

**The Multiple Sclerosis Diet Book: A Low-Fat Diet For  
The Treatment Of M.S., Heart Disease, And Stroke By  
Roy L. Swank;Mary-Helen Pullen**

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Dec 15, 2014 MS patients need to understand how symptoms appear and disappear. The first year after my MS diagnosis, I was constantly wondering if the

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Treating Multiple Sclerosis With the Swank MS Diet. A plant-based diet may not only be the safest treatment for multiple sclerosis, Healthy Heart;

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excellent source of low-fat pro- - as much as many "diet" frozen meals. attention to kids with multiple sclerosis.

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of M.S., Heart Disease, and Stroke [Roy L. Swank, Roy L. Swank and Mary-Helen Pullen-A diet book The Multiple Sclerosis Diet Book: A Low-Fat Diet for

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## **National multiple sclerosis society**

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## **Multiple sclerosis facts, information, pictures**

Many multiple sclerosis patients follow a low-fat diet developed by Dr. Roy Swank, disease-modifying agents, treatment M. H. Pullen. The Multiple Sclerosis

## **Multiple sclerosis diet: food and nutrition**

Proper nutrition is important to staying well if you have multiple sclerosis. WebMD explains what your body needs.

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The Swank Diet is a low saturated fat diet proposed for the treatment of multiple sclerosis and introduced by Roy L. Swank (1909-2008) in 1948. [1]

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### **Mary-helen pullen (author of the multiple**

Mary-Helen Pullen is the author of The Multiple Sclerosis Diet Book (3.50 avg rating, 2 ratings, 0 reviews, published 1977) Mary-Helen Pullen's Followers.

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