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Like many physicians, Dr. Terry Wahls focused on treating her patients' ailments with drugs or surgical procedures until she was diagnosed with multiple sclerosis (MS) in 2000.

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Protocol has become a

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In 2007 she started The Wahls Protocol and within a year she was able to walk without assistance and complete an 18-mile bicycle tour. In her book, *The Wahls Protocol*, she describes the protocol in detail and shares how it helped her reverse many of her symptoms and return to a full, healthy life.