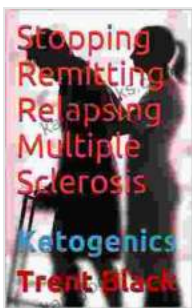


# Stopping Remitting Relapsing Multiple Sclerosis with Ketogenics

RRMS is a type of multiple sclerosis (MS) that is characterized by periods of relapse, followed by periods of remission. During a relapse, symptoms of MS can worsen or new symptoms can appear. These symptoms can include fatigue, weakness, numbness, tingling, vision problems, and difficulty with coordination and balance. During a remission, symptoms may improve or disappear altogether.

RRMS is the most common type of MS, affecting about 85% of people with the condition. The exact cause of RRMS is unknown, but it is thought to be an autoimmune disease, in which the body's immune system attacks its own nervous system.

The ketogenic diet is a high-fat, low-carbohydrate diet that has been shown to have a number of benefits for people with MS. These benefits include:



## Stopping Remitting Relapsing Multiple Sclerosis:

**Ketogenics** by Trent Black

★★★★☆ 4.3 out of 5

Language : English  
File size : 610 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 25 pages  
Lending : Enabled  
Screen Reader : Supported



- **Reducing inflammation:** The ketogenic diet can help to reduce inflammation in the body, which is thought to play a role in the development of MS.
- **Protecting nerve cells:** The ketogenic diet can help to protect nerve cells from damage, which can lead to symptoms of MS.
- **Improving mitochondrial function:** The ketogenic diet can help to improve mitochondrial function, which is important for energy production in the body.
- **Reducing oxidative stress:** The ketogenic diet can help to reduce oxidative stress, which is a major contributor to the development of MS.

There is a growing body of research that supports the use of the ketogenic diet for RRMS. For example, a study published in the journal *Neurology* found that the ketogenic diet was able to reduce the number of relapses in people with RRMS by 50%. Another study, published in the journal *JAMA Neurology*, found that the ketogenic diet was able to improve fatigue and other symptoms of RRMS.

If you are interested in trying the ketogenic diet for RRMS, it is important to talk to your doctor first. The ketogenic diet is a restrictive diet, and it is important to make sure that it is right for you.

Once you have talked to your doctor, you can start the ketogenic diet by following these steps:

1. **Cut back on carbohydrates:** The ketogenic diet is a very low-carb diet. You should aim to consume no more than 50 grams of carbohydrates per day.
2. **Increase your fat intake:** The ketogenic diet is a high-fat diet. You should aim to consume at least 70% of your calories from fat.
3. **Get enough protein:** The ketogenic diet is a moderate-protein diet. You should aim to consume about 1 gram of protein per kilogram of body weight per day.

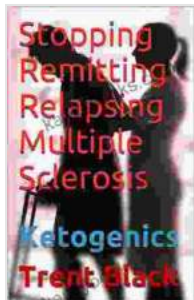
I was diagnosed with RRMS in 2015. At the time, I was experiencing a number of symptoms, including fatigue, weakness, numbness, tingling, and vision problems. I was taking a number of medications, but they were not helping to control my symptoms.

In 2017, I started the ketogenic diet. Within a few months, I started to notice a significant improvement in my symptoms. My fatigue improved, my weakness decreased, and my numbness and tingling went away. I also started to have more energy and my vision improved.

I have been on the ketogenic diet for over two years now, and I have not had a relapse since I started the diet. I am also off of all of my medications. The ketogenic diet has changed my life. I am no longer living with the debilitating symptoms of RRMS. I am grateful for the ketogenic diet and the hope that it has given me.

The ketogenic diet is a promising treatment for RRMS. There is a growing body of research that supports the use of the ketogenic diet for RRMS, and many people with RRMS have reported significant improvements in their

symptoms after starting the diet. If you are interested in trying the ketogenic diet for RRMS, talk to your doctor first. The ketogenic diet is a restrictive diet, and it is important to make sure that it is right for you.

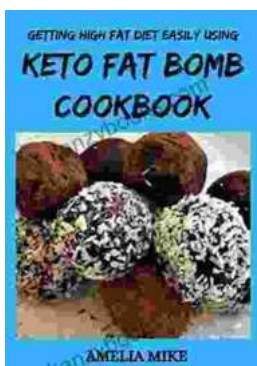


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