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

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Introduction to the Wahls Protocol

Welcome to another day of the multiple sclerosis and Neuro Immune Summit. I'm Dr. Terry Wahls. I'm your host. And let's talk about how I developed the walls protocol and what the walls protocol is.

Now, as you heard my story, I descended into severe disability. And once he hit the Kline wheelchair, I went back to reading the basic science and began developing my own theories about what was driving disability.

And I saw that mitochondrial dysfunction was key. And so I created a supplement cocktail to support my mitochondria. And I could tell I felt much better as I was taking these supplements to support my mitochondria.

And we have a separate video gift that talks about supplements to support your mitochondria. I encourage you to be sure that you watch that video. Now the supplements while they were super helpful, they did not get me out of the wheelchair.

I discovered a little stimulation of muscles that was helpful.

From Mitochondrial Support to Diet Redesign

I discovered the Institute for Functional Medicine and had a longer list of supplements to support my mitochondria and I learned more strategies for my mitochondria.

Again, super, super helpful. And then I had this really big a hub, you know, should I redesign my paleo diet, which I've already been following for five years?

And it was very much like the AARP diet at the time. I but what if I redesign my diet according to the long list of supplements that I had learned from my basic science and from the Institute of Functional Medicine.

So I did that and started that new way of eating December 26th of 2007. Now, at that time, you know, I couldn't sit up more than 10 minutes. I could take just a few steps by walking with two walking sticks.

Otherwise, I was in the zero gravity chair or in bed, and that's when the magic really happened. And so that diet at first was a long list of foods that were rich in the nutrients that I knew I needed.

Core Food Principles and Vegetable Targets

But once I started teaching that I wanted to teach my patients this and I would have just 5 minutes in resident's clinic to teach these concepts, I realized they needed a simpler, rule based way to teach and convey the message so my veteran patients could remember at home, and that would eventually evolve into what I now call the Walls Protocol.

And we have a series of diets that let people transition from their current standard eating to a steadily more nutrient dense, more supportive eating plan for them.

So that is now the crux of the was diet plans. You know, tell you about level one, but I encourage you to go pick up my book and be sure that you download the first chapter from the Walls Protocol and the introduction in the recipes from Cooking for Life.

That'll get you started on the cooking. So first, do the ads add more non-starchy vegetables, particularly green leafy vegetables, more suffrage, vegetables in the cabbage, family and in family, mushroom family in more deeply pigmented vegetables and berries, beets, carrots, berries.

The greens have carotenoids, vitamin K, magnesium, calcium and other nutrients vital for your brain, for your retina, for your eyes. The sulfur, rich cabbage and onion are really great for detox, making neurotransmitters and helping your cells protect themselves from oxidative stress in the also improved blood vessel.

Health mushrooms really great for preventing or reducing the risk of cognitive decline, anxiety, depression and deeply colored. Really great again for reducing oxidative stress and they're also associated with lower risk of cancer, diabetes, obesity, heart disease and really all cause mortality.

The goal is nine cups of vegetables and berries, particularly the non-starchy ones measured raw every day. And that's pretty easy to cheese if you're tall like me, six foot tall or a man.

If you're a very pretty woman, just eat what you can according to your appetite.

Beyond Diet: Lifestyle and Self-Care

And at the first level, we can do this as a vegetarian or a vegan or as an omnivore meat eater. Now, as you progress at level two, it's more paleo. We talk about the benefits of organ meat, of sauerkraut, kimchi, of nut milk keepers and yogurts.

And then we have a ketogenic version which is higher in fat, and we have the elimination version, which also takes out nitrates. Now the things to remove are added sugars, certainly reduce the processed foods, but we also want to remove gluten containing grains, casein and egg albumin because those are unrecognized food sensitivity issues for many.

And I'm not encouraging a lot of processed gluten free products. They can be high glycemic index and they're still very, very processed. I encourage encourage you instead of getting the gluten free products, buy foods that are naturally gluten free.

Those are known as vegetables and berries and your sources of protein, if you're a vegetarian or a vegan, you need a legume and a whole grains such as black beans and rice.

Now, so whilst protocol is much more than diet, it also includes understanding your meaning, your purpose, so that you're willing to do the work. And we have another short video about the importance of what it finding in your mission.

We talk about reducing toxin exposures, eliminating tobacco use in improving the quality of your air, your water with filtration systems. We talk about exercise and strategies to improve movement, physical activity and exercise, and we talk about how to have targeted supplements to support your healing journey.

Again, this is a comprehensive program of self care that you can work with your primary care physician to monitor your blood pressure, blood sugar, ensure that things are going well and can then adjust your medications if you're on any.

Because if your cells began doing the chemistry of life more properly, you may find that your medication needs have decreased in that you can lower the doses of your meds and often you're able to eliminate medications entirely.

Closing Remarks and Next Steps

Again, there was a period of transition for me when I went from having long list of foods that I was eating to realize I needed to create some simple easily remember easy to remember guides for my patients and for the public.

So at the very least, the goal is nine cups of vegetables. If you're tall or a man, 6 to 9 if you're more petite, divided between greens, sulfur rich and the cabbage onion mushroom family in the deeply colored and pulling out gluten contain grains or casein that that's the protein, dairy and eggs.

And I have more details, more guidance for how you can do this much more successfully in the Wolves protocol. At the very least, download that chapter, it'll get you started.

And again, welcome to the Multiple Sclerosis NAMI Immune Summit. You're going to have more terrific interviews. Again, welcome. A much love to you and your family.