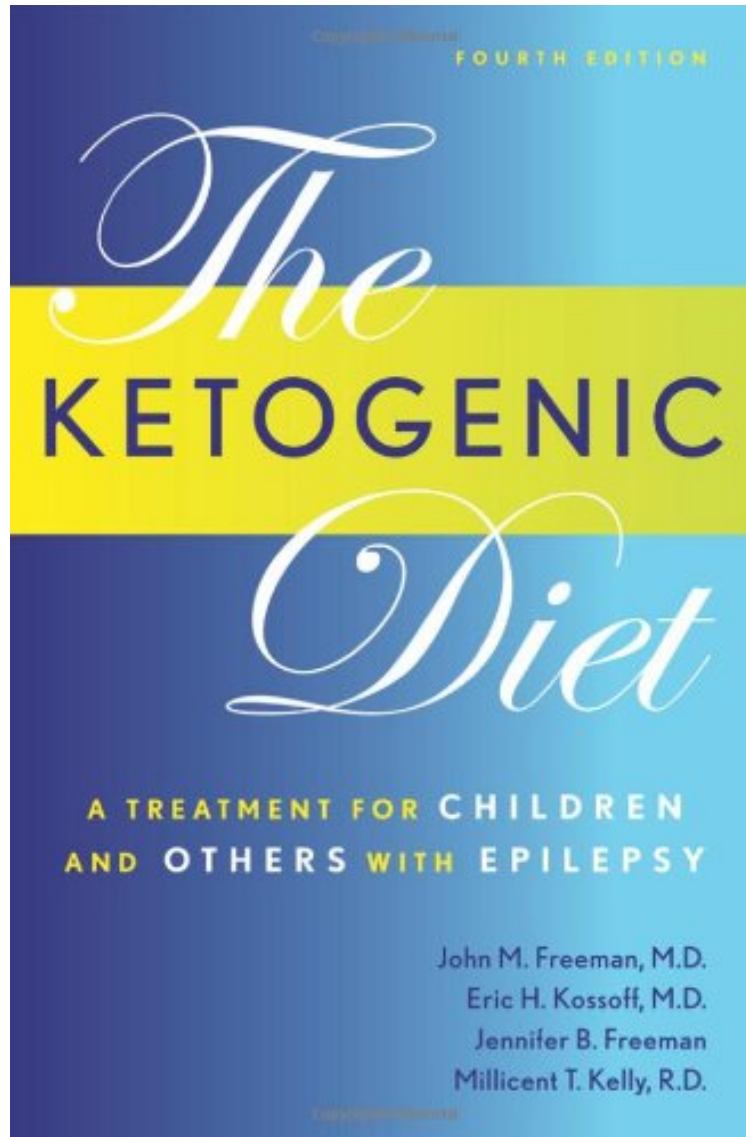


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The Ketogenic Diet: A Treatment for Children and Others with Epilepsy

John Freeman MD, Eric Kossoff, Millicent Kelly
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John Freeman MD, Eric Kossoff, Millicent Kelly : The Ketogenic Diet: A Treatment for Children and Others with Epilepsy before purchasing it in order to gage whether or not it would be worth my time, and all praised The Ketogenic Diet: A Treatment for Children and Others with Epilepsy:

0 of 0 people found the following review helpful. Four StarsBy Diana S. VaughanGood info1 of 1 people found the

following review helpful. It offers possibilities. By Jimmy D. 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. 2 of 3 people found the following review helpful. A must read for families preparing to put their child on the Ketogenic Diet for seizures. By Kristin M. 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.

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.

"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 "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 "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) About the Author 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 Guide*. Eric 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.