Reviewer’s report

Title: Islamic fasting and Multiple Sclerosis

Version: 1 Date: 4 January 2014

Reviewer: Alireza Minagar

Reviewer’s report:

To the authors:

The papers is not fluently written and contains a number of English errors which need to be rectified.

None of these authors as I can see is an expert on nutrition and they need to have a nutritionist on board to add some more scientific input to this discussion,

I strongly recommend that they avoid using terms such as "experts recommend this or that ..." which refers to themselves and they should simply say that "it is recommended..."

They need to look at the ketogenic diet and epilepsy and use that as a model for their paper and see how changing diet can affect the severity of a neurological disease.

The authors say that multiple sclerosis is a complex syndrome. This is totally wrong and multiple sclerosis is a disease and not a complex. This must be corrected.

The format of the paper is odd and they need to avoid any interruptions in the fluidity of the text and instead write and fluent paper and avoid the term debate.

The discussion is written in a rush and the authors need to use more references of the role of calorie restriction and the function of the immune system. How does keeping someone hungry and dehydrated affects his/her immune system function. This is the core of the paper which is totally missing.

The conclusion of the paper leaves the reader nowhere and a reader cannot draw any conclusion as whether a person with multiple sclerosis can fast or no. This needs to be addressed more robustly.

I will be happy to read the revised paper.

Level of interest: An article of importance in its field

Quality of written English: Needs some language corrections before being published
Statistical review: No, the manuscript does not need to be seen by a statistician.