

FOR IMMEDIATE RELEASE MEDIA CONTACT: (Local contact name)
(Date) (Local contact's phone number)

“Food As Medicine: Intensive Nutrition To Heal Broken Brains And Bodies”
Dr. Terry Wahls to speak at (event/event location)

(CITY, STATE of event)--Dr. Terry Wahls, author of “Up from the Chair” and “Minding My Mitochondria” will be speak at (event), on (day), at (time). The event is free and open to the public (or list ticket information).

Diagnosed with relapsing remitting multiple sclerosis (MS) in 2000, Wahls became wheel chair dependent in 2003. Her disease was reclassified as secondary progressive multiple sclerosis. An academic internal medicine physician at the University of Iowa, she began studying the medical literature, night after night. At the end of 2007, based on her own theories about what drove MS disability, she designed a new intervention that she tested upon herself. Six months later, in May 2008, she found herself trying something she hadn't attempted in a decade: riding her bike.

It has been a truly miraculous turnaround of her life. She now uses intensive nutrition to treat patients in her primary care and traumatic brain injury clinics with more favorable results than she had when she relied on drugs alone. In addition, she has assembled a multidisciplinary team at the University of Iowa to conduct a pilot clinical trial using her interventions with others who have secondary progressive MS. She anticipates preliminary results will be available in the summer of 2011.

"We're happy to have Dr. Wahls join us at (event) and look forward to sharing her inspirational message," said (event sponsor/spokesperson). "Her message about optimizing nutrition is valuable to people with chronic illness, physicians developing comprehensive patient treatment plans, and others trying to design a healthy lifestyle."

For more information or to reserve a seat, please contact (local contact's name).

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BOILERPLATE:

Dr. Terry Wahls is the author of “Up from the Chair” and “Minding My Mitochondria.” An academic internal physician at the University of Iowa who was diagnosed with MS in 2000, Wahls went from wheel chair dependence to riding her bicycle with the help of an intense nutrition program she developed. She is a frequent lecturer and media spokesperson who discusses optimizing nutrition and the role diet plays in disease and health recovery.