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| Nota di contenuto | Chapter 1. Introduction to Multiple Sclerosis -- Chapter 2. Life Chapters: Navigating Multiple Sclerosis Across Pregnancy, Breastfeeding, Epidemiology and Beyond -- Chapter 3. The Role of Gut Microbiota in the Pathophysiology of Multiple Sclerosis -- Chapter 4. Western diet Impact on Multiple sclerosis -- Chapter 5. High Salt Diet Impact on MS -- Chapter 6. From Pasture to Plate - Investigating the Role of Bovine Sources in Multiple Sclerosis -- Chapter 7. Role of Vitamins in Multiple Sclerosis -- Chapter 8. The Potential Preventive and Therapeutic Role of Vitamin D in MS -- Chapter 9. Role of Dietary Supplements in Multiple Sclerosis -- Chapter 10. Plant-Based Extracts & Antioxidants: Implications on Multiple Sclerosis -- Chapter 11. Dietary Regimens: Whole Grains and Multiple Sclerosis -- Chapter 12. Diet and its Potential impact on the prognosis of Multiple Sclerosis: Fasting Diets -- Chapter 13. Diet and its Potential impact on the prognosis of Multiple Sclerosis: Mediterranean Diet -- Chapter 14. Ketogenic Diet: Implications on Multiple Sclerosis -- Chapter 15. Epigenetics: Implication on Multiple Sclerosis -- Chapter 16. Therapeutic Strategies and Ongoing Research. |
| Sommario/riassunto | This book offers an insightful exploration into the relationship between |

diet and Multiple Sclerosis (MS), aiming to address a crucial question: Can dietary interventions serve as effective preventative and therapeutic measures for patients with MS? Delving into this question, the book examines various nutritional components and regimens, shedding light on their potential impacts on the progression, relapse rate, and development of MS. It offers readers valuable insights into how dietary choices can influence the management of this condition. Backed up by evidence gathered from review and clinical trial papers, the book discusses the role of vitamins such as A, B, and D, as well as dietary supplements like caffeine, carnitine, and lipoic acid in benefiting patients with MS. Particular attention is given to the significance of vitamin D in lowering the risk of developing MS and its immunomodulatory effects on the inflammatory processes associated with the disease. In parallel, the book also addresses the detrimental effects of diets such as the Western or high salt diet (HSD) on MS prognosis, emphasizing how these dietary regimens can harm the gut microbiome and exacerbate inflammatory responses, ultimately promoting demyelination of the central nervous system (CNS). The book then explores alternative dietary approaches that confer a protective effect on the gut microbiome and the CNS, including whole grain, fasting, Mediterranean, and ketogenic diets. This comprehensive resource is an essential reading for patients with MS seeking to understand the potential impacts of diet on their overall health, as well as healthcare professionals and researchers interested in exploring dietary interventions for MS management.