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## ON THE BORDER

*Info & insights from the interface between energy healing & science*

**August 2007**

Welcome to 'On the Border', Jayne's monthly Ezine newsletter about the latest information and insights into energy fields, healing and science.



Each month in 'On the Border' I share with you some of the latest research and how it applies to healing, energy work & (daily) life. There's a Fascinating Facts section, a 'Freebie' (where you get something for nothing, gratis) and the Helping Hand Corner.

### **Epilepsy: A Modern Day Twist to an Ancient Remedy**

Epilepsy is a neurological disorder that can be debilitating for many of the people affected by it. One of the major modern day quandaries is that about 30-40% of patients become immune to the medicines that they are given to combat the seizures. This is known as 'pharmacoresistance' or 'refractoriness'. This can occur after only one drug has been tried, or after several. From the energy healing perspective this is fascinating!

Apart from the more well-known triggers of, for example, flashing lights, lack of sleep and excess stress, the cause of epilepsy – *why* it occurs – is not known. Scientists know *how* it happens but not what really triggers it. There are already many medicines – called anticonvulsants or antiepileptics – to calm down the overactivity in the brain so that the massive electrical discharge, which produces the seizures, is reduced. These drugs work on different target areas and pathways in the brain. Some help to dim the excitement, others help to raise the threshold at which the excitement occurs. Yet in spite of all the advances being made and the arsenal of drugs available to target increasingly more accurately sub-parts of sub-parts of the brain, the quandary of resistance to drugs remains a problem for 30-40% of epileptic patients. That is a lot.

Enter now a 'new' old player to this scene, and from the world of natural medicine.

Diet.

Since the time of Hippocrates, fasting and dietary restriction were ways of treating epilepsy. At the beginning of the 1900s a faith healer (Bernarr Macfadden) and an osteopathic physician (Dr. Hugh Conklin) started recommending the use of fasting and prayer for a boy with seizures. Normally the brain uses glucose as fuel, which it obtains from carbohydrates. However, during fasting the brain is forced to obtain its fuel from a source other than carbohydrates. It does this from chemicals called ketones. As scientific methods improved the concept evolved that a high-fat diet could mimic the 'ketosis' that occurs during fasting. In the early 1920s a certain Dr. Wilder introduced the concept of a diet consisting of 'ketogenic' and 'antiketogenic' components for the treatment of epilepsy. Groups in Minnesota, New York and Maryland studied the use of the diet and its success for many years. Its use declined with the introduction of the first anticonvulsant drug (phenytoin) in 1938. Taking a pill seemed like a miracle cure and was so much easier than following dietary changes (oh how recognisable!).

This is the state of affairs that has continued for more than half a century. However in the 1990s, Johns Hopkins Hospital resurrected the diet to treat a child with severe epilepsy. It was successful. This sparked renewed interest into a 'new' treatment for epilepsy, and with the modern day research techniques, scientists are now discovering the molecular mechanism of HOW this old diet actually works.

In large-scale trials across the world it appears that the ketogenic diet is extremely successful. It works across the board for men, women and children of all ages, and appears to also work for those who have developed resistance to the anticonvulsants. The diet does need to be performed under medical supervision because even though there are very few side effects, it is important to keep the body biochemistry in balance – and this needs to be monitored.

The ketogenic diet is high in fat and low in carbohydrates and proteins so that the typical (gram) ratio of fats to carbohydrates and proteins is between 3:1 and 4:1. To give you an idea of what the ketogenic diet involves, there is a day's sample menu (American....!) shown below.

*Breakfast:* Quiche with bacon

*Lunch:* Belgian salad with avocados, pineapple and pecan nuts

*Dinner:* Sausage, potato and sauerkraut  
Creamy milkshake

*Snacks:* Cheesecake with blueberries

What is so fascinating in this whole topic for 'On the Border' readers is the way the old expertise and methods combine with modern day science. As research continues to dig and expose, then to dig deeper and expose more, we start to put together the whole story until everything eventually falls into place. In the current explorations to clarify the mechanism of the ketogenic diet many simple but extremely elegant processes are emerging which are providing some wonderful new avenues for the treatment of epilepsy. For

those of you who are interested in the current research then the references below provide the latest information and insights. If you are unable to access the publications then please let me know and I can Email them to you them in pdf format.

As we understand the details, intricacies and complexities the more we are left in awe at the body and the intelligence in it....and the more questions that get answered, the more questions there are that arise...that is research!

#### References:

Epilepsy website for a wealth of information about all aspects of epilepsy, including the ketogenic diet <http://www.epilepsy.com>

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J. Freeman, P. Veggiotti, G. Lanzi, A. Tagliabue and E. Perucca. 'The Ketogenic Diet: From Molecular Mechanism to Clinical Effects'. Epilepsy Research. 2006, volume 68, pages 145-180.

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### **Fascinating Facts**

Everybody knows that the physical heart is the muscle that pumps blood through the physical body. But did you know that the physical heart far surpasses all known motors in efficiency and design? You can be brain dead, but the heart can still beat with life force. However if your heart stops beating, your brain dies quickly. It pumps 7.5 litres blood per minute through a vascular system of about 60 000 miles (96 000 km) in length – that's around 2.5 times the circumference of the earth. It works without interruption for 70-80 years, without care or cleaning, generally without repair or replacement, day and night. It beats 100 000 times a day, approximately 40 million times a

year, and within an average lifetime it beats about 3.5 billion times.....It just keeps on beating on its own without us having to do anything consciously. Isn't that incredible?

### August Freebie

In this section you get the chance to get something for nothing. Helemaal gratis. Always a pleasure!

This month's FREEBIE is relaxing and inspiring to keep in line with with 'summer' holiday feeling.

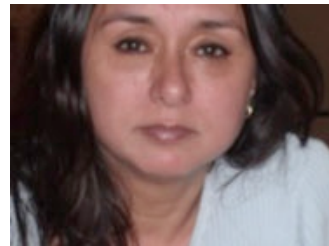
Go to <http://wonderofitall.com> and enjoy the show.

### Helping Hand Corner

This is your chance to tell the world about your services, and is my way of helping you get closer to where you want to be. So if you have a healing practice, are a massage therapist, acupuncturist, coach, artist, accountant, caterer - whatever - then now's your chance. It won't cost you a penny either. So if you want to appear here then please let me know (contact details at the end of this Ezine Newsletter).

This month in the spotlight it's: **Désirée van Golen**

Désirée works as a counsellor, coach and trainer within her own company "MindMoves". Having worked in Human Resources for years, she is **the** person to help in work related problems. However, MindMoves also offers much more than work related problems:



- Support during major changes, bereavement and sorrow
- Help in making choices, decisions and finding your own balance
- Coaching & counselling in problems arising from relationships, families, health and, of course, work.

Désirée has a rich, carefully thought-out website: [www.mindmoves.nl](http://www.mindmoves.nl) To make an appointment for a private session you can contact her on 020-8819038 / 06-25052027 or via email at [mindmoves@wanadoo.nl](mailto:mindmoves@wanadoo.nl) Her expert services are also available via Email.

And...for readers of 'On The Border', Désirée has offered a special deal: your first session with her at half price!

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### Back Issues

If you have missed any of the previous issues, then the main articles can be found at [www.jaynejubb.com//backissues.htm](http://www.jaynejubb.com//backissues.htm)  
The Freebies each month are only valid for that month...

### **Subscription Management**

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