Access The Tools To Help You Adopt The Wahls Protocol Transcript

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Introduction to Sustaining the Wahls Protocol

Welcome to another Day of the MS and Neuroimmune Summit. Again, I'm Dr. Terry Wahls, your host. And I want to talk to you about the tools, support, adapting and sustaining The Wahls Protocol.

Now, I want to acknowledge that changing dietary patterns is hard for many of us. and we know that the standard American diet and the standard Western diet increases the risk of obesity, high blood pressure, diabetes, heart disease.

And I think we could also, add autoimmunity, neurologic problems, mental health problems. And we know from the World Health Organization that only 25% of patients begin a diet or exercise change that's been recommended by their physician.

And only 10%, well, of that, 25% will sustain the diet change longer than a year. And only 10% will sustain an exercise program longer than a year. It's hard because our brains are wired for pleasure.

We value immediate more than future fear of loss. it's more important to us than the current benefit. And our habits are automatic.

Why Diet and Lifestyle Change Is Hard

We crave salt, sugar, fat, sex, pleasure, comfort and inactivity. And food addiction is real. big food has created, very tasty and addicting products.

withdrawal symptoms often occur. and so the question is, how do we sustain improving our diet, exercise and other lifestyle, patterns that are just an integral part of the world's protocol?

and so the traditional behavior change models that are taught to us in medical school, there's a pre contemplation, a contemplation of I'm getting ready.

I'm thinking about change. I'm preparing for change. Then I take action. And then the next is. Can I sustain it? maintenance programs and relapse is common.

so I've created, the Wahls Behavior Change Model. We've published research on this. There are 15 steps. it's at the big level that we have inspiration.

we help people grow, their internal motivation. We address facilitators and barriers. And we have extraordinary success in our clinical trials, in our clinical practice, and in our various programs utilizing the Wahls behavior change model to help people be more successful with making the changes that they want to make.

and again, drugs don't, create health. They can't root, get at the root cause of why cellular dysfunction is happening. Although there are drugs, there are very effective for reducing relapses in Treme.

slowing, progression of various autoimmune diseases. So they slow progression, but they can't restore, an address the root causes of cellular health.

The Wahls Behavior Change Model

And to do that we have to do the environmental, factors again are drugs and supplements. do not provide what our DNA expects. We have to address the environment.

and a big part of that is diet and lifestyle. And remember, less than 25% of patients will, adopt diet and exercise recommendations, and less than 10% can continue that after 12 months.

So we need more support. and most health professionals that you're seeing have zero training in behavior change. again, that model is pre contemplation contemplation preparing for action.

Action sustaining action. They really need the Wahls Behavior Change Model. And a lot more support is needed for the health professionals and for the patients.

so I've created more tools to support you. And if you're a practitioner, we have more tools to support you. We have a bunch of free resources. patients need access to the internet.

so, of course, there are books that people can access in the library. we have some online courses, and I'll tell you about that. And if that is not sufficient, then see a trained clinician to help personalize your program.

So first sign up and read my newsletters. TerryWahls.com/email/. So you can see the, weekly research updates, inspirational, articles that I have. Follow me on social media.

on X and Facebook @TerryWahls, on Instagram @DrTerryWahls. so you get to see what I'm doing. they're fun, informative. and you just need to have access to the internet, to enjoy these.

Tools, Free Resources, and Books

And then think about my books. this is my first book I published in 2010. and it was the protocol I used for my recovery. It's available in large print.

It's in Europe. It's also in Kindle here in the United States. And, we gave you the first chapter as a free gift. Then my second book in 2014 was The Wahls Protocol.

it's a comprehensive, really functional medicine approach. towards treating, autoimmune and neurologic conditions. it's diet, exercise supplements. It's much more than just a diet.

there are a lot of recovery stories to be very inspiring. And we have many people who get the book, read it with their friends and family. and are very successful in transforming their lives.

We have multiple translations. I'll show that to you in just a moment. And if it's not in your language, please have a publisher in your language who publishes health and wellness books.

Reach out to us at customerservice@terrywahls.com and we can get them in, contact with our publisher. Then my third book is, Wahls Protocol Cooking for Life.

it's a template for recipes. It covers all three levels and also explains how to, use the Wahls elimination diet as well. So get, the Wahls diet, Wahls, paleo Wahls, paleo plus.

So it's a ketogenic diet. and how to, utilize the elimination diet? we talk about, holidays. how to get your family on board and how to have a template.

as you think about adopting, The Wahls Protocol. And this is really very affordable. I'm conscious of, time, and conscious that using everyday, accessible ingredients for you.

And again, we have the introduction and sample recipes as a gift. As a gift. So be sure and download that to get you started. And then I revised and updated The Wahls Protocol.

So you if you have the original hardback. I really encourage you to get the revised expanded version for 30% new material. I've updated the research. we have a bigger, discussion.

dietary approaches. I get multiple translations. and we have the introduction. First chapter, gift, from the revised, edition. it's been translated into Chinese, Croatian, Czech.

we have the English version. French, German, Italian, Korean, Polish, Romanian, Russian, Spanish, Turkish and Ukrainian. Again, if your language is not, in this, reach out to us at customerservice@terrywahls.com, with a publisher who is interested.

And Cooking for Life has been translated also into Spanish and Turkish. And we have an online course, the Autoimmune Intervention Mastery Course.

Online Courses and the AIM Program

there are five modules. The first modules about the inner game. That is the importance of, How to grow your internal motivation and set you up for success.

number two is your Nutritional Intervention Plan. So this is all about, the food, and what we can do to improve our nutrition. number three is your Physical Intervention Plan, what we can do to improve our, movement.

number four is the Supplemental Intervention Plan. So this is about supplements, but also the additional non-food non physical types of interventions that are very supportive.

And there are multiple lessons with that are short, bite sized. In each module there are bonus lessons that you can take or pass. and we also have my two five Committing to a Life of Connection and Happiness.

This is about how to connect, with, your support. And this is a proven pathway to improved health and healing. Now, there are a number of online courses, but, let me, talk to you.

Taking this course can help you have a renewed sense of hope, have a greater understanding of the environmental factors that contributed to your health decline.

Help you identify which factors are most relevant as contributing to your illness. so you can know where to focus your efforts and be better equipped with more skills and resources to adopt and sustain diet and lifestyle choices that matter to you and your family, and have a better understanding of which supplements are helpful.

And what are some of the other supplemental interventions beyond diet, beyond exercise, that can also be helpful? And we there are a few courses that have, have any peer reviewed scientific research about, you know, just how effective their, so, I do I conduct clinical research, and we did this evaluation of a web based course on quality of life and fatigue.

And the course that we used is the Autoimmune Intervention Mastery course that I just described. That was the commercially available online course. the URLs Terrywahls.com/aim/.

There was a conflict of interest management plan in place with the university. Again the same five modules, multiple lessons that is commercially available.

People went through the course again. They get it's web based. No support from the research team. We had 100 folks in. We followed them 24 weeks. It's, something called the Weight Loss Control.

So you were randomized to either get immediate access or delayed access. And at 12 weeks, the control group then begins, the AIM program. And we compared the intervention group to the control group.

And we saw a significant improvement in quality of life in the physical health, quality of life. And that's clinically significant. about a 5.43 difference.

the p value is 0.003.

Research Results and Practitioner Training

and so it's also statistically significant. And there's a significant reduction in fatigue. The modified fatigue impact scale reduced, 5.06. The clinically significant reduction is, four.

And the fatigue severity scale score reduced 0.68. And the clinically significant difference is 0.45. So statistically significant improvement in quality of life production fatigue.

Those both clinically significant for both quality of life and property reduction. So going through the AIM Course improved quality of life and fatigue.

There is no intervention from the state team other than getting people have access to the course. And if, and we have a variety of courses that, we announce, through our newsletter, webinar talking about the course, so, yes, we have more than just the AIM Course.

And we also have a training program for health professionals. we teach the Wahls Behavior Change Model and all. the latest research on the, diet and lifestyle, environmental factors that are important for managing a autoimmune condition.

so if you have a health related certificate or health related license, you can Become a certified practitioner. be a Wahls Protocol Health Professional Certificate.

And we have a discount code for reduced application fee. go terrywahls.com/certification/. And that discount code is VIP. So everyone's journey is unique.

I encourage you to be sure that you've download the free gifts that are part of the Summit. Select the tools that are right for you. you know, get the free tools.

think about AIM, and begin and remember, there are trained clinicians available around the world, and you can search terrywahls.com/healthprofessionaldirectory/.

if you just go to my website TerryWahls.com. look across the top you'll see a link that says, search for a trained, practitioner and give you a little bit of, perspective.

Personal Reflection and Closing Encouragement

this is me, on our family farm as we were planting a hardwood forest, in what, that's the first year of our trees coming up. In 20 years later, things have evolved.

and we never planted the jack in the pulpits, but they came because we changed the ecosystem. And the forest is now, you know, quite tall trees are, flourishing.

The understory is changing and evolving as the trees grow up. And what we have here is comparison of the corn that is chemically dependent. roundup dependent.

And you see our forest in the background there. Do not underestimate the power of your daily choice. it's just so, so powerful. Please, begin making changes at a pace that you can manage.

Get the tools that are right for you. and certainly encourage you to pick up the newest, revised copy of The Wahls Protocol. if you haven't gotten an already pick up, cooking for life and consider, sign up for the, AIM Course, we've had wonderful success with that.