

Additions

Article

1. **Wahls TL.** The Seventy Percent Solution. *J Gen Intern Med.* 2011 Oct;26(10):1215-6
doi: 10.1007/s11606-010-1631-3.

Bisht B, Darling WG, Grossmann RE, Shivapour ET, Lutgendorf SK, Snetselaar LG, Hall MJ, Zimmerman MB, **Wahls TL:** "A multimodal intervention for patients with secondary progressive multiple sclerosis: feasibility and effect on fatigue" *Altern Complement Med.* 2014 Jan 29. [Epub ahead of print]

Book not sure on the formatting

Wahls TL, Adamson E, *The Wahls Protocol How I Beat Progressive MS Using Paleo Principles and Functional Medicine*, Avery (an imprint of Penguin), ISBN 13: 978-1583335215

Add the ISBN 13 978-0982175088 to *Minding My Mitochondria* 2nd Edition

Oral presentations

1. **Wahls TL:** The Safety and Feasibility of The Wahls Diet™, A Modified Paleo Diet, to Treat Secondary Progressive Multiple Sclerosis, 3rd Annual Ancestral Health Symposium, Ancestral Health Society, Atlanta, Georgia, August 15, 2013
2. **Wahls TL:** Minding My Mitochondria: Recovering Your Brain Using Food, 21st Annual Meeting, Brain Injury Association of Iowa, West Des Moines, Iowa, March 8, 2013
3. **Wahls TL:** Food And Brain Health: Department Of Family Medicine, University of Iowa, Iowa City, Iowa, March 1, 2013
4. **Wahls TL:** Minding My Mitochondria, 2nd Annual Ancestral Health Symposium, Harvard, Cambridge, Mass., August 9, 2012.

5. **Wahls TL:** Up From The Chair - Using Intensive Nutrition to Support the Brain, Functional Nutrition, Institute for Functional Medicine, Hollywood, Florida. December 10, 2010.

Invited lectures

1. **Wahls TL:** A Combined Intervention For Persons With Progressive MS, A Safety And Feasibility Study, Research Seminar, Department of Physical Therapy, College of Medicine Health, University of Iowa, Iowa City, Iowa, April 26, 2013
2. **Wahls TL:** Minding My Mitochondria: Restoring Your Brain And Body Using Food, Paleo (f)X, Austin, Texas, March 28, 2013
3. **Wahls TL:** Minding My Mitochondria: Recovering Your Brain Using Food, 21st Annual Meeting, Brain Injury Association of Iowa, West Des Moines, Iowa, March 8, 2013

INVITED LECTURES

Not sure where this should go since it was an international lecture

Food and Brain Health: CLSA, Hong Kong, China, September 26, 2013

These are a mix of

Safety and Feasibility of the Wahls Diet™, a Modified Paleo Diet, to Treat Secondary Progressive Multiple Sclerosis (SPMS), 3rd Annual Ancestral Health Symposium, Atlanta, Georgia, August 16, 2013

Food And Brain Health: UI Main Library, University of Iowa, Iowa City, Iowa, September 11, 2013

A Combined Intervention For Persons With Progressive MS, A Safety And Feasibility Study, Research Seminar, College of Public Health, University of Iowa, Iowa City, Iowa, February 21, 2013

Food And Brain Health: Department Of Family Medicine, University of Iowa, Iowa City, Iowa, March 1, 2013

A Combined Intervention For Persons With Progressive MS, A Safety And Feasibility Study, Nutrition Epidemiology, College of Public Health, University of Iowa, Iowa City, Iowa, February 28, 2013

A Combined Intervention For Persons With Progressive MS, A Safety And Feasibility Study,
Research Seminar, Department of Physical Therapy, College of Medicine Health, University of
Iowa, Iowa City, Iowa, April 26, 2013

Grants awarded

Progress on a Therapeutic Garment

GAP award, Wahls PI

Amount \$70,000

Paleo Diet and Progressive MS

Direct MS Charity, Wahls PI 4/2013-2014

Amount \$74,900

College of Medicine Summer Research Fellowship 5/ 2013

Two students (Wahls PI)

\$5000