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Effect of Intermittent vs. Daily Calorie Restriction on Changes in Weight and Patient-Reported Outcomes in People with Multiple Sclerosis

Kathryn C. Fitzgerald ScD , Diane Vizthum MS, RD ,  
Bobbie Henry-Barron RD , Amy Schweitzer PhD, RD ,  
Sandra D. Cassard ScD , Eric Kossoff MD , Adam L. Hartman MD ,  
Dimitrios Kapogiannis MD , Patrick Sullivan MS, RD ,  
David J. Baer PhD , Mark P. Mattson PhD ,  
Lawrence J. Appel MD, MPH , Ellen M. Mowry MD, MCR



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**HIGHLIGHTS**

- Intermittent fasting or calorie restriction diets have favorable effects in the mouse forms of MS.
- In a feeding study of people MS, calorie restriction diet resulted in weight loss.
- Calorie restriction diets also resulted in improved emotional well-being scores.

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