



# **Feed Thy Gut: My Story of Discovering a Natural, Drug-free Approach to Treating Multiple Sclerosis, Acne, and Depression**

*David Podlipny*

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Multiple sclerosis. Acne. Depression. What do these things have in common? Shame?

No, nothing quite that sexy...

The fact that diet can significantly improve all of them.

For much of my life I believed that diet had nothing to do with either acne or multiple sclerosis, a notion that health care professionals reinforced. I've now come to hold a different view—diet has a lot to do with it. But it's not limited to the duo mentioned. Changing my diet did wonders for my depression, dry skin, eczema, athlete's foot, nail fungus, fatigue, brain fog, anxiety, allergies...and the list goes on.

Diagnosed with MS in 2006, after which followed several bouts of vertigo, numbness, stiffness, and loss of strength and coordination over the following years, I am now virtually symptom free, without the use of conventional drugs in any form. And though diet plays a big role, it is by no means the only thing to consider. Nor is this an endeavor to find a miracle cure, but something much more realistic and practical: instead of treating the symptoms, treat the underlying causes.

So, is this a memoir? The confessions of a loner? A long-winded eulogy to garlic? To the paleo diet? A rant against the medical community? It's...an introspective account of my journey trying to regain health, in all its vastness, tearing down the heavy blackout curtains along the way.

I also share what the many experiments over the past years have yielded, from the good stuff to the not so good stuff. Who knew that the combination of sea salt, a glass of water, and an empty stomach would result in me soiling myself? Every new day holds promises of unimaginable wonder. But don't fret: I provide much safer tips and tricks that I've picked up as well, like a one ingredient, all-natural deodorant. Not necessarily linked to the malodorous fix above...

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#### **Luis Gazaway:**

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