

The Wahls Protocol® Seminar

The Virtual Experience

Wahls Seminar Family Meetings:

Weekly education and check-ins with Dr. Wahls and Seminar Guests

Sunday 1:00pm-3:30pm CST until July 12, 2020

Wednesday 6:00pm-7:00pm CST until July 15, 2020

April 2020 Call Schedule:

*tentative topic schedule, topics are subject to change.

April 5	Integrative and Functional Medicine approaches to COVID-19. This is a review of the integrative and functional medicine recommendations to prevent and treat COVID-19. I provided references, and recommendations for specific actions that you begin right now to protect yourself and your family. I answered questions that were submitted ahead of time and live during the presentation. I will train individuals on the first stress reducing practice, which we will practice and I will suggest "homework" to enhance your stress management.
April 8	Group Support Call: I will review your progress with the skills homework assignment and answer outstanding questions.
April 12	What about Disease Modifying Treatments in The COVID-19 Pandemic: Terry Wahls, MD; Ken Sharlin, MD; Mahesh Paulus RNCP; 2.5 hours I will update the COVID-19 integrative treatment and dietary guidelines that are being developed by the IFM Covid-19 work group, and then will bring on two multiple sclerosis clinicians to discuss the use of Disease Modifying treatments in the setting of multiple sclerosis / systemic autoimmune conditions in the setting of COVID-19. DMTs increase the risk of infections, cancers and other side effects that are potential serious. Many patients want guidance on how to evaluate the risk and benefits of DM Ts now that we are facing the risk of COVID-19. Here is your opportunity to ask a university multiple sclerosis expert and a neurologist with functional medicine certification how they are addressing this issue. The skills and homework assignment will related to understanding the dietary and supplement suggestions for prevention, and what is likely safe if you develop symptoms.