease, from a whole perspective. MS can be looked at as a combination of physical and mental patient. Naturopathic physicians of therapeutic modalities range from drug therapy to diet and physical medicine, acupuncture, plants or botanical medicine for the whole person, not necessarily

Before, Vasil was taking drugs. He still sees his regular treatments but Vasil says he takes for his illness me so tired. I always feel tired," Vasil explained. "Afterward, I was doing anything." Vasil is now restricted to his house. Since his naturopath though, Vasil feels better and not as reclusive. Things such as walking with a cane every now and then is common for one young man.

"I feel more confident now. It is not as hard as it once was to see his friends and take part in their activities."

It is still a long road for Vasil to take part in his life, but since he has started with his naturopath, Vasil will not give up just yet. "I am seriously thinking I should be doing again," Vasil said recently. "It is unpredictable, but I am glad

Mike Boughton Ward 2 Councillor (left) cutting the opening of Milton's Naturopathic Clinic on Main Street. He is pictured here with Kate Rhéume and K... owners of the clinic, along with Peter Bro...

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