



The causes of epilepsy from a holistic point of view

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In epilepsy potentials of the central nervous system are released in batches in large quantities: these can lead to convulsions but also to small eruptions and failures of the motor system or sensory nerves. According to whereabouts in the brain the potentials are released, other symptoms apart from convulsions can also occur, e.g. personality changes, small jerking movements, shooting headaches, but also losses of function such as visual disturbances or paralysis, etc. Very similar changes can also be seen typically on an EEG during an acute attack of migraine. In any case it is a fact that in epileptics excessive and uncontrollable nerve potentials are released and can make an impact.

From the holistic point of view there are two possibilities:

- the stimulus threshold of the nerve cells is lowered, and therefore even small electrical potentials can have an effect in the brain, or
- there are failures which release electrical potentials which are absorbed by the cerebral nerves or cause disruption in the brain.

Orthodox medicine takes note of the fact that pathological potentials exist, and these are suppressed by strong medication (anti-epileptic drugs). The normal nerve cell functions are also suppressed and this can lead

to restrictions of the cerebral function at other levels, e.g. fatigue, inability to concentrate, inability to coordinate, personality changes, stupor.

But another grave problem is the side-effects on the metabolism of the anti-epileptic drugs which can occur mostly as a form of cell metabolism: gingival accretions (Tegretol), disorders of the cells of the liver (Depakine/Tegretol) or haemopoietic disorders.

The causes

Attempts have been made from a holistic point of view to identify the causes of the abnormal potentials, which are mostly caused by a number of factors:

➤ Lowering of the stimulus threshold:

- Lack of trace elements:

Certain trace elements and minerals stabilise the nerve cells: magnesium, zinc, manganese and others. Sometimes these materials can show up in the blood or urine, sometimes in mineral analysis of the hair. Often intensive treatment with doses of trace elements can have a very positive effect in reducing the frequency of the convulsions.

- Lack of vitamins:

The effect of certain vitamins is to stabilise the cell membranes, but epileptics frequently have a very low level of these: Vitamin E and

Vitamin B, also small amounts of folic acid. The level of the individual vitamins can be ascertained in laboratory tests.

- Heavy metals:

Metals (mercury, palladium, tin, lead, copper), which are mostly to be found in tooth fillings, are absorbed by the body and stored in the nerve cells, the brain and the neuroganglions. They are the opponents of the trace elements mentioned above (manganese, selenium, magnesium, etc) and as a result lower the nerve stimulus threshold.

- Toxic products:

Most epileptics have hidden disorders of the intestine and changes to their intestinal flora. It becomes possible for bacterial poisons to form, and these are also absorbed. Materials which are toxic to the membranes and cells can also cause irritation. Bowel activity can be considerably improved by discovering food allergies, treating bacterial infestations and making changes to the permeability of the intestine, and as a result the toxic load on the body can be reduced.

The diet which we recommend to epileptics on an individual basis takes account of these contexts and also of the need for large amounts of vitamins and trace elements (the diet is to be found in the article „Holistic medical investigations and the treatment of epilepsy“ in SANUM-Post 57). However, it consistently



avoids food allergens and all types of food which contain preservatives (E numbers) as well as well-fried and well-grilled food, as these contain products of cellular decay, modified fats and so-called free radicals. It is interesting that epileptics are almost always found to be allergic to cow's milk products. This can then lead to strain on the lymphatic system, a reduction in cell respiration and again, as described above, to metabolic overload of the tissues.

- Alcohol and other toxic foodstuffs, nicotine:

Alcohol, but also preservatives and phosphates used as food stabilisers, can modify nerve cell activity and cause excitation of the cerebral nerves.

- Fatigue:

If the body is overtired, products of the metabolism become modified and are no longer completely processed, the excretion of melatonin is modified and there can be powerful disturbances to the nerves.

- Changes to the acid-base balance, excess of acid:

The greater the excess of acid in a patient's tissues, the more heavy metals can be released and affect them, the less oxygen is absorbed by the tissues and the less toxic products are excreted. However, excess of acid in the tissues also involves changes to the pH value of the intercellular space through which all catabolic products from

the cells and toxins are transported away and through which the cells are provided with nutrients.

It has been possible to prove scientifically (spectroanalysis and electron microscope investigations by Prof. Hartmut Heine) that polysaccharide molecules with a high molecular weight form a thick, directional network in the interstitial space (intercellular space) along which materials move. If the tissues are very acid, H^+ ions (acid ions) are given off into the intercellular fluid and lead to a needled felt-like cross-linking of these polysaccharide molecules so that it is no longer possible for things to pass or be transported through the interstitial space. The result is then an increase in the level of poisoning of the tissues and cells and a reduction in „cell respiration“, as the supply of oxygen is also affected. The result of cell metabolism with insufficient oxygen is an increase in the fermentation of the cells in order to provide energy and an increase in lactose (lactic acid), which again is acidic. Excess of acid, to a great extent caused by diet, is therefore an important factor in maintaining epilepsy and one which works on different levels.

Excess of acid can be treated most sustainably through diet, but also by prescribing alkaline remedies such as ALKALA and ALKALA T. Nowadays it can be proved very easily that an organism contains excess acid by measuring the pH value, the electrical resistance value and the redox potential of the lymph

(represented by saliva), blood and urine. This test is called „bioterrain analysis“ (cf. BTA apparatus made by the Vega family) and is carried out in modern biological doctors' practices such as the Lustmühle Paracelsus Clinic.

- Increased levels of non-neural stimulation factors (strengthening of electrical potential by external factors):
 - Galvanic currents from dental materials:

Like a battery, the metals in mixed alloys (e.g. nickel, mercury and copper) from tooth replacement materials can release galvanic current potentials which can be measured in milliamps. These exceed the normal nerve potentials by a factor of 1,000 to 100,000! In this way currents can be released which the brain registers and converts in terms of epileptic potentials. A similar effect comes from metal parts from the post used to support a crown, even X-ray-proof root filling materials, which often contain metal ions. Again and again we see root canal fillings as the cause of epileptic fits, often beginning even months or years after root fillings have been started, as they can often be tolerated for a very long time.

In children we frequently see that epilepsy can become more intense or even be triggered following the use of dental braces, particularly because of the clamps which fix them to the teeth. It is the solder in particular, often containing cadmium or lead, which releases



galvanic currents.

The measurement of galvanic currents in the mouth can be carried out very easily using an ammeter and a voltmeter (e.g. galvanometer in the Vega test apparatus).

Electromagnetic and electrostatic fields in the bedroom can also lead to enormous stress and raising of the endogenic neural potentials, particularly during the night. Similarly, an increase in stress can also cause this type of field as a result of working at a computer monitor (the modern LCD flat screens are much better in this respect).

Electromagnetic stresses, and also so-called „geopathic“ stresses (in common parlance wrongly named „water courses“), cause a change not only in the measurable nerve cell potential but also in the vegetative nerve cell function (sympathetic and parasympathetic) which control the ground potential of the organism. Thus in epileptics one very frequently sees a sympathetic nervous system potential which is raised by a large amount – that is, a basic tonus caused by stress - which also explains the susceptibility of epileptics to additional stress.

Nowadays this potential too can be measured objectively by progressive biological physicians using ANSA (Autonomous Nerve System Analysis or heart rate variability test), which measures the important interplay between the tonicity and the body's ability

to relax. Patients with epileptic fits often display bizarrely reduced parasympathetic abilities.

- Dental foci of interference, impacted wisdom teeth and dental root fillings, localised irritation by toxins:

In every dead tooth, even in root canal treatment which is carried out „properly“, there are highly toxic proteins from dead bodies and free radicals (thioether, mercaptane, indole, catole, even formaldehyde). At a local level these can react chemically or with the nerves or can interfere with the interstitial system. Therefore one should always look for dead teeth and both bacterial and chemical interference factors in all patients who suffer epileptic fits.

Impacted wisdom teeth have a particularly energetic connection with the cerebrum and a tendency to convulsions. Therefore, when epileptic fits start to happen in adolescents and young adults, one should always consider that the predispositions of the wisdom teeth might be wrong. The biochemical and physical mechanism of these inter-relationships has unfortunately not yet been discovered. It has however been proven that along the course of the meridians (paths of reduced electrical resistance) there is a change in the membrane potentials.

- Mechanical, infectious and post traumatic causes:

Orthodox medicine also recognises that the formation of

scar tissue in the brain, high pressure in the brain and inflammation can change the potentials of the electric currents in the brain as a result of localised irritation. Viral inflammations can cause localised swelling and thus cause irritation, but this can also be caused by the products of cell decomposition.

But too little notice is taken of the chronic viral stresses which we find again and again, whether these conditions arise from obvious or from viral infections of the brain (neurotropic viruses) which have occurred unnoticed in the past: herpes simplex, herpes zoster, cytomegalus, parotitis virus, poliomyelitis and also, among others, the measles virus.

It is particularly worth noticing the immunisation viruses which are wrongly regarded as not harmful but can cause a chronic underlying viral infection: immunisations against infantile paralysis, measles, tick-borne encephalitis and even hepatitis B - the widespread use of which is being recommended by all and sundry!

Very many of these viral stresses and viral diseases caught later can be proved today by means of blood tests for IgG and IgM (immunoglobulins) and even recently by means of the direct proof of the presence of the virus, the PCR (polymer chain reaction).

The treatment of these stresses must then of course be carried out very specifically using nosode remedies and cytokines, which is the job of the holistic physician



with experience of these things.

In practically all „epilepsy patients“ it is possible to find a mixture of different causes and to achieve significant improvement by dealing with all these factors. In most cases anti-epileptic drugs are no longer needed after a few months or only in low doses. The stability of the neural potential is improved, the frequency of fits is reduced or they stop completely. The pathological electrical potentials in the EEG (brain current graph) very frequently disappear within 6 - 12 months.

Readers may have noticed in the above models that I mostly refer to „patients with epileptic fits“ or that the word „epilepsy“ is in quotation marks. This is because patients of this type are very often labelled as „epileptics“ at an early stage and this to the layperson is irrevocable and is linked with ideas of a reduction in mental capacity. According to our experiences this is just not justified if the patient is treated holistically. When the above-named factors are treated consistently, patients mostly find that their fits stop and their neurological and cerebral symptoms disappear – these often being made worse by anti-epileptic drugs and just being another form of expression of their toxic or other stresses.

Examples

At this point let us look at two examples of typical patients:

O.E., 14-year-old boy:

Was brought for examination after getting strong side-effects from anti-epileptic drugs: dysfunction of his sense of taste, fatigue, lack of interest, a drop-off in his performance at school, putting on weight, an increasingly phlegmatic personality, dropping out into „bad company“. The boy is the son of a single mother who was clearly under a lot of pressure. Very fast growth-rate in the past two years, fast approaching puberty. An unhealthy diet, sweets, a lot of sausage, sweetened drinks, almost a litre of milk a day because this is „so healthy“. A regular diet of television! His first *grand mal* fit happened as the result of a „taster“ work placement involving physical work, which was then followed by others, in the beginning even while he was receiving treatment for epilepsy. The first EEG showed a temporo-occipital obstruction on the right, then later generalised epileptic potentials. An MRI scan (Magnetic Resonance Imaging: computer tomography of the brain) showed no unusual features. Treatment with Lamictal, in the early stages even with phenobarbital!

The holistic examination showed a pasty habitus, thick tongue, pale skin with a lot of water retention, a rather cold, calcium carbonicum constitution. Darkfield microscopy of the live blood showed completely rigid leucocytes, signs of blood alkalinity, otherwise no particularly significant findings.

The thermoregulation diagnosis showed definite signs of intolerance of certain foodstuffs, with strong lymphatic irritation and „cold“ blocking of the points of the small intestine. Teeth normal. Noticeably hyper-reactive heart points!

Comments, procedure and course of treatment:

The pasty calcium-carbonicum constitution linked with the classic thermography findings made one think of deposits of morbid matter on the mesenchyme accompanied by toxic stress. The main treatment therefore consisted of detoxification, support of the liver metabolism and diet. To start treatment: building up of the intestinal flora using isopathic products from the SANUM company, building up of the enteral immune system with the Peyer's patches REB 4X capsules. A strict diet without cow's milk, with little meat, no more sausages, no acid-forming sweetened drinks.

Acid links together the mesenchymal polysaccharide network and prevents detoxification. Therefore in addition a course of basic (alkaline) therapy with ALKALA and minerals (multi-mineral tablets from the Burgerstein company). No neurotropic cerebral viruses were found. The dental panoramic picture showed that all his wisdom teeth were developing very actively. This raises the disposition towards fits very considerably, which is also why puberty is a time



when children have a greater tendency to convulsions. Therefore also magnesium therapy and MUC, two remedies which we allocate to the cardiac function circulation. Homeo-pathic calcium carbonicum 200X once a week.

The treatment went very well: the patient was very co-operative because previously he had suffered as a result of his own personality changes and being a social outcast. He kept strictly to the vegetarian diet, carried out his de-acidification programme and took the medications. He remained free of fits despite stopping his anti-epileptic treatment completely within 6 weeks! In the meantime the patient has been free of antiepileptic drugs for 6 months and is still in good health. His school performance is better than it had been previously.

Here the causes were a combination of toxicity of the tissues, caused by the intestine, and an increased tendency to fits because of hormone changes and decreased resorption of trace elements, also caused by the intestine. The electromagnetic stress from the television was probably a concomitant factor.

Never forget: in the case of epileptics always think of the wisdom teeth, lack of trace elements, heavy metal overloads and enterotoxicity!

Ch.F., a 48-year-old American woman:

A gracile patient, in need of care, with spastic tetraplegic paralysis, had been putting on weight for years, with generalised epileptic fits, resistant to treatment despite taking a variety of anti-epileptic medications. A physical examination showed nothing definite. Her regulation thermography was typical, with thermographically over-regulating results for the small intestine. The dental X-ray showed an impacted wisdom tooth and a wisdom tooth socket in the left lower jaw remaining after an extraction, but with a small piece of the root bone left in the socket very close to the mandibularis nerve.

Only after questioning did the relatives confirm that the fits had become more frequent in the period following the removal of that wisdom tooth. The normal initial therapy described below brought about no change, but the milk-free, mild, allergen-free diet according to Dr Rau, designed to protect the small intestine, improved her feeling of wellbeing.

The significant change of mood came about with the dental treatment. Despite an increase in the number of epileptic fits, the impacted wisdom tooth on the right lower jaw was removed first. From this point in time onwards the patient had a different kind of fit: *petit mal* instead of the previous generalised fits which had focused on the right side.

With the surgical removal of the old root from the impacted wisdom tooth, extracting it from a gelose cartilaginous material, and very careful release of the mandibularis nerve, the patient once again had a big fit during the operation, with spontaneous micturation. This was her last fit!

From this intervention onwards, the patient had no more fits. During the course of treatment she was slowly weaned off the anti-epileptic medications within a few weeks. The spasticity slowly disappeared, and the patient made an enormous recovery emotionally and cognitively,

Disrupted wisdom teeth lead to obstructions of the small intestine/ cardiac circulatory system and influence the patient's general tendency to fit and emotional stability.

In all problems with the cardiac and small intestine function circulation always think of wisdom teeth, also in cases of epilepsy and cyclothymia (manic-depressive reactions).

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