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Other Disorders book is an invaluable resource for anyone considering or starting a ketogenic diet for epilepsy or another neurologic disorder.

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Background: The ketogenic diet is an accepted treatment modality in refractory childhood epilepsy. In this study, we analyzed the efficacy and tolerability of the ketogenic and modified Atkins diets in children with refractory epilepsy of genetic etiology and studied the effect of the diet on seizure frequency.

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The Ketogenic and Modified Atkins Diet Therapy for ...

use of this ketogenic supplement increased daily fat intake and thus the ketogenic ratio (1.8:1 versus 1.0:1 in the modified Atkins diet alone,  $P = 0.0002$ ) • 14/30 patients chose to restart KetoCal at the end of the study (2 month period) Kossoff EH, et al. Prospective study of the modified atkins diet in combination with a ketogenic liquid

Ketogenic Diet Basics: The modified Atkins Diet



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The ketogenic diet (KD) is an established treatment for drug-resistant childhood epilepsy. 1 However, it is difficult to implement in pediatric patients because its dietary regimen is too restrictive and causes worrisome side effects. 2 A more balanced and easily applied alternative dietary therapy in the form of a modified Atkins diet (MAD) has been utilized widely in these patients. 3, 4 Results of numerous prospective and retrospective pilot studies have also indicated that the MAD is ...

Efficacy of the classic ketogenic and the

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The Modified Atkins diet (MAD) is a mix between the classic Ketogenic Diet, and the Atkins diet. The Atkins diet was created by a physician at John Hopkins named Dr. Robert C. Atkins in 1972, and limits carbohydrates while allowing for as much protein as the eater desires. The MAD, on the other hand, discourages too much protein, encouraging fat in its place.

What is the Modified Atkins Diet and What Are the Benefits

Now in its sixth edition, The Ketogenic and

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Modified Atkins Diets is the established, authoritative book on these groundbreaking epilepsy treatments. Written for parents, patients, dieticians, and neurologists, this book is an invaluable resource for anyone considering or starting a ketogenic diet for epilepsy or another neurologic disorder.

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In 2003, a case series was published describing the benefits of a less restrictive ketogenic diet (KD) started as an outpatient without a fast and without any restrictions

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Other Disorders on calories, fluids, or protein. This “Modified Atkins Diet” (MAD) restricts carbohydrates to 10 g/day (15 g/day in adults) while encouraging high fat foods.

The Modified Atkins Diet - Kossoff - 2008 - Epilepsia ...

The modified Atkins diet (often abbreviated in the literature as “MAD”) is a change to the traditional “classic” ketogenic diet to make it less restrictive. Along with the MCT (medium chain triglyceride) diet and LGIT (low glycemic index treatment), it is one of three “alternative diets” used to treat

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Modified Atkins Diet | Epilepsy Foundation  
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The ketogenic diet and its variations, such as the modified Atkins diet, are not without side effects. Following this eating plan can result in high cholesterol and gastrointestinal symptoms. It...

Seizure Diets: Ketogenic, Modified Atkins, and More

The Modified Atkins Diet (MAD) In 2003 the team at Johns Hopkins Hospital, Baltimore, USA, discovered that a modified version of the popular Atkins weight loss regime could produce nutritional ketosis and influence seizure symptoms.

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Modified Ketogenic Diets - MAD & LGIT - Matthews Friends

The 'Modified Atkins diet' has been modified or is different from Atkins diet as it encourages fat intake and limitation of carbohydrate is maintained indefinitely. It is a change to classic...

Modified Atkins Diet: All You Need to Know  
Compared with the ketogenic diet, the modified Atkins diet (MAD) places no limit on calories or protein, and the lower overall ketogenic ratio (about 1:1) does not need to

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be consistently maintained by all meals of the day. The MAD does not begin with a fast or with a stay in hospital and requires less dietitian support than the ketogenic diet.

### Ketogenic diet - Wikipedia

The Ketogenic Diet (KD) is a modality of treatment used since the 1920s as a treatment for intractable epilepsy. It has been proposed as a dietary treatment that would produce similar benefits to fasting, which is already recorded in the Hippocratic collection. The KD has a high fat content (90%) an ...



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Ketogenic Diet and Epilepsy: What We Know So Far

Now in its sixth edition, The Ketogenic and Modified Atkins Diets is the established, authoritative book on these groundbreaking epilepsy treatments. Written for parents, patients, dieticians, and neurologists, this book is an invaluable resource for anyone considering or starting a ketogenic diet for epilepsy or another neurologic disorder.

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