Participate In Wahls Lab Research Studies Transcript

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Welcome and summit introduction

Welcome to another day of the Miss and Autoimmune Summit. Again, I'm Doctor Cho was your host, so I'm just so excited that you were here. No. What I'm telling you about, research opportunities within the walls lab.

Diet and quality-of-life MS study overview

We have, just completed a recruiting for a really large study of casi, of diet and quality of life in Ms.. It's for people 100. Pardon me? Ages 18 to 70, with relapsing remitting multiple sclerosis.

We enrolled 162 people. We follow them for two years. And we're comparing three diets a ketogenic diet, a modified Paleolithic diet and usual diet. And we give the usual Dag group information about the dietary guidelines, looking at quality of life fatigue and clinical outcomes in terms of hand function, walking function, visual function, and working memory.

And we're also looking at brain volume. And a big question I'm asking is can we get to healthy aging rates of brain volume loss, which is 0.3%, or less per, per year?

Brain volume and healthy aging goals

It's very exciting. We will finish, all study activities, in the summer or fall of 2026, and we'll be cleaning the data, in probably presenting our findings in 2027.

Now I'm actively recruiting. And so everyone who's watching this video, I hope you all go to two walls.com/trials and join our patient registry.

Recruiting for the patient registry and trials

We're looking for people with M. S. and other autoimmune conditions, neurologic conditions, and also psychiatric conditions for anxiety, depression, people with chronic health problems, people in the registry.

We can then invite to observational and intervention studies. And even if you are an international person, I really want you. I'm encouraging you to register for our patient registry again at Twitter.

Walls.com/trials. And we have some in-person studies that, people need to be in Iowa for. And we also have virtual studies for people with fibromyalgia or long Covid.

So to learn more about the various studies that we have open, please go to the WW Doctor walls.com trial so you'll learn more about the studies. You have a chance to register for the patient registry and screen for the fibromyalgia and the long Covid studies.

How to learn more and closing remarks

Again, I'm so glad that you're here. You're going to have a wonderful time. This week, this is just so powerful to learn. What are the things that you can be doing that can help you better manage your symptoms and improve your quality of life?

Now, much love to you and your family.