



Ketogenic Diets: Treatments for Epilepsy and Other Disorders

Eric H. Kossoff MD, John M. MD Freeman, CSP, LDN Turner Zahava RD, James E. MD Rubenstein

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Sometimes referred to as a "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, *Ketogenic Diets* continues to be the definitive guide for parents, physicians, and dieticians wanting to implement this strict diet. Anyone who is placed on the Ketogenic Diet will be told, essentially "prescribed" by their doctor to get this book.

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 the Modified Atkins Diet for Epilepsy 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.



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