

## Are Ketones the solutions to Life, The Universe, and Everything?

As most know, Kevin has epilepsy, and has been getting an increasing number of seizures lately at work, and occasionally elsewhere. Thankfully, he has about 20 seconds warning before they hit... otherwise, riding a bike would be a bit too exciting. It's already bad enough when he has a seizure out on the road, and I've got him flat on his back, looking like he's in a bad way, maybe people thinking he crashed and/or got run over. Gets old having to explain to people he's fine, he'll be back on his bike in a couple minutes. But you also start thinking about all the people who just fly by when it looks like someone's in real trouble.

He's tried various different meds over the years, and even has a computer implanted (or rather, planted) on top of his brain. Literally. As in, saw the top of your skull off, stick in a computer, then stitch everything back together. But even with all that, he's still getting seizures.

Traditionally, for reasons unexplained, he has very, very few seizures in France. So we're hoping the upcoming trip might put them on pause for a while, but it's also possible that since this is going to be a very short and intense trip, it might not be optimal for seizures this time.

But there is a plan B. There's this crazy, impossible-to-follow diet, call Ketogenic, that tricks your body into thinking you're starving and changes brain chemistry in a way to reduce seizures. OK, we ruled it out previously because it was so tough to stick to, but now, you can get exogenous Ketones (basically ingest ketones directly into the body instead of processing them through food). And if you work hard enough at the research, you can find stuff from 2019 showing that exogenous ketones work to reduce seizures, just like the ketogenic diet does. What hadn't happened, yet, was proof that ketones were safe to take in that fashion.

That was then, this is now. Ketones have also been shown to improve athletic endurance and speed... finding their way into... bike racing! And since they're (so far) legal, they've become quite a big thing, and have proven themselves safe.

So guess what Kevin's going to be on shortly? Praying that it works! Only downside is, if it makes him even faster...