

FOURTH EDITION

The KETOGENIC *Diet*

A TREATMENT FOR CHILDREN
AND OTHERS WITH EPILEPSY

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The Ketogenic Diet: A Treatment for Children and Others with Epilepsy,
Fourth Edition



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Many parents want beyond currently available medications for a satisfying alternative to seizure treatment. The dietary plan helps to control seizures and enables many children to be both seizure-free of charge and drug-free. Nine weeks later, ... Charlie's seizures had been unchecked, his development delayed, and he had a prognosis of continuing seizures and progressive retardation. Since Charlie started the (ketogenic) diet plan, he has been virtually seizure-free, completely drug-free of charge, and a terrific small boy. He has already established to stay on a modified edition of the ketogenic diet plan after getting on the full diet for just two years, but he would go to school and leads a standard, happy existence. One in five children with epilepsy offers seizures which are resistant to medicines. Browse the new companion to The Ketogenic Diet plan, Keto Kid: Helping Your Child Succeed upon the Ketogenic Diet. I was pushing my boy, Charlie, in a swing when his head twitched and he threw his right arm in the air. The ketogenic diet plan is this answer. This rigid, mathematically calculated, doctor-supervised diet is high in fat and lower in carbohydrate and proteins, and strictly limits both calories and liquid intake. That was the beginning of an agony I am without phrases to describe. Get all of the facts for the ketogenic diet plan, plus: Clear guidelines for calculating and handling the diet every day Full report on acceptable foods, with nutritional information, that can be used with the food plan The very best approaches for coping with the limitations and restrictions of this diet program NEW! This extensively updated edition covers the many advances that have been manufactured in understanding how the diet works, how it must be used, and its future role as cure for children with epilepsy. Expanded portion of recipes and 35 sample meals, including some developed by professional chefs with kids on the diet NEW! A discussion of the way the Atkins and altered ketogenic diets may in some instances be used as alternatives to regulate epilepsy in children The Ketogenic Diet: CURE for Children and Others with Epilepsy, 4th Edition can be an indispensable resource for just about any parent, medical professional, or dietician working with children upon this strict but impressive diet plan. Even though seizures are pretty well under control, medication may have an effect on childrens alertness and mental clarity, impairing their ability to find out and reach their full potential.



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This book is definitely well- & Being a Certified Holistic Health Coach My mom had a stroke a year or two ago and has experienced focal epileptic seizures due to the scar tissue in her brain. Discuss validation! Being truly a Certified Holistic Health Coach, I tried to work with my parents to handle the problem nutritionally, with very little success. Her neurologist had recommended a vegetarian/vegan diet to greatly help her lose pounds, and I tried to convince my dad that this was absolutely the incorrect approach. My father can be an inorganic chemist; a practical guide about implementing a ketogenic diet This book is a great beginning on understanding the practical implementation of the ketogenic diet. A fat really lifted off my shoulders. I am not really a happy customer, that is just unacceptable for a publication. The book even covers the newer, potentially more palatable versions of the KD like the Modified Atkins and the MCT Ketogenic Diet, providing the reader additional options to greatly help fit this dietary approach into their lifestyle. Mark Hyman and _Grain Brain_ by Dr. Five Stars EXCELLENT! My father enjoyed this one the best because it was the only person written centered purely on scientific tests without conjecture. They also visited a nutritionist who supposedly specialized in epilepsy. The response I got from my father after that was, "He didn't seem to know any thing. I couldn't believe it when I opened the publication to learn it that the portion of the publication that I needed to read (the reason why I bought the publication) is lacking! The comment is only establishing the boundary of the data John Freeman is usually imparting through this specific book. Medications make her depressed and lethargic, and the doctors have got recommended surgery. Never hesitate to do detailed analysis and pick apart details- even in a publication like this. Five Stars Very informative Hard to review, since it didn't match my needs. dispelled many of our fears about the dietary plan. It has additionally helped us explain what to relatives & friends as we ready for and began the dietary plan. The book provides an overview, history, family members' experiences, recipes, resources, plus much more. and the doctors have recommended procedure. The authors of the book put together among the best "How to" books I've come across on using the KD effectively to control your seizures. one doesn't have to have a health background to understand it. It was very reassuring to finally read something that was written by people who *know* instead of by individuals who just have opinions. We had read so much unfavorable about the dietary plan, but this helped us understand all of the positives of the diet and that we could do it and it could be the answer to your prayers. I was so relieved to have the details presented in that straightforward, clear to see manner, I in fact cried with alleviation (among other emotions) while reading it. I also experienced trouble convincing him that eating more body fat and removing carbohydrates wouldn't lead to weight gain. In case you are hesitant and reluctant like we had been, just get it and read it; this book will make all the difference for you personally, whatever you decide. I really can't state enough how amazing a resource this publication is! Must Go through for Seizures, Migraines Because the author of But it appears to be a well written book. as well as I simply didn't have the time to accomplish it with this publication cause I had a deadline. I can tell you I'm a VERY big fan of the ketogenic diet plan. The study on how powerful this diet could be comes as a surprise to many. The KD is usually a very much unused tool (and generally one of final resort!) in the treating seizures and migraines. simply written, so is easy to understand; Realizing that any book I sent had to be written by an MD, I included this book along with _The BLOOD SUGAR LEVELS Solution_ by Dr. Informative, fairly simple to examine- even for a lay person Great resource. Probably one of the top 10 10 to 20 on earth, given the amount of my injury. Appears to be well-referenced, but I'll admit I didn't check those completely. Great Addition to an Epilepsy Source Library I am so thankful we purchased and go through this book. Chronic Migraine Comfort: Paths to Heal Your Brain Migraines and Epilepsy: Where to find Relief, Live Good and Protect Your Human brain ketosis is essential for neurological recovery Recovering quadriplegic. The information is

concise and they work hard to be accurate and positive about the ketogenic diet without making too large of claims about any of it. I found the sections on alternatives to the Ketogenic diet to be especially interesting., Diabetes, Parkinson's, some forms of cancer. Ketosis is quite beneficial for any mitochondrial (cellular energy creation) disorders. In case you are nontechnical, reserve could be a bit very much for you, But it's a good starting point Great book for understanding ketogenic diet plans and their value Great reserve. I am a nutritionist and holistic practitioner and this gave me an extremely well-rounded and better understanding of ketogenic diet plans and how it pertains to various disorders. Very big picture objective details, neutrally presented with details and valuable info. Not helpful for migraine sufferers Description says it offers details on keto for migraine sufferers, but it only has two paragraphs, and lacks current study that I easily found on line. so, some of my suggestions need to be backed up with scientific proof.It is mostly of the sources that I've read that gave me a detail by detail approach to using the diet.It generally does not explain the physiological basis for utilizing the ketogenic diet. That's not a criticism." Based on my suggestions and this book, my parents are working toward changing their diets.I highly recommend purchasing this publication, not only for parents of kids with epilepsy but also for peoplewho wish to adopt the ketogenic diet for other reasons (ie: obesity etc). I am not really a happy customer, that is simply unacceptable for a book The book is missing an entire section of a chapter! You understand much more, and the Ketogenic Diet plan book is a lot more helpful. It is the section on the reduced Glycemic Index Treatment Diet, web pages 218-227. I sent them a few books to greatly help them understand why a high-fat diet plan would be good for my mother. David Perlmutter.!! Four Stars Good info Superb description of using diet to take care of epilepsy If you are searching for alternatives to medicine, this book is for you personally. Ketosis is very important to neurological recovery. It answered so many queries we had & It wasn't what I was looking for, so really can't price it.



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