

# Winning the Fight, ALS, & The Deanna Protocol® Metabolic Plan



**Winning  
the Fight**  
**Against  
Neurodegenerative  
Diseases**  
[www.winningthefight.org](http://www.winningthefight.org)

## What is ALS? What are Neurodegenerative diseases?

ALS is a neurological disease that causes complete paralysis and eventually, death. Life expectancy upon diagnosis is two to five years. Most cases are non-hereditary and for these cases, there is no unanimous consensus on what causes them. Although, many in the healthcare community believe that prolonged exposure to abnormal levels of toxins can likely cause ALS. ALS can strike anyone at any time. ALS impacts individuals of all ages, ethnicities, and walks of life. Neurodegenerative diseases are conditions that cause nerve cells to die (such as stroke, traumatic brain

injury, concussion, Alzheimer's Disease, Multiple Sclerosis, Parkinson's Disease, and others).

## Winning the Fight and our Work

Winning the Fight (WFND) is a predominantly volunteer medical research organization focused on designing and testing methods to manage ALS. WFND also plans to begin research on designing methods to manage other neurodegenerative conditions. Dr. Tedone, of Winning the Fight, developed The Deanna Protocol® Metabolic Plan for ALS (called DP™ Plan for short). The DP™ Plan is a *natural* metabolic program that is effective in significantly prolonging the lives of individuals dying from ALS and prolonging their ability to move and function physically. The DP™ Plan has proven effective for many individuals with ALS, but Winning the Fight's goal is to improve the DP™ Plan even further and to increase its effectiveness. Your donations will fund research to accomplish this goal.

## The Deanna Protocol® Metabolic Plan Versus Common ALS Treatments

The DP™ Plan has been found to significantly prolong life and markedly prolong physical function for years and sometimes even indefinitely. The common treatments for ALS on the market today prolong life for two to three months at the expense of uncomfortable and dangerous side effects.

## **Winning the Fight and Profit**

Winning the Fight does not sell The DP™ Plan or profit from the purchase of it. Winning the Fight's mission is merely to design, research, and improve methods of managing ALS for the purpose of improving quality of life and extending life. Individuals on the DP™ Plan can purchase the supplements from a variety of supplement shops and online retailers. To learn more, visit [www.winningthefight.org](http://www.winningthefight.org).

## **Scientific Research & The Deanna Protocol® Metabolic Plan**

### **Science Behind the Deanna Protocol® Metabolic Plan and Why it Works**

The progressive paralysis and eventual death of **people with ALS (PALS)** is caused by the death of nerve cells and by the spreading of nerve cell death throughout the body. The DP™ Plan gives the nerve cells what they need to be able to make more energy. This ability to produce excess energy keeps the nerve cells alive.

### **A of substances in The DP™ Plan and how they help in ALS**

**AAKG:** AAKG delivers energy to the neurons to keep them alive. This slows and even stops the progressive paralysis that happens in ALS.

**GABA:** PALS also experience excitotoxicity, meaning that the signals traveling between their neurons are too strong. This causes uncontrollable muscle twitching and makes it nearly impossible for their muscles to function properly, even before PALS become paralyzed. GABA is an inhibitory neurotransmitter, which means that it reduces excitotoxicity, reduces twitching, and enables PALS to maintain control of the muscles in their arms, legs, hands, feet, and other areas.

**CoQ10, Niacin, and 5HTP:** These are the precursors to NADH. Winning the Fight suggests that PALS take these three substances, which will allow their bodies to make NADH. (Taking NADH orally will not suffice because the body cannot absorb it that way.) Why is NADH important? NADH is one of the ingredients necessary for cells to produce the energy they need to allow them to stay alive. In the case of ALS, it keeps nerve cells from dying.

### **Funding Research to Optimize of the DP™ Plan for ALS and Other Neurodegenerative Conditions**

The DP™ Plan is extremely effective in ALS, but it is not perfect (it is effective in about 70% of cases), which is why WFND is striving to improve it. WFND plans to continue to raise funds for animal studies, human nerve cell studies, and human clinical trials. These studies will help WFND improve The DP™ Plan to ensure that it works for everyone. WFND's doctors and scientists also believe that the DP™ Plan will very likely help manage other neurodegenerative conditions (stroke, concussion, traumatic brain injury,

Alzheimer's Disease, Parkinson's Disease, Multiple Sclerosis, etc.). WFND plans to perform studies to test the DP™ Plan's effectiveness in each of these and to customize the plan for each condition.

## **Funding for Research on Adding new Substance to the Deanna Protocol® Metabolic Plan**

The Weizmann Institute of Research in Israel has discovered a substance, GOT, that can neutralize glutamate. We hypothesize that the DP™ Plan when mixed with GOT, will slow, stop, and even reverse the impact of ALS on the body to a much greater degree than just the DP™ Plan alone. **To study GOT and The DP™ Plan together, we must raise funds to have the substance made in a way that is safe for humans to consume it. After we have accomplished that, we will conduct animal studies and then clinical trials.**

**GOT neutralizes glutamate. How would individuals with ALS benefit from a substance that neutralizes glutamate?** When an individual has ALS, nerve cells die, then they break open and release glutamate into the extracellular space, or the area outside the cell. This extra glutamate floating in the extracellular space becomes poisonous because there is too much of it. When the extra glutamate is released and comes into contact with healthy nerve cells nearby, these cells also burst and die (again, because the excess glutamate poisons them.) When these new cells burst and die, they release more glutamate, which kills more neighboring cells, and the process of nerve cell death continues exponentially. This is why nerve damage progresses quickly in neurodegenerative conditions, especially in ALS.

While the DP™ Plan delivers energy to the cells and keeps many of them alive, it does not stop the cells that do die from releasing glutamate and poisoning the environment around the healthy cells. In other words, the DP™ Plan keeps cells alive in a poisonous environment, but the GOT can actually remove the poison (excess glutamate) from the environment. This is why Winning the Fight hypothesizes that the GOT, when mixed with the DP™ Plan, will be even more effective in slowing, stopping, and reversing the impact that ALS and other neurodegenerative conditions have on the body. **Studying the DP™ and GOT could lead to a revolutionary medical breakthrough, if Winning the Fight can raise the funds to do it.**

## **Why The Deanna Protocol® Metabolic Plan may Work for Other Neurodegenerative Conditions**

In other neurodegenerative conditions (such as stroke, concussion, traumatic brain injury, Alzheimer's Disease, Parkinson's Disease, Multiple Sclerosis, and more), nerve cells die as well. They release glutamate, which kills neighboring cells, just as it does in ALS. Regardless of the condition and the cause of the initial damage, damage spreads from cell to cell in the same way in all of the conditions above. Since the DP™ Plan manages the spread of nerve cell damage, it will probably work in any condition that involves the spreading of nerve cell damage, not just in ALS. **This is why we plan to conduct further research to attempt to optimize the DP™ Plan for diseases and conditions other than ALS.**

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**Contact Us:**

If you are interested in learning more about Winning the Fight, our research, and our cause, please contact Chiara Tedone at [Chiara@winningthefight.org](mailto:Chiara@winningthefight.org) or at 541-351-8470.

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