Researchers discover possible treatment for SPMS

Researchers using an innovative therapy involving diet, exercise, and neuromuscular stimulation have observed improvements in patients with secondary progressive multiple sclerosis (SPMS). Babita Bisht, PhD candidate, and Professor Warren Darling in the Department of Health & Human Physiology, worked with Terry Wahls, clinical professor at the UI Carver College of Medicine, to conduct a study in which eight SPMS patients followed a program of intensive nutrition, customized exercise, and customized neuromuscular stimulation. Wahls successfully followed such a regimen herself in 2007 to treat her SPMS. At the end of the study, six patients showed