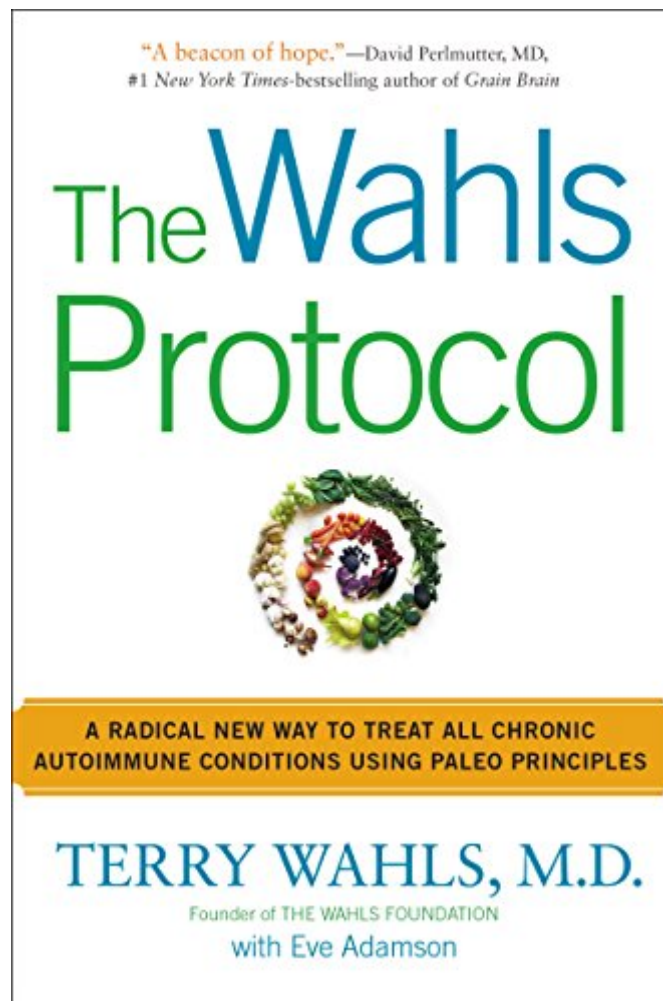


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# The Wahls Protocol: A Radical New Way To Treat All Chronic Autoimmune Conditions Using Paleo Principles



## Synopsis

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.

## Book Information

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## Customer Reviews

I admit it's very likely that the only reason I even heard of Dr. Terry Wahls in the first place was because I have MS. This is a shame. I believe I have a responsibility to help spread the word and get the information out there. Even though I'm definitely NOT grateful for having this disease, I truly believe my loved ones, future children and I obtained the most valuable information we have come across as a consequence of my MS. I promise this is not an overstatement. I started following an early, basic version of the Wahls Protocol the day after watching Dr. Wahls' TEDx Talk last October. I explored her website, read and listened to countless interviews, and read her first book *Minding my Mitochondria*- and in November 2013 I started a more strict approach to diet and lifestyle based on her recommendations. It was hard for my wife to live with these changes and have to put up with my new dietary limitations, but I did it anyway. I have to admit I did NOT really feel anything different at this point. In March 2014 everything changed. The Wahls Protocol was finally released (I had pre-ordered since November). I gave the book a first read in less than 24 hrs and immediately had ten times more information. In this book, Dr Wahls goes into detail about every aspect of the dietary and lifestyle changes she recommends, which includes supplements, exercise, electrical stimulation, meditation, etc., and she details three different versions of the Wahls diet so anyone can find a level they can learn to live with. This is where it gets interesting. I actually convinced my wife and my mother to read the book and follow different levels of the protocol with me for one month. Just to give it a test drive.

I read (scanned some parts) through the book yesterday on e-reader, and am wowed by the whole thing. I have ordered 2 print copies, and will share as much as possible. I am excited to thoroughly read this new book, because I still have a long way to go, and I am constantly looking for ways to improve my amazing healing lifestyle. The book is so easy to read, and it is set up pretty much the way I spent my first year changing my diet. I loved reading Chapter 7 - Wahls Paleo Plus, because that is the way I basically eat now, strictly and consistently. I have learned to listen to my body, and this is the intensive nutrition my body and brain needs to thrive. I will devour every word of the book, and see what else I can tweak to improve my results. It may take many more years to heal my entire body, head to toe, but I am patient. I love my life, I am healing, I feel like a new person, plus I do not

have any cravings for my old (comfort?) foods that probably were very toxic to my body. This book is a huge improvement over the first book, which was amazing, and was exactly what I needed when I was desperate and with no hope left. Dr. Wahls' first book, *Minding My Mitochondria*, changed my life dramatically. This new book is an easier read, but still full of Dr. Wahls' passion for sharing this vital information, and getting it right. Her life is at stake, and she wants to help as many people as she can - in my opinion, it is obvious that this book is a true labor of love for her. It is a good place to start if you are new to a Paleo lifestyle, as well as those who have started in the past but felt confused over details.

This book is pretty great. The entirety of the first few chapters where Dr. Terry Wahls tells her own story of illness and then enormous recovery from illness through her own research and where she explains that the body is a self-healing system so long as it is given the raw materials it needs to do so are all so quotable. I would like to quote whole pages of it and send it to people! It's so well done. The content is great and it's been so finely edited that it reads very well too and gets right to the point with no waffling. A lot of information is condensed into a very short space. It's an enlightening and inspiring read with just the right amount of facts and personal information about the author. There are three levels of the Wahls protocol. The Wahls Protocol, Wahls Paleo and Wahls Paleo Plus which is the most strict and is for those that are the most ill. I'm only really a supporter and recommender of the third level of the protocol, Wahls Paleo Plus. The other two protocols contain things like soy milk and yogurt and cheese (ugh!), soy flour, potato flour, packaged gluten-free foods such as crackers. Many allowed foods are extremely high in carbohydrate and anti-nutrients and very low in nutrients. This seems to be because the author is trying to make the programs easy to adjust to for those coming off a very junk-filled diet, which makes a lot of sense from that perspective and from the point of view of getting subjects in a study to adhere to the diet properly which is more likely if it contains a more of the foods they are used to. But from a purely nutritional standpoint it's really not ideal.

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