



FINDING A CURE FOR EPILEPSY & SEIZURES

Epilepsy Complementary & Alternative Therapy Resource Guide

Revised December 2008

Faces - Finding A Cure for Epilepsy & Seizures
NYU Comprehensive Epilepsy Center
223 East 34th Street
New York, NY 10016
Website: www.nyufaces.org

DISCLAIMERS:

All therapies and medical professionals listed in this guide have been provided by parents, adults and caregivers affected by epilepsy.

The information provided in this document is for information purposes only. Any medical decisions are solely the responsibility of the treating physician and patient. The information provided in this guide is not endorsed by **faces**, the NYU Comprehensive Epilepsy Center or NYU Langone Medical Center personnel. This guide does not represent the NYU Comprehensive Epilepsy Center in any way; neither does **faces** or the NYU Comprehensive Epilepsy Center give endorsement of any product or person.

If you are interested in submitting an entry for the next alternative therapies guide, please contact the **faces** office at (646) 558-0900 or email facesinfo@nyumc.org

Complementary and Alternative Medicines

Complementary and Alternative Medicines (CAM) are becoming more popular for families struggling with epilepsy that cannot be controlled with antiepileptic drugs (AEDs) also known as refractory epilepsy. There are a range of therapies that can be explored including acupuncture, neurofeedback, and diet. It is important to remember that some complementary medicines may not work well with prescribed medications; therefore, it is important to discuss any therapies with your health care provider.

General Information

National Center for Complementary and Alternative Medicine (NCCAM)

PO Box 7923

Gaithersburg, MD 20898

Phone: (888) 644-6226

TTY: (866) 464-3615

Fax: (866) 464-3616

E-mail: info@nccam.nih.gov

www.nccam.nih.gov

The National Center for Complementary and Alternative Medicine is dedicated to exploring complementary and alternative healing practices in the context of rigorous science, training complementary and alternative medicine (CAM) researchers, and disseminating authoritative information to the public and professionals. The NCCAM supports research, research training and career development, outreach programs, and integration.

National Institutes of Health (NIH)

Office of Dietary Supplements

6100 Executive Boulevard, Room 3B01, MSC 7517

Bethesda, MD 20892

Phone: (301) 435-2920

Fax: (301) 480-1845

Email: ods@nih.gov

<http://dietary-supplements.info.nih.gov>

The mission of the Office of Dietary Supplements (ODS) is to strengthen knowledge and understanding of dietary supplements by evaluating scientific information, supporting research, disseminating research results, and educating the public to foster an enhanced quality of life and health for the U.S. population.

U.S. Food and Drug Administration (FDA)

5600 Fishers Lane
Rockville, MD 20857
Phone: (888) INFO-FDA
www.fda.gov

The FDA is responsible for protecting the public health by assuring the safety, efficacy, and security of human and veterinary drugs, biological products, medical devices, our nation's food supply, cosmetics, and products that emit radiation. The FDA is also responsible for advancing the public health by helping to speed innovations that make medicines and foods more effective, safer, and more affordable, plus helping the public get the accurate, science-based information they need to use medicines and foods to improve their health.

The Epilepsy Wellness Newsletter (EWN) is edited and published by Patricia Murphy, a medical writer who has epilepsy and uses alternative therapies to control her seizures.

www.epilepsywellness.com

The Center for Mind-Body Medicine is a non-profit, educational organization dedicated to reviving the spirit and transforming the practice of medicine. The Center is dedicated to addressing the mental, emotional, social, spiritual, and physical dimensions of health and illness.

www.cmbm.org

The Herb Research Foundation (HRF) is the world's first and foremost source of accurate, science-based information on the health benefits and safety of herbs. What sets HRF's work apart is their vast storehouse of information resources, including a specialty research library containing more than 300,000 scientific articles on thousands of herbs.

www.herbs.org

WholeHealthmd.com is dedicated to providing the best in complementary and alternative medicine. All of their information is developed by a team of leading board-certified doctors and specialists. www.wholehealthmd.com

International and National Epilepsy Resources

International League Against Epilepsy (ILAE)

342 North Main Street
West Hartford, CT 06117
Phone: (860) 586-7547
Fax: (860) 586-7550
www.ilae-epilepsy.org

The International League Against Epilepsy was founded in 1909 and is an organization of 93 national chapters. The goals of the ILAE are to advance and disseminate knowledge about epilepsy, promote research, educational training, and improve services and care for patients, especially by prevention, diagnosis and treatment. To review their alternative guide, please visit their website.

The Epilepsy Project

11703 Bowman Green Drive Lower
Reston, VA 20190
Phone: (703) 437-4250
www.epilepsy.com

Epilepsy.com is an online resource provided by The Epilepsy Project. Their mission is to inform and empower two groups of patients and their families: those facing newly diagnosed epilepsy, and those struggling with epilepsy that has resisted the usual treatments. Epilepsy.com has many articles on non-drug therapies that can be found by searching for alternative treatments on their website.

New York Epilepsy Resources

faces - Finding A Cure for Epilepsy & Seizures (FACES)

NYU Comprehensive Epilepsy Center / NYU Tuberous Sclerosis Center
223 East 34th Street
New York, NY 10016
Phone: (646) 558-0900
Email: facesinfo@nyumc.org
www.nyufaces.org

faces promotes research into neuroprosthesis, melatonin, magnetic stimulation, Biofeedback, and new surgical procedures. **faces** is also member of the Partnership for Pediatric Epilepsy Research and supports the Epilepsy Phenome/Genome Project.

Parents Against Childhood Epilepsy, Inc. (PACE)

7 East 85th Street, Suite A3
New York, NY 10028
Phone: (212) 665-PACE
Fax: (212) 327-3075
Email: pacenyemail@aol.com
www.paceusa.org

Parents Against Childhood Epilepsy, Inc. was formed in 1996 by a group of parents in response to their experiences in caring for the physical, social, educational, developmental, and emotional needs of their children who suffer from seizures. PACE funding supports medical research into epilepsy and seizure disorders and provides resources and information to support families with similar needs.

Epilepsy Foundation of New York City (EFNYC)

305 Seventh Avenue, Suite 1202
New York, NY 10001
Phone: (212) 633-2930
Fax: (212) 633-2991
Email: main@epilepsynyc.org
www.efnyc.org

EFNYC helps individuals and families affected by epilepsy achieve their highest level of physical, social, and emotional well-being. They offer a variety of programs and services including counseling, educational seminars and events.

Epilepsy Institute (EI)

257 Park Avenue South, Suite 302

New York, NY 10010

Phone: (212) 677-8550

Fax: (212) 677-5825

Email: contact@epilepsyinstitute.org

www.epilepsyinstitute.org

EI has five metropolitan offices which include staff from the medical, social work, vocational counseling, and psychological professions. Programs include service coordination, information and referral services, educational services, stress management, and a weekend socialization program.

Alternative Options from A-Z

Acupuncture

Acupuncture involves stimulation of areas on the skin that affect the functioning of certain organs of the body. Acupuncture restores and maintains health through the insertion of fine needles into acupuncture points just beneath the body's surface. These points are in very specific locations and lie on channels of energy.

Weidong Lu, MB, MPH, L Ac

Chair, Chinese Herbal Department

New England School of Acupuncture (NESA)

Clinic and Research Center

124 Watertown Street

Watertown, MA 02472

Phone: (617) 926-4271

Fax: (617) 527-9078

www.naturalhealers.com

Aromatherapy

Aromatherapy is the use of flowers, plants, and their essences for healing and relaxation. Aromatherapy is based on nature's effects on the entire being. Different applications of aromatherapy can have antiseptic, anti-inflammatory, and antiviral effects. Aromatherapy is also used widely to alleviate stress.

Tim Betts, MD

University of Birmingham Seizure Clinic
Queen Elizabeth Psychiatry Hospital
Birmingham, B15 2QZ, UK
Phone: 011(44)1216782366
Fax: 011(44)1216782079
Email: t.a.betts@bham.ac.uk

Beth O'Boyle, CH, BFRP

Hudson Healing Arts, LLC
Holistic Center
51 Newark Street, Suite 403
Hoboken, NJ 07030
Phone: (201) 653-7700
Email: admin@hudsonhealingarts.com
www.hudsonhealingarts.com

Applied Behavioral Analysis Therapy (ABA)

ABA therapy focuses on teaching small units of behavior. It sets up the appropriate environment for children with special needs to learn. Behavior analysis incorporates positive reinforcement with desired behavior.

Programs for Little Learners, LLC

Eileen Boothe, OT, Executive Director
10 Wilsey Square, Suite 248
Ridgewood, NJ 07450
Phone: (201) 251-3800
www.programsforlittlelearners.com

The goal of Programs for Little Learners is to maximize each child's potential in areas of communication, skill development, education, behavioral competence, family interaction, school and community compatibility, and peer relationships.

Art Therapy

Art Therapy uses art media, images, the creative process, and patients' responses to art as reflections of an individual's development, abilities, personality, interests, concerns, and conflict. Research in Art Therapy has included studying the influence of depression in the content of drawings, the use of art to assess cognitive skills, and the correlation of psychiatric diagnosis.

Steve Schachter, MD

Medical Director

Office of Clinical Trials & Research

Beth Israel Deaconess Medical Center

330 Brookline Avenue, KS-478

Boston, MA 02215

Phone: (617) 667-4460

Fax: (617) 667-7919

Email: sschacht@caregroup.harvard.edu

Lesley Achitoff, MPS

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New York, NY 10014

Phone: (212) 807-0546

Email: nofony@rnc.com

Elizabeth Coss, MA, ATR-BC

15 Wyckoff Street, #17

Brooklyn, NY 11201

Phone: (646) 522-7099

Email: eqc9977@nyu.edu

Autogenic Training

Autogenic Training is a form of self-hypnosis which provides the patient with a high degree of physiological and psychological self-control. The founder of Autogenic Training, Johann Heinrich Schultz, believed in the self-healing potential of the human body.

Noelle Berger, PhD

Phone: (212) 534-3598 or (914) 949-7571

Email: nbergerphd@aol.com

Ayurveda

Ayurveda, “the science of life,” is India’s traditional system of medicine. Ayurvedic medicine is a comprehensive system of medicine that places equal emphasis on body, mind, spirit, and also strives to restore the innate harmony of the individual. Ayurvedic treatments include diet, exercise, meditation, herbs, massage, exposure to sunlight, and controlled breathing.

Satish Jain, MD

Indian Epilepsy Centre

D-61, Haus Khas

New Delhi 110 016

India

Phone: 011(91)11-26534465

Email: satjain55@hotmail.com

Biofeedback

Biofeedback is a non-invasive process which involves using electronic instrumentation to monitor specific, often unconscious psychological activities of the brain. This interactive process assists an individual in seeing exactly what part of their body is working as the brain functions by training people to improve their health by using signals from their own bodies. Machines are used to help people “see” and “hear” activities

inside their bodies, using high tech equipment and the help of a psychologist, physical therapist or psychiatrist.

M. Barry Sterman, PhD

UCLA School of Medicine

9773 Blantyre Drive

Beverly Hills, CA 90210

Phone: (310) 273-6379

Email: msterman@ucla.edu

www.skiltopo.com

Bio-Neuropsychology

The Andrews/Reiter Epilepsy Research Program uses a wide range of wellness, stress reduction, biofeedback, and psychological methods tailored to each individual's needs. They report that 83% of their patients have gained control over their seizures.

Donna Andrews, PhD

Joel Reiter, MD

Andrews-Reiter Epilepsy Research Program, Inc.

1103 Sonoma Avenue

Santa Rosa, CA 95405

Phone: (707) 578-8985

Fax: (707) 528-1086

Email: djandrews@andrewsreiter.com

www.andrewsreiter.com

Chinese Herbs (Traditional Chinese Medicine Herbal Therapies or TCM)

TCM includes the use of medicinal herbal preparations and other methods such as acupuncture and moxibustion. The use of specific herbal combinations is a principle treatment method. The proper selection, preparation and administration of herbs and herbal tea are an expert clinical skill requiring much specialized training and experience.

Shaobai Wang, MD, L Ac

Alternative Medicine and Chinese Herbs Clinic

250 West 57th Street, Suite 1330

New York, NY 10019

Phone: (212) 262-9898

Fax: (212) 262-9867

Email: info@acupuncturechineseherbs.com

Long Island Office:

175 Jericho Turnpike, Suite 208

Syosset, NY 11791

Phone: (516) 313-6223

www.acupuncturechineseherbs.com

Chiropractor

Chiropractors focus on the relationship between the structure of the spine and its function. They study how structure and function affect the preservation and restoration of health. Chiropractors believe that disturbances in one of the body's systems may impact function elsewhere in the body.

Brian Gleberzon, DC

Bedford Park Chiropractic

3278 Yonge Street

Toronto ON

Canada, M4N2L6

Phone: (416) 482-4476

Fax: (416) 482-9233

Email: bgleberzon@cmcc.ca

Paul Finucan, DC

Kinesiologist/Chiropractor

860 111th Avenue North

Naples, FL 34108

Phone: (239) 592-7767

Craniosacral Therapy (CST)

CST says that the functioning of the craniosacral system (the head and the spine) creates a rhythm. CST monitors this rhythm and uses gentle, hands-on manipulation to correct abnormalities and enhance well-being.

Ginger Nash, ND

21 Anderson Street, 2nd floor

North Haven, CT 06511

Phone: (203) 234-9780

Fax: (203) 239-2126

Email: info@gingernash.com

www.gingernash.com

Diet

Ketogenic Diet

The ketogenic diet is effective for treating seizures in many children with epilepsy. It is a special restricted calorie diet that causes the body to burn fat instead of glucose for energy. The diet is very high in fats and low in protein and carbohydrates. It produces a change in the body's chemistry called ketosis. The diet helps control seizures or reduces their frequency in up to 2/3 of the children that have been placed on the diet.

www.ketogenic.org

To register for the Ketogenic Diet listserv, please visit www.ketogenic@yahoogroups.com.

Nidia Ortiz, RN

[NYU Medical Center](#)

550 First Avenue, Tisch, 9th Floor

New York, NY 10016

Phone: (212) 263-5510

Patricia Vinning, MD

Johns Hopkins Medical Institutions

600 North Wolfe Street, Meyer 2-130

Baltimore, MD 21205

Phone: (410) 955-9100

Fax: (410) 614-0373

www.hopkinsmedicine.org

Atkins Diet

The Atkins diet is similar to the ketogenic diet and may be beneficial for patients with epilepsy and perhaps more tolerable. The two diets share low-carbohydrate, high-fat intake designs based on similar foods; both produce ketosis, and both can be used long term. However, contrary to the ketogenic diet, the Atkins diet has no caloric restrictions, and an allowance of more carbohydrates. Also, there is no measuring and weighing of foods and no admission fast is required.

To register for the Atkins for seizures listserv please visit www.atkins4seizures@yahoogroups.com.

Eric H. W. Kossoff, MD

The Johns Hopkins Hospital

600 North Wolfe Street

Baltimore, MD 21287-1000

Phone: (410) 614-6054

Fax: (410) 614-2297

Email: ekossoff@jhmi.edu

Specific Carbohydrate Diet

Some parents have discovered that the Specific Carbohydrate Diet (SCD) can lead to improved seizure control. There is evidence of a link between “the brain and the gut;” a belief that an imbalance in the gut can have neurological consequences. Some experts call the digestive track our “second brain” because it is so intrinsically linked to brain chemistry and function. The specific carbohydrate diet is designed to heal and balance the digestive system, creating conditions for balanced brain chemistry. For more information on SCD please visit:

www.pecanbread.com/seizures or www.breakingtheviciouscycle.com.

Homeopathy

Homeopathy is based on the “Law of Similars,” the principle of “letting likes cure likes.” For example, homeopaths believe that the same substance that in large doses produces the symptoms of an illness, in very small doses can cure it. Homeopaths use specially prepared plant extracts and minerals to stimulate the body’s defense mechanisms and healing processes in order to treat illnesses.

Paul Herscu, ND

Amy Rothenberg, ND

New England School of Homeopath (NESH)

115 Elm Street, Suite 210

Enfield, CT 06082

Phone: (860) 763-1225

Fax: (860) 253-5041

Email: paul@nesh.com

www.nesh.com

Simon Taffler, DSH, PCH (or DSHom)

Life Works

92-94 Drummond Street

London NW1 2HN UK

Phone: 011(44)2073888030

NY Phone: (212) 560-5661

Email: Simon@lifeworks.org.uk

www.lifeworks.org.uk

Hormonal Therapy

Hormones are chemical messengers that regulate specific body functions. They are produced by various glands in the body and enter the bloodstream, where they travel to other tissues and exert their influence.

Alan Jacobs, MD

120 East 56th Street, Suite 1040

New York, NY 10022

Phone: (212) 888-0022

Fax: (212) 888-1899

Email: alanjacobsmd@verizon.net

www.neuroendocrinology.org

Hypnosis

Hypnosis uses a state of intense relaxation and concentration, in which the mind becomes remote and detached from everyday cares and concerns. In this relaxed state, the subconscious part of the mind is best able to respond creatively to suggestions made by the hypnotist. The hypnotist strives to make the brain focus on aspects of the person's life that the individual desires to change.

Tim Betts, MD

University of Birmingham Seizure Clinic

Queen Elizabeth Psychiatry Hospital

Birmingham, B15 2QZ, UK

Phone: 011(44)1216782366

Fax: 011(44)1216782079

Email: t.a.betts@bham.ac.uk

Immunology

Immunology is the study of the ways in which your body fights off foreign invasions by bacteria, viruses, and other organisms.

Immunologists study the tissue and organs of the immune system.

Morton Teich, MD, FAAAAI

Allergist

930 Park Avenue

New York, NY 10028

Phone: (212) 988-1821

Fax: (212) 288-9289

Massage

Massage for the inhibition and prevention of epileptic seizures has been used for many years. In the 20th century, it was a major component of epilepsy treatment in several group studies, but much research remains to be done in order to better understand and access its specific scientific potential for improving seizure control. According to Bernhard Mueller, a German expert in epilepsy, all seizure types can be influenced by massage.

Bernhard Mueller, Dipl.-Päd.

Halle University

(priv.): Lindenstr. 16

D - 67433 Neustadt / W.

Germany

Phone: 011(49)6321-39 87 15

Fax: 011(49)6321-39 87 20

Email: bmueller@mail.uni-mainz.de

Melatonin

Melatonin is a naturally produced hormone that is released each night from the pineal gland in the brain. Its exact role is not known, but it is believed to have a large impact on sleep promotion. In previous studies, it has been shown that not only is melatonin helpful in regulating sleep, but it also has anti-seizure properties. Melatonin has been used in many neurological conditions including epilepsy, Rett's syndrome, Tuberous Sclerosis, and Autism.

Josiane LaJoie, MD
NYU Comprehensive Epilepsy Center
223 East 34th Street,
New York, NY 10016
(646) 558-0828
Email: lajoij01@med.nyu.edu

Music Therapy

Music Therapy is the systematic use of music, within a developing relationship between therapist and patient, to restore, maintain, and improve physical, emotional, psychosocial, and neurological function.

Concetta M. Tomaino, DA, MT-BC
Director, Institute of Music and Neurologic Function
Beth Abraham Family of Health Services
612 Allerton Avenue
Bronx, NY 10467
Phone: (718) 519-4236
Fax: (718) 519-4010
Email: ctomaino@bethabe.org
www.bethabe.org/music_institute55.html

Naturopathy

Naturopathy views disease as a manifestation of alterations in the processes by which the body naturally heals itself. Naturopathy emphasizes health restoration rather than disease treatment. Naturopathic physicians employ an array of healing practices including diet and clinical nutrition; homeopathy; acupuncture; herbal medicine; hydrotherapy; spinal and soft-tissue manipulation; physical therapies involving electric currents; ultrasound and light therapy; therapeutic counseling; and pharmacology.

Nora Pope, ND

Health Quest Wellness Clinic

901 Yonge Street, #201

Toronto, Canada M4W 2H2

Phone: (416) 923-6661

Fax: (416) 923-6662

Email: drnora@rogers.com

To locate a Naturopath physician in your area visit www.naturopathic.org or call (866) 538-2267.

Neurobehavioral Feedback

The neurobehavioral treatment of epilepsy (self-generation of seizures) considers the patient to be a whole person and takes into account all aspects of their lives and not just their seizure disorder. The main engine of the behavioral treatment is the ABC chart:

A= Antecedents, i.e., those events or experiences which usually precede a seizure.

B= Behavior, i.e., the behavior that occurs at the beginning and during a seizure.

C= Consequences, i.e., what happens after a seizure.

Peter Fenwick, MD

Institute of Psychiatry

Kings College

DeCrespigny Park

University of London, UK

Phone: 011(44)2077385188

Fax: 011(44)2077035796

Email: peter_fenwick@compuserve.com

www.iop.kcl.ac.uk

Neurofeedback

Neurofeedback is a type of Biofeedback that focuses solely on brain waves. It is the direct training of brain function by which the brain learns to function more efficiently. Most insurance carriers do not currently reimburse for neurofeedback services. Appointments can range

from \$60-150 depending on where you live. Typically, a patient will undergo 40-60 sessions and changes are noted at approximately the 20th session. Each session can last anywhere from 30-90 minutes.

Merlyn Hurd PhD, BCIAC-EEG

88 University Place, 8th Floor
New York NY 10003
Phone: (212) 807-8690
Fax: (212) 645-3076
Email: MerlynH@aol.com

Anya Luchow, PhD

111 East Clinton Avenue
Tenafly, NJ 07670
Phone: (201) 569-4585
Fax: (201) 567-6183
Email: aklyphd@aol.com

The Brian Othmer Foundation at the EEG Institute

22020 Clardendon Street, Suite 305
Woodland Hills, CA 91367
Phone: (818) 373-1EEG
Fax: (818) 373-1331
www.brianothmer.com

To find a specialist in your area visit: www.eegdirectory.com

Other helpful sites:

www.eeginfo.com
www.eegsprctrum.com
www.q-metrx.com

Nutrition

Nutrition uses herbs and special diet therapies (including vitamins and minerals) to prevent or control illness as well as promote health.

Daniel Luciano, MD

NYU Comprehensive Epilepsy Center

223 East 34th Street

New York, NY 10016

Phone: (212) 558-0828

Email: daniel.luciano@med.nyu.edu

Mark Rudderham, ND

35 Boston Street

Gilford, CT 06437

Phone: (203) 453-0122

Fax: (203) 453-0122

Email: markrudderham@msn.com

Michael Biamonte, CCN

Nutritionist and Neuropath

139 Fulton Street

New York, NY 10038

Phone: (212) 587-2330

www.health-truth.com

Osteopathy

Osteopathy emphasizes the structural and functional integrity of the whole body from the head to the feet. It recognizes the effects of injury, whether at birth or later in the origin, of many diseases and disabilities. It provides benefits of various specific manipulative techniques in restoring the optimal well-being and structural and functional integrity of the body.

Viola Frymann, DO, FAAO, FCA

Director, Osteopathic Center for Children

Western University of Health Sciences

4135 54th Place

San Diego, CA 92105-2303

Phone: (619) 583-7611

Fax: (619) 583-0296

www.osteopathiccenter.org

Mary Bayno, DO

Joseph Simone, DO

119 West 57th Street, Suite 1520

New York, NY 10019

Phone: (212) 765-6474

Oxygen Enrichment Treatment

Carbon dioxide is the main regulator of cerebral blood flow. The Oxygen Enrichment technique involves intermittent rebreathing of once-exhaled air which will temporarily raise carbon dioxide levels in the blood. The result is automatic deep breathing, vasodilation of cerebral blood vessels, and increased cerebral blood flow. Deep breathing improves lung function and blood oxygenation. Increased cerebral blood flow improves oxygen delivery to the brain. Oxygen enrichment provides physiological support for the brain which facilitates neurological development, lessens, and in some cases, eliminates seizures.

Coralee Thompson, MD

Denise Malkowicz, MD

The Institute for the Achievement of Human Potential

8801 Stenton Avenue

Wyndmoor, PA 19038

Phone: (215) 233-2050

Fax: (215) 233-3940

Email: coralee_t@iahp.org

Email: Denisedmmd@aol.com

www.iahp.org

Pet Therapy/ "Seizure Dogs"

Pet Therapy is used for people with epilepsy through seizure-alert and

seizure-response dogs. These specially trained dogs notify their owners of an impending seizure several minutes before the seizure onset. They do this by exhibiting obvious changes in behavior, including close eye contact, circling, pawing and barking.

Stephen Brown, MD

Peninsula Medical School, Developmental Disabilities Research & Education Group

c/o Cornwall Partnership NHS Trust

Unit 10 Bodmin Business Centre, Harleigh Road

Bodmin PL31 1AQ, UK

Phone: 011(44)1208256233

Fax: 011(44)1208256232

Email: stephen.brown@cornwall.nhs.uk

Delta Society

875 124th Avenue NE, Suite 101

Bellevue, WA 98005

Phone: (425) 226-7357

Fax: (425) 235-1076

Email: info@deltasociety.org

www.deltasociety.org

Stress and Epilepsy

People with epilepsy are affected by stress in the form of reactions from others, agonizing over hiding the disorder from others, and limitations in activities they can undertake at school or work.

Carol Schramke, PhD

Allegheny General Hospital

Pittsburgh, PA 15212

Phone: (412) 321-6073

Fax: (412) 321-8561

Transcranial Magnetic Stimulation (TMS)

TMS involves the use of magnetic fields produced by passing a low-frequency current through a hand-held coil or other magnet. The coil is held on or near the scalp and is used in a very precise way to make areas of the brain more or less active, depending on the setting used. The magnetic fields produced by TMS induce tiny electrical currents inside the skull that alter the activity of neural pathways. The advantage of TMS is that it is non-invasive and does not require a patient to be hospitalized.

Michael Trimble, MD, FRCP, FRCpsych

Institute of Neurology

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Fax: 011(44)2072788772

Email: m.trimble@ion.ucl.ac.uk

Miscellaneous Information

What do the initials after homeopaths names mean?

MD/DO-Medical Doctor

ND-Naturopath

DC-Chiropractor

L Ac-Licensed Acupuncturist

RSHom (NA)-Registered Society of Homeopaths North America

DHANP-Diplomat of Homeotherapeutics

CCH-Certified in Classical Homeopathy

CCN-Certified Clinical Nutritionist

FAAAAI-Fellow of the American Academy of Allergy Asthma and Immunology

DSH-Diploma from the School of Homeopathy

DSHom-Diploma from the School of Homeopathy (NY, NY – 4 year part time attendance program)
PCH-Practitioner of Classical Homeopathy
CH-Certified Homeopath
BFRP-Bach Foundation Registered Practitioner
PhD-Doctor of Philosophy
MA-Master of Arts
ATR-BC-Registered, Board Certified Art Therapist
MB-Bachelor of Medicine
MPH-Master of Public Health
OT-Occupational Therapist
MPS-Master of Professional Studies
RN-Registered Nurse
DA-Doctor of Arts
MT-BC-Music Therapist – Board Certified
FRCP-Fellow of the Royal College of Physicians
FRCpsych-Fellow of the Royal College of Psychiatrists
BCIAC-EEG-Biofeedback Certification Institute of America Certified – EEG Biofeedback (Neurofeedback) Therapist
FAAO-Fellow of the American Academy of Osteopathy
FCA-Fellow of the Cranial Academy

Recommended Reading

[Epilepsy: Patient and Family Guide, 2nd Edition](#)

By: Orrin Devinsky, MD

[Epilepsy: A New Approach](#)

By: Adrienne Richard and Joel Reiter, MD

[Staying Healthy with Nutrition](#)

By Eldon Haas

Breaking the Vicious Cycle

By Elaine Gottschall, M.Sc.

Seizures and Epilepsy: a Guide for Parents

By: John Freeman, MD, et al

The Ketogenic Diet: Treatment for Epilepsy

By: John Freeman, MD, et al

The Fragrant Mind

By: Valerie Ann Worwood

Autogenic Training: A Clinical Guide

By: Wolfgang Linden

Autogenic Training: The Effective Holistic Way to Better Health

By: Dr. Kai Kermani

The Out-of-Sync Child:

Recognizing and Coping with Sensory Integration Dysfunction

By: Carol Stock Kranowitz and Larry B. Silver

A Symphony in the Brain: The Evolution of the New Brain Wave Biofeedback

By: Jim Robbins