CAN WHAT I EAT HELP MY MS?

It may help how you feel and function. In randomized trials, low-fat, plant-based eating cut MS fatigue. It works on top of your MS treatment, not instead of it.

12 randomized trials, 608 people with MS: low-fat and Mediterranean diets reduced fatigue more than usual diets.

Snetselaar et al. · Neurology · 2023 [1]

WHAT DID THEY CHANGE?

Food. Mostly vegetables, fruit, beans and whole grains, with very little fat (about 15% to 20% of calories) and almost no saturated fat. No new pills. [2,3]

WHAT SHOULD YOU ASK YOUR NEUROLOGIST?

1. **Could a low-fat, plant-based diet help my fatigue on top of my MS treatment?** [2,3]
2. **Are my blood pressure, cholesterol, blood sugar and weight where they should be for my MS?** [4,5]
3. **Can we check my vitamin D level and decide if I need a supplement?** [6]
4. **Can we check my CRP now and again in 6 months?** [7]

p≈0.001 Fatigue improved on a very low-fat, plant-based diet in a one-year randomized trial of 61 people with relapsing-remitting MS. MRI and relapses did not change.

Yadav et al. · Multiple Sclerosis and Related Disorders · 2016 [2]

! **Work with your doctor, not around them. Never stop a medication on your own.**

BOTTOM LINE More energy is worth fighting for. Randomized trials show low-fat eating cuts MS fatigue, on top of your treatment.

MORE OF THE EVIDENCE

- Heart risks speed up MS. In 8,983 people, those with high blood pressure, diabetes or high cholesterol needed a walking aid a median of 6 years sooner (12.8 vs. 18.8 years after diagnosis). [4]
- In 6,989 people with MS, the healthiest diets (more fruits, vegetables, beans and whole grains) went with 20% lower odds of worse disability. A healthy overall lifestyle went with 31% lower odds of severe fatigue. [8]
- Inflammation: in a 2026 review of 13 randomized diet trials in MS, 5 of 7 that measured C-reactive protein (CRP) found it dropped, mainly with Mediterranean, plant-based and calorie-restricted diets, and most in trials lasting 6 months or more. [7]
- Fiber and gut bacteria: people with MS had less propionate, a fatty acid gut bacteria make from fiber. Adding it as a supplement boosted the immune cells that calm inflammation within 2 weeks. [9]
- Dr. Swank followed 144 people with MS on a low saturated-fat diet for 34 years. Those who kept fat at 20 grams a day or less had significantly less decline and much lower death rates. Patients chose how closely to follow the diet, so this shows a link, not proof. [10]

Keep in mind: No diet has yet been shown to cut relapses or MRI lesions. Use food alongside your MS treatment, not instead of it.

ONE STORY On the Plantrician Project's podcast, Hallie Guiseppe, who has MS, said that within two months of whole, plant-based eating her brain fog lifted and she slept through the night for the first time in years. That's one person's story, not a promise. Your MS treatment is a decision for you and your neurologist. [11]

WE TAKE ZERO PRESCRIPTIONS.

That's our choice, not a rule for you. Some prescriptions save lives, like antibiotics for an infection. Food won't replace your MS medicine. It may give you more ways to feel better and get more done.

I'm not anti-medicine. I'm pro-health.

Don't take my word for any of this. Check it with your favorite AI, read the original studies, then bring them to your doctor.

NOTES FROM MY APPOINTMENT

DATE AND DOCTOR

WHAT WE AGREED TO TRY

WHEN WE WILL RECHECK

SOURCES

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