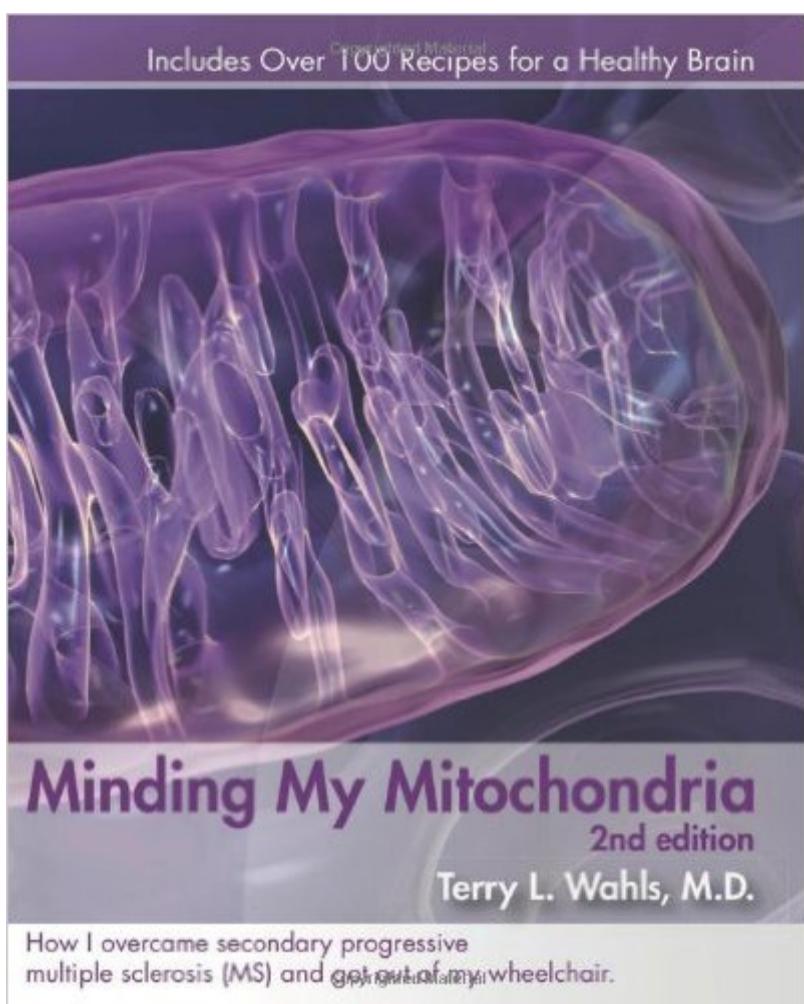


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# Minding My Mitochondria 2nd Edition: How I Overcame Secondary Progressive Multiple Sclerosis (MS) And Got Out Of My Wheelchair.



## Synopsis

Dr. Terry Wahls links micronutrient starvation to the epidemics of chronic disease that are overtaking modern society. She explains the key roles mitochondria play in maintaining a healthy brain and body. Americans are eating so poorly, something we all know to be true, that the majority of Americans are missing key building blocks that are needed for brain cells to be healthy. The result is an epidemic of depression, aggression, multiple sclerosis and early dementia. She then teaches you how to eat for healthy mitochondria, a healthy brain and a healthy body in language that is clear and concise, even for those without a science background. In this book, Dr. Wahls explains basic brain biology in simple terms. She tells us what vitamin, mineral and essential fat building blocks are needed by the mitochondria and other key structures in the brain. Then she explains what foods are good sources for those key nutrients. Over a hundred recipes are provided to help get you started on this new way of eating. A portion of the proceeds from the sale of this book will be used to fund research into the benefits of these interventions in others.

## Book Information

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## Customer Reviews

I was very unsure about this diet at first, as it seemed to clash so strongly with so many of the wonderful health and diet books I had been reading. Wahls recommendation of a low fat diet that was also very low in saturated fat is the opposite of what highly respected lipid expert Mary Enig PhD recommends, and what is recommended - based on a ton of very convincing evidence - in so many other great books based on maintaining or regaining health through eating the diet our bodies

have evolved to do best on, such as Primal Body- Primal Mind, Primal Blueprint, The Perfect Health Diet, Eat Fat-Lose Fat, The GAPS diet and others. So when a friend told me that in fact Dr Wahls has very much changed her stance on fats and saturated fat and now recommends cooking with healthy fats such as coconut oil, butter/ghee (from grassfed cows) and lard, I was really happy to hear it! With that one big issue resolved, this is a diet that tallies hugely with what some of the very best experts in this field are saying and combines the best of what many excellent nutrition books have to say into one dietary plan that I feel is really the best diet out there for anyone battling a serious disease. It is just excellent. I recommend following it if you are ill, very highly. Patients need to read up online about the changes Wahl has made in addition to reading this book, or else just get the information of the diet online while making sure it is up-to-date. (I hope so much that those that have written very pro-low fat diet comments about this book on the reviews page will read this updated information somehow. The right fats in the diet are so essential for healing, and for proper mitochondrial function.

Dr Terry Wahls, Clinical Professor of Medicine at the University of Iowa, is an inspiration. She was diagnosed with relapsing-remitting multiple sclerosis (MS) in 2000, and within three years had become wheelchair dependent in the secondary progressive phase of the disease. Her rapid descent into disability was a strong motivation to begin to delve into the scientific literature around MS. Terry began to assemble literature around the health of mitochondria. These little (about 5 micrometres diameter) structures live inside our cells and convert food into energy. It is quite likely that over evolution, these tiny particles originated as bacteria that learned how to live symbiotically in cells as organisms grew more and more complex. They play very important roles not only in energy production for cells, but in cell death and ageing. Terry became convinced after reviewing the literature that mitochondrial health was intimately tied up with MS, and set about devising a program to improve the health of her mitochondria. The nutritional program she produced has many similarities with other ultra-healthy diets that have been shown to produce marked improvements in other chronic western diseases. She also added electrical stimulation in an attempt to encourage muscles suffering from disuse to get accustomed to activity again. The results were astonishing. Six months after starting the program, she attempted to ride a bicycle again, in a year she completed an 18 mile bicycle tour, and now she is fully mobile. Terry chose to spread the word rather than be content with her own improvement.

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(MS) and got out of my wheelchair. Wheelchair Road Racing (Wheelchair Sports) Autoimmune: The Cause and The Cure (This book identifies the cause & the cure for: Chronic Fatigue Syndrome, Fibromyalgia, Lupus, Rheumatoid Arthritis, Raynaud's, Rosacea, Myasthenia Gravis, Hashimoto's, Type 2 Diabetes, Multiple Sclerosis, Sjogren's, and more) Peterson's Private Secondary Schools 2000-2001 : The Smart Parents' Guide to Private Education (Peterson's Private Secondary Schools, 2000-2001) Private Secondary Schools 2001-2002 (Private Secondary Schools, 2002) Private Secondary Schools 2010-2011 (Peterson's Private Secondary Schools) Private Secondary Schools 2006-2007 (Peterson's Private Secondary Schools) Tracking Pedestrians from Multiple Cameras: Computer Vision techniques for multiple people localization, tracking and behavior analysis using several cameras PASSIVE INCOME: Develop A Passive Income Empire - Complete Beginners Guide To Building Riches Through Multiple Streams (Multiple Streams, Passive Income Riches, E-commerce Empire) Diagnosing and treating Chronic Fatigue Syndrome: its mitochondria, not hypochondria Minding Mr. Market: Ten Years on Wall Street With Grant's Interest Rate Observer AACN Essentials of Progressive Care Nursing, Third Edition (Chulay, AACN Essentials of Progressive Care Nursing) A Study of Endometriosis, Endosalpingiosis, Endocervicosis, and Peritoneo-ovarian Sclerosis a Clinical and Pathologic Study Progressive Violin Method for Young Beginners Book 1 (Progressive Young Beginners) CP69140 - Progressive Harmonica Method for Young Beginners (Progressive Young Beginners) Progressive Recorder Method for Young Beginners: Book 1 (Colour) (Progressive Young Beginners) Only a Mother Could Love Him - My Story - How I lived with A.D.D. and Overcame It! Rising Above: How 11 Athletes Overcame Challenges in Their Youth to Become Stars Why Suffer?: How I Overcame Illness & Pain Naturally When Fish Got Feet, Sharks Got Teeth, and Bugs Began to Swarm: A Cartoon Prehistory of Life Long Before Dinosaurs

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