



# **Multiple Sclerosis and (lots of) Vitamin D: My Eight-Year Treatment with The Coimbra Protocol for Autoimmune Diseases**

*Ana Claudia Domene*

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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.

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