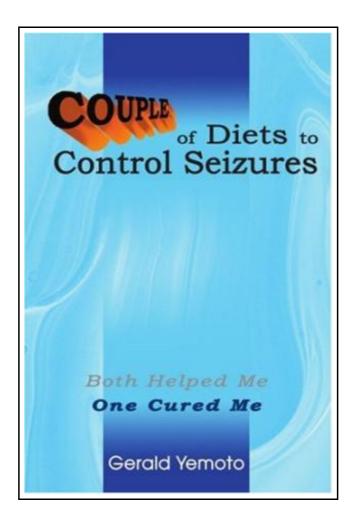
# Couple of Diets to Control Seizures: Both Helped Me One Cured Me



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# **Reviews**

An exceptional publication as well as the font employed was exciting to see. it was actually writtern extremely flawlessly and helpful. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Dominic Collins)

# COUPLE OF DIETS TO CONTROL SEIZURES: BOTH HELPED ME ONE CURED ME



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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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