


Atkins For Seizures
Living With and Managing Epilepsy through Diet


Modified Atkins Diet

-Michael Koski



Atkins For Seizures
Living With and Managing Epilepsy through Diet


- How Well Is It Working?
- Why Do You Need a Doctor Involved
- Our Story
- How is MAD different from the Ketogenic Diet?
- How is MAD different from Atkins for weight loss?
- What resources are available?
- What Potential Side Effects Have Been Identified?
 - When Should You Discontinue Drugs?
- How Long Does a Person Stay on the Diet?
- Where Can You Get More Information?



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Success Rates


1. Study Participants: 200 Children with Intractable Seizures
2. Initial results 48% response rate with 28% > 90% Control
3. With KetoCal 80% response rate with 37% > 90% Control



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Not a "Do It Yourself Therapy"

1. Blood work needed (baseline and monitoring)
2. Complication and Side Effect Management
3. Emergencies
4. Weaning off Drugs




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Our Story



Mile Stones in Our Story


- Diagnosis
- Drugs
- "Try the Atkins Diet"
- Google search – Patient #13
- First Six Months of the Diet
- Trial Wean at the Two Year Mark (15 ave/day)
- Identified some Sensitivities
- Now Seizure Free



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www.AtkinsForSeizures.com

- Initial lack of information and direction
- Yahoo! Group Atkins4Seizures
- Contacted Atkins Foundation
- Created Website (resources, get the word out)



eBook

- How much time is required to implement the Atkins for seizures diet?
- What are some of the emotional hurdles that may be faced?
- How can we get our child to eat differently than the family and her classmates?
- What kind of complications and side effects may arise?
- Can we still go out to eat? What about school lunch?
- Where can I find financial assistance for this project?
- I thought the Atkins diet is for weight loss - how can I keep my child from losing weight on the diet?
- Why does this work? - theories behind the diets.
- Recipes and resources.
- Interviews



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Modified Atkins versus Ketogenic Diet

Same Goal - Ketosis

- No hospital stay
- No ratios
- No fluid or calorie restrictions
- No fasting required
- Less rigid
- Easier for some to implement

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MAD versus Atkins for Weight Loss
Both burn fat

- Weight loss not desired – add fats
- No “induction” phase
- Net carb count different (fiber ok – not sugar alcohols)

MAD Resources

- www.MyKetoCal.com
- www.CharlieFoundation.org
- www.AtkinsForSeizures.com
- Atkins Diet for Seizures eBook
- The Ketogenic Diet (book) – Freeman/Kossoff

www.CharlieFoundation.org

THE CHARLIE FOUNDATION
TO HELP CURE PEDIATRIC EPILEPSY

Donate

OFFERING HOPE THROUGH THE KETOGENIC DIET

The Charlie Foundation to Help Cure Pediatric Epilepsy was founded in 2006 after twenty months of charity programs, having engaged multiple elite scientists, and made every available anti-convulsant drug and one brain surgery, with careful attention to the ketogenic diet as their medical regimen. The diet was undertaken despite resistance from the five pediatric neurologists by their team.

www.MyKetoCal.com

- KetoCal Product
- Recipes
- Ketogenic Diet Centers

KetoCal

Sign up for the NEW quarterly e-newsletter, myKetoCal.com News
SUMMER EDITION NOW AVAILABLE! [CLICK HERE](#)

Product Info | Keto Stories | Ketogenic Resources | **KetoCal® Recipes** | Order Information

KetoCal® brings a new future to epilepsy care

Important notice for all KetoCal 4:1 Liquid/IQ users, [click here](#)

introducing the newest addition to the KetoCal family!
NEW KetoCal 4:1 Liquid - Vanilla
Click here for more information.

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Sign up for the NEW quarterly e-newsletter, myKetoCal.com News
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KetoCal® Recipes

Welcome to the new recipe page for meals and snacks prepared using KetoCal!

We offer recipes for different types of ketogenic diets using KetoCal®. Choose your prescribed ketogenic diet: **Classical®**, **Modified Atkins®** or **Low Glycemic Index®**. You can select from a variety of breakfast, lunch, dinner, and snack options on each Ketogenic Diet page using the buttons located on the left hand side. Continue to visit our recipe pages as we will regularly add more simple and delicious ketogenic recipes.

[Classical](#) | [Modified Atkins](#) | [Low Glycemic Index](#)

Find out what many other families and clinicians are learning regarding the benefit of using KetoCal in ketogenic diet recipes.

KetoCal adds...

- Variety and texture to recipes making the diet more palatable
- Supplemental nutrients offering more nutrient dense meals
- Child friendly options such as pizza, sandwich wraps, and smoothies

New FREE Starter Kit!

Canada Keto Centers - [click here to view centers located in Canada](#)

This information will be reviewed and updated at least twice each year.

Medical Centers that Offer the Ketogenic Diet by State

<ul style="list-style-type: none"> Alabama Arizona California Colorado Connecticut Delaware Florida Georgia Illinois Indiana Iowa Kansas Kentucky Louisiana Maine Massachusetts Michigan Minnesota Mississippi Montana Nebraska Nevada New Hampshire New Jersey New Mexico New York North Carolina North Dakota Ohio Oklahoma Oregon Rhode Island South Carolina South Dakota Tennessee Texas Utah Vermont Virginia Washington West Virginia Wisconsin Wyoming 	<ul style="list-style-type: none"> South Carolina South Dakota Tennessee Texas Utah Vermont Virginia Washington West Virginia Wisconsin Wyoming
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HOME | RESOURCES

Low Carb Recipes

- Breakfast Recipes
- Dinner Recipes
- Snacks
- Vegetables
- Breads
- Desserts
- Low Carb Supplies

Modified Atkins Diet for Seizures

- Download the eBook
- Recommended Reading List
- Atkins Hospital Studies
- Online Support
- Our Story
- Articles

About Seizures

- What do they feel like?
- What different types are there?
- Alternative Therapies
- Seizure Triggers
- First Aid
- Medication Facts

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Dr. Kossoff Discusses The Modified Atkins Diet (MAD) for Seizures - Part One (of Three)

- How is the MAD Different From the Ketogenic Diet?
- How is the Diet "Modified" or Different from the Atkins Diet?
- When Should Someone Try the Atkins Diet Instead of the Ketogenic Diet?
- Jump to Part Two or Part Three

Dr. Eric Kosoff
Johns Hopkins Hospital, Baltimore

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Potential Side Effects

- Constipation
- Kidney Stones
- High Cholesterol
- Slow/Delayed Growth

When to Wean Drugs

- Under the Direction of a Doctor
- Not When Starting the Diet
- Potential Conflict with Diet

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How Long On the Diet?

Our Experience – Two Years

Many retain benefits of the diet after stopping it

More Information?

- www.AtkinsForSeizures.com (mailing list, articles section)
- Ketogenic Diet book & eBook
- www.MyKetoCal.com
- admin@atkinsforseizures.com
- Dr. Kossoff (email on my site)
- Webinar June 13th – "Advances and Practical Application of the Modified Atkins Diet"