SEIZURES

- **Very important to have enough oils in the diet to coat the nerves in the brain for proper synapsing. Suggest 1,000 mg a day of Borage Oil (Omega 6); also do Fish oil (Omega 3); and Coconut Oil daily.**
- **Take a multi mineral capsule in afternoon or evening.**
- **Take a calcium-magnesium supplement in the evening or at bedtime.**
- **Take B complex (50mg) morning and evening if stressed or not eating enough foods that contain B vitamins.**
- **Avoid all chemicals (processed foods, also in toothpaste, hair shampoo, creams and lotions), food dyes (as in jello, processed foods, candies)**
- **Avoid milk, wheat, coffee, pop, sugar, artificial sweeteners**
- **Avoid spraying lawn or garden with pesticides or herbicide**
- **Test to see if any sensitivities to foods so they can be avoided.**
- **No alcohol. If you need to take a formula with alcohol, add some very hot/boiling water to the formula and a few minutes later the alcohol has dissipated.**