

Mayo Clinic Medical Edge

Ketogenic Diet

1:00

Log

Audio

<p>Intro with music</p>	<p>GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.</p>
	<p>SHRIMP, SOME CARROTS AND DIP AND CHOCOLATE MILK MADE WITH BUTTER AND HEAVY CREAM. CADY ROHRBAUGH HAS A SPECIAL NAME FOR THIS HIGH-FAT DIET</p>
	<p>MAJIC FOOD. IT'S MAJIC IN THAT THE DIET HAS COMPLETELY STOPPED CADY'S UNCONTROLLED EPILEPTIC SEIZURES. THE KETOGENIC DIET WAS FIRST DESCRIBED AT MAYO CLINIC IN THE 1920'S. TODAY IT'S USED FOR KIDS WHOSE SEIZURES CANNOT BE CONTROLLED BY MEDICATIONS OR SURGERY.</p>
<p>Elaine Wirrell, M.D.</p>	<p>"THE KETOGENIC DIET WAS</p>

	DESIGNED TO MIMIC THE FASTING STATE.”
	MAYO CLINIC DR. ELAINE WIRRELL SAYS WHEN YOU BURN FAT INSTEAD OF CARBS, YOUR BODY PRODUCES CHEMICALS CALLED KETONES, CHANGING THE METABOLISM OF THE BRAIN. THE THEORY IS THAT KETOSIS MAY STABLIZE CELL MEMBRANES MAKING THEM LESS LIKELY TO SEIZE. THE DIET IS VERY STRICT. BUT IT’S A PRICE THE ROHRBAUGH’S ARE HAPPY TO PAY TO HELP KEEP CADY SEIZURE FREE.
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	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.