How I Developed The Wahls Protocol® And Why It Matters To You Transcript

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Introduction to the Wahls Protocol

Welcome to Day 2 of The MS and Neuroimmune Summit. Now, let me explain how I developed The Wahls Protocol and how it may help support you in your healing journey.

I had spent years implementing the paleo diet. I added supplements, but they were not enough to recover me.

Adding Nutrient-Dense Vegetables and Protein

It's when I redesigned the paleo diet to match the nutrients that I needed for my brain and my mitochondria, and you can begin to target green leafy vegetables, more salads, spinach, kale, collards, more deeply colored vegetables and berries, carrots, beets.

peppers, in more sulfur rich vegetables in the cabbage, onion and mushroom family. the target is, 6 to 9 cups of, vegetables, measured raw, and you could have, them cooked or steamed.

and be sure that you have sufficient protein, you know, at the first level. You can do this as a vegetarian or vegan, if that's important to you spiritually.

Foods to Reduce and Eliminate

If you're open to eating meat, meat has a complete protein, and is therefore preferable. Now, the things to remove, reduce and preferably eliminate added sugars.

reduce the processed foods, made with flour based products. pastries, desserts, etc.. And then, eliminate gluten containing grains, because they can be inflammatory.

That's wheat, rye, barley in many ancient grains. eliminate dairy because that can be inflammatory for many people. and eliminate eggs. The third most common, inflammatory food.

And again, you're going to learn more, tools and strategies that you can implement in terms of how you can further amplify the diet with intermittent fasting.

you could further amplify.

Diet Variations and Companion Resources

we have ketogenic versions of the diet in elimination. that versions, I've given you, a free gift, the first chapter of the world's protocol and the first chapter of the, cooking for life, the companion cookbook, and some of our favorite recipes.

I encourage you to pick up the revised edition of my book, because I go into much more details on the, diet plans on the walls, paleo diet, the ketogenic diet, in the elimination diet.

And we go into strategies to improve the clearance of toxins, better balance your hormones and begin your exercise rehabilitation. And, I review some of the latest, research supporting, the role of modifiable lifestyle factors.

Lifestyle Strategies and Closing Message

The key message I have for all of you is that there is much that we can do to begin, to better manage our

symptoms, to create a more healthy and healthy environment for ourselves.

Begin first with the things to add more non-starchy vegetables. And when you're ready, the things to reduce and eliminate. And of course, I encourage you to have a family conversation and make these changes as a family again.

Get ready for another wonderful day of learning all about the things that you can do to better support your healing journey.