


Importance of pilot study pdf

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Don Howie felt she had nothing to lose in 2011 when her neurologist in Iowa suggested she introduce an experimental study to go to the terry Wals protocol, MD, for the treatment of secondary-progressive multiple sclerosis (MS). She didn't realize how much it would improve her life - so much so that she pretty much continues to follow the today's program. Howie, a widow and coordinator of peer-to-peer teachers at a community college in Evansdale, Iowa, was going downhill at the time. I always needed a walker, a lynx or a wheelchair. I couldn't drive. And if I tried vacuuming, I would have to reach out with my hands to move my leg forward, she recalls. When she contacted Dr. Valls and learned more about her report, she was skeptical. I didn't expect it to work, but I knew I had nothing to lose trying,' she says. The Full Lifestyle OverhaulThe Wahls Protocol was designed by Wahls, M.D., of Veterans Affairs Medical Center in Iowa City, to help improve their own symptoms of secondary progressive MS. It includes a complete overhaul of the lifestyle, including following a modified Paleo diet, exercising with electrical stimulation, taking supplements, and practicing stress reduction techniques. The improvements came quickly as part of an initial pilot study that was conducted over three years starting in 2011. After the program was a challenge, but the early results increased her motivation . The changes were amazing, she says. Just a month after the protocol was drawn up, not only did she not need a wheelchair, but usually she didn't even need her persing. More importantly for Howie, when her granddaughter was born in the second year of the program, she was able to drive a few hours to the hospital, and keep the baby Vanessa, without fear of abandoning her. Howie also managed to reduce the amount of Provigil (Modafinil), a medication she takes for fatigue, from 300 milligrams (mg) per day to 100 mg, several days skipping it altogether. The only thing that hasn't improved is numbness in her lower legs, which haunts her now just as it did when she started the study. Although the study she participated in was completed, the results of which were published in May 2014 in the Journal of Alternative and Complementary Medicine, Howie is still trying to stick to that plan. I found that when I completely get away from it, I have problems with coordination and fatigue,' she says. Vegetable-intensive DietThe diet was the biggest change for Hovey. Fortunately, she never regularly eats junk food or sugar - as banned in the program - or even banned dairy products (thanks to her lactose intolerance). But she ate foods containing gluten, a type of protein found in wheat, and rye, which was not allowed. And immediately, she was struck by the amount of vegetables the plan requires. Val's protocol requires daily daily lots of colorful vegetables and fruits (purple cabbage, red raspberries, orange carrots), leafy green vegetables (spinach, lettuce, cabbage, chard) and vegetables rich in mineral sulfur (broccoli, cauliflower, onion, mushrooms). To consume it all, Howie eats plenty of salads and roasts, but she also believes she can cram most of the essentials into stews, soups and smoothies. It helps if she cuts vegetables as soon as she gets home from the store. So I'm more inclined to eat them, she says. The meal plan made her try foods she had never had before. She found, for example, that turnips make a good potato substitute in a stew, and that the mango taste delicious. The cost of issueThe biggest problem in eating so many fruits and vegetables is the cost. This requires planning to keep costs down. I watch sales in stores and do menu planning based on what's on special, says Howie. She also buys in bulk and freezes what she can't easily eat. In her freezer right now there is a 10-pound box of blueberries, in which she periodically dips for her smoothies. Other parts of The DietThe plan also emphasizes meat, seaweed, and non-ninth milk. Howie has always been a big meat eater, so it doesn't require much change. However, she had to give up the breading she was performing on her chicken. She tries to cook a few pounds of chicken breast at one time and then grind and freeze it, so when she makes a stew or soup she can easily substitute it in. SupplementsIn the beginning of the study, Howie was instructed to take a couple dozen supplements every day. It was expensive and also difficult for her to keep track of. High doses of B vitamins gave her rash and shortness of breath, so she stopped taking them. After the first year, supplements became optional. She was happy to quit taking all of them except for multivitamin, calcium and vitamin D. She didn't notice any difference in her health after she stopped. Electrical stimulation felt like massagein another part of the exercise protocol for the back, abdomen and lower extremities. While exercising during the first year of the study, participants applied neuromuscular electrical stimulation with a portable device. Some people couldn't stand the jolt you initially feel from the stimulation, but for me it was more like a massage, says Howie. She credits the stimulation with helping her walk unaided so soon after she started the study. Making ExercisesThe stretches that were part of the exercise plan was hard for Howie to do at first. One of them participated, holding her leg during the pulsation of the electrical device. Originally, she only to keep it for courtt 2. Over time, however, she was able to get to 5, and soon after, 10. Eventually, she was able to exercise for two hours each day, with hour of walking and another for stretching exercises -- something she still strives for this morning. (After the first year of training, participants no longer used the stimulation device.) Walking has become more fun since a friend from work joined her and she found it better to break stretching into short segments that add up to an hour. Normally, she will do a few leg stretches while waiting for her morning coffee brew. Even relaxing was FirstWahls calls to take a few minutes each day for meditation, something Howie hasn't done before. She decided to do it in the morning because if she put it on afterwards, it was often missed. If she doesn't sit and concentrate on her breathing, Howie quiets her mind while walking her dog or walking in a nearby nature trail. Combining exercises with meditation, how to do stretches while making coffee, helps her stick to the program. You have to get creative to do it all, but it's possible,' she says. Never 100 Percent Of CompliantS ever since she finished the study, Howie admits she's not that strict. I'm probably after a diet of about 70 percent. I can eat a sandwich or a slice of pizza, she says. Although, when she leaves, she notices that her fatigue and brain fog immediately worsen. Even during the study, however, it never adhered completely. I didn't always eat all the vegetables I had, and once in a while I could eat a dinner roll. Sometimes she even had a piece of birthday cake. As long as she kept these treats to a minimum, she never regretted it. magnetic properties in three ways: active, passive and random. Only the children in the first group then identified the toy by its functionality; others defined it by color. Takeaway: If you don't walk your little ones through their new \$150LeapPad, they'll only prize for it green to stay put skin gel. 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