



## Couple of Diets to Control Seizures: Both Helped Me One Cured Me

By Gerald Yemoto

iUniverse, United States, 2004. Paperback. Book Condition: New. 221 x 142 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This is a book of two diets I tried to control my epileptic seizures. No medications seemed to control the seizures I had. Not until I seen the Charlie Foundation present an Introduction of the Ketogenic Diet, did I ever consider dieting would control my seizures. In August 1996 I began the ketogenic diet. The ketogenic diet controlled my seizure better than any medications I tried. Because of my age (adult) it was hard to seek professional help that practiced the diet, since it is practiced on children only. Dieticians of a Children s Hospital nearby did coach me though the diet. Not until seven years later did I notice that certain foods were being eaten just before I had a seizure, specifically pasta. I began researching the possible cause of seizures and gluten appeared. I looked back on my records while I was on the Ketogenic Diet and noticed I had certain foods before having seizures. Those foods had gluten in it. Gluten sensitivity is becoming more prevalent as it is studied. Being unsuccessful contacting the medical...



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