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ROY LAVER SWANK, M.D., Ph.D., is a professor  
emeritus of neurology Oregon Health Sciences University.  
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sclerosis. BARBARA BREWER DUGAN is a research  
associate in the department of neurology at Oregon Health  
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ROY LAVER SWANK, M.D., Ph.D., is a professor  
emeritus of neurology Oregon Health Sciences University.  
He has spent thirty-eight years investigating multiple

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**What Is the Swank Diet for Multiple Sclerosis?**

The Swank diet for multiple sclerosis is a very low-fat diet that emphasizes whole grains, fruit, vegetables, and very lean proteins. As far as eating plans go, the Swank diet is pretty simple to understand.

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The Swank MS Diet is based on the lifetime of research by Dr. Roy L. Swank, MD, PhD, and you can read it in full right now, right here! The Swank MS Foundation is the direct continuance of Dr. Swank's groundbreaking research, working to bring the benefits of the Swank diet and lifestyle to all corners of the world.