



## **LIBRARY**

### **For Matthews Friends Forum Members.**

Welcome to the MF Library. We have a whole selection of books/DVD's that might be helpful to you in your quest for knowledge!

The reason we have set up this library is because we realise that at times it is difficult for you to gain access to all the relevant books or even know which ARE the relevant books. This is how it works:

- Choose a title from our list and send [eng@Matthewsfriends.org](mailto:eng@Matthewsfriends.org) an e-mail requesting the title of the book.
- Pay a fully refundable deposit of £25 by either sending us a cheque or using paypal on site.
- The book will be mailed out to you and you will have a 'library time' of 2 months in order to read the book and return it to us.
- When you have finished reading the book then you pack it up and return it back to us at the MF address and once the book is returned to us, we will refund your deposit.

All you have to pay for is the P&P back to us. For our overseas visitors, it is probably cheaper if you do purchase the book but we are happy to looking into the cost of shipping to you.

#### **What happens if you do not return it:**

- If you need extra time to read the book then just e-mail us again for an extension time, depending if there are a lot of other people waiting for this book or not, you will be given an extension time.
- If you fail to return the book to us then we will obviously not be refunding your deposit as this will have to go towards the cost of replacement.

**PLEASE MAKE SURE YOU RETURN THE ITEMS YOU BORROW FROM THE LIBRARY. MATTHEWS FRIENDS LOOKS ON ALL ITS MEMBERS AS FRIENDS AND AS SUCH WE TRUST ONE ANOTHER AND SUPPORT ONE ANOTHER. BY NOT RETURNING AN ITEM YOU WILL DEPRIVE OTHER FRIENDS FROM USING THE SERVICE AND WILL COST YOUR FRIENDS MONEY TO REPLACE THE ITEM. – THANK YOU.**

If you feel we have a beneficial book missing from the library then let us know or if you have read a book that you feel is beneficial and would like to donate it to us to keep in our library for others then please do.

Some members who have had children on the diet but are now weaned off have donated their copies of various ketogenic books to us so sometimes we have spare copies that we can give out freely.

We are happy to accept donations of all ketogenic diet books to pass onto other families.

Take Care.

Emma Williams

Founder/Chief Executive

Parent Representative – Matthews Friends

## The LIST

**DO NOT UNDERTAKE ANY FORM OF DIETARY TREATMENT WITHOUT THE SUPERVISION OF YOUR MEDICAL TEAM – YOU COULD PUT YOURSELF OR OTHERS AT RISK IF YOU DO NOT. ANTI-EPILEPTIC MEDICATION CAN BE AFFECTED BY DIETARY TREATMENTS AND YOU MUST ALWAYS CONSULT YOUR DOCTOR BEFORE UNDERTAKING ANY FORM OF DIET.**

1. Introduction to Matthews Friends Booklet – available on request (no need to return).
2. Tony's Top Tips – Our Patron's Top Tips booklet – available on request (no need to return)

### KETOGENIC DIET:

3. Epilepsy and the Ketogenic Diet - Edited by Carl. E. Stafstrom MD PhD and Jong M. Rho, MD.
4. The Ketogenic Diet- A treatment for Children and others with Epilepsy - Fourth Edition: Freeman, Kossoff, Freeman and Kelly  
A very good book – if you read it before you talk to anyone else about the diet – it may scare you to death. Don't panic. There is a hell of a lot of information in there – it is good to have BUT it also doesn't cover very much as far as the MCT diet is concerned – not because the MCT is less effective but because the Americans don't use the MCT version of the diet mainly because the Medical Insurance Companies won't cover payment for MCT oil or Liquigen.
5. The Ketogenic Diet – A treatment for epilepsy – Third Edition: Freeman, Freeman and Kelly.
6. Keto Kid - by Deborah Snyder DO.  
This book is written by a parent of a keto kid and it gives her story of how she managed her child through the diet. There are some useful hints and tips in the book as well as recipes but be warned this is aimed at the American market as far as recipes are concerned with a lot of American products. A nice read though and lovely to read of another child whose life has been turned around thanks to the KD.

### LOW GI DIET

7. The family GI Diet – by Rick Gallop and Dr. Ruth Gallop
8. Complete Guide to GI Values - by Brand-Miller, Foster-Powell and Holt.
9. The Healthy Low GI Low Carb diet - by Dr. Charles Clark and Maureen Clark
10. The New Glucose Revolution – Shoppers Guide to GI Values 2008 - by Dr Jennie

## ATKINS DIET

11. Atkins made easy – the first 2 weeks.
12. Dr. Atkins New Diet Revolution
13. The Essential Atkins for Life Kit
14. Dr. Atkins New Carbohydrate Counter
15. Dr. Atkins Quick and Easy New Diet Cookbook

## DIETETICS AND DIETARY RELATED BOOKS

16. Fats that Heal and Fats that Kill – Udo Erasmus – 15<sup>th</sup> printing.
17. Manual of Dietetic Practice – Third Edition, Revised and edited by Briony Thomas in conjunction with The British Dietetic Association. (N.B. The Ketogenic diet is not even mentioned in this book!)
18. Clinical Paediatric Dietetics (3<sup>rd</sup> Edition) edited by Vanessa Shaw and Margaret Lawson. This book is the MUST HAVE for all paediatric dietitians and it has a KD chapter written by MF Medical Board dietitians Liz Neal and Gwyneth Magrath. Matthews Friends is also mentioned in the chapter together with our website. The chapter gives clear details on the classical and MCT version of the KD with instructions to dietitians on how to calculate the diet.
19. Pocket Atlas of Nutrition - by H K Biesalski & P Grimm
20. Oxford Handbook of Nutrition and Dietetics - Edited by Joan Webster-Gandy, Angela Madden & Michelle Holdsworth
21. Department of Health – Report on Health and Social Subjects – 41 Dietary Reference values for Food Energy and Nutrients for the United Kingdom
22. McCance and Widdoson's The Composition of Foods – Sixth Summary Edition (N.B. This is the book that all UK dietitians refer to when calculating all types of diet. The Fat, Carbohydrates and protein per 100g that are given on all the foods in this book are also available in the product lists on the EKM Mealplanner or Ketoplanner)
23. Oxford Handbook of Nutrition and Dietetics - Webster-Gandy, Madden and Holdsworth
24. The Carbohydrates Addicts Diet – The lifelong solution to yo-yo dieting! - by Heller and Heller.
25. The IBS Low-Starch Diet by Carol Sinclair (the book claims to be completely gluten free dietary book – might be useful for those of you who have a keto kiddie on gluten free as well as KD!)
26. New Optimum Nutrition Bible - by Patrick Holford

## EPILEPSY

27. The Treatment of Epilepsy – Second Edition edited by Simon Shorvon, Emilio Perucca, David Fish and Edwin Dodson.
28. Seizures and Epilepsy in Childhood – A Guide. Third Edition by Freeman, Vining, and Pillas.
29. The Clinical Psychologists Handbook of Epilepsy – Assessment and Management – Christine Cull and Laura H. Goldstein
30. The Epilepsy Reference Book – by Jolyon Oxley and Jay Smith
31. Living Well With Epilepsy and Other Seizure Disorders - by Carl W Basil, M.d., PhD.
32. Epilepsy and Your Child, Second Edition – by Dr. Richard Appleton, Brian Chappell and Margaret Beirne (we also have the first edition on file as well)

Review by Val Aldridge as follows:

*“This book holds an enormous amount of information and is very parent orientated.*

*It contains stories written by parents of children with epilepsy. It was refreshing to find one story by the parent of a child with Complex Epilepsy, she wrote of the trials we hear of every day on the site, battles with statement procedure, school placements, lack of information regarding benefits etc. I do think however that the book sometimes lacked awareness, for example, in the effect that complex epilepsy has on the entire family and the difficulties in obtaining support!*

*There is an interesting section on the use of anti-epileptic drugs (AED’s) and surgery.*

*Although the Ketogenic diet is mentioned, the information has clearly not been updated since the 1<sup>st</sup> edition in 1997. The diet is cited as `unpalatable` and `not an alternative to AED`s`, there is no follow up address or number in case any parents are interested in the diet either!*

*It is a shame that in a book filled with so much information, ideal for parents with newly diagnosed Epilepsy, that they have not looked into some treatments as thoroughly as they have others and therefore have not offered parents the right to choose the best treatment for their child.”*

33. Treating Epilepsy Naturally by Patricia A. Murphy.

(Reviewed by Val Aldridge)

*“This book makes for extremely interesting reading!*

*Ms Murphy has covered a wide range of ideas, (including the Ketogenic diet) indicating that Anti Epileptic medications are certainly not the only answer to seizure control.*

*Reference to some early papers stated a doctor had noticed that half of the patients he saw with epilepsy had an inability to metabolise carbohydrates fully. Interesting!*

*She also suggests which vitamins and minerals are essential to a healthy nervous system and are reported to be beneficial in reducing seizures and that some AEDs can block absorption of certain vitamins, so supplementations may be necessary.*

*In the section on food allergies/sensitivities and our society of highly refined foods, she discusses the idea that many epilepsies diagnosed as `idiopathic` (of unknown cause) , are perhaps in fact a result of food allergy!*

*Eliminating excitotoxins, like Aspartame, from our children's diets it seems, may well help with fine tuning to further reduce seizures too!*

*There are many ideas in the book, some backed up by a good deal of research, some however are not, probably because of a lack of available research!*

*As always with Matthews Friends we advise that you discuss any changes in treatment with your Childs medical team/dietician first."*

34. Migraine and Epilepsy by Jan De Vries

35. Epilepsy – The Facts Second Edition by Anthony Hopkins and Richard Appleton

### **DRUGS AND MEDICINES:**

36. The British Medical Associations New Guide to Medicines and Drugs 2004 edition (we also hold an older version as well)

37. The A-Z of Medicinal Drugs: A Family Guide to Over-the-counter and Prescription Medicines (Oxford Paperback Reference)"

38. Clinician's Guide to Antiepileptic Drug Use - by Michael D Privitera, Jennifer Cavitt, David M Ficker, Jerzy P Szaflarski, Timothy E Welty & Marcia J Kaplan

### **BEATING THE SYSTEM!**

39. The Politics of Mental Handicap – Joanna Ryan with Frank Thomas

### **BOOKS YOU MAY FIND USEFUL AND INSPIRING:**

40. Parenting a Child with Special Needs – Living with and loving a disabled child. Edited by Bernadette Thomas, Cindy Dowling and Neil Nicoll.

Reviewed by: Emma Williams

*“This book is full of personal experiences from parents with disabled children. It goes through the minefield of mixed emotions we all feel from time to time, taking you from Grief through to Laughter with Denial, Anger, Depression, Acceptance, Empowerment, Marriage, Family and Friends, Love, Joy and Spirituality in between.*

*However you feel, there will be something in this book that will strike a chord with you. The parents involved give a very honest account of their experiences – good or bad.*

*This book took me back through my own journey with Matthew and that did make it hard to get through at times because it can take you to a place where maybe you would rather not go and you would rather not remember things – it did make me cry and laugh at times and a lot of it I could fully understand and appreciate. After I read it I felt that it did me a power of good. I was 'normal' after all!*

*Well worth a read."*

41. Getting Adam Back – by Arlene Martell – A mothers story of getting her child back from Epilepsy and Autism.
42. Boost Your Child's Immune System - by Lucy Burney

## **DVD's**

- a. Matthew's Friends DVD – The Ketogenic Diet Journey with Tony Tobin
- b. The Charlie Foundation – An Introduction to the Ketogenic Diet
- c. Tonight with Trevor McDonald – featuring 3 MF families using the Ketogenic Diet.
- d. First Do No Harm – Film based on a true story of a family using the Ketogenic Diet. Directed and Produced by Jim Abrahams, Founder of The Charlie Foundation.
- e. Midazolam as a Rescue Medication of Epilepsy – To educate people with epilepsy, carers and professionals on all aspects of using buccal or oral Midazolam as an epilepsy rescue medication - Heather Sullivan, Marie Hooper, Stephen Brown -