

Terry Wahls 2013

### Short BIO

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 a chronic progressive neurological disorder, secondary progressive multiple sclerosis, which confined her to a tilt-recline wheelchair for four years. But thanks to the power of the Wahls Protocol™, which is based on functional medicine and the Paleo diet, Dr. Wahls restored her health and now pedals her bike five miles to work each day. She is the author of *Minding My Mitochondria: How I Overcame Secondary Progressive Multiple Sclerosis and Got Out of My Wheelchair* and teaches the public and medical community about the healing power of intensive nutrition.

### BIO Long

Dr. Terry Wahls is a board certified internal medicine physician and 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 a chronic progressive neurological disorder, secondary progressive multiple sclerosis, which confined her to a tilt-recline wheelchair for four years. Dr. Wahls did not give up. Instead she began reading the medical literature night after night, looking for her own answers about what drove disability in the setting of MS. She created new theories, which she then tested upon herself with results that stunned her family, her physician and herself for she got up, out of the wheelchair. She is now able to bicycle 18 miles.

Grateful to have her life back, Dr. Wahls has been committed teaching both the medical community and the lay public about the power of the Wahls Protocol™, to restore health and vitality. She has founded The Wahls Foundation to support education and research about the impact of the Wahls Protocol™, on multiple sclerosis and other chronic disease. She is also the lead scientist for a funded clinical trial testing the effectiveness of the interventions she used so successfully on herself in others with secondary progressive MS.

Favorable preliminary results were presented at the international 2011 Neuroscience conference in Washington D.C.

Dr. Wahls lectures nationally and internationally and has authored the book, *Minding My Mitochondria: How I Overcame Secondary Progressive Multiple Sclerosis and Got Out of My Wheelchair*.

Dr. Wahls earned a B.F.A. summa cum laude, in Studio Art from Drake University in Des Moines, Iowa and a Medical Doctorate from the University of Iowa in Iowa..

Dr. Terry Wahls links micronutrient starvation to the epidemics of chronic disease that are overtaking modern society. She explains the key roles mitochondria play in maintaining a healthy brain and body. Americans are eating so poorly, something we all know to be true, that the majority of Americans are missing key building blocks that are needed for brain cells to be healthy. The result is an epidemic of depression, aggression, multiple sclerosis and early dementia. She then teaches you how to eat for healthy mitochondria, a healthy brain and a healthy body in language that is clear and concise, even for those without a science background. In this book, Dr. Wahls explains basic brain biology in simple terms. She tells us what vitamins, mineral and essential fat building blocks are needed by the mitochondria and other key structures in the brain. Then she explains what foods are good sources for those key nutrients. Over a hundred recipes are provided to help get you started on this new way of eating. A portion of the proceeds from the sale of this book will be used to fund research into the benefits of these interventions in others.