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SARA GARLAND, FOUNDER OF THE DAISY GARLAND'S BEST TIPS



→ The ketogenic diet is high in fat and low in protein and carbohydrate and aims to sustain the state of ketosis, which occurs when the body principally burns fat instead of carbohydrate. Ketones (the residue left after the fat is burned) are concentrated in the blood and inhibit seizures - although exactly how is unknown.

→ When a child starts the diet the ratio of fat to protein and carbohydrate combined are usually set at 4:1.

→ The ketogenic diet has been around since the 1920s but as anticonvulsants drifted onto the market in the '40s and '50s it fell into disuse.

→ The diet is usually started in hospital under the supervision of a neurologist, and devised individually by a trained dietician.

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epilepsy action



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