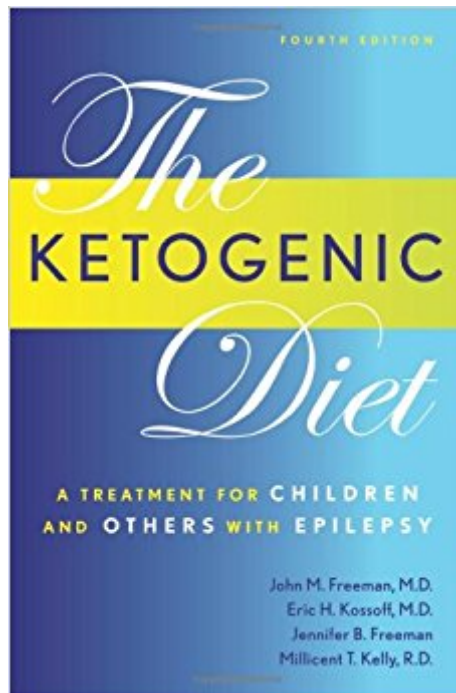




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The Ketogenic Diet: A Treatment For Children And Others With Epilepsy



Synopsis

Sometimes called the ‘miracle diet’, the ketogenic diet has helped doctors treat difficult-to-control epileptic seizures in thousands of children. Coauthored by two respected Johns Hopkins neurologists, *The Ketogenic Diet* continues to be the definitive guide for parents, physicians, and dieticians wanting to implement this strict diet. This fourth edition is extensively updated to reflect current advances in understanding how the diet works, how it should be used, and the future role of the diet as a treatment. The best-seller also includes sample meal plans, a food database, a section on how the Atkins and modified ketogenic diet can be used as alternative diets to control epilepsy, and much more.

Book Information

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Customer Reviews

"While this is a profoundly rigorous diet, with potentially serious side effects, Freeman, Kossoff, et al. discuss every facet of the process with clarity and professionally restrained optimism. Under proper guidance and with real dedication, this diet may be the path to recovery for children with difficult-to-control seizures." -- Kirkus Reports "A 'must'...Very highly recommended as a top alternative to medication for kids with epilepsy."--The Midwest Book Review "This book is easy to read... Anecdotes from families that have used the ketogenic diet are interspersed throughout the chapters and make the...text more interesting, and bring the diet to life... This book is highly recommended for pediatric consumer health libraries."--CAPHS Consumer Connections "The book is highly recommended for physicians who are dealing with epileptic patients particularly in the

pediatric age group... The book is highly recommended to dieticians and parents who may embark on the path of the ketogenic diet for drug resistant seizures." -- Saudi Medical Journal "If we had had the information in this book fifteen months earlier, a vast majority of Charlie's \$100,000 of medical, surgical, and drug treatment would not have been necessary, a vast majority of Charlie's seizures would not have occurred." -- From the Foreword by Jim Abrahams, Director, The Charlie Foundation to Help Cure Pediatric Epilepsy ("From the Foreword by Jim Abrahams, Director, The Charlie Foundation to Help Cure Pediatric Epilepsy" 2010-05-03)

John M. Freeman, MD is Professor of Neurology and Pediatrics and has spent most of his career at Johns Hopkins University, where he has spent most of his career. In 1969, he created and assumed directorship of the Johns Hopkins Child Neurology Program. His contributions have made the Center a leader in the field. He has written nearly 150 articles, 41 book chapters and seven books or editions of books including, The Ketogenic Diet: A Treatment for Children and Others with Epilepsy, and the award-winning Seizures and Epilepsy in Childhood: A GuideEric Kossoff, MD - Dr. Eric Kossoff is an Assistant Professor of Neurology and Pediatrics and a member of The John M. Freeman Pediatric Epilepsy Center, as well as the Division of Pediatric Neurology. His clinical practice specializes in the diagnosis and treatment of childhood seizures and epilepsy, especially involving diet and other non-surgical options.Millicent T. Kelly, RD, LD is the retired Dietician at the John M. Freeman Pediatric Epilepsy Center. For more than 40 years, she taught families at Hopkins how to administer the ketogenic diet.

Good info

It claims complete remission, historically, for 10% of those who try it. It further claims that 50% benefit from the technique. Now that's not perfect but you have to eat something so why not use the food that could substantially reduce or eliminate seizures. I am just now just getting started but the odds look good.

This book was recommended to us by our child's epileptologist as we started to prepare to put him on the Ketogenic diet. The intended audience is both parents and medical professionals. It is well written and easy to navigate. Real life anecdotes and examples are provided about how other families have handled being on the diet. Very grateful for this book.

a must read for persons suffering with epilepsy. follow the diets and results are great. every one should not expect the same results. always consult with doctor before starting this diet.

Great handbook for those embracing a ketogenic diet for epilepsy.

Very important information about alternative treatment for epilepsy. If your child has been on more than two anti-seizure medications and the seizures are not controlled, read this book. It has been very helpful.

I read this edition after reading the 2nd edition, and I couldn't be happier with it. This edition includes information about the diet's use in infants, as well as tube feeding issues. I was very glad to see the added info, as my 4 month old son began the diet recently and we're still fine-tuning it. Thanks to this book, not only do I understand more about the diet's "quirks", I feel I'm more able to assist the dietitians and neurologists in the planning of my son's diet. I highly recommend it to anyone who's considering implementing the diet.

The Ketogenic Diet: A Treatment for Children and Others with EpilepsyÂ A very WELL WRITTEN book, easy to read, and takes a frightening subject and makes you able to breathe again. We are thrilled that this was the first book we were handed on this subject as it is very thorough. It is never easy to be faced with such a dramatic, life altering decision, but going into it knowledgeable and well prepared sure helped! If you or someone you love is being placed on the diet, this is a MUST HAVE in your library.

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