To Eat or Not to Eat?

Several dietary strategies are being promoted for people with MS, however there is currently insufficient evidence to recommend any of them. Intermittent fasting (IF) involves switching between periods of normal eating and extreme calorie cutting. This eating pattern has been linked with many health benefits. Researchers in Missouri and Connecticut have shown food deprivation has some benefit in experimental autoimmune encephalomyelitis (EAE), a mouse model of MS. They are taking a closer look at whether it may also help a person’s MS symptoms and disease activity (see below).

**Preliminary data in mice showed fasting led to:**
- Fewer MS-like symptoms.
- Reduced inflammation.
- More diverse gut microbiome.
- Higher levels of probiotic bacteria (which are known to lessen MS symptoms).

**Participants in an IF pilot study experienced:**
- Mild improvement in EDSS scores.
- Improved quality of life.
- A reduced immune response.
- Similar changes to the gut microbiome seen in mice.

**A larger clinical trial is underway that will:**
- Shed light on IF in people with RRMS.
- Hopefully confirm that IF and the resulting changes in the gut improve MS symptoms in conjunction with MS treatments.

The core of ACP’s mission is to facilitate research efforts like these, that are focused on improving quality of life for people living with MS.

**iConquerMS would not be possible without people and organizations who care about MS research and conquering MS.**

The iConquerMS Ambassador Program recognizes individuals that are dedicated to improving the lives of those living with the disease and ultimately finding a cure. It is our pleasure to **introduce** you to a researcher whose enthusiasm for serving the MS community is inspiring, our newest iConquerMS Ambassador, Surachat Ngorsuraches (Chat). Chat has been instrumental in spreading the word about the researchers who are working with the initiative through his monthly webinar series “**Chat with Chat.**” We are honored to have him on the iConquerMS team!