Inspire Your Journey With These Transformative Stories Transcript

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Introduction to patient recovery stories

Welcome to another day of the multiple sclerosis and neuro immune summit. I'm Dr. Terry Wahls, your host. And today you're going to hear from a couple of other people just like you, who've had their issues with multiple sclerosis and who became severely disabled as a result of their multiple sclerosis.

And they were seeing the best people, the best mscs efforts taking the newest drugs. They treated their disease very aggressively, but they still declined.

Now, fortunately, they discovered my work and began working with me either in person by coming to see me or through one of my online coaching programs that are much more intensive.

Pam's diagnosis and decline before treatment

What I want you to do is to listen closely to them as they tell in their own words, what it was like working with me and my team and what effect it had on their life.

So if you're feeling like things are going in the wrong direction and you're beginning to wonder, Is recovery possible? Can I get my former life back?

Listen to these individuals tell their story and have your hope renewed. Now, much love to all of you. And let's see what they say. Thanks for having me.

I was diagnosed with multiple sclerosis for five years before I found you. With the five day course, I as many people do. I went on Google and research and that's when I was first diagnosed and I had seen you on YouTube and I believe it was Instagram and I bought the book and then I decided I couldn't implement until I read the whole book.

And I didn't have time to read the book, so I kept going on with life. And fast forward to December 2020. I was not mobile without assistance, whether that be a wheelchair or a wall, a husband I couldn't go places on my own.

I'd get worn out quickly. My world spun. I was team building and quite frankly, out of desperation, I went online and started searching again. And I don't know if Instagram was reading my mind or seeing what I was searching, but your five day course came up and it was starting Monday and I told my husband, I think I'm going to do this and zero good him.

And so you're during your five day course, you are asking us about our intention.

Pam's turnaround with coaching and the Wahls protocol

And I kept thinking, I don't I don't do that. And then you explain why? Because you have to put the work in and you have to know why you're putting the work in.

So I was all in. I joined AIM. I joined the radical health upgrade and knew forever changed my life. I am mobile again and I am working still. I had taken a leave of absence. I'm back in that job.

It's high stress. So I apply many of the things that you taught us in the radical health upgrade to keep myself even in balance, because as we all know, stress does impact our health and I changed my diet.

These are all things that in theory, we all know stress makes you not well, not eating a balanced diet will make you not well. But you gave us the science behind it and broke it into Easy Digest table pieces for each of us.

And then the assistance that's coaching and your weekly calls really helped find my personal wealth and where I needed work. And for everyone who's listening here who might be thinking like, I can't recover, it's hopeless.

I'm not worth this investment. What are your what would you say to them? I would say I've been there and you don't have to suffer. And the amazing thing is, is that Dr.

Wells is the mirror that has been there. We've all experienced it, and they're compassionate and they understand. And I would encourage you to take the leap from where you what you can afford.

I would do it. I would be all end because nobody is going to take care of you like you and your family needs you, and that is caring for them.

Chris's long MS history and treatment failures

Okay. This is marvelous. One last thing. Are you walking and fully mobile now? I am. I am. I am walking. I'm working out 3 to 4 times a week with somebody and then on my own with the vibration.

Excellent. Well, thank you, Pam. This has been marvelous. I've so appreciate you and appreciate the wonderful work that you were doing. Thank you. I'm 65.

And and so 50 years ago, I had my first mass symptom at the age of 15, double vision. And I steadily continued to get exacerbations and was diagnosed with M. S.

with my first MRI in 1990. I had been on multiple medications shots and now mainly shots and infusions. And it was in November of 2019. I had my last for this infusion because I was not getting better.

I saw some information on Dr. was and I decided to make an appointment. I saw her in 2020 and I learned about diet and natural ways of treating them as exercise, relaxation, stress management.

I've been on the Wahls protocol now, following Dr.

Chris's improvements in mobility, pain, and strength

Wahls meeting with her, getting coaching, attending seminars, and for two years now and I have been able to get off of first of all, I was able to lose about £40.

I was able to get off of my high blood pressure. Medicine just made incredible changes in my body and the makeup. Let's talk about the the pain, the ulcers, the swelling in the feet.

When I came in, doctor was noticed that I had ulcers on my feet and my ankles were also swollen. And so she said that that was part of this process. And I was able to bite.

I would elevate my feet and do some breathing and relaxation. I was able to get rid of those, but that tends to come back every year in the winter. And so I've noticed that it's I think that was a problem that would have continued to get worse if I would not have made these changes.

And I don't have any problems now with the ulcers. That was painful, that made pain, walking painful. And I've been able to, like I said, get off of some medications and I have been working at restoring the muscles by using the system.

I took the class that Dr. Walz had offered with just the electrical stimulation. And I've also gotten a new fit machine to work those muscles and especially those muscles that are weakened.

My main problems are my balance is very weak as well as the strength of my left leg. And so but through this, I'm getting stronger. And I had told Dr.

Walz that my just my one desire was to be able to dance again with my husband. I've been to too many weddings where I just sat out because I didn't want to.

I just felt like I couldn't do it. And we've been to weddings as well as it's part of my exercises with no fear that we will dance about once a week for 10 minutes.

And so the exercises have been fun and restoring and I just you have just restored my hope for the future. I continue to exercise three times a week as well as I do biking and when it's nice in the summer.

And swimming as well. Correct. Yeah. Oh that's that is the best for me is the swimming because I the pool is my place where I can even forget that I have any problems with eyes because I can swim.

I don't have to worry about falling. It's been the perfect place for me. So working with me has really transformed your life.

Closing encouragement and hope for recovery

My whole family's life, my family, a lot of my family are also trying to watch what they're eating because food can make such a difference. So, Chris, what would you tell the people who are watching the summit now?

What would you tell them about working with me? I would say that Dr. Wahls has given me hope that I don't have to accept living with a decline, but that there are things that I can do that can positively impact my life.

And yes, it does take work. It takes dedication. But if I can follow this, I know that there's a future for me. Chris, this has been wonderful. Thank you so much.

We've loved working with you and it's been a great joy to have you in my practice as well. And I have appreciated you. With those stories, inspiring to know that even though they'd become quite disabled, they have stopped the decline and returned themselves to the path of healing.

Now it was work. It took some effort, but clearly they've achieved remarkable success with improving their function, improving their quality of life. And I hope that inspires all of you, that there is so much that you can do to improve your health, your vitality and your quality of life.

Again, enjoy today's interviews. Thank you very much.