Access The Tools To Help You Adapt The Wahls Protocol Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to the Wahls Protocol

Let's talk about the tools that you could use to support you as you work to adopt the Wahls protocol and to work to improve the health of your brain, your spinal cord and your nerves.

I'm Dr. Terry Wahls, your host for the MS. Neuroimmune Summit. And let me be clear that the Wahls protocol is really much more than a diet. And we've had a number of clinical trials that used the elements that I used as part of my healing journey.

And that was a diet designed for my mitochondria, for my brain, my spinal cord, my nerves I. And that really stresses nine cups of vegetables, three cups of greens, three cups of color, three cups of sulfur rich that is cabbage, onion, mushroom, family, vegetables.

And for all of you who are in the metric system, think of three cups as a dinner plate covered entirely.

Core Diet and Lifestyle Elements

You measure that rather than if you cook it. It'll shrink by about half. And then if you're a meat eater, grass fed meats, grass, fish meats, fish organ meats, if you're a vegetarian, then that is a gluten free grain and a legume.

We have targeted supplements. We teach people stretching and strengthening exercises. We teach them meditation. And we also taught them how to use electrical stimulation of muscles.

And we have done this study in others with secondary and primary progressive multiple sclerosis showing that, yes, they could implement these concepts and that it was well tolerated and that we had a remarkable reduction in fatigue improvement in quality of life, improvement in verbal reasoning, non-verbal reasoning, working memory.

And that half had significant improvement in walking. And that's what those meals look like. Those are some pork chops. Pardon me? Those are lamb chops, actually.

Coach greens, brussel sprouts, lots of big salads. And that is an elderberry smoothie. And we had to do an analysis of someone following this diet to show that it was safe.

And we have that for you there. The blue bar is the study diet, basically the walls diet, the maroon is the standard American diet, as measured by the nutritional NHANES data that the US gathers every few years.

Clinical Trial Results and Outcomes

So we were given permission to do the study and I have written a number of books that outline the program. Minimum Mitochondria, the very first book that told my story, the supplements, a lot of recipes and what I was doing.

My next book, The Walls Protocol, which I've since revised and expanded that outlines the diet, how I grow, the internal motivation, the supplements, the stress, reducing practices, the exercise.

It's really the comprehensive program and then the cookbook that helps you get started on the recipes using foods that are were available in rural Iowa, in small town grocery stores, and assuming that people were fatigued when they were doing the cooking.

These are fabulous resources. And in the gifts to you, we have a chapter from mind you and Mitochondria, a chapter from Wolves Protocol, the introduction and a bunch of recipes from the Walls Protocol, Cooking for Life.

Books and Learning Resources

And we have created the Walls Diet App that can help you further manage your your symptoms. This is it really makes following the diet very easy. It's a great tool for anyone with M. S.

and Nermeen symptoms. You can have more energy, less brain fog, less pain. And really, these recipes are to help you feed your cells, the nutrients that they need to thrive.

Your select from hundreds of chef created nutrient rich, really excellent recipes that I'm giving them feedback on, telling them what recipes I'd like them to develop.

We have new recipes that are added every week. You have a thorough nutritional analysis. You get to know the profile of each dish and you can have a calendar feature to plan your meals on a daily or weekly basis.

And again, you get feedback on the goals that you're heading to eat. All of the key elements that I've identified as key for your healing. So just a glance, you know, are you on target or not?

Wahls Diet App Features

You can create a shopping list based on those meals and you get to have step by step cooking instructions as you can save all your favorite recipes so you can easily find them.

And we have a little more information, some great recipes that I love, and you have a chance to download the app and use code. Ms.. Summit Two weeks of a free trial of the app.

I'm hoping all of you will download this wonderful app and try it out. You can get it on the Google Play Store and the Apple store and there is a PDF gift again with some recipes in these links for you.

Now we also created the Walls Protocol Mobile Program. It helps you identify health goals and there are health goals that you can specify whether it is reducing autoimmune symptoms and you can identify that maybe it has to do with improving brain clarity, or your goal is to have healthy aging, reducing pain, limit health challenges.

And we have health metrics that will matter to you such as your fatigue, mental clarity, constipation, balance, pain, and you can prioritize which actions are going to take.

Because in my book there are literally 112 different actions that you can take, and I've helped determine what is the impact of these various actions.

So we can help you select what are the things that are easiest for you to do to be successful, and what will have the most impact for the health goals that you've identified?

You can explore, you can watch videos that I've created, you can read a little longer, segments that we've created, and you can decide which actions you want to take.

Now, mind you, we'll give you prompts to pick little goals, little actions so you can have success again.

Wahls Protocol Mobile Program

You can customize your daily routine and plan and track what is the action that you're going to work on. For example, maybe you want to work on eating a few more leafy greens.

You can you get these lovely visual prompts that tell you where you're at on the goals that you have meditated or goals that you have identified. And it may suggest that you're already at some of these goals that you have said were important to you.

And it may tell you where there's opportunity for improvement, and we'll suggest that you focus there if you are ready. And if you're doing really, really well, we may suggest that you increase the challenge or look at another habit, or we may recognize that you are struggling and that you should have a lower goal.

So you could be so decreased the level of challenge. So it's easier to be successful. Or perhaps you need to remove that habit for now because it's you're not ready to take on that task.

We have an opportunity to connect you with peers and coaches. Now, this coach is not a health coach. There's simply encouraging you on the success that you are achieving in the hand out for you.

We have a link to the mobile trailer that is really fabulous. I think you'll enjoy it a great deal. I encourage you when you look at the PDF on the tools that you will take time because just 2 to 3 minute trailer.

So get the map at master health it's it will support the walls protocol you got a plan built just for you. It is the United States and Canada and you will find this at Master health that care forward slash basically Dr.

W d rw and with the code you'll get all access, no restrictions.

Additional Tools and Closing

Now again, we've created all these wonderful tools for you to help you be more successful with improving your diet and your self-care routine. We have created books by my mitochondria, The Walls Protocol, the Walls Protocol, Cooking for Life, the cookbooks we have, and you have the free chapter or introduction or some recipes from those books.

There in the gifts for sure, and download them and I encourage you to pick those books up in the walls. Protocol has multiple translations, so look for it in your native language.

And if it's not in your native language, asks some of the health and wellness publishers in your native language to reach out to my team so we can facilitate their talking to my publisher to buy foreign rights.

And I encourage you to get and download the app for the Walls Diet and the Walls Protocol Mobile Program. Let us help support you as you work to improve your diet and your self-care routine and make further progress on your healing journey.

Now let's get on with all these great interviews that we have for you.