

Tory Lloyd received a shock in 2017 when she was diagnosed with MS.

2017 will be a year that Tory Lloyd will never forget. Whilst working long hours in real estate, battling huge amounts of stress and looking after two young children, she woke one morning to find she couldn't put on her mascara. Less than 48 hours later, numerous tests and two MRI's, Tory was diagnosed with relapsing remitting multiple sclerosis (MS).

After discussions with her doctor, Tory was in shock and fearing the worst. She had heard of MS before but hadn't paid much attention to it and her first thought was that she would lose her mobility and have to give up her career.

"I had huge amounts of stress in my life at that time, I was in the midst of a marriage breakdown, I smoked and drank too much and had a very poor diet" Tory said.

She was grateful when she reached out to MSWA and received vital information and assistance which guided her to make the right choices for herself and family. What was particularly beneficial was speech therapy and counselling, and thanks to the support she received, there have been some major changes to Tory's lifestyle.

"Sadly, I separated from my husband. I quit smoking immediately, a month later I cut all refined sugar, processed foods, gluten, dairy and alcohol from my diet. I now meditate every day and exercise at least 5 times a week".

The symptoms that currently affect Tory are fatigue, brain fog and occasionally depression but her journey with MS is always changing and she's learnt to deal with these impacts positively. She's thankful of not needing medication at this stage. "MSWA has connected me with people going through similar experiences and being able to talk through issues has helped me stay positive" said Tory.

Family life is very different these days and the children are slowly learning to understand MS. Her six year old daughter is very proud of Tory quitting smoking and is learning how diet can affect your health.

Tory believed it was important to show her children that setbacks might not be easier, but you have to approach them with a positive attitude, which is why she joined the 2017 'Step Up for MSWA' event. "It's a great fundraiser, helps many in need, is lots of fun and embodies my positive and strong attitude to MS" said Tory.