

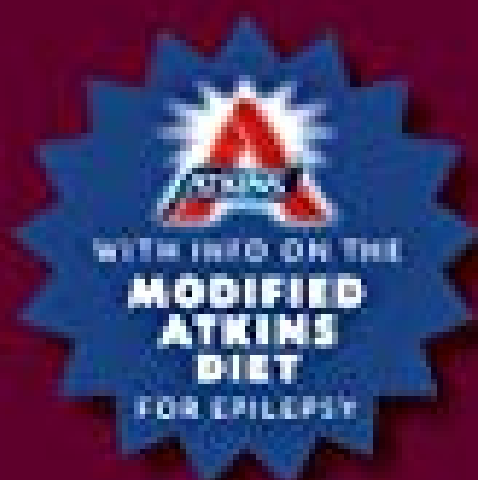
Eric H. Kossoff, MD

John M. Freeman, MD

Zahava Turner, RD

James E. Rubenstein, MD

# Ketogenic DIETS



Treatments for  
Epilepsy and  
Other Disorders

FIFTH EDITION

*Eric Kossoff MD and*

**Ketogenic Diets: Treatments for Epilepsy and Other Disorders**



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Sometimes known as a "miracle diet," the ketogenic diet has helped doctors deal with difficult-to-control epileptic seizures in a large number of kids. Coauthored by four respected professionals from Johns Hopkins, *Ketogenic Diets* is still the definitive instruction for parents, physicians, and dieticians wanting to implement this tight diet. This best-seller also contains sample meal plans, a food database, how exactly to calculate foods, plus much more. Six new chapters address how exactly to integrate the diet into all cultures, religions, and taste preferences new information on altered and less restrictive versions of the diet, and the Modified Atkins Diet plan for Epilepsy are included. This Fifth Edition offers been extensively updated to reflect current improvements in understanding how the diet works, how it must be used, and the future role of the dietary plan as cure. The publication also covers exciting brand-new research that shows the diet may work for those who have other neurological ailments. Anyone who is positioned on the Ketogenic Diet will be told, essentially "prescribed" by their doctor to understand this book.



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and the doctors have recommended medical procedures. Being truly a Certified Holistic Health Coach My mother had a minor stroke a couple of years ago and has experienced focal epileptic seizures because of the scar tissue formation in her brain. Seems to be well-referenced, but I'll admit I didn't check those completely. Five Stars EXCELLENT! Her neurologist suggested a vegetarian/vegan diet to help her lose excess weight, and I attempted to convince my father that was absolutely the wrong approach. Four Stars Good info Excellent description of using diet to take care of epilepsy If you are looking for alternatives to medication, this reserve is for you. so, some of my suggestions need to be backed up with scientific evidence. It's the section on the reduced Glycemic Index Treatment Diet, webpages 218-227. I sent them a few books to help them understand why a high-fat diet would be good for my mother. Understanding that any book I sent had to be written by an MD, I included this book along with The Blood Sugar Solution by Dr. Great Addition to an Epilepsy Reference Library I am therefore thankful we purchased and read this reserve. David Perlmutter. My dad liked this one the best because it was the only one written structured purely on scientific tests without conjecture. Ketosis is very important to neurological recovery. The response I got from my father after that was, "He didn't appear to know anything. You understand a lot more, and the Ketogenic Diet plan book is much more helpful. The research on how powerful this diet can be comes as a shock to many. I am not a happy customer, that's just unacceptable for a book The book is lacking an entire portion of a chapter! Tag Hyman and Grain Mind by Dr. It answered therefore many questions we'd & dispelled quite a few fears about the dietary plan. I highly recommend purchasing this publication, not just for parents of children with epilepsy but also for people who desire to adopt the ketogenic diet plan for other factors (ie: weight problems etc). Migraines and Epilepsy: How to Find Relief, Live Well and Protect Your Brain The book provides an overview, history, households' experiences, recipes, resources, and much more. This reserve is well- & simply written, so is simple to understand; one does not have to have a health background to understand it. It was very reassuring to finally examine something that was written by people who *\*know\** rather than by people who just have opinions. We'd read so much negative about the dietary plan, but this helped us understand all of the positives of the dietary plan and that we could perform it and it may be the answer to your prayers.! A weight actually lifted off my shoulders. If you are hesitant and reluctant like we had been, just obtain it and browse it; this book can make all the difference for you personally, whatever you select. Very big picture goal information, neutrally presented with details and valuable details. Must Go through for Seizures, Migraines As the author of friends once we prepared for and started the diet. as well as Chronic Migraine Comfort: Paths to Heal Your Human brain I could tell you I'm a VERY big fan of the ketogenic diet plan." Predicated on my

suggestions and this book, my parents will work toward changing their diets. 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 concerns different disorders.) in the treatment of seizures and migraines. The authors of this book put together one of the best "How exactly to" books I've come across on using the KD effectively to manage your seizures. The book even covers the newer, potentially more palatable versions of the KD just like the Modified Atkins and the MCT Ketogenic Diet, offering the reader additional options to help fit this dietary approach into his or her lifestyle. Informative, not too difficult to go through- even for a lay person Great resource. The info is concise and they function hard to be accurate and positive about the ketogenic diet plan without making too big of claims about it. Medications make her depressed and lethargic, and the doctors possess recommended surgery. Never hesitate to do detailed analysis and pick apart info- even in a publication like this. I simply didn't have the time to do it with this publication cause I acquired a deadline. But it seems to be a well written book. ketosis is very important for neurological recovery Recovering quadriplegic. Probably among the top 10 10 to 20 in the world, given the amount of my injury. They actually visited a nutritionist who supposedly specific in epilepsy., Diabetes, Parkinson's, some types of cancer. Ketosis is very beneficial for any mitochondrial (cellular energy creation) disorders. a practical guide about implementing a ketogenic diet This book is an excellent beginning on understanding the practical implementation of the ketogenic diet. The KD can be a much unused tool (and usually one of last resort! I really can't state enough how fantastic a resource this book is!! In case you are nontechnical, book may be a bit much for you personally, But it's a good starting point Great reserve for understanding ketogenic diet programs and their value Great book. It really is one of the few sources that I've go through 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. Five Stars Very informative Hard to review, since it didn't meet up with my needs. The comment is only establishing the boundary of the knowledge John Freeman is usually imparting through this specific book. It has additionally helped us explain things to relatives & Talk about validation! I couldn't believe it when I opened up the reserve to learn it that the part of the reserve that I wanted to read (the reason I bought the book) is missing! I also had trouble convincing him that eating more fat and eliminating carbohydrates wouldn't result in fat gain. I am not really a happy customer, that's just unacceptable for a book. Being a Certified Holistic Health Coach, I attempted to utilize my parents to address the problem nutritionally, with very little success. Not helpful for migraine sufferers Description says it has info on keto for migraine sufferers, but it only has two paragraphs, and lacks current analysis

that I easily entirely on range. I was so relieved to really have the details presented in that straightforward, clear to see manner, I in fact cried with relief (among other feelings) while reading it. My dad is an inorganic chemist; I found the sections on alternatives to the Ketogenic diet to be especially interesting. That's not a criticism. It wasn't what I wanted, so really can't rate it.



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