

Case Study

11 year old female with SEIZURE DISORDER



In April 2006, the patient was enduring seizures while sleeping. She was convulsing, glassy-eyed, not alert, falling down, salivating and had no control over her motor skills. She had 2-3 episodes in the last two years. They have always happened in her sleep. She wakes with a wet pillow. She had not been sleeping enough the week before the seizures. After the seizures, she slept 13 hours. SpectraCell's micronutrient testing revealed deficiencies in vitamin B12, glucose-insulin interaction, zinc, magnesium, glutathione, vitamin E and total antioxidant function. **Based upon her deficiencies she was administered the following treatment protocol:**

- 1) 1,000 mcg/drop per day sublingual of Vitamin B12 (Hydroxy-12)
- 2) 15 mg/tsp per day of liquid Zinc (Zinc Drink)
- 3) 100 mg twice daily of Magnesium
- 4) 1 capsule per day with meals of mixed tocopherols (Natural E 400)
- 5) 1 capsule per day of Glutathione Precursors (NAC 200mg; glutamic acid 200 mg; alpha-lipoic acid 200mg; glycine 100mg)
- 6) 1 mg capsule per day of Chromium Aspartate
- 7) 2 orchard capsules and 2 garden capsules each day with a large glass of water (Juice Plus+)

In addition to the above treatments, nutritional and lifestyle modifications were recommended: Diet counseling – eat 3 meals per day, follow the blood type A diet, drink 5-8 cups of water per day, especially when playing sports. Lifestyle – sleep 8-9 hours per night. Homeopathic – Sulphur 200 c single dose.

Clinical Outcome #1:

In October 2006, at her 6 month follow up, the patient had 2 seizures since her last visit (one in mid-July and one at the end of September). July seizure while traveling in the car (she hadn't slept much the night before). September seizure was a day before her menses began and happened as she was waking up in the morning. *She forgets to take supplements sometimes, maybe two days per week.*

Her follow up results from SpectraCell's micronutrient testing, showed she was deficient in carnitine. She was improving but still deficient in vitamin B12, glucose-insulin interaction, zinc, vitamin E and her total antioxidant function.

Based upon these results, she was administered the following treatment protocol:

- 1) Continue supplementation as above
- 2) 1 capsule per day of Mitoplex (L-carnitine 300mg; Alpha-Lipoic acid 100mg; CoQ10 50mg)

Clinical Outcome #2:

February 2007 – Taking supplements more regularly. No seizures since last visit.

December 2007 – No seizures for 1 year and 4 months

January 2009 – No seizures in 2 ½ years

Cost Savings:

The patient did not have to complete neurological work-up and follow-up with a neurologist. The patient also has no need to take pharmaceutical medications.

Benefits:

The patient is better, without needing to take pharmaceutical medications, which for this condition can have significant side effects.



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