

Live Better!

Enhancing some daily habits could help you manage your seizures



Reduce the Stress¹

- Calm your mind. Think yoga meditation or prayer.
- Make time to exercise.
- Maintain a regular sleep schedule.

Alter Your Diet^{2,3}

- Keep your meals rich in fruits and vegetables.
- Eat often to control blood sugar levels.
- Consider a multivitamin, or calcium and magnesium supplements.

Know the Risks^{3,4}

- Avoid alcohol, cigarettes and drugs.
- Beware of overstimulating environments.
- Limit sugar and caffeine.
- Know all your seizure triggers.

Sources:

1. http://www.epilepsy.com/epilepsy/newsletter/oct11_tips
2. <http://www.epilepsysociety.org.uk/diet#.UxjfQyQmRkh>
3. <http://www.livestrong.com/article/80992-control-seizures-through-nutrition/>
4. <http://www.efncil.org/Current/you/adults.php>