Dr. Terry Wahls

Dr. Terry Wahls is a clinical professor in the departments of medicine and neurology at the University of Iowa where she conducts clinical trials. The focus of the research is the impact of diet and lifestyle on chronic disease with a particular focus on multiple sclerosis and amyotrophic lateral sclerosis. Her interest in using dietary and lifestyle interventions developed as result of her own health challenges. She is also a patient with secondary progressive multiple sclerosis, which confined her to a tilt-recline wheelchair for four years. Dr. Wahls restored her health using a diet and lifestyle program she designed specifically for her brain and now pedals her bike to work each day. This has led to the development of a research program to understand the mechanisms that underlie her recovery. She collaborates with other researchers to investigate how diet and lifestyle changes impact gene expression, metabolomics and the microbiome.

In addition she teaches the public about the benefits of a nutrient dense diet, stress reducing practices and increasing physical activity. She is the author of *The Wahls Protocol: How I Beat Progressive MS Using Paleo Principles and Functional Medicine*, *The Wahls Protocol: A Radical New Way to Treat All Chronic Autoimmune Conditions Using Paleo Principles* (paperback), and the cookbook *The Wahls Protocol Cooking for Life: The Revolutionary Modern Paleo Plan to Treat All Chronic Autoimmune Conditions*.

You can learn more about her work from her website, [www.terrywahls.com](http://www.terrywahls.com). She hosts a *Wahls Protocol Seminar and Retreat* every August where anyone can learn how to implement the Protocol with ease and success. Follow her on [Facebook (Terry Wahls MD)](https://www.facebook.com/TerryWahlsMD), Instagram [@drterrywahls](https://www.instagram.com/drterrywahls), Twitter at [@TerryWahls](https://twitter.com/TerryWahls). Learn more about her MS clinical trials by reaching out to her team [MSDietStudy@healthcare.uiowa.edu](mailto:MSDietStudy@healthcare.uiowa.edu).

Clinical trials in which Dr. Wahls research team is participating

The links to our Nations MS Society funded research


Two studies in Bastyr University that are asking patients with MS or Parkinson’s disease about whether they are following the Wahls diet.


