



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

Ellen Davis

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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.

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

Date : Published January 17th 2017 by Ellen Davis

ISBN : 9781943721030

Author : Ellen Davis

Format : Paperback 172 pages

Genre : Science, Nonfiction, Food and Drink, Food, Health, Nutrition

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From Reader Review Fight Cancer with a Ketogenic Diet: Using a Low-Carb, Fat-Burning Diet as Metabolic Therapy for online ebook

Jan Höglund says

The book uses US customary units for calculating the ketogenic diet intake. For non-US readers, it would have been better if SI units had been used (SI, abbreviated from the French *Système international (d'unités)*).

Kevin says

Interesting take on fighting cancer. I find the book to have valuable insight into food and nutrition. You would need an app to track accurately as to get the fat to carb ratio down it tricky. I do not have cancer, but I decided to give it a try to help someone close to me get through it. It is worth the read for sure.
