

Dietary Therapies for Epilepsy Suggestions for Constipation

The ketogenic diet is very high in fat. The high amount of fat often causes or worsens constipation.

Here are additions that may be helpful:

Avocado (30 grams per day)

Flaxseed oil (15 grams per day)

Miralax (start with ½ cap once a day and increase based on effect)

MCT oil (start with 5 grams per meal, can increase to 20 grams per meal)

Senna tea (Smooth Move brand) every other day