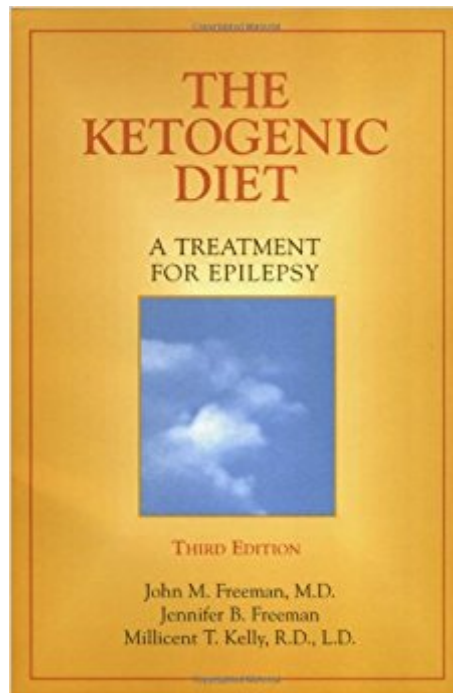




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The Ketogenic Diet: A Treatment For Epilepsy, 3rd Edition



Synopsis

Sometimes referred to as "miracle diet," the ketogenic diet has helped doctors treat difficult-to-control epileptic seizures in thousands of children. Coauthored by four respected experts from Johns Hopkins, *The Ketogenic Diet* continues to be the definitive guide for parents, physicians, and dieticians wanting to implement this strict diet. This Fifth Edition has been 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. Six new chapters address how to integrate the diet into all cultures, religions, and taste preferences; new information on modified and less restrictive versions of the diet, and modified Atkins diets are included. The book also covers exciting new research that shows the diet may work for people with other neurological illnesses. This best-seller also includes sample meal plans, a food database, how to calculate foods, 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."-CAPHIS Consumer Connections "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 (CAPHIS Consumer Connections 2010-01-01)

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 at Johns Hopkins Hospital. He is the Associate Director of the pediatric neurology training program and co-author of The Ketogenic Diet, Fourth Edition. Dr. Kossoff is the editor of "Keto News" on www.epilepsy.com. He has dedicated his career to investigating and researching the impact of putting young children with epilepsy on a 95% fat diet to control their seizures. developed the ketogenic diet while working at Johns Hopkins University. The pediatric epilepsy center at Johns Hopkins was renamed The Johns Hopkins John M. Freeman Pediatric Epilepsy Center in his honor in 2002. The diet and the center were featured on Dateline in a 1994 edition as a therapy for childhood seizure disorders. "Dateline" reported that miraculous results were obtained in a large percentage of the patients who were placed on the high fat diet. is the Ketogenic Dietitian for the John Freeman Epilepsy Center at The Johns Hopkins University responsible for all nutritional aspects for patients following the ketogenic diet, including education, follow up and menu planning. neurodevelopmental pediatrician on the full-time staff at Kennedy Krieger Institute and The Johns Hopkins Hospital.

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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