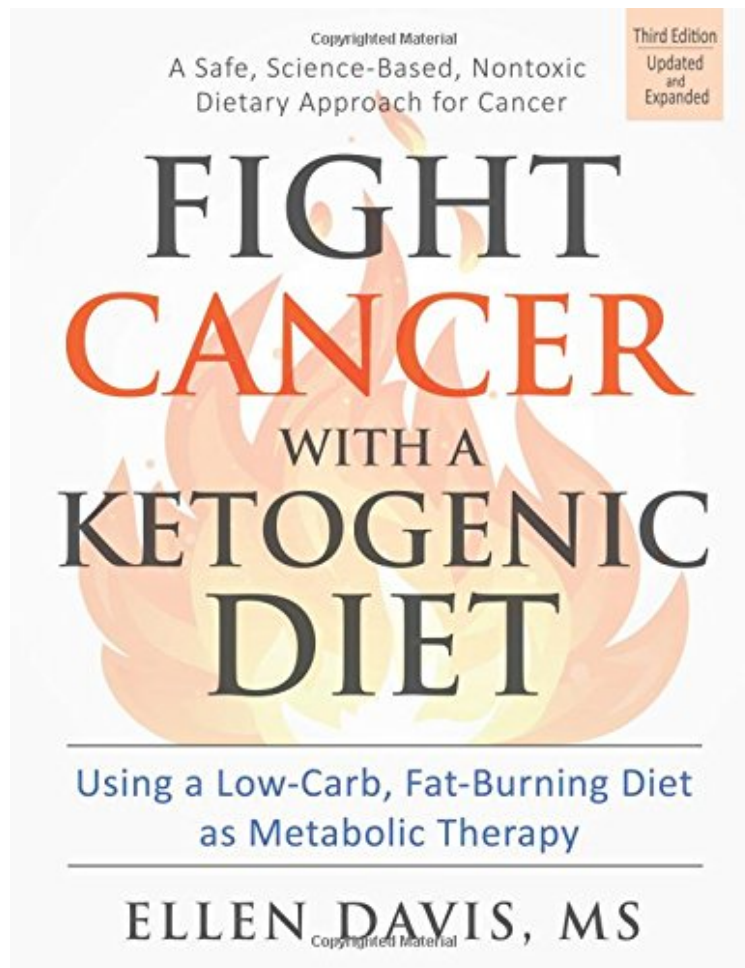


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## Fight Cancer with a Ketogenic Diet, Third Edition: Using a Low-Carb, Fat-Burning Diet as Metabolic Therapy

Ellen Davis

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**Ellen Davis : Fight Cancer with a Ketogenic Diet, Third Edition: Using a Low-Carb, Fat-Burning Diet as Metabolic Therapy** before purchasing it in order to gage whether or not it would be worth my time, and all praised Fight Cancer with a Ketogenic Diet, Third Edition: Using a Low-Carb, Fat-Burning Diet as Metabolic Therapy:

22 of 24 people found the following review helpful. Great organized info, highly recommendBy marybethKetogenic information that is well-organized and scientific specifics for the novice and for the keto-adapted is presented. Seriously, cancer specific info is very much needed and when a person's head is spinning from the cancer diagnosis the info needs to be organized for easy understanding. Awesome info - highly recommended.9 of 9 people found the following review helpful. HHighly recommended bookBy Debbie WilsonFight Cancer with a Ketogenic Diet is a fascinating look at cancer as a metabolic disease and as an attempt to combat it with diet. Davis takes the position that

a ketogenic diet can help fight cancer because it eliminates or drastically restricts insulin-activating carbohydrates and sugars, allowing the cells to burn fats for energy rather than sugars. It ties in with other research I have done in the importance of eradicating sugar and slowing the metabolism. Unfortunately this won't work for me because of my gall bladder problems. However, for those without gall bladder problems, the ketogenic diet might be of great assistance in battling cancer. It is straightforward and helpful and includes recommended resources. 7 of 7 people found the following review helpful. Easy to understand and follow. By Customer. Finally a publication that explains how to fight cancer with a Ketogenic Diet. Easy to understand and follow. Great for helping those trying to follow this diet for someone who is battling, in our case Brain cancer. Thank you Ellen for all your hard work and dedication to keep this updated in a hope that we, as the readers and caretakers, can extend an awesome quality of life for those battling Glioblastoma Multiforme grade 4.

The ketogenic diet is a natural, nontoxic metabolic therapy being studied and utilized for cancer prevention and treatment. It works because cancer cells are dependent upon a constant supply of blood sugar (glucose) to stay alive. Normal cells can make energy from both glucose and ketones (metabolic by-products of burning fat), but most cancer cells can only use glucose. Avoiding carbohydrates (starch and sugar) while enjoying delicious and healthy protein and fats will lower blood glucose and increase blood-ketone levels, resulting in a normal body state called nutritional ketosis. Research has shown that nutritional ketosis starves cancer cells while nourishing normal cells and strengthening total body health. This essential, fully referenced book is a practical guide for physicians, patients and caregivers, and provides step-by-step instructions for customizing the diet and clear explanations of the cutting-edge research on ketogenic therapies being done by Dr. Dominic D'Agostino's team at the University of South Florida and Dr. Thomas Seyfried's team at Boston College. The ketogenic diet for cancer is based on the consumption of whole, fresh foods and it can be used in addition to standard care or as a stand-alone treatment in wait-and-see situations.

About the Author: Ellen Davis, MS, is an expert on ketogenic nutrition and is an accomplished author and alternative-health advocate. Her website, Ketogenic Diet Resource, offers information and books on how to treat diabetes, cancer and other diseases with a ketogenic diet and provides a comprehensive source of information and tools for customizing a ketogenic diet plan to fit a range of health goals.