

## Healing by Design

### EPILEPSY/SEIZURES

#### 10 STEP PROTOCOL TO PARTNERING WITH GOD'S DESIGN

1. Nutrition is EVERYTHING for epilepsy. Because there is an obstruction in the flow of electrical currents to the brain, food will affect the body at a greater level. And food can heal. The BEST is to go RAW, with fruits, vegetables, nuts, seeds and other healthy fats like chia, flax, olive, avocado and hemp seeds. Juices are the best, especially CELERY and all DARK LEAFY GREENS because of the mineral content that helps with electrical current and neurotransmitter function. Also use LEMONS AND LIMES.

If going all raw is too much, too fast then try the Body Ecology Diet. It eliminates all allergenic foods, boosts the immune system and fights infections because parasite, fungal and yeast infections can cause all kinds of systemic health issues.

2. Avoid neurotoxins in our food supply. Dangerous chemical additives such as MSG, aspartame, artificial flavors, colors and dyes all contribute to nervous system damage and can trigger attacks.

3. Hydration and minerals. Avoid dehydrating with coffee, soda and other beverages, choose water. Hot teas and warm water for best results. Drink Alkaline, negatively ionized water by **Vollara called Living Water**. Avoid tap water. Drink purified water, adding **Himalayan Salt using SOLE by NHI**. Most crucial to replace magnesium, using foot soaks with **Magnesium Chloride by Health and Wisdom** (best results) or **CALM powdered magnesium drink by Natural Vitality**. **Inner Vitality plant minerals by Morningstar** gives you full range of electrolyte minerals.

4. Get outside! Fresh air and sunshine. Sunshine in the eyes is especially powerful for healing the brain and neurotransmitter production. Don't wear sunscreen or sunglasses. Get a nice tan. Don't stare at the mid-day sun, but consider and research watching sunrises or sunsets.

5. Do a parasite cleanse. There are many stories of epileptics becoming free of seizures after a parasite cleanse. If you're not sure, just do it! Medical tests are horrible inaccurate in checking for infections. To cleanse the body of all infections, such as yeast, fungus, candida, viruses AND parasites, do the **Spirit of Health Microbe Cleanse**. If you just want a good parasite cleanse, try the **Dr. Hulda Clark 3-Part of 7-Part cleanse**.

6. Get checked for Heavy Metals. Heavy metals such as aluminum, cadmium, mercury, arsenic, lead and others can get into the brain causing great damage and interference. The best testing available that we know of us is by **Quicksilver Laboratories**. **Get the Mercury Tri-Test to check mercury via blood, urine and hair or the Blood Metals Test to check for various other metals**. Ridding the body of these metals has also brought freedom to many. Spirit of Health offers these testing services.

7. Detox. These ideas can remove metals and chemicals from the brain. Bentonite clay pulls toxins and chemicals from the body and you can drink liquid clay in water daily (1tsp up to 2T daily in water) or take clay detox baths, using **Liquid or powdered clay by Living Clay**. Also try **Toxin Therapy by Harmonic Innerprizes, Metal Free by Body Health** and **Toxipurge by North America Herb and Spice**.

8. Work on the adrenal glands. The adrenal glands play a crucial role in controlling the nervous system. Strengthening this gland results in better digestion, mineral balance and nervous system balance. Our favorite adrenal healers are the **Great Adaptor by Jing Herbs, Deer Antler by Royal Velvet or Jing Herbs** and Chinese Adaptogenic Tonic Herbs. Also get outside and/or use an earthing sheet at night.

9. Avoid dangerous EMF's that can short-circuit the body's electrical systems. Use **Miracle Balance Cell protect** and **Earthing Mats or Sheets by Earthing**.

10. MAGNESIUM. I have read testimonial after testimonial about magnesium oil stopping seizures. I have been using Magnesium Chloride oil for years with tremendous results with ALL forms of health problems, too many to mention. I encourage a foot soak. Get a small foot tub, add warm water just to cover your toes, add 2oz (1/4 cup) of magnesium oil and soak 15-20 before bed. You can also use the bath crystals. **MAGNESIUM CHLORIDE by Health and Wisdom** is the most absorbable form of magnesium available. You can also use Epsom Salts with some success as well.

11. Take B-vitamins. They are very important for the nervous system and can make a big difference with any nervous system disorder. We like **Super-B Complex by Synergy or B-Complex by Garden of Life**.

12. Natural anti-spasm herbs. There has been great success and thousand of testimonials with some amazing herbs Go has given us that calm and relax the nervous system. Here are some of the best formulas.

\* **CBD Oil by Miracle Balance** - CBD Oil from hemp is a powerful nervous system relaxant. It does not cause fatigue or drowsiness, but has an amazing ability to relax the nerves. It works great for stress, anxiety, pain, inflammation and of course, seizures. I personally have witnessed multiple people STOP ALL SEIZURES THE WITHIN A DAY of beginning this product! One young lady even got a job for the first time in years. Suggested use is one capsule once or twice daily. No more than two should be needed. Liquid drops under tongue are also available.

\* **Spasm Calm and Brain and Nervous System Tonic II by Dr. Morse**. This is a great combination of herbal formulas that calm and relax the nervous system while also building and strengthening the nerves simultaneously. It is recommended to take as much as a full dropper of Spasm Calm every 3 hours if needed.

13. Try **GABA** at health food stores. It has also helped many, but isn't a long-term solution.

14. Find PEACE. Jesus is the Prince of Peace. Pray and meditate on scripture. Spend time in nature with God. Go on walks in the fresh air and sunshine. De-clutter your life, your to-do list and your brain. Let go of material objects. Decreasing stress in your overall life is of paramount importance.

15. Try **Castor Oil by Heritage**. Castor Oil packs on the abdomen are what I call "a tranquilizer to the nervous system." Castor oil has been around healing for thousands of years. It has been known to heal a variety of health issues, but one of its most profound effects is on relaxing the nerves. Learn how to make a castor oil pack and use it for 1-2 hours in the morning or evening on the abdomen daily.