

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; Mishelle Paullus ARNP; 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 infection, cancers and other side effects that are potential serious. Many patients want guidance on how to evaluate the risk and benefits of DMTs 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.

April 15	Group Support Call: I will review your progress with the skills homework assignment and answer outstanding questions
April 19	COVID-19 Functional Medicine/ Integrative Clinician Perspectives; Terry Wahls, MD; Elisa Song, MD; Tom Moorcroft, DO; I will interview physicians, Elisa Song, an integrative pediatrician in San Francisco and Tom Moorcroft, a functional medicine physician with infections disease expertise who are dealing with the COVID-19 crises in their communities and have expertise in functional and integrative medical approaches to infection. We will focus on COVID-19 and the strategies that they are using with their families, their practices, and within their communities. And we will be taking your questions live. The skills and homework assignment will related to identifying self-care strategies that you can further enhance.
April 22	Group Support Call: I will review your progress with the skills homework assignment and answer outstanding questions
April 27	Creating Emotional Resilience, The Science of Behavior Change: In Creating Emotional Resilience I will review why increasing resilience improves immune function, enhances mood and quality of life. We will practice skills to assist you in identifying your inner strengths and resolve. In the Science of Behavior Change we will review the 15-step process I used in my clinical practice at the veteran affairs clinic, my private clinic and in our clinical trials. You will be able to identify specific steps to facilitate success with adding new desirable health- promoting behaviors and reducing undesirable disease promoting behaviors. Your questions will be addressed live. Skill development and homework assignments will related to growing your emotional resilience and understanding your why.
April 29	Group Support Call: I will review your progress with the skills homework assignment and answer outstanding questions