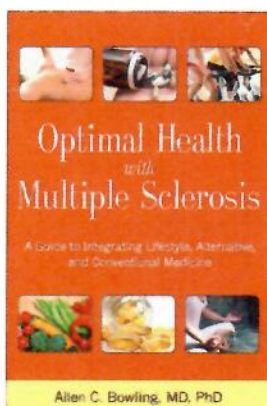
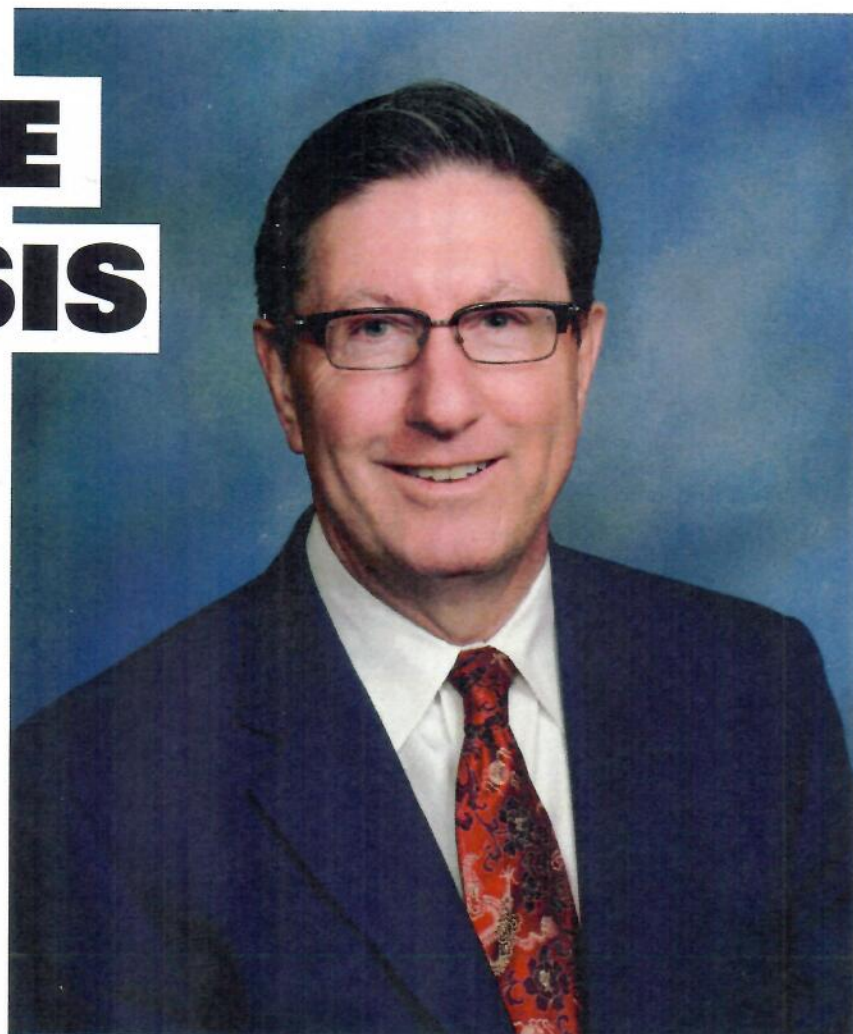


# COLORADO INSPIRED MULTIPLE SCLEROSIS CARE

By Allen C. Bowling, MD, PhD

I'm a neurologist who specializes in multiple sclerosis (MS) and have devoted my career to developing and providing evidence-based, integrative care to those with MS. Over the past several decades, my career path has been very much inspired and shaped by the Colorado culture and lifestyle.



Colorado is at my core professionally as well as personally. I grew up in the Denver area in the 1960s and 1970s and then left for two decades to pursue my education and training, which was very traditional (Yale, UCSF, Harvard) and included a Ph.D. in pharmacology. Upon returning to Colorado in the mid-1990s, I thought I had a

large toolbox to provide high-quality care. However, I was quickly humbled because my patients were asking about and using many types of alternative and lifestyle approaches—such as diet and dietary supplements, acupuncture, and marijuana—and I had not learned anything about these in my training. I quickly realized that some of these approaches were potentially dangerous and should be avoided while others were potentially beneficial and should be part of the standard of care. That realization was the start of my career focus—use academic rigor to research and review MS-relevant lifestyle and uncon-

ventional therapies to determine how to thoughtfully and safely combine these therapies with conventional medicine to ultimately provide an integrative approach to people with MS.

This integrative model is the foundation of my clinical practice. Since this approach is “of Colorado,” it is very well suited to those who live here—many Coloradans with MS are naturally interested in, and eager to utilize, evidence-based approaches to lifestyle and unconventional medicine alongside conventional medicine. The integrative treatment plan is personalized because, in addition to being evidence-based, it incorporates the preferences and attitudes of the individual.

This approach that was developed locally and was once *outside the box* is now—due to growing supportive evidence—of significant interest throughout the US and

in other countries. A rewarding part of my career has been to share this Colorado-inspired approach nationally and internationally through lectures to patient and professional audiences. Also, I have shared this model through writing—I have more than 100 lay and professional publications, including five books. My most recent book, *Optimal Health with Multiple Sclerosis*, is regarded as the only comprehensive and authoritative book in this area, and my website, [www.neurologycare.net](http://www.neurologycare.net), is the world's largest online database of MS-relevant integrative medicine information.

Allen C. Bowling, MD, Ph.D., has an integrative neurology practice based at Neurology Care in Englewood, Colo. Also, he is clinical professor of neurology at the Univ. of Colo. More information about his practice may be found on his website: [www.neurologycare.net](http://www.neurologycare.net). \*