

Long-term Lennox-Gastaut syndrome success using a modified-ketogenic diet with supplements

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This is an eleven-plus year case study of a child with Lennox-Gastaut Syndrome (LGS). The child had between 30-40 observed seizures daily, and an estimated 100 total seizures per day, prior to treatment. Treatment involved a modified MCT oil ketogenic diet, nutritional supplements, and a re-breathing technique. Although the medical literature suggests that a decade-long elimination of seizures for those with LGS is quite unexpected, after 16 months of treatment the observable seizures stopped. Additionally, two post-seizure EEGs confirmed a lack of brain-wave pattern consistent with LGS; EEGs done by the same two hospitals prior to the cessation of observable seizures had originally confirmed the LGS diagnosis. The long-term success of this case suggests that others should considering adopting some or all of the techniques employed by this innovative approach.

Biography

Dr. Thiel completed his Ph.D in nutrition science from the Union Institute & University in 1993. He also has a Master of Science degree from the University of Southern California which he completed in 1982. He is the director of research, as well as the senior practicing clinical nutritionist, at Doctors' Research, Inc. He has published more than 50 papers in professional journals and has written or co-written seven books on health-related topics. The second edition of one of the seven books, *Serious Nutrition: Incorporating Clinically Effective Nutrition Into Your Practice*, was released in early 2012. For several years Dr. Thiel was Council on Immunology/Oncology/Hematology/Vitamins of the American College of Nutrition. Dr. Thiel is currently serving as an editorial review board member of the *European Journal of Epilepsy* and also recently served as a reviewer for the journal *Molecular Genetics and Metabolism*.

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