



Reversing Multiple Sclerosis

A doctor's own triumph over MS brings hope to others

Calgary, Alta. – Media and concerned [Albertans](#) are invited to join [Dr. Terry Wahls](#) on Monday, September 15 at 7:30 p.m. at McMahon Stadium's Red & White Club as she shares details of her personal battle and ultimate triumph over Multiple Sclerosis (MS). Presented by [DIRECT-MS](#), the event is free of charge and complimentary copies of her book, *The Wahls Protocol: How I beat Progressive MS using Paleo principles and functional medicine*, will be given out while supplies last.

A clinical professor of medicine at the University of Iowa Carver College of Medicine and staff physician at the Iowa City Veterans Affairs Hospital, Terry became concerned for her health in 2000 when early MS symptoms surfaced. By 2003, her health had declined dramatically; despite using the latest MS drugs, including Tysabri, she continued to deteriorate.

Ultimately, the once-active Dr. Wahls became reliant on a reclining wheelchair with head support for her day-to-day life. The future was bleak and it was time to look for alternatives.

“As a physician, I had some knowledge about what vitamins and minerals the brain and nervous system need to function optimally,” said Terry Wahls, M.D. “But even in medical school, the focus is heavily weighted towards reactively treating illness rather than proactively taking care of our health. So I began intensive research into which foods could heal my body. I found that not only MS, but many autoimmune diseases, can be effectively managed through proper nutrition.”

In the summer of 2007, Dr. Wahls was unable to sit up in a regular chair more than 10 minutes at a time due to severe fatigue. At that time she began using the dietary and lifestyle protocol she'd researched and designed. Three months later, the MS-related fatigue was gone, and at six months she could walk easily throughout the hospital unaided. At 12 months, she completed an 18-mile bicycle tour with her family.

Featured in a 2011 [TEDx Talk](#), Dr. Wahls' message about the healing power of her dietary protocol has been viewed over 1.8 million times. In addition, she is conducting clinical trials testing her diet and lifestyle protocol in others with progressive MS. At the event, Dr. Wahls will review her story, protocol and the preliminary study results.

The Alberta Connection

Southern Alberta has much higher rates for MS when compared to the rest of Canada. The inflammatory autoimmune disease is characterized by extensive nerve damage after the protective covering of nerve cells in the brain and spinal cord are attacked by one's own immune system. The damage results in a wide range of physical and cognitive impairments that can become permanent over time.

DIRECT-MS is a Calgary-based non-profit dedicated to funding scientific research, including properly testing the effectiveness of dietary strategies, for slowing MS progression and restoring function. The organization has brought Dr. Wahls to Alberta to share her message.

“Over nineteen years ago my son received the devastating diagnosis of MS,” said DIRECT-MS founder, Dr. Ashton Embry. “As a research scientist, I plunged into the literature and discovered abundant scientific evidence that various nutritional factors play a role in the onset and progression of the disease.”



Facts on MS in Alberta

(Source Alberta Health: <http://www.health.alberta.ca/documents/The-Way-Forward-MS-Partnership.pdf>)

- Rates of MS are high in Canada, particularly in the Prairie Provinces and Nova Scotia;
- Alberta has one of the highest MS rates in the world – about 340 out of every 100,000 Albertans are diagnosed with MS (compared to about 240 out of every 100,000 Canadians);
- Calgary/southern Alberta rates are the highest in the province (see page 3 of link above for geographic distribution);
- MS is significantly more common in women – 2.5 times more likely – than in men.

EVENT DETAILS

- Date/Time:** Monday, September 15 at 7:30 p.m. (doors open at 6:45 p.m.)
- Place:** Red & White Club (north end of McMahon Stadium)
- Cost:** No cost to attend; Free parking
- Other:** RSVP not required; Seating limited
- Media:** Dr. Wahls will be available for media interviews from **6:00 to 7:00 p.m.**

Dr. Terry Wahls – Bio and photos

Dr. Terry Wahls is a clinical professor of medicine at the University of Iowa where she teaches internal medicine residents, sees patients in a traumatic brain injury clinic and conducts clinical trials. She is also a patient with secondary progressive multiple sclerosis, which confined her to a tilt-recline wheelchair for four years. Dr. Wahls restored her health and now pedals her bike five miles to work each day. She is the author of *[The Wahls Protocol: How I Beat Progressive MS Using Paleo Principles and Functional Medicine](#)* and teaches the public and medical community about the healing power of intensive nutrition.

Dr. Wahls is conducting clinical trials testing the effect of nutrition and lifestyle interventions to treat MS. She is also committed to teaching the public and medical community about the healing power of the Paleo diet and therapeutic lifestyle changes to restore health and vitality. Learn about her research [here](#).

Follow Dr. Wahls on: [Facebook](#) and [Twitter](#) (@TerryWahls) or check out her [website](#).

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