

CANDICE ELMORE

REPORT

DR. SWANK

“Multiple Sclerosis Diet Book”

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Who: Roy Laver Swank, M.D., PH.D.

Dr. Roy Laver Swank, first Head of Neurology at what is now Oregon Health & Science University, died November 16, 2008, in Portland, at age 99. Dr. Swank was best known for his advocacy of a low-fat diet for multiple sclerosis dietary tests showing that saturated fat is tolerated much differently and much more poorly in those folks that had multiple sclerosis than those that did not have the disease. He interrogated and examined about 3500 patients and maintained contact with about 2,000 of those patients and maintained contact with them for at least 10 years for some and many more for up to 36 years.

That was just one study though, and many more followed and remarkably, all had the same results.

By following the methods and diet that were developed by Dr. Swank, the majority of patients are expected to remain free of disability for up to 36 years!

If these methods were initiated before disability had developed, and the diet was faithfully adhered to, the disease would remain in remission! this was great news and many jumped on the bandwagon! He also studied those that were already experiencing disability. He found that even if a person had already experienced disability they could still greatly change the course of the disease by adhering to the diet and treatment plan. In his study of these people, he found that marked reduction in the frequency of exacerbations, increased stability, and slowing of the disease can also be achieved!

In this book, Dr, Swank also addresses why he believes the folks that have the most concentration of the disease a certain distance away from the earth's equator and why. Dr. Swank briefly discusses why people who have the disease also show unmistakable signs of there being a vascular component to the disease's workings and symptoms. I think this is a great book because the information here is presented so simply and at the same time holds great insights for those of us still finding answers in the modern world.