

REVISED AND EXPANDED

# The Wahls Protocol<sup>®</sup>



A RADICAL NEW WAY  
to Treat All Chronic Autoimmune  
Conditions Using Paleo Principles

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**TERRY WAHLS, MD**

FOUNDER OF THE WAHLS RESEARCH FUND

with Eve Adamson

READ BY LAURAL MERLINGTON

# The Wahls Protocol Autoimmune Conditions

**Aimee McNew**



## **The Wahls Protocol Autoimmune Conditions:**

*The Wahls Protocol* Terry Wahls M.D., Eve Adamson, 2014-03-13 Fully expanded with new information and updated research a clear prescriptive guide about how to beat autoimmune conditions using functional medicine and nutrient rich foods from a doctor researcher and sufferer of progressive multiple sclerosis The Wahls Protocol has become a sensation transforming the lives of people with autoimmune diseases Now in this fully revised edition Dr Terry Wahls outlines the latest research that validates the program and offers new powerful tools to arm readers and help them achieve total health The Wahls Protocol comes out of Dr Wahls own quest to treat the debilitating symptoms she experiences as a sufferer of progressive MS Informed by science she began using Paleo principles as guidelines for her unique nutrient rich plan This book shares Dr Wahls astonishing personal story of recovery and details the program with up to date research she s now conducting at the University of Iowa Split into three different levels this updated edition allows readers to choose the modified Wahls Diet if they re new to the regime the Wahls Paleo Diet if they re ready to amp up their health or the more advanced Wahls Paleo Plus Diet if they need more aggressive treatment They can also incorporate the just added Wahls Elimination Diet into their plan to pinpoint individual food sensitivities so their diet is as personal as ever With new recipes and content on intermittent fasting and how the protocol impacts the microbiome The Wahls Protocol is a key addition to the whole food revolution and a deeply moving results driven testimonial to the healing power of food

**The Wahls Protocol** Terry Wahls M.D., Eve Adamson, 2014-03-13 An integrative approach to healing chronic autoimmune conditions by a doctor researcher and sufferer of progressive multiple sclerosis MS whose TEDx talk is already a web sensation Like many physicians Dr Terry Wahls focused on treating her patients ailments with drugs or surgical procedures until she was diagnosed with multiple sclerosis MS in 2000 Within three years her back and stomach muscles had weakened to the point where she needed a tilt recline wheelchair Conventional medical treatments were failing her and she feared that she would be bedridden for the rest of her life Dr Wahls began studying the latest research on autoimmune disease and brain biology and decided to get her vitamins minerals antioxidants and essential fatty acids from the food she ate rather than pills and supplements Dr Wahls adopted the nutrient rich paleo diet gradually refining and integrating it into a regimen of neuromuscular stimulation First she walked slowly then steadily and then she biked eighteen miles in a single day In November 2011 Dr Wahls shared her remarkable recovery in a TEDx talk that immediately went viral Now in *The Wahls Protocol* she shares the details of the protocol that allowed her to reverse many of her symptoms get back to her life and embark on a new mission to share the Wahls Protocol with others suffering from the ravages of multiple sclerosis and other autoimmune conditions

**The Wahls Protocol Cooking for Life** Terry Wahls M.D., Eve Adamson, 2017-04-04 The cookbook companion to the groundbreaking *The Wahls Protocol* featuring delicious nutritionally dense recipes tailored to each level of the Wahls Paleo Diet The Wahls Protocol has become a sensation transforming the lives of people who suffer

from autoimmune disorders Now in her highly anticipated follow up Dr Wahls is sharing the essential Paleo inspired recipes her readers need to reduce and often eliminate their chronic pain fatigue brain fog and other symptoms related to autoimmune problems neurological diseases and other chronic conditions even when physicians have been unable to make a specific diagnosis Packed with easy to prepare meals based on Dr Wahls s pioneering therapeutic lifestyle clinic and her clinical research in a simple format readers can customize to their own needs and preferences this cookbook features breakfasts smoothies skillet meals soups wraps salads and snacks that are inexpensive to prepare nourishing and delicious With strategies for cooking on a budget reducing food waste celebrating the holidays without compromising health and helpful tips from fellow Wahls Warriors The Wahls Protocol Cooking for Life will empower readers to make lasting changes and finally reclaim their health [The Wahls Protocol](#) Terry Wahls,2014-12-30 [The Wahls Protocol](#) Terry Wahls,2017-08-03

After progressive multiple sclerosis landed Dr Wahls in a tilt recline wheelchair she exhaustively researched autoimmune disease and brain biology and embraced the concepts of functional medicine Determined to overcome her initial dismal diagnosis she made a choice to rely on food as her medicine and begun using paleo concepts as guidelines for her unique nutrient rich plan As her broken biochemistry began to fix itself Dr Wahls soon retained full mobility and left her wheel chair behind for good Dr Wahls transformation was nothing short of miraculous and she knew these treatments could be life changing for anyone struggling with an autoimmune condition Now Dr Wahls shares her pioneering research along with three levels of nutrient rich diets that can help you reverse the debilitating symptoms of your disease The Wahls Protocol gave Dr Wahls her life back Give it the chance to restore yours **The Wahls Protocol Cooking for Life** Terry Wahls,2017-04-04 **The Autoimmune Wellness Handbook** Mickey Trescott,Angie Alt,2016-11-01

The way autoimmune disease is viewed and treated is undergoing a major change as an estimated 50 million Americans and growing suffer from these conditions For many patients the key to true wellness is in holistic treatment although they might not know how to begin their journey to total recovery The Autoimmune Wellness Handbook from Mickey Trescott and Angie Alt of Autoimmune Paleo com is a comprehensive guide to living healthfully with autoimmune disease While conventional medicine is limited to medication or even surgical fixes Trescott and Alt introduce a complementary solution that focuses on seven key steps to recovery inform collaborate nourish rest breathe move and connect Each step demystifies the process to reclaim total mind and body health With five autoimmune conditions between them Trescott and Alt have achieved astounding results using the premises laid out in the book The Autoimmune Wellness Handbook goes well beyond nutrition and provides the missing link so that you can get back to living a vibrant healthy life **101 Easy Anti-Inflammatory Recipes for Multiple Sclerosis: The Complete Diet Plan and Cookbook** Corinne Perez, Discover a culinary haven with 101 Easy Anti Inflammatory Recipes for Multiple Sclerosis This comprehensive guide empowers you with the knowledge and practical tools to manage your MS symptoms through a tailored diet plan Packed with a vast array of

delectable dishes this cookbook offers an abundance of options for every mealtime From tantalizing salads and soups to mouthwatering mains and satisfying desserts each recipe is meticulously crafted to nourish your body and reduce inflammation With clear instructions ingredient lists and nutritional information you can effortlessly create delicious and healing meals in the comfort of your own kitchen The book goes beyond mere recipes providing a comprehensive exploration of the connection between diet and MS Learn about the powerful effects of anti inflammatory foods and their role in managing symptoms Discover the importance of avoiding inflammatory triggers and how to implement a tailored diet plan that meets your unique needs Whether you re newly diagnosed or seeking to enhance your current dietary approach this cookbook is your indispensable companion Its accessible and practical advice empowers you to take control of your health and experience a better quality of life

**Beat Autoimmune** Palmer Kippola, 2019-04-30 Reverse your negative health trajectory and start the journey towards healing and resilient health with Palmer Kippola s groundbreaking plan to erase the effects of autoimmune disease An empowering and actionable guidebook that simplifies the steps back to health Highly recommended Izabella Wentz PharmD FASCP and 1 New York Times bestselling author of Hashimoto s Protocol Palmer Kippola is on a mission to make autoimmune disease history When she was diagnosed with Multiple Sclerosis at age 19 she began a journey toward healing that resulted in a complete reversal of her symptoms Now with the help of leading medical experts including renowned specialists in immunology and longevity from UCLA and Stanford medical schools as well as leading practitioners in the field of autoimmunity and functional medicine Kippola wants to help you find freedom from disease too This comprehensive book is the first to explore all six of the critical lifestyle factors that are the root causes of autoimmune conditions and the sources of regaining health Discover the foods that can trigger disease as well as healthy solutions to fit your personal nutritional profile Explore the impact of common often undiagnosed infections and ways to optimize your immunity naturally Learn how gut health is the key to recovery Gain insight on how hormone imbalances can disrupt healing and how to assess your hormone levels Eliminate environmental toxins in your home and body and learn how to live a detox lifestyle Reduce stress and build resilience Drawing on her own inspiring return to resilient health as well as the healing stories of a dozen medical doctors and practitioners plus years of research with autoimmune experts Palmer Kippola gives readers the tools to beat autoimmune disease and the hope that relief and healing are possible An excellent resource for those who want to use an integrative and functional medicine approach to support their healing journey Terry Wahls MD author of The Wahls Protocol A Radical New Way to Treat All Chronic Autoimmune Conditions Using Paleo Principles [Summary of Terry Wahls M.D. & Eve Adamson's The Wahls Protocol](#) Milkyway Media, 2022-05-03 Please note This is a companion version not the original book Book Preview 1 The disease or condition you have is already happening but there are many things you can do to slow or even reverse your symptoms Medication can t take away your autoimmune disease but your body can heal itself if you give it the tools 2 If you don t understand what your body needs to function and

heal you can't make wise decisions about what you should do to keep it going. You might decide to take someone else's advice about diet but unless you understand what your body needs you won't know what advice to take and what advice to leave. 3 Your cells need certain nutrients in order to function properly. If you aren't providing those nutrients your cells won't work as well and a malfunction at the cellular level could eventually impact any aspect of your health. 4 The majority of conditions are caused by the interaction of multiple genes which shift the efficiency of our enzymes in response to our environments. Through optimal lifestyle choices we can keep the most harmful genes in the off position and the most health-promoting genes in the on position.

**The Autoimmune Fix** Tom O'Bryan, 2016-09-20. Do you have crud in the blood? Millions of people suffer from autoimmunity whether they know it or not. The root cause of most weight gain, brain and mood problems, and fatigue, autoimmunity can take years or even decades for symptoms and a clear diagnosis to arise. Through years of research, Dr. Tom O'Bryan has discovered that autoimmunity is actually a spectrum and many people experiencing general malaise are already on it. And while autoimmune diseases such as Alzheimer's, Multiple Sclerosis, osteoporosis, diabetes, and lupus have become the third leading cause of death behind heart disease and cancer, many people affected are left in the dark. The good news is that many autoimmune conditions can be reversed through a targeted protocol designed to heal the autoimmune system, 70 percent of which is located in the gut. The Autoimmune Fix includes two comprehensive 3-week plans. In the first 3 weeks you'll follow a Paleo-inspired diet during which you cut out gluten, sweets, and dairy, the three primary culprits behind autoimmunity. Once the dietary changes have been addressed, The Autoimmune Fix focuses on the other causes of autoimmunity such as genetics, other dietary issues, and microbiome. The Autoimmune Fix provides a practical and much-needed guide to navigating these increasingly common conditions to help you feel better and develop a plan that works for you.

**The Keto Diet** Scott Gooding, 2018-01-11. A practical guide to the keto diet including recipes and inspiration to adopt a new healthy lifestyle. Following a keto diet means most of your daily calories come from fats, a few from proteins, and very few from carbohydrates. Once you make this change, you become an efficient fat-burning machine with fewer cravings and improvements in mood, alertness, and brain function. In The Keto Diet, you'll find simple explanations of the science of ketosis and the importance of real food, gut health, and reducing inflammation. You'll also receive practical advice on which fats to cook with and more than 100 nourishing recipes that will taste amazing and reap the many benefits of ketosis. Paired with this information is a 60-day keto protocol, a straightforward approach to food and health designed to make real, tangible changes in your life. The Keto Diet is not a quick fix; it's not a fad. It's the lifestyle you need to be your best inside and out. With a foreword by leading ketosis researcher Cliff Harvey, ND.

**Boundless** Ben Greenfield, 2025-04-08. What if peak performance wasn't myth but a matter of understanding proven systems and strategies? In an ideal world, you could optimize mind, body, and spirit, and now you can. Biohacker and coach Ben Greenfield reveals how to unlock boundless energy in his popular book Boundless. Since health and performance science evolve rapidly, Ben has applied his industry knowledge, self

experimentation and extensive research to create this thoroughly revised and updated edition which covers everything you need to upgrade your daily routine from sleep and cognition to fat loss immunity beauty fitness and age reversal Key Updates Include Mitochondrial Optimization Boost energy by enhancing mitochondrial density and biogenesis minimizing metabolic dysfunction Vagus Nerve Stimulation Beat stress sleep soundly and increase HRV using electricity light and sound to tune your nervous system Sleep Optimization Step by step methods to reset circadian rhythm overcome jet lag and optimize sleep naps and meditation for deep recovery Healthy Fats Navigate fats and fatty acids mitigate seed oil damage and decode menus and food labels EMF Protection Understand how EMFs affect the brain and the devices that can shield your body home and office Libido and Sexual Performance Increase pleasure decrease time between orgasms and deepen relationships Chronic Infections and Detox Get insights on stealth co infections mold mycotoxins Lyme and CIRS with safe effective management protocols Top Doctors and Clinics A curated list of the best doctors and medical teams specializing in precision and functional medicine Nootropics and Peptides New brain boosting smart drugs and peptides with instructions for managing TBIs and concussions Age Reversal Tactics Latest supplements drugs and biohacks from Ben s recent longevity experiments Sleep Disruptors Uncover a hidden sleep assassin not mentioned in the first edition and how to address it Minimalist Fat Burning Use Ben s go to moves to burn fat without hitting the gym Fat Loss Peptides Updated insights on peptides like Ozempic and GLP 1 agonists plus safe natural approaches to curb cravings Longevity Tips Strategies for extending life even without the resources of a tech billionaire Fitness and Daily Routines Revised fitness plans and daily habits to boost physical and mental performance Biohacked Home Strategies to optimize invisible variables like air light water and electricity in your home Injury Recovery Tools to heal injuries quickly and reduce chronic pain so you can enjoy the activities you love Gut Health Fix gut issues with up to date tests supplements diets detox protocols and healing strategies Diet Insights Ben s updated views on keto and carnivore diets including healthier modifications Immune System Support Recommendations for tackling diseases like cancer and viruses with Ben s detailed action plans for chronic disease treatments Self Quantification Latest labs tests and reference ranges for analyzing your body brain blood and biomarkers Oral Care Ben s cutting edge approach to dental health and its impact on overall wellness Travel and Busy Days How Ben stays healthy with minimalist travel and dietary strategies

[Paleo from A to Z](#) Darryl Edwards, 2015-09-14 A Paleo Lifestyle Encyclopaedia If you are looking for a simple way to better understand Paleo concepts Darryl s Paleo from A to Z guide is the go to resource Mark Sisson best selling author of The Primal Blueprint Looking for answers to your questions about Paleo living Look no further This Paleo encyclopaedia makes it easy to learn how to achieve better health by reducing the impact of foods and practices that didn t exist before the dawn of agriculture Written in jargon free language Paleo from A to Z lists over 500 alphabetized topics and incorporates a simple cross referencing system that links related subjects together so you can find the answers to your questions quickly and easily Not only does this handy guide provide you with the information

you need to achieve better health through nutrition and lifestyle it will also motivate you to stay on your journey to improved well being with practical tips tricks and trivia Topics covered in Paleo from A to Z include What foods to enjoy and avoid for a healthy Paleo diet Toxic chemicals to dodge in your food on your skin and in your home The role of inflammation in your body Simple tips to improve sleep reduce stress and regain vitality Whether you re new to Paleo living or you re an experienced practitioner this is your go to guide for living the healthy lifestyle that nature intended **Unexpected Jill**

Carnahan,2023-03-28 In **Unexpected** Dr Jill Carnahan shares her story of facing life altering illness fighting for her health and overcoming sickness using both science and faith so that others can learn to live their own transformative stories There are times in each of our lives when change and uncertainty threaten to disrupt everything we thought was true It may occur after a diagnosis of a life threatening illness the loss of a job the death of a loved one or another unexpected circumstance that threatens our health safety or security Written as our world is changing at an exponential rate Dr Jill Carnahan s riveting and compassionate exploration of healing through Functional Medicine introduces a new paradigm for readers where darkness and fear are replaced with hope resilience profound healing unconditional love and unexpected miracles Each chapter reveals practical advice that can be readily used for conditions like mold toxicity cancer autoimmune conditions Lyme disease and more Dr Jill s raw and honest account of her own challenges facing life threatening illness living with autoimmunity and mold toxicity trying to save a failed marriage and the harsh realities of working in a medical system that has no tolerance for stepping outside the lines reveals a new path of empowerment for taking control of our own health and wellbeing For the skeptic or the faithful **Unexpected** is a valuable guide for living an extraordinary life of love and resilience

**Summary of Terry Wahls M.D. & Eve Adamson's The Wahls Protocol** Everest Media,2022-03-21T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 The disease or condition you have is already happening but there are many things you can do to slow or even reverse your symptoms Medication can t take away your autoimmune disease but your body can heal itself if you give it the tools 2 If you don t understand what your body needs to function and heal you can t make wise decisions about what you should do to keep it going You might decide to take someone else s advice about diet but unless you understand what your body needs you won t know what advice to take and what advice to leave 3 Your cells need certain nutrients in order to function properly If you aren t providing those nutrients your cells won t work as well and a malfunction at the cellular level could eventually impact any aspect of your health 4 The majority of conditions are caused by the interaction of multiple genes which shift the efficiency of our enzymes in response to our environments Through optimal lifestyle choices we can keep the most harmful genes in the off position and the most health promoting genes in the on position The Autoimmune Brain David S. Younger,2019-11-10 There are millions of people who experience issues related to brain health depression attention issues anxiety forgetfulness fatigue and even chronic pain yet can t figure out what s causing their problems and can t find any relief They may have seen a myriad of



doctors many of whom do not take their complaints seriously or worse turn to the easy often inappropriate fix of antidepressants or anti anxiety medications Traditional medications supplements or other therapies haven't worked No matter what their age from children to teens or seniors people and their loved ones are frustrated scared and confused by their continued poor health Countless others display severe psychiatric symptoms that seem to come out of nowhere ranging from tics obsessive compulsive behaviors and anxiety to depression bipolar like mood swings and even borderline personality disorder and suicidal ideas Sometimes the people affected are the only ones that notice a change to the way they think or feel and they suffer in silence Or they reach out to try to get help and are all too frequently misdiagnosed David Younger a world renowned physician provides relief to these patients and their families His diagnostic techniques and treatment protocols will help readers identify the true cause of their symptoms and put them on a clear path to healing so they no longer feel unbalanced out of control forgetful and exhausted The Autoimmune Brain connects common brain health symptoms to the changes in the immune system and particularly bacterial viral and parasitic infections Younger explains his groundbreaking research and adds a new component how traumatic stress whether physical or emotional and genetics affects this same triad as inextricable factors in initiating disease and brain health symptoms In fact a change in personality behavior coping style and one's emotional state may be the first clue that there is a health problem brewing somewhere else in the body Readers will find new answers to troubling conditions including Alzheimer's disease Anxiety Arthritis Autism Autonomic disturbances Bacterial and viral infections Bipolar Disorder Cancer Celiac disease and gluten intolerances Chronic Fatigue Syndrome now referred to as Systemic Exertion Intolerance Disease Chronic Pain Dementia Depression Endocrine Disorders Immune modulatory therapy using IVIg Lyme disease and co infections Mast cell activation syndrome Medical cannabis Obsessive Compulsive Disorder Orthostatic hypotension Peripheral Neuropathy Porphyrria Post Traumatic Stress Disorder and Postural orthostatic tachycardia *The Everything Guide to Hashimoto's Thyroiditis* Aimee

McNew, 2016-10-07 Heal your thyroid with the Paleo diet If you've been diagnosed with the autoimmune condition Hashimoto's thyroiditis you know how difficult it can be to improve symptoms However scientists are discovering ways to address this disease without resorting to prescription drugs and synthetic treatments through the Paleo diet By using functional medicine and healing foods you may finally find relief In *The Everything Guide to Hashimoto's Thyroiditis* you'll discover the causes and symptoms as well as the link between gut health and thyroid health You'll learn exactly which foods can help improve your condition and which ones exacerbate problems This all in one health guide features meal plans 200 nutritious recipes and easy tips for transitioning to the Paleo lifestyle so you can improve your well being and heal your body naturally

*Walking on Pins and Needles* Arlene K. Faulk, 2022-02-22 Tai Chi is not about trying harder it's about letting go being in the moment feeling balance and the fluidity of energy When you've been voted as most likely to succeed as a senior in high school with a bright future ahead you set challenging goals and move forward to fulfill expectations And as far as Arlene

Faulk accomplished businesswoman storyteller and Tai Chi instructor knew multiple sclerosis wasn't going to get in her way. At the age of 22 in the middle of working the busiest shopping day of the year, Arlene loses all feeling in her body from the waist down. Her mobility returns, but she's given no diagnosis, and one question pervades her thoughts: What is happening to my body? In this moving and illuminating memoir of one woman's years-long struggle to understand and conceal her debilitating symptoms as she ascends the corporate ladder in a major airline, comes a story of perseverance, rediscovery, and hope in light of multiple sclerosis. As she jumps into the unknown, Faulk finds comfort and healing through Chinese medicine and Tai Chi. Her inspiring story demonstrates how a chronic and debilitating health condition lacks the power to control our lives and stop us from moving in the direction of possibility. *Better Broths & Healing Tonics* Kara N. Fitzgerald, Jill Sheppard Davenport, 2022-11-08. Guided by the healing and longevity formula of the Younger You program, *Better Broths and Healing Tonics* shares easy recipes that may help heal chronic conditions, increase longevity, and support overall health. Dr. Kara Fitzgerald's groundbreaking Younger You program shows readers how to stave off the diseases of aging and shave three years off their bio age through nutrition and lifestyle. Now she's partnered with Certified Nutrition Specialist Jill Sheppard Davenport to share recipes that are not only compliant with YY but adaptable to any eating program, from keto to vegan and are allergy-free friendly. Building on the bone broth trend, Fitzgerald and Sheppard Davenport offer a new spin. Their broths, both bone and vegetarian/vegan, are infused with nutrients that are health supportive. Not only do they provide recipes for easy, flavorful broths, but also add-ins to boost the broths for maximum nutrition and healing benefits. *Better Broths* also includes recipes for breakfasts, mains, sides, and even desserts that use the broths as a base. Special diet friendly: half the recipes are suitable for vegetarians and vegans. By adding broths to recipes, you can amp their nutritional content and increase their healing properties. Along with recipes for nutrient-laden beverages, infusions, and tonics, *Better Broths* shows you how to use methylation adaptogens and other health-supportive ingredients in all your favorite recipes. Ultimately, these recipes help you to stave off inflammation and chronic disease and live longer, better.

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