

## Epilepsy

Written by Administrator  
Wednesday, 14 March 2012 01:47

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**EPILEPSY-** Neurological disorder in which a person can go into seizures. A seizure occurs when there is a change in sensation, awareness, or behavior that can happen when the brain "shorts out" or has an electrical hiccup.

**Alfalfa-** Internal Purposes: Alfalfa is rich in vitamin K and minerals and is a natural antibiotic that helps to reduce infections. Dosage: 2000 mg daily. Can be taken in capsule or extract form.

**Black Cohosh, Hyssop, & Lobelia-** Internal Purposes: Black cohosh, hyssop, & lobelia can be helpful for epileptics due to their ability to control the central nervous system and act as a sedative. Dosage: Use on an alternating basis. Cautions: If you are pregnant, do not use Black Cohosh.