

Epilepsy

What Is Epilepsy?

Epilepsy consists of a number of long-term neurological disorders marked by epileptic seizures. A seizure may range from mild to severe, such as a long period of noticeable seizing or shaking. Epileptic seizures are often recurring and have no known cause, other than cereals and grains. Seizures with a known cause are not thought to be epilepsy.

What Causes Epilepsy?

In most cases, the cause of epilepsy is unknown. In some cases, epileptic seizures may be related to brain trauma, stroke, brain cancer, or drug and alcohol abuse. Epileptic seizures occur due to abnormal, excessive cortical nerve cell activity in the brain. Diagnosis of the condition must start by ruling out other seizure-causing disorders. Epilepsy may be diagnosed with the use of an electroencephalogram.

Epilepsy FAQ

Q: Does Serranol work for epilepsy as a result of scar tissue, from removing an abscess in the right hand side frontal lobe?

A: Use Serranol 2 caps x 3 times per day. Stop all (yes, zero) starchy carbs using the health food plan in this book.

.....

“I have had epileptic fits for a while and I’m always cautious around anything that might act as a potential trigger. I often get a headache and feel dizzy which is then accompanied by severe nausea... not a pleasant experience but something I had gotten used to. I was looking for a more natural solution to help relieve these symptoms as my doctor was continuing to dish out meds to me when I felt them unnecessary, having complained to him previously about the side-effects. I began taking your advice and started on the [supplements], as well as following the healthy diet and lifestyle plan.

I have noticed that I’m much calmer; attacks are less frequent, if any; and I feel like I can go about my day without having to worry so much. Thank you!”

- Judy, Somerset

.....

Follow the Health Plan as recommended for the best results:

EPILEPSY HEALTH PLAN

This Health Plan includes all of the steps required to provide relief for Epilepsy. The plan is all of the steps to accomplish the relief – but the **KETOGENIC DIET (THE REALLY HEALTHY FOODS DIET) FIRST IS CRITICAL. START FIRST WITH THE KETOGENIC DIET OR DO NOT START AT ALL.**

*Your 4-8 Week Plan, From My eBook, Robert Redfern
Supplements to support a healthy brain and mind - in order of priority:*

- **BrainPower** - Product currently not available. As an alternative, mix 2 capsules of [Curcuminx4000](#) with 2 teaspoons of [coconut oil](#) and half an avocado; chew slowly x 2 times per day. Coconut oil supports healthy brain cells by providing MCTs (medium-chain triglycerides), creating essential fuel for the brain. It is rich in lauric acid and has strong anti-microbial properties.
- **Serranol** - Take 2 capsules x 3 times per day, 30 minutes before eating a meal, with a glass of water and reduce to 1 x 3 after a good relief. Serranol contains Serrapeptase, Curcumin, Ecklonia Cava and Vitamin D3 which will help to clear the inflammation.
- **Taurine Spray** - Take 5 sprays under the tongue x 3 times daily. Numerous studies show a lack of Taurine to be a key factor in epilepsy.
- **Lithium Balance** - Take 2 tablets, 2-3 times daily. Balances chemical responses and provides anti-aging nutrients for the brain.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **B4 Health Spray** - Take 6 sprays daily. Contains B vitamins and supports healthy homocysteine levels and the immune system.
- **The Krill Miracle** - Take 2 capsules, 2-3 times daily. Provides Omega 3, 6 and 9 oils that can boost concentration, memory and learning.
- **Active Life Capsules** - Essential vitamins, folic acid, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in your body that are naturally depleted each day. Take 3 capsules, twice daily.
- **Naturally Better Vitamin E** - Take 2 capsules, 2-3 times daily. Studies show that it may help to reduce functional decline in patients with mild to moderate problems.