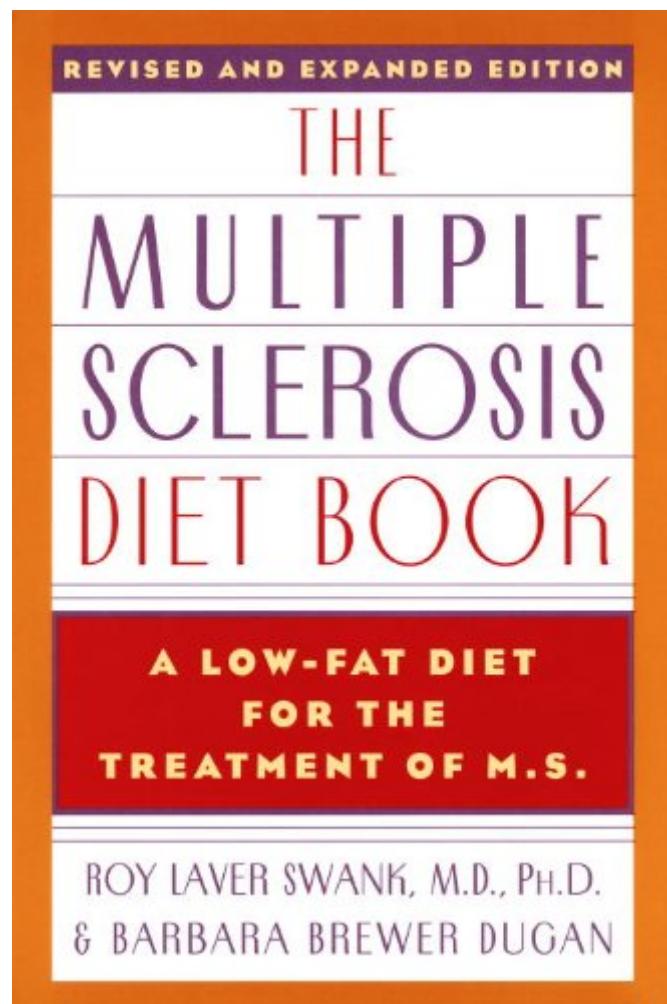


The book was found

# The Multiple Sclerosis Diet Book



## **Synopsis**

Hundreds of new recipes for dishes that taste terrific but stick to the diet rules so important for controlling M.S.--now completely revised to conform to the latest medical research. From the Hardcover edition.

## **Book Information**

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## **Customer Reviews**

I was diagnosed in 1994. At that time what is now known as the "CRAB" drugs were just beginning to be heard of and not a lot of relief was available besides steroids and other unpleasant prescriptions. I wasn't satisfied with being sent home and told to learn to live with my disease so I began to do research on what was available to treat multiple sclerosis. I came across information on Dr. Roy Swank and his clinic in Oregon. Since I was not in a position to become a patient of his, I did the next best thing. I bought his book and went to medical libraries where I obtained copies of all articles he had published. After reading every piece of research he had written as well as his book I came to the conclusion I had nothing to lose by trying his diet. After eleven years of following the diet I am pleased to report that I have had NO progression of my multiple sclerosis, no disability, and a

slender healthy figure to show for my choice. I walk between 4 and 5 miles a day, am enrolled full-time in school (for a midlife career change) and still work part time as well as run my house and fulfill my role as a wife and mother. (I had my children after my diagnosis while on his diet. Healthy pregnancies and no trouble after!) My energy levels are good and my m.s. is and remains a thing of the past as long as I continue to follow Dr. Swank's recommendations of consuming less than 20 grams of saturated fats per day (I stay below 10 most days) and consuming an amount of between 40 to 50 grams of unsaturated fats per day as well as a relatively unprocessed whole foods diet - as he recommends. My family also thrives on the diet - which they eat to be supportive of me.

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