

## TREATMENTS AND THERAPIES

# Complementary Therapies

Anti-seizure medication is the primary treatment for epilepsy, but 30% of people with epilepsy will not gain seizure-control with medication alone. In these cases, complementary therapies may help alleviate seizures when used in addition to anti-seizure drugs. Complementary therapies include acupuncture, chiropractic care, massage therapy, relaxation, guided imagery, biofeedback, aromatherapy, yoga, therapeutic touch, homeopathy, and diet. These are unconventional or non-medical therapies that tend to focus on the integration of the body, mind, and spirit, sometimes referred to as the holistic model.

**TIP:** Always consult with your healthcare provider before adding complementary therapies to your epilepsy treatment routine.

Chemicals, including herbs, can affect the way anti-seizure drugs work. Your healthcare provider can advise you about the impact of the complementary therapy on your medication as well as any safety precautions you should take when trying out other complementary therapies, such as yoga.

### ■ Are complementary therapies effective in treating epilepsy?

There has not been much research looking into complementary therapies for epilepsy, so there is little scientific evidence of their effectiveness. However, some people who have tried complementary treatments felt that these have helped their epilepsy and improved their quality of life.

Reducing stress can reduce seizures in some people, and complementary therapies that include stress-reduction techniques can help some people better control their seizures. Furthermore, the greater involvement of the person in his or her own seizure management through these therapies can be positive in itself.

### ■ Common Complementary Therapies Include:

#### RELAXATION, YOGA, AND MEDITATION

A person with epilepsy who finds that they have more seizures when under stress may benefit from learning stress management and relaxation techniques such as progressive muscle relaxation and deep diaphragmatic breathing. Some people have found that yoga or meditation helps them prevent stress-induced seizures and improves their quality of life.

#### ACUPUNCTURE

Acupuncture, which is part of the traditional medicine of China, uses needles and sometimes heat to stimulate nerve endings. The goal is to bring the person's health into a better mental, physical, and emotional balance. Acupuncture has been used in patients with epilepsy with mixed results.

How can I begin the ketogenic diet?

**TIP:** It is critically important to tell your alternative therapists that you have epilepsy and what medications you are on.

## Complementary Therapies *continued*

### AROMATHERAPY

Aromatherapy uses pure aromatic oils from plants for stimulation and relaxation and to aid the healing process. Dr. Tim Betts, a British researcher, has had some success using oils on patients with epilepsy who can predict an imminent seizure. The idea is that the neuronal excitement in the brain that produces seizures can be altered, aborted, or prevented by teaching a patient to change their state of arousal with the help of a particular aroma.

The use of oils such as ylang ylang, camomile, and lavender appear to help relaxation. Oils like rosemary, sage, hyssop, sweet fennel, and wormwood can have the opposite effect and should therefore be avoided by people with epilepsy.

### BIOFEEDBACK

Biofeedback for epilepsy uses EEG machines to help people identify and alter their own seizure-related brain activity. The person with epilepsy is trained over time to use relaxation or other biofeedback techniques to generate a more normalized brain wave pattern, which may, in turn, reduce their seizures.

*Adapted from Epilepsy & The Facts: Alternative Therapies (Epilepsy Toronto) and Epilepsy Society UK.*

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### DIET AND NUTRITION

A balanced diet from different food groups helps the body and brain to function, helping us to stay healthy. Although there is little evidence that a balanced diet has a direct effect on seizures, it provides essential nutrients and keeps energy levels steady, which may help reduce the risk of seizures for some people with epilepsy. A balanced diet may also help you to keep a regular sleep pattern and keep active, both of which are good for overall health.

The ketogenic diet is a specialized medical treatment that utilizes a high fat, adequate protein, low carbohydrate diet. **Do not attempt** the ketogenic diet without medical supervision from a properly trained ketogenic diet team, especially if you are taking anti-seizure medications. For more information, see our Ketogenic Diet *Spark* sheet.

**TIP:** If you are interested in trying out complementary therapies, consult the professional associations responsible for regulating alternative therapists, such as the Ontario Association of Naturopathic Doctors, to find out about a therapist's specialization and credentials. Look for someone who specializes in epilepsy