



# The Multiple Sclerosis Diet Book: A Low-Fat Diet for the Treatment of M.S., Revised and Expanded Edition

By Roy Laver Swank, Barbara Brewer Dugan

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Swank and Dugan provide complete background information on the development of the diet and the clinical tests that have proven its effectiveness. In addition to helpful sections on the lifestyle of the M.S. patient, Swank and Dugan offer tips on sticking to the diet, equipping the kitchen, shopping for healthful food, eating out (with some pertinent information on fast-food restaurants), and keeping the careful dietary records that are essential to continuing good nutrition.

This is the low-fat diet that works in reducing the number and severity of relapses in M.S. patients — and *The Multiple Sclerosis Diet Book* provides the nutritious and tasty recipes that M.S. patients and their families can live with for years to come.

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### **Editorial Review**

#### **From the Publisher**

Hundreds of new recipes for dishes that taste terrific but stick to the diet rules so important for controlling M.S.--now completely revised to conform to the latest medical research.

#### **From the Inside Flap**

Hundreds of new recipes for dishes that taste terrific but stick to the diet rules so important for controlling M.S.--now completely revised to conform to the latest medical research.

#### **About the Author**

**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 sclerosis.

**BARBARA BREWER DUGAN** is a research associate in the department of neurology at Oregon Health Sciences University.

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