

I had a follow-up appointment with doctor #4, so we could compare notes on my progress. I got smart this time and did my research beforehand. This took the form of searching for scientific studies into the effects of resveratrol on the central nervous system and whether any studies had been done treating Epilepsy with resveratrol. I found one study that showed it helped laboratory rats but I couldn't find any trials done on humans. So this was a HUGE risk, but I was desperate.

I met with my neurologist to talk about how well I was doing on Keppra and to get guidance on where to go from here. Understandably, I was EXTREMELY frustrated. At this point, I had two options:

1. I could increase the Keppra dosage in hopes the seizures would go away.
2. I could try something different. Something herbal with no side-effects.

Not surprisingly, my neurologist preferred the former. I told him that, since traditional anti-epilepsy drugs obviously weren't a long-term solution, I wanted to try something different. His exact words were, "I've never heard of it and I can't prescribe it, but I see no red flags."

Enter Vivix.

That night, I ordered my first Rx for a Healthier Life. It arrived mid-January. My seizures/problems went away within a week of beginning the Rx. No problems have returned.

This journey has taken me to where I am today. Because of Vivix:

1. I've had no seizures/problems of any kind since January.
2. I've been able to wean off Zarontin entirely (that was 9 pills/day)
3. I now complement Vivix with Lamictal and a small dose of Keppra. Ideally I'd like to wean off Lamictal entirely.

As a footnote, Vivix has also lowered my blood pressure dramatically – 25 points. This was enough to satisfy my primary care physician. He took me off BP medication entirely, and my BP has stayed down. Because of this, removing Lamictal would put me at one prescription left – the fewest prescription meds I've taken in decades.



**Team Villandry**

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