

## Multiple Sclerosis (MS) & WFPB (Last updated 10-28-23)

Collected by Jane Birch, author of [\*Discovering the Word of Wisdom\*](#)  
<http://discoveringthewordofwisdom.com>

Please email Jane if you find a broken link (or have any questions) [EMAIL JANE](#)

For more WFPB topics see: [Topics A-Z](#)

MS is a serious disease, but a whole food, plant-based diet has proven to be the single best way to address this disease. Many people who have switched to this diet have experienced a total remission. MS can cause some irreversible neurological damage, but diet can still make a huge difference in quality of life.

See also: [Autoimmune Diseases](#)

Here is the place to start:

**John McDougall MD on Autoimmune Disease and the Impact of Diet**

<http://vimeo.com/77139434>

**John A. McDougall, MD: Diet and Multiple Sclerosis**

<https://www.drmcDougall.com/health/education/videos/free-electures/diet-and-multiple-sclerosis/>

**Dr. McDougall's site on MS**

<https://www.drmcDougall.com/health/education/videos/free-electures/diet-and-multiple-sclerosis/>

**Here is also a page where you can find an interview of Dr. Swank:**

[http://www.drmcDougall.com/mcdougallcast/index\\_all.php](http://www.drmcDougall.com/mcdougallcast/index_all.php)

**McDougall video on MS, section on auto-immune disease and leaky gut, good!**

[http://www.drmcDougall.com/video/diet\\_ms.html](http://www.drmcDougall.com/video/diet_ms.html)

**Dr. Greger, "Treating Multiple Sclerosis With the Swank MS Diet"**

<http://nutritionfacts.org/video/treating-multiple-sclerosis-with-the-swank-ms-diet/>

**Dr. Greger, "How to Treat MS With Diet"**

<http://nutritionfacts.org/2014/07/22/how-to-treat-multiple-sclerosis-with-diet/>

### SUCCESS STORIES

**Accounts of people with MS who have tried this diet:**

<http://www.forksoverknives.com/my-journey-from-doctor-to-ms-patient-and-back-thanks-t>

[o-plant-based-eating/](#)

[http://www.drmcDougall.com/stars/donna\\_mcfarland.htm](http://www.drmcDougall.com/stars/donna_mcfarland.htm)

<http://www.drmcDougall.com/stars/050812tasic.html>

**Dr. Annie Brewster, who has MS, struggled over the decision to reject her own doctor's advice.**

<http://commonhealth.wbur.org/2012/08/patient-angst-when-you-just-have-to-say-no-to-the-doctor>

**Dr. Saray Stancic, suffered with MS for years before discovering WFPB**

<http://www.pressherald.com/2017/03/15/keynote-speaker-at-annual-nutrition-conference-will-talk-about-how-becoming-a-vegan-changed-her-life-and-her-work/>

Great Interview with Dr. Stancic: [Code Blue: Challenging Conventional Medical Education and Practice with Saray Stancic, MD: PYP 238](#)

Also: <http://nutritionstudies.org/doctor-with-ms-makes-film-on-collapse-of-us-healthcare/>

**“Multiple sclerosis is not a death sentence!” by Emily**

<http://discoveringthewordofwisdom.com/wfpb-story-emily/>

**From Scared School Boy with MS to Doctor of Nutrition**

- By Dr. Conor Kerley - dietitian

"Since 2003, I've had no symptoms, no relapses and no medications. I believe that nutrition plays an important role in my own MS and MS in general. The science continues to support this opinion with new studies observing a detrimental effect of high fat meats and dairy products, while other studies support the benefit of a whole foods, plant-based diet."

<http://nutritionstudies.org/scared-school-boy-ms-doctor-nutrition/>

**Karen Cooper, MSW, LICSW: “I Can’t Have MS!”**

<https://www.drmcDougall.com/health/education/health-science/stars/stars-written/karen-cooper/>

**Healing Multiple Sclerosis with Diet by Briany Howe**

<https://eatplant-based.com/briany-howes/>

**Jeanmarie: From Multiple Sclerosis to complete remission**

This is an amazing recovery from MS. It is a must-read!!

<https://www.drmcDougall.com/articles/star-mcdougall-stories/star-mcdougaller-jeanmarie-from-multiple-sclerosis-to-complete-remission/>

**Jeanmarie From Multiple Sclerosis to Remission - Update**

After attending the McDougall 10-day live-in program in June of 2016, I made the

commitment to live as a complete 100% “McDougall Starchivore”. I found a quality of life that I haven’t enjoyed since before I was diagnosed with Multiple Sclerosis! These past 7 years have felt like I have finally gotten my life back (no more MS medication needed, either!)! I’m doing the things I used to love, like jogging (without tripping!) and speed-walking all the time! I don’t feel like I’m being cheated and can’t eat. I now “eat to live” and don’t “live to eat”! I have everything from delicious soups to seasoned potatoes, to home-made nice cream – even Spinach Lasagna (veganized) and never feel deprived! I never imagined that I could not only be completely dairy-free, animal-protein free and oil-free but that I would want to do it for the rest of my life because I feel so HEALTHY! And I now have more energy than I ever thought could be possible! Thank you SO MUCH, Dr. McDougall, for your treatment and guidance!

#### **Diana Says Goodbye Multiple Sclerosis!**

<https://www.facebook.com/DrGoldner/posts/pfbid02CrSdAoaN2Bguv89s5sWq79SKRrV8BWVRUzksFvwE4NGXGkWmE6JB5RfqYDukJmirl>

#### **Katerina Overcame Multiple Sclerosis**

<https://www.drmcdougall.com/education/star-mcdougallers/katerina-overcame-multiple-sclerosis-and-yannis-is-in-the-best-shape-of-his-life/>

#### **How to Treat Multiple Sclerosis With Diet, Dr. Greger**

<http://nutritionfacts.org/2014/07/22/how-to-treat-multiple-sclerosis-with-diet/>  
<http://nutritionfacts.org/video/treating-multiple-sclerosis-with-the-swank-ms-diet/>

#### **Bob Cafaro, *When The Music Stopped: My Battle and Victory against MS***

Book Review (this includes a short description of the diet Bob Cafaro used to beat MS)

<http://www.wholefoodplantbasedrd.com/2016/03/book-review-when-the-music-stopped>

Podcast interview on Plant Yourself (he does not go into specifics about the diet here, but does discuss other things that were very important to his recovery:

<http://plantyourself.com/pyp-153-bob-cafaro-beating-ms/>

Bob Cafaro’s book on Amazon:

<https://www.amazon.com/When-Music-Stopped-Victory-against-ebook/dp/B019D7KWHQ/>

#### **Results of the Diet & Multiple Sclerosis Study by Dr. John McDougall**

<https://www.drmcdougall.com/2014/07/31/results-of-the-diet-multiple-sclerosis-study/>

#### **A Tribute to Roy Swank, MD: Founder of the Low-fat Dietary Treatment of Multiple Sclerosis by Dr. John McDougall**

<https://www.drmcdougall.com/misc/2016nl/aug/swank.htm>

**Video: Conversations with Roy L. Swank (2001)**

<https://www.drmcDougall.com/health/education/videos/free-electures/conversations-with-roy-swank/>

(About minute 18 tells story of figuring out how to treat MS; about minute 30 talks about possible causes of MS)

**Multiple Sclerosis and Plant-Based Nutrition By Conor Kerley, PhD**

October 25, 2017

<http://nutritionstudies.org/multiple-sclerosis-and-plant-based-nutrition/>

**Josefine Delve shared a link.**

Posted on Facebook on August 18, 2019, posted here by permission:

“A little while back one of you had some questions about Multiple sclerosis and eating wfpb. A friend alerted me to the question and I was able to let them know that I have been episode free for the last 5 years thanks to this WOE with no meds, feeling great 🙌🙏!!! Actually feeling that MS forced me to change my ways and because of it I feel so much better than I ever did before my diagnosis. I also shared a link to one of my videos on YouTube from ages ago 🤗! I’ve increasingly been feeling that I need to get back to that YouTube channel as there are so many people out there struggling and looking for other solutions other than JUST the medication route (I’m not against medication, It just made me really ill). So I am back and going to be talking about this woe and MS as well as other autoimmune diseases as we have plenty of others just in my immediate family (they are all thriving thanks to this woe). I will also try showing that it’s possible to eat and live like this, even though it can be hard at times it’s so worth it! So if you are interested in these type of videos or if you know someone who might benefit from them, then please share it with them 😊! I try to answer all questions as best I can 😊! [Link to Josefine’s new video](#)

Josefine also recommends Dr. George Jelinek from the [OvercomingMS.org](http://OvercomingMS.org) website. She says, “His mom committed suicide because of her MS and then he got it as well. He had become a doctor and decided to dedicate his life to figuring out this awful disease. He based a lot of his research on Dr Swanks and just took it a bit further. Dr Swank still allowed chicken and a few other things on his plan. Dr. Jelinek Does recommends fish a few times per week, and I’m not personally opposed to that if it helps someone live more WFPB, but for me it wasn’t until I stopped with the fish that I saw the real results. specially in energy levels, but even old episode issues melted away. It is very rare now that I feel the effects of those old episodes. Really only when I am really tired or have eaten something I shouldn’t. Dr Jelineks Website [has] a wealth of information and all the studies he has done through the years. He himself if thriving with his MS just like me and

is a great example for this way of eating, even if like I said he allows for some fish. I does also have a book called Overcoming Multiple Sclerosis.”

### **Improved Outcomes in Multiple Sclerosis Using a Lifestyle Medicine Approach: A Case Study and Patient Perspective**

**By: Bansal, S., Pendlebury, G., & Oro, P. (2022).**

Dr. Shipra Bansal et al present a case study of a 48-year-old woman with relapsing-remitting MS. After 4 years of battling with MS, the subject decided to adopt a full lifestyle approach to mitigate her symptoms. She began a whole food plant-based diet, started an exercise routine, and focused on her faith and mindfulness-based mental health practices to improve her symptoms and quality of life. MRI results demonstrated that lesions did not worsen during first 5 years, and only slightly increased in the following 5 years. After a total of 17 years of committed lifestyle changes, many of which happened gradually over time, the patient experienced marked improvement in the frequency of her MS symptoms as well as improved BMI, blood pressure, blood lipids, mental health, and overall quality of life.

Read the full article: <https://ijdrp.org/index.php/ijdrp/article/view/327>

### **I Switched to a Plant-Based Diet and Resolved My Chronic Pain, MS Symptoms, and Kidney Disease by Kimberly Eallonardo**

“Within six weeks of going WFPB, I experienced what my nephrologist called a spontaneous remission. Some would call it a miraculous recovery. I had set out trying to avoid a kidney transplant and end-stage renal failure: I not only succeeded in restoring my kidney functioning; I also resolved virtually all the other symptoms that had been plaguing me for years. My MS no longer bothered me. The blood clot in my leg had dissolved. My migraines were gone. My joint pain receded. My energy came back. Lab work showed that my numbers were normal, as though nothing had ever been wrong. I was blown away by how quickly my body healed, as were my nephrologist, hematologist, and rheumatologist...

<https://www.forksoverknives.com/success-stories/plant-based-diet-resolved-chronic-pain-ms-symptoms-and-kidney-disease/>