EPILEPSY

CAUSES

It is thought to be caused by electrical disturbances in nerve cells in one section of brain. Seizures vary in their severity. Petit mal seizures are mild - person will stare into space and may twitch slightly. Grand mal seizures more extreme - person will fall to ground, become unconscious, have convulsions. 75% begin in childhood and are characterized by staring spells and a few seconds of mental absence. 25% start later in life.

Can be caused by infection, meningitis, rickets, rabies, tetanus, malnutrition, hypoglycemia, sports injuries, head injuries, fever, or allergies. May also result from scar tissue from an eye injury or a stroke, lack of oxygen, spasm to blood vessels, and arteriosclerosis. May also be hereditary - often cause is unknown.

Aluminum toxicity and lead poisoning may also contribute to problem. Nutrasweet has been associated with seizures. A hair analysis should be done to rule out these metal toxicities.

TYPES OF SEISURES:

Absence (petit mal). Most common in children, characterized by blank stare. During these seizures children are unaware of their surroundings.

Atonic (drop attack). Childhood seizure in which child loses consciousness for about 10 seconds after his legs have collapsed.

Complex partial (temporal lobe). Blank stares, random activity, chewing motion are characteristic. Person may be dazed and unaware of his surroundings and may act oddly. There is no memory of this seizure.

Generalized tonic-clonic (grand mal). Sudden cries, a fall, rigidity and muscle jerks, shallow breathing and bluish skin. Loss of bladder control is possible. Seizure usually lasts two to five minutes and is followed by confusion, fatigue, or memory loss.

Myoclonic. Brief, massive muscle jerks occur.

Simple partial (Jacksonian). Jerking begins in fingers and toes and progresses up through body while person is conscious.

Simple partial (sensory). Person may see, hear, or sense things that do not exist. May occur as a preliminary symptom of a generalized seizure.

If present when someone has seizure:

1. Move sharp or dangerous objects away from him.
2. Place person on bed or floor.
3. Loosen tight clothing.
4. Turn person on side if possible.
5. Do not put anything in his mouth. Swallowing objects if more dangerous than biting the tongue.
6. Stay calm, remember that the person feels nothing during the seizure.

Nutrients Needed:

<u>Essential:</u>
500 mg L-Taurine & L-tyrosine amino acids) 3 times a day for proper brain function.
700 mg Magnesium Chloride taken between meals on empty stomach with apple cider vinegar or betaine HCl

100-600 mg Vitamin B6 (pyridoxine) daily divided into doses, under supervision.
200 mcg Vit. B12 lozenges dissolved under tongue twice daily, on empty stomach.

Very Important:
1500 mg Calcium daily for normal nerve transmission.
Vitamin B complex with folic acid
50-80 mg Zinc daily, valuable in RNA/DNA synthesis

Important:
50 mg Gluconic from Da Vinci Labs under the tongue in the morning and at night, stimulates immune response.
200 mg Germanium daily to improve cellular oxidation.

Helpful:
200 mcg Chromium daily for cerebral sugar metabolism. Picolinate form is effective.
5 tablets Kelp or alfalfa daily for mineral balance
Proteolytic enzymes between meals
Digestive enzymes with meals
Raw Thymus concentrate and Thyroid extract - as directed on label. Both thymus and thyroid are important in proper brain function.
25,000 IU Vitamin A daily to oxygenate brain
2,000-7,000mg Vit. C plus bioflavonoids divided into daily doses for adrenal gland which is anti stress gland.
Vitamin E - start with 400 IU daily, gradually increase to 1,600 IU for aiding circulation and immunity.

DIET (most important)z

- **Ketonic Diet - high fat, adequate protein, low carbohydrate. Often used for children who do not respond to standard therapy. Must be carefully monitored, it is rigid, strictly calculated diet.**
- **Read "The Ketogenic Diet: A treatment for Epilepsy).**
- **The most important thing is to get healthy oils into the brain (coconut oil, avocado oil, olive oil). No alcohol intake, and avoid all preservatives and chemicals in foods and other things that touch the body. Also, absolutely no sugar (brown or white), pop, coffee or stimulants.**
- **CBD Oil for seizure control**
- **Avoid chemicals in the diet – as in food dyes, preservatives, foods heavily sprayed for pesticides or herbicides, fast foods, pop.**
- **Epsom Salts baths 2-3 times a week and preventative. The magnesium sulfate changes physiochemical cell relationships in the brain which in turn lessens the frequency of seizures and convulsion. Crush pure grade Epsom salt into a very fine powder. Add 1/2 teaspoon of the powder to a glass of orange juice or water and drink it each morning. For Epilepsy treatment take 1 Tablespoon epsom salt consistently with glass of water.**
- **Side effects of anti-seizure medications include liver problems, mental fatigue, mental fogginess, fatigue, leukemia-like symptoms, and in some cases death.**
- **Diet should be adequate in magnesium rich foods, supplemented with magnesium supplements, as magnesium deficiency has been shown to be involved in epilepsy.**
- **According to some researchers the anti-hypoglycemia diet for low blood sugar should be followed. Certain if hypoglycemia is present follow that diet.**
- **Often there is trouble with mineral assimilation, esp. magnesium and calcium, and esp. if taken with meals. If magnesium def. obvious, magnesium and calcium should be given on empty stomach, between meals, pref. with some sour fruit juice, apple cider vinegar and/or one tablet of betaine hydrochloride. For magnesium supplement, magnesium chloride, magnesium gluconate or mag. oxide can be used.**
- **Eliminate all animal proteins from diet.**
- **Best food sources of magnesium: raw nuts, seeds, soybeans, cooked and green leafy veggies like spinach, kale, chard, beet tops. If cooked, cooking water should be consumed.**
- **Eat as may raw foods as possible.**
- **Eat small meals, avoid overeating.**
- **Don't eat large meal before going to bed.**

- **Avoid all refined foods, no sugar in anything. Honey and stevia as sweeteners are alright.**
- **Avoid the herb Sage**

Supplements:

- **Calcium-Magnesium and 50mg B Complex twice a day**
- **Q10 and/or Gingko Biloba to oxygenate the brain**
- **B12 sublingual or spray daily**
- **Evening Primrose Oil or Borage Oil (1,000-2,000mg daily)**
- **Central Nervous System Herbs: Motherwort, hyssop, black cohosh**
- **CBD oil daily**
- **Coconut oil daily**

OTHER

- **Keep mentally active, avoid stress.**
- **Get lots fresh air. Don't live in smoggy area. Sleep with windows open. Seizures seem to increase during cold winters and rain storm with high humidity.**
- **Physical activity in fresh air oxygenates all tissues, including brain cells.**
- **Plenty of rest, sound sleep, don't go to bed immediately after a meal. One cup of herb tea (mistletoe for eg.) sweetened with little honey is good.**
- **Avoid constipation. Take enema before going to bed if this happens.**
- **Epsom salts bath, twice a week.**
- **Avoid stimulating television and computer shows and games**
- **Thyroid extract if low in thyroid.**