

PREVIEW_ Elena Gross - Ketosis Gives me My Life Back (FL FEB 2017) 2

Elena Gross: There's so little you can offer migraine patients in terms of treatment, in terms of pharmacological treatment, right? Everything we have is borrowed from other diseases... Antidepressants, antiepileptics, maybe beta blockers... We don't know exactly why they work and they have most of the time intolerable side effects and their effectiveness is very, very little as well.

So ketones or ketogenic diet, not only low-carb I guess, but high-fat, offers something that has very little side effects, it's very safe, children have been on ketogenic diets for 10 years without any noticeable severe side effects or stunt growth or something, so we know it's safe.

And it's more effective than anything we have. The first data I think a one-month intervention that was done in Italy by an Italian lab showed that just one month of giving a ketogenic diet to approximately 15 "migrainers" reduced their migraine frequency by 80%.