



# The Wahls Protocol: How I Beat Progressive MS Using Paleo Principles and Functional Medicine

*Terry Wahls M.D., Eve Adamson*

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## **The Wahls Protocol: How I Beat Progressive MS Using Paleo Principles and Functional Medicine**

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**An integrative approach to healing chronic autoimmune conditions by a doctor, researcher, and sufferer of progressive multiple sclerosis (MS) whose TEDx talk is already a web sensation**

Like many physicians, Dr. Terry Wahls focused on treating her patients' ailments with drugs or surgical procedures—until she was diagnosed with multiple sclerosis (MS) in 2000. Within three years, her back and stomach muscles had weakened to the point where she needed a tilt-recline wheelchair. Conventional medical treatments were failing her, and she feared that she would be bedridden for the rest of her life.

Dr. Wahls began studying the latest research on autoimmune disease and brain biology, and decided to get her vitamins, minerals, antioxidants, and essential fatty acids from the food she ate rather than pills and supplements. Dr. Wahls adopted the nutrient-rich paleo diet, gradually refining and integrating it into a regimen of neuromuscular stimulation. First, she walked slowly, then steadily, and then she biked eighteen miles in a single day. In November 2011, Dr. Wahls shared her remarkable recovery in a TEDx talk that immediately went viral. Now, in *The Wahls Protocol*, she shares the details of the protocol that allowed her to reverse many of her symptoms, get back to her life, and embark on a new mission: to share the Wahls Protocol with others suffering from the ravages of multiple sclerosis and other autoimmune conditions.

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#### **Betty Bowers:**

Playing with family inside a park, coming to see the coastal world or hanging out with pals is thing that usually you will have done when you have spare time, then why you don't try point that really opposite from that. One particular activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love The Wahls Protocol: How I Beat Progressive MS Using Paleo Principles and Functional Medicine, you can enjoy both. It is fine combination right, you still would like to miss it? What kind of hang-out type is it? Oh occur its mind hangout people. What? Still don't obtain it, oh come on its known as reading friends.

#### **Timothy Williams:**

In this period of time globalization it is important to someone to receive information. The information will make you to definitely understand the condition of the world. The fitness of the world makes the information simpler to share. You can find a lot of personal references to get information example: internet, newspapers, book, and soon. You will observe that now, a lot of publisher which print many kinds of book. Typically the book that recommended to your account is The Wahls Protocol: How I Beat Progressive MS Using Paleo Principles and Functional Medicine this e-book consist a lot of the information in the condition of this world now. This specific book was represented so why is the world has grown up. The vocabulary styles that writer make usage of to explain it is easy to understand. The actual writer made some study when he makes this book. That is why this book ideal all of you.

#### **Louise O'Neill:**

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