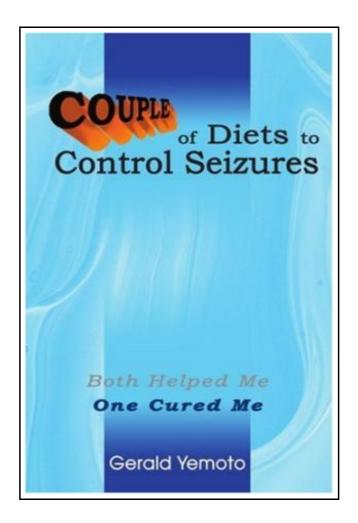
Couple of Diets to Control Seizures: Both Helped Me One Cured Me (Paperback)



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Reviews

An exceptional book as well as the font applied was fascinating to learn. It is loaded with knowledge and wisdom I am just easily can get a pleasure of studying a created book.

(Dr. Benjamin Lakin)

COUPLE OF DIETS TO CONTROL SEIZURES: BOTH HELPED ME ONE CURED ME (PAPERBACK)



iUniverse, United States, 2004. Paperback. Book Condition: New. 221 x 142 mm. Language: English . Brand New Book ***** Print on Demand *****. This is a book of two diets I tried to control my epileptic seizures. No medications seemed to control the seizures I had. Not until I seen the Charlie Foundation present an Introduction of the Ketogenic Diet, did I ever consider dieting would control my seizures. In August 1996 I began the ketogenic diet. The ketogenic diet controlled my seizure better than any medications I tried. Because of my age (adult) it was hard to seek professional help that practiced the diet, since it is practiced on children only. Dieticians of a Children s Hospital nearby did coach me though the diet. Not until seven years later did I notice that certain foods were being eaten just before I had a seizure, specifically pasta. I began researching the possible cause of seizures and gluten appeared. I looked back on my records while I was on the Ketogenic Diet and noticed I had certain foods before having seizures. Those foods had gluten in it. Gluten sensitivity is becoming more prevalent as it is studied. Being unsuccessful contacting the medical profession I decided to write a book of both diets that helped me controlling seizures. Both diets may even help weight loss.

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