

# Health Behaviors

Longitudinal Study of Clinically Isolated Syndrome  
and Relapsing Remitting Multiple Sclerosis



**Y**ou are invited to participate in a research study to compare a diet and therapeutic lifestyle to the usual care of newly diagnosed individuals. We will use videos to teach you how to use a therapeutic diet and lifestyle. There will be monthly support group calls to discuss questions and provide tools, additional resources, and strategies under the direction of the study team and dietitian. The videos will include details explaining the study diet, based on the Wahls Paleo™ Diet, a stress reduction breathing pattern, guidance for exercise and body strengthening. The Wahls Paleo™ Diet excludes all gluten, dairy, and eggs. It is our hypothesis that adopting a therapeutic diet and lifestyle will be the usual care for controlling disease activity.

The study will be conducted by the research team at the University of Iowa Hospitals and Clinics over one year.

If you're interested in taking our screening survey, please visit  
<https://redcap.iowa.uiowa.edu/redcap/surveys/?r=AJ44CNQWDTYH>

If you have questions, please contact us at  
MSDietStudy@health-care.uiowa.edu or 319-364-5002

Thank you for your interest!

## WHAT YOU'LL BE ASKED TO DO

- Follow the Wahls Paleo™ Diet for 12 months
- Complete daily 1-2 minute food logs
- Complete online surveys
- Watch videos to learn therapeutic diet and lifestyle
- Report changes in health and medications for the duration of the study
- Eat more vegetables
- Prepare home-cooked meals
- Take recommended study supplements
- One minute daily stress reduction
- Breathing exercises
- Ten minutes of walking daily
- Tell the study team when you go to a doctor's appointment

## ELIGIBILITY CRITERIA

- Diagnosis of Clinically Isolate Syndrome (CIS) or Relapsing Remitting Multiple Sclerosis (RRMS) within 12 months of first visit
- 18-55 years old
- Reside in lower 48 states of the U.S.
- Adopt a study diet eliminating gluten, dairy and eggs
- Begin a brief daily exercise routine and reduction routine
- Offered and declined disease-modifying drug treatment (DMARD) (not including Prednisone or Solamendol)
- A Smart phone to download a free app
- Not taking insulin or Coumadin
- Share medical records for duration of study