



# Treating Epilepsy Naturally: A Guide to Alternative and Adjunct Therapies

*Patricia Murphy*

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**Treating Epilepsy Naturally: A Guide to Alternative and Adjunct Therapies Patricia Murphy**

**Hard-to-find information on epilepsy, presented by an author living successfully with the condition**

Drugs commonly used to treat epilepsy have some extremely harmful side effects. *Treating Epilepsy Naturally* is an empathetic, practical, empowering look at treatment options, lifestyle choices, and ways of living well. Written by an author who has been successfully living with it herself for most of her adult life, this comprehensive guide offers alternative treatments to replace and to complement traditional therapies and sound advice to find the right health practitioner for you.



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