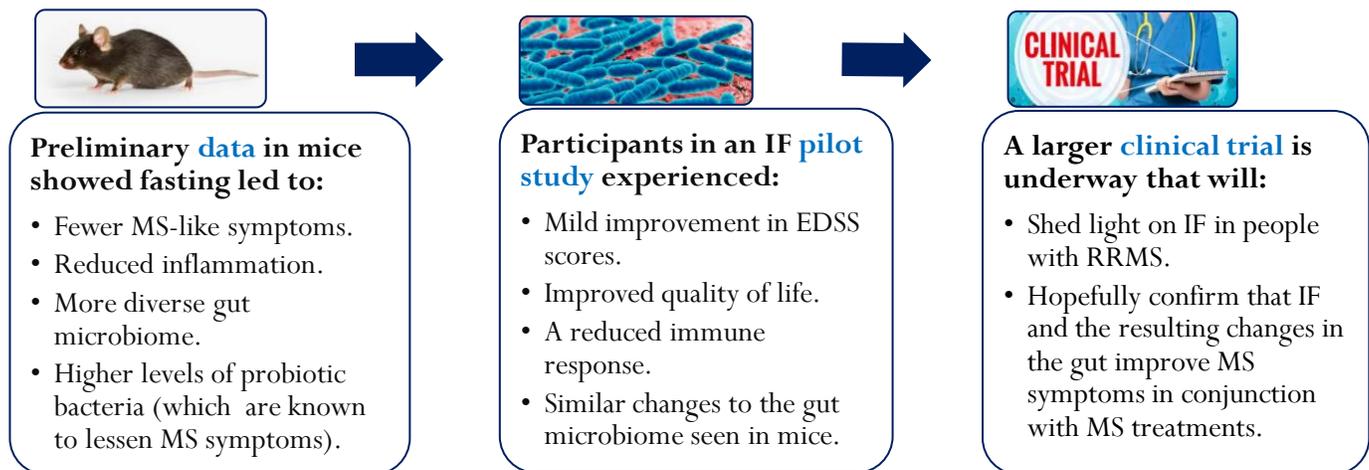




To Eat or Not to Eat?

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).



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!