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 neuroimmune 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 MS Experts 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 coaching

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 4 or 5 years before I found you with the five day course. I, as many people do. I went on Google and research and, 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, a wall, a husband. I couldn't go places on my own.

I get worn out quickly. my world spun. I was tingling, and quite frankly, out of desperation.

Pam's turnaround with the Radical Health Upgrade

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 I said, go for it.

And so you're during your five day course you are. You're asking us about our intention. And I kept thinking, oh, 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 when I joined, ehm, I joined the Radical Health upgrade and you forever changed my life.

I am mobile again. 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 health upgrade.

to keep myself even in balance. Because, as we all know, stress does impact our health. 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. You gave us the science behind it and broke it. And to easy digestible pieces for each of us.

and then the assistance, that's coaching. And your weekly calls really helped. Fine tune, 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?

Kris's long MS history and treatment journey

I would say I've been there and you don't have to suffer. the amazing thing is, as a Dr. Wahls has been there. That has been there. We've all experienced it.

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 in because nobody is going to take care of you like you and your family needs you, and that is caring for them.

Okay. this is marvelous. one last thing. are you working in 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 plate.

excellent. well, thank you, Pam, this has been, marvelous. I've so appreciate you. And I appreciate the wonderful work that you were doing. Well, thank you. I'm 65, and.

And so 50 years ago, I had my first MS symptom at the age of 15. Double vision. And, I steadily continued to get exacerbations and was diagnosed with MS with my first MRI in 1990.

had been on multiple medications, shots and yeah, mainly shots and infusions. And it was in November of 2019, I had my last October of this infusion because I was not getting better.

I, saw some information on doctor walls, and I decided to make an appointment, saw her in 2020, and I learned about diet and natural ways of treating MS Exercise, relaxation, stress management.

Kris's improvements with diet, exercise, and coaching

I've been on the Wahls protocol now, following Dr. Wahls, meeting with her, getting coaching, attending seminars. And for two years now and I have been able to, get off of I first of all, I was able to lose about 40 pounds.

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

When I came in, Dr. Wahls 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 buy 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 East. And I took the class that Dr. Wahls 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 in my left leg.

And so, but through this, I'm getting stronger. And, I had told doctor, was 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 faith that we will dance about once a week for ten minutes. And, so the exercises have been fun and restoring and, yeah, 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 MS 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 how what they're eating, because food can make such a difference. So, Kris, 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 have 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 hope for me. Kris, 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 appreciate it. You want those stories inspiring to know that even though they become quite disabled, they have stopped the decline and return themselves to the path of healing.

Now, it was work. it took some effort, but it clearly they've achieved remarkable success with improving their function, improving the 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.