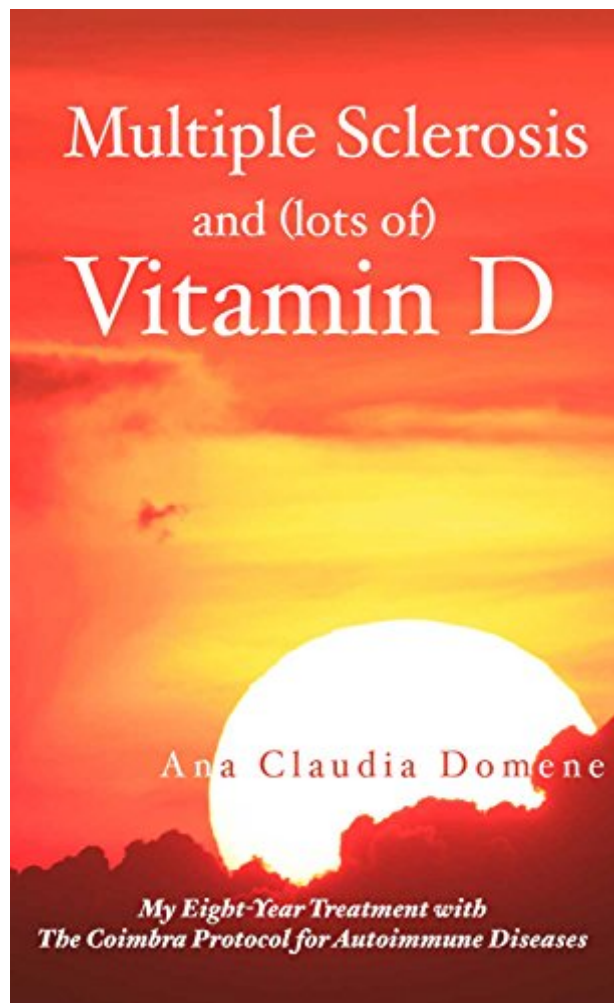


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# Multiple Sclerosis And (lots Of) Vitamin D: My Eight-Year Treatment With The Coimbra Protocol For Autoimmune Diseases



## Synopsis

The Coimbra Protocol relies on doses of vitamin D that range from 40,000 IU to 200,000 IU per day. Mounting scientific evidence clearly shows that vitamin D has a powerful effect on autoimmune diseases, yet most doctors continue to prescribe no more than 1,000 IU or 2,000 IU a day to patients that suffer from such conditions. In this book, Ana Claudia Domene describes her experience with multiple sclerosis and the treatment that has radically eased her symptoms, allowed her to discontinue all conventional medications, and restored her health. Developed by Dr. Cicero Galli Coimbra, a neurologist practicing in São Paulo, Brazil, the Coimbra Protocol is a therapeutic approach that relies on high doses of vitamin D to halt the misguided attacks of the immune system, and it has enabled thousands of patients around the world to keep their autoimmune diseases in permanent remission.

## Book Information

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## Customer Reviews

As a vitamin D and health advocate, I ordered a copy of "Multiple Sclerosis and (lots of) Vitamin D" and devoured it upon delivery today. Author Ana Claudia Domene walks the reader through her

journey with multiple sclerosis including the diagnosis, conventional treatment, and her success taking large doses (think 60,000 iu a day) of vitamin D as part of the Coimbra Protocol. Ms. Domene carefully explains the world-renown treatment plan by Brazilian neurologist Cicero Galli Coimbra, MD, PhD that includes daily vitamin D doses of up to 200,000 iu! In short, her words of success and knowledge serve as an inspiration for anyone who is touched by the potentially ravaging autoimmune disease called multiple sclerosis.

Excellent book by a patient. There are over 200 articles on MS and Vitamin D at VitaminDWikiMy comments on this excellent protocol. Some doctors just prescribe 2,000 IU of vitamin D to reduce MS symptoms. Dr. Coimbra gives 40,000 to 200,000 daily to CURE MS (actually eliminate all symptoms, but must continue taking vitamin D for life). He has claimed that the very high dose Vitamin D should work with most/all auto-immune diseases. I have wondered, for 4+ years now, if very high dose Vitamin D will also work for many other diseases. Not just work, but perhaps fully treat if the disease has not progressed too far. I have wondered how many people who are able to achieve 40-60 nanograms of vitamin D in their blood are still not able to get a good level in their cells due to gene problems. That is, their vitamin D levels test as being good, but their cells are not getting the benefit. I wonder how much his success rate (80%?) would be improved if he were to add Omega-3 and Magnesium to his protocol.

The book I needed. Includes well described experience of Dr. Coimbra patients suffering from autoimmune diseases (mostly MS) with high doses Vitamin D treatment. The book includes recent information about the institutions (including webpage addresses) leading this kind of therapy, about internet forums of patients. I found it useful in the process of decisionmaking regarding to commence the treatment. Realistic, but giving lots of hope.

Maybe you don't have MS. Other accounts of people being treated for Psoriasis, Rheumatoid Arthritis etc. are included in the appendices for reference. The Physician list is worth the price of the book. One Dr. in Tampa does the Coimbra protocol. Or take the information to your own Dr. if they'll work with you. It's a good read. She also addresses her experience with low stomach acid being mis-treated by conventional proton-pump-inhibitors and making her GERD worse. After a proper diagnosis and treatment - which is well described here - she is progressing without the drugs. Dr. Walters, Scottsdale, AZ made all the difference.

Great book, seriously thinking about buying a bunch of copies and putting them in the lobbies of neurologists' offices, to get those folks some real help

This lady's story makes so much sense, and gives great hope for people with Multiple Sclerosis and other related diseases. I highly recommend it.

Great book. Easy to read, understand, great explanations about protocol but the biggest like for live examples of people who are on protocol.

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