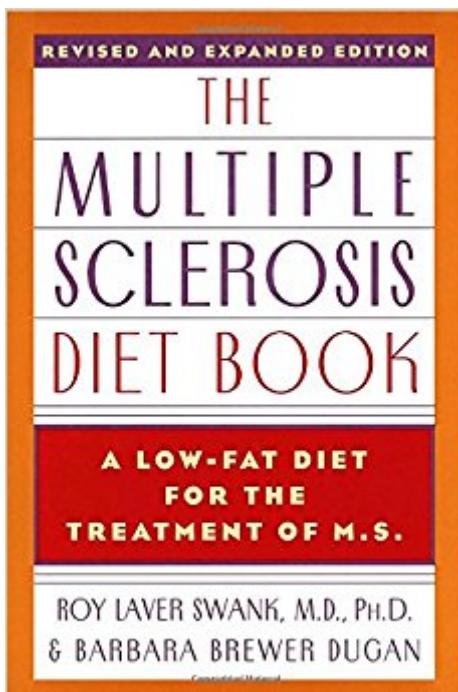


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# The Multiple Sclerosis Diet Book: A Low-Fat Diet For The Treatment Of M.S., Revised And Expanded Edition



## **Synopsis**

Swank and Dugan provide complete background information on the development of the diet and the clinical tests that have proven its effectiveness. In addition to helpful sections on the lifestyle of the M.S. patient, Swank and Dugan offer tips on sticking to the diet, equipping the kitchen, shopping for healthful food, eating out (with some pertinent information on fast-food restaurants), and keeping the careful dietary records that are essential to continuing good nutrition. This is the low-fat diet that works in reducing the number and severity of relapses in M.S. patients and The Multiple Sclerosis Diet Book provides the nutritious and tasty recipes that M.S. patients and their families can live with for years to come.

## **Book Information**

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## **Customer Reviews**

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.

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.

This diet made all the difference in my health and energy with my MS - the explanation in the beginning of the tendencies of those of us with MS was extremely helpful. That was followed by detailed suggestions of how to manage energy. Dr Swank developed these techniques and diet in

the 1930s before any medications had been developed. He directed people away from Transfat in the 1960s long before main stream science agreed (that was not until 2008ish) He was a man before his time. So grateful to have this book that documents his findings and includes recipes in the back.

Being told you probably have MS is a terrifying thing, but this book makes it easier. There is so much research here - plenty of other books have been written by people who claim to have cured their MS, but this one is full of data from a decades long study that followed many people. I have been following this diet faithfully for nearly a month and already my symptoms have improved. I definitely recommend this to anyone who has been diagnosed with MS or who has been told MS is a likely possibility.

The book arrived quickly and was in great condition. In regards to the content- I am biased. If you are looking at this book you are looking for an alternative way to manage MS. The diet is easy for me, something I can do for the rest of my life. (I was a vegetarian for a decade) More than that, it is something I am willing to follow the rest of my life. I only wish there was an updated version, as some of the things in this book were viewed differently back then. IE: Coconut oil, avocado, super foods, long chain versus short chain fatty acids, that kind of stuff. Currently this study is being repeated by Dr. McDougald using our current tech to prove its worth. I expect the results to come back the same personally. Even if you were in perfect health, this particular way of eating would be beneficial to say the least. I am very glad I was able to get this in hard cover. When I got my diagnosis, the "management" being offered seemed a heck of a lot worse than the disease itself with very little proof they work. I will take changing my diet with proven results any day over the alternatives.

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. I also follow his recommendations of lying down for an hour every day (sometimes on the floor of the library at school) and making choices to promote less stress in my life. (I don't see the relatives that I can't stand at the holidays and things like that!) Is it work to make this diet successful? Yes, although the habits you develop make the actual diet easier over time. Do I feel deprived at times? Not really - not when I think of what I have gotten in the way of benefits from the diet as a result, such as non-progression of my disease. No I cannot have a hot fudge sundae any more. But instead I can walk miles every day. No, I don't eat bacon and eggs for breakfast any more. But for that matter - there's a good question as to whether anyone who wants to have good cardiovascular health or avoid any number of diseases such as diabetes or stroke or such should be eating a high fat, highly processed, excess calorie diet anyway. I also love my slim athletic figure and the fact that I look terrific in whatever I put on as a nice little bonus for my self control. This is a lifetime commitment that I have been very happy to make. The diet works as long as you follow it! One note - realize that this book was written in 1987 before much of the current batch of low and no fat foods were available and before there was such widespread good nutritional labeling on foods as there is today. Also know that the recipes in the back were written for a time when there were not so many low/no fat cookbooks available as there are now. The recipes are nice - especially the dessert ones for around the holidays - but are not what this book is all about. Instead what this book is about is explaining what the nuts and bolts are of how the diet works and what it takes. Someone in an earlier review mentioned that there was no double blind study to prove whether or not the diet works. I have to ask how in heaven's name would one do a double blind study of diet. The only way that a study can be done of any diet and how it does or does not have an effect on health is exactly the way that Dr. Swank and Co. have done this - through reports and observation of the short and long term results (level of physical activity and stamina, MRI results, neurograde disability scale, etc.) of those that changed their diets as opposed to those who did not. This is the exact same

methodology that has been used to track down the fact that a diet low in fats reduces the risks of cardiovascular disease. To dismiss the results of Dr. Swank's research because of his methods means that you must therefore dismiss all research on the effects of diet in cardiovascular disease, colon cancer, and most other areas of health where diet plays a part in the disease process. As far as the accusation that the studies have not been long term I have trouble understanding how Dr. Swank's following of his patients since the 1950's is not long term. As of the time this book was written in 1987 he had been tracking his original group for 35+years. Since then he has written at least one (and I believe two) follow-up articles that track that original group for now more than 50 years. He is also currently working on a revision of this book hopefully to be published in the next year or so. (Yes - he is 96 and still very physically and mentally active and actively writing and researching. He also follows his own diet - that in itself being an excellent advertisement for the diet!) As for the person who states that if a diet could cure or control M.S. there would be no sick people around may I point out that there are still people who have cardiovascular disease even though it is known that diet modification can prevent most of it and that there are still people who smoke even though it is known that smoking causes cancer and emphysema and other diseases. The nice final punchline for me - I am healthy, slim, active, use none of the CRAB drugs - or any other drugs for my multiple sclerosis, or anything else for that matter - and have a terrific outlook on what my next fifty to sixty or so years will be like! Roy Swank's diet takes some choices, self-discipline and commitment but the rewards I am receiving are well worth the investment in myself. For more info on Dr. Swank's book and additional citations of his research do a web search on - Roy Swank multiple sclerosis diet - to find more articles by other physicians and other researchers that are supportive of his work and to find his excellent website. Update - November 29, 2008 A quick note to let readers know that Dr. Swank died on November 16, 2008 aged 99 years and 8 months. Clearly - following his own diet led to a very long and healthy life! Based on my results and his I am still a completely happy and healthy follower of Dr. Swank's diet. Thank you Dr. Swank for the gift of health that you have given us who chose to follow your teaching!

I've talked with people who have had MS for over 30 years and newly diagnosed people like me. This is the book that comes up most often. The woman who had over 30 years has used this diet consistently with no flareups. She just had one episode and started using this diet. (Maybe she has benign MS? dunno). She also does yoga. I'm giving this book another readthru.

5 Years ago, I was diagnosed with MS. I was not willing to give my life over to the pharmaceutical

companies of the world, nor shut off my immune system, or give up my active lifestyle. I saw a Naturopath, who told me about the Swank diet, and I read a fabulous book by John Pageler called NEW HOPE REAL HELP FOR PEOPLE WITH MS (no longer in print, but available on his website). In his book, John talks about how the Swank diet kept him healthy, upright and mobile for 40+ years with the disease. So, I bought the book. I credit Dr. Swank and John Pageler and my Naturopath Dr. Paterson with being the backbone of my healthy asymptomatic life! Everyone with MS should read this book. It helps more than you can realize. I only wish I could convince more people (who are on the drugs) to try it!

I'll start reading over the Holiday weekend. A book, A cup of tea & a quiet house :)

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