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 1/2 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.