

Fruits and vegetables can help reduce disability and symptoms of multiple sclerosis

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Multiple sclerosis is a disease in which the immune system erodes the protective nerve shell. Symptoms include loss of vision, pain, fatigue and a combination of other defects.

The results showed that healthy dieters had a risk of severe disability of only about 20%, nearly 50% were less likely to suffer from depression, 30% were less likely to suffer from fatigue and more than 40% were less likely to be ill or hurt.



A healthy lifestyle is defined as having a healthy weight, regular physical activity, not smoking, eating lots of fruits, vegetables, beans, whole grains, eating less desserts and stuff. Drink plenty of sugar, eat less red meat and processed meat.

Kathryn C. Fitzgerald, of the Johns Hopkins School of Medicine in Baltimore, said: "People with multiple sclerosis often ask what they can do to delay or avoid this condition and many people want to know if Does the diet play a role? "

Fitzgerald added: "Although this study does not determine whether a healthy lifestyle reduces symptoms of multiple sclerosis, but the interaction between these two factors is possible."

The results are published in the journal Neurology as soon as researchers adjust to other factors that can affect people with disabilities, such as age and time, which may cause them to develop sclerosis.

Research conducted on 6,989 people with all the patients who completed the questionnaire about their diet.

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