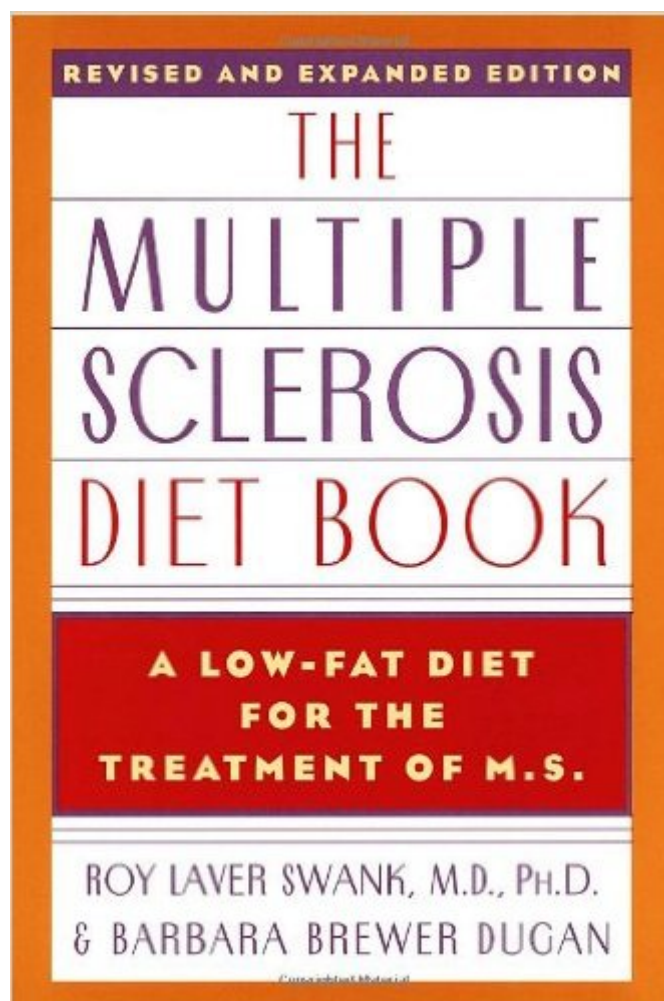


The book was found

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



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.

Book Information

Hardcover: 391 pages

Publisher: Doubleday; Rev Exp edition (April 24, 1987)

Language: English

ISBN-10: 0385232799

ISBN-13: 978-0385232791

Product Dimensions: 6.4 x 1.3 x 9.5 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (134 customer reviews)

Best Sellers Rank: #66,955 in Books (See Top 100 in Books) #16 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Multiple Sclerosis](#) #71 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System](#) #127 in [Books > Cookbooks, Food & Wine > Special Diet > Low Fat](#)

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.

[Download to continue reading...](#)

The Multiple Sclerosis Diet Book: A Low-Fat Diet for the Treatment of M.S., Revised and Expanded Edition
Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet)
Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat)
Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat)
Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1)
Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1)
Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living)
Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat)
Low Carb Diet BOX SET 3 IN 1: 30 Low Carb Snacks + 21 Low Carb Casseroles + 20 Low Carb Soups: (low carbohydrate, high protein, low carbohydrate foods, ... Ketogenic Diet to Overcome Belly Fat)
Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts)
Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome Belly Fat)
Low Carb Mexican Recipes: 25 Of Your Favorite Mexican Recipes Made Low Carb!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low ... Ketogenic Diet to Overcome Belly Fat)
Multiple Sclerosis: Simple Changes to Help You Manage Your Multiple Sclerosis Low Carb Diet. Slow Cooker Recipes: 25 Delicious Low Carb Dinners To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low

carb, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles BOX SET 2 IN 1: 38 Super Satisfying Low Carb Casseroles That Will Amaze Your Family: (low carbohydrate, high protein, low carbohydrate ... diet for dummies, low carb high fat diet) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) DASH Diet: The DASH Diet for Beginners - Quick and Easy Steps to Lose Weight in 14 Days with DASH Diet (Low Fat, Low Blood Pressure, Prevent Diabetes, Low Cholesterol, Fat Loss, Weight Loss Diets)

[Dmca](#)