



Minding My Mitochondria 2nd Edition: How I overcame secondary progressive multiple sclerosis (MS) and got out of my wheelchair.

By Terry L. Wahls

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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.

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- Sales Rank: #262158 in Books
- Brand: Brand: TZ Press
- Published on: 2010-04-01
- Original language: English
- Number of items: 1
- Dimensions: 10.00" h x .54" w x 8.00" l, 1.05 pounds
- Binding: Paperback
- 236 pages

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Editorial Review

About the Author

Her body ravaged by secondary progressive multiple sclerosis, Dr. Terry Wahls spent nearly four years dependent upon a tilt-recline wheelchair. Now, thanks to the intensive, directed nutrition and neuromuscular electrical stimulation protocols she developed, Dr. Wahls now rides her bicycle to work. She has brought together an interdisciplinary team to conduct clinical trials using intensive, directed nutrition and neuromuscular electrical stimulation to combat advanced Parkinson's disease and secondary and primary progressive multiple sclerosis. She is a clinical professor of medicine at the University of Iowa where she sees teaches residents and medical students in primary care and rounds in traumatic brain injury clinics. She is also committed to helping the public learn about the connection between the foods we eat and the health we have or do not have and lectures nationally and regionally on the use of intensive, directed nutrition to restore health. The Food as Medicine lecture series hosted by the Kirkwood Community College and New Pioneer Food Cooperative has transformed the lives of many people. Terry lives in Iowa City with her spouse, Jackie, and has two children.

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