

Keto for Cancer: Ketogenic Metabolic Therapy as a Targeted Nutritional Strategy

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A Comprehensive Guide for Patients and Practitioners

Although evidence supporting the benefits of ketogenic diet therapies continues to mount, there is little to guide those who wish to adopt this diet as a metabolic therapy for cancer. Keto for Cancer fills this need. Inspired by the work of Dr. Thomas N. Seyfried, PhD, nutritionist Miriam Kalamian has written the first book to lay out comprehensive guidelines that specifically address the many challenges associated with cancer, and particularly the deep nutritional overhaul involved with the ketogenic diet.

Kalamian, a leading voice in the keto movement, is driven by passion from her own experience in using the ketogenic diet for her young son. Her book addresses the nuts and bolts of adopting the diet, from deciding whether keto is the right choice to developing a personal plan for smoothly navigating the keto lifestyle. It is invaluable for both beginners and seasoned users of the ketogenic diet, as well as for health-care professionals who need a toolkit to implement this targeted metabolic therapy.

The book guides readers to a deeper understanding of the therapeutic potential of the ketogenic diet-which extends well beyond simply starving cancer-emphasizing the powerful impact the diet has on the metabolism of cancer cells. Nutritional nuances are explored in sections such as "Fasting Protocols" and "Know What's in the Foods You Eat" while meal templates and tracking tools are provided in "Preparing Keto Meals."

Kalamian also discusses important issues such as self-advocacy. Readers of Keto for Cancer are empowered to "get off the bench and get in the game." To that end, Kalamian offers tips on how to critically examine cancer-care options then incorporate what resonates into a truly personalized treatment plan.

Miriam Kalamian

is a nutrition consultant, educator, and author specializing in the implementation of ketogenic therapies. She earned her master of education (EdM) from Smith College and her master of human nutrition (MS) from Eastern Michigan University. She is board certified in nutrition (CNS) by the Board for Certification of Nutrition Specialists.

Inspired by the work of Thomas N. Seyfried, PhD, Miriam draws on a decade of experience to provide comprehensive guidelines that specifically address the many diet and lifestyle challenges associated with a cancer diagnosis.

Miriam is a leading voice in the keto movement. Her passion for helping others implement this diet comes directly from her personal experience. Her son Raffi was diagnosed with a brain tumor in December 2004. Standard of care therapies failed to stop the relentless progression of his disease, and it became painfully clear that she needed to switch gears quickly. That is what originally led her to Dr. Thomas Seyfried's research supporting the use of the ketogenic diet for cancer.

Beyond cancer, Miriam integrates nutritional strategies with metabolic therapies and lifestyle modifications to develop personalized treatments that address a broad spectrum of conditions that are currently considered intractable, including age-related, neurodegenerative, and bariatric diseases.

Miriam lives in Montana.

Booklist-

"Starve a cancer cell? Indeed. Kalamian, a nutritionist and educator whose 13-year-old son died of brain cancer, argues that research efforts focus too much on genetics and drugs and not enough on the environment and diet. Tumor cells seem to feed on glucose, so she argues that it makes sense to try a low-carb, high-fat ketogenic diet. With his introduction, biology professor Thomas Seyfried adds credibility to what he calls a 'playbook' for patients and caregivers who would like to try incorporating 'therapeutic ketosis' into their standard-of-care oncology treatment. In her how-to guide, Kalamian covers meal planning (many fats are friends), fasting (mostly good), calorie restriction (just don't go overboard), chemo and radiation (the weight loss they often cause might drive some of the early response to treatment), side effects (an increased risk of kidney stones), and long-term benefits of the keto diet (improved blood pressure, more energy). Though she is an unapologetic advocate, Kalamian does advise readers not to force a loved one to embrace this nutritional therapy."

"Keto for Cancer is an incredible guide for cancer patients and anyone attempting the ketogenic diet for the metabolic management of disease or just overall health benefits. This book addresses at least 95 percent of the questions I get on a daily basis. A must-read resource for anyone interested in ketogenic diets, cancer, exogenous ketones, and personalizing their nutritional ketosis strategy."

-Dominic D'Agostino, PhD, leading scientist on ketogenic metabolic therapies

"In an era when interest in ketogenic diets has erupted and misinformation abounds, Miriam Kalamian has brilliantly cut to the facts for cancer patients and their caregivers. Keto for Cancer is a clear, concise, and invaluable resource that describes both the science and implementation of these metabolic therapies. Underlying it all is the heart of a mom who has experienced the ultimate tragedy and has chosen to give additional meaning to her son, Raffi's, life."

-Jim Abrahams, The Charlie Foundation for Ketogenic Therapies

"Keto for Cancer reveals how a ketogenic diet powerfully targets cancer at its metabolic core. This approach to cancer therapy, and prevention, offers up a welcomed perspective in a world focused on waging war on cancer with medical weapons of mass destruction. Miriam Kalamian's exemplary achievement brings clarity to this emerging science and makes implementation of this information straightforward and uncomplicated."

-David Perlmutter, FACN, author of #1 New York Times bestseller Grain Brain and The Grain Brain Whole Life Plan

"Standard treatments for Miriam Kalamian's son Raffi's brain tumor failed and crippled his quality of life, so she went to graduate school to learn all she could about metabolic nutritional therapies. Keto for Cancer is comprehensive and has appropriate cautions about the limits of the approach. It's a complete how-to book for others in this terrible position and is imprinted with her love for her son."

-Eugene J. Fine, MD, professor of clinical radiology, Albert Einstein College of Medicine

"Cancer is the word nobody ever wants to hear, but Miriam Kalamian understands it's not an automatic death sentence either. Keto for Cancer offers hope for healing to cancer patients by offering them a personal plan for success that implements the powerful symbiosis of natural strategies such as the ketogenic diet, fasting, and supplementation. It's time to live the anticancer life!"

-Jimmy Moore, health podcaster; international bestselling author of Keto Clarity

"The nutrition and medical world is incredibly blessed that Miriam Kalamian has decided to generously share her in-depth knowledge, but most importantly her vast clinical experience and skills, in this book. I'm confident that it will become the go-to resource for the practical application of the ketogenic approach. Keto for Cancer will undoubtedly pave the way for improved health in many chronically ill patients."

-Patricia Daly, coauthor of The Ketogenic Kitchen

"This iconoclastic guide to the ketogenic diet for cancer epitomizes 'personalized medicine' and offers a well-researched yet easy-to-understand approach to the science underpinning the metabolic foundations of cancer. A must-read, not only as stepwise guide for patients but for all physicians, particularly those skeptical of the therapeutic benefits of the ketogenic diet."

-Joseph C. Maroon, MD, clinical professor of neurosurgery, University of Pittsburgh Medical Center

"Miriam Kalamian has written an excellent and complete guide to ketogenic therapy in cancer treatment. Both experienced and laypersons can learn a lot from this book, which nicely explains the relationships between calorie restriction, ketogenic diets, and fasting and provides practical information on how to best start an individualized dietary treatment plan. I especially recommend this book to patients and their relatives, but it has also become a valuable reference for my own clinical work with patients."

-Dr. Rainer J. Klement, PhD, Department of Radiation Oncology, Leopoldina Hospital Schweinfurt, Germany

"I have gotten to know Miriam personally and professionally over the years. Her dedication, work ethic, passion, integrity, and unwavering demand for sound, empirical research is unmatched. Keto for Cancer is a remarkable resource for cancer patients; beautifully written, easy to follow, and incredibly well researched—a true gift to the oncology community."

-Travis Christofferson, author of Tripping Over the Truth

Other Books

Curable, Smart metrics, slow thinking, off-label drugs, and a "Moneyball" prescription for fixing modern medicine--by the author of Tripping Over the Truth The United States is fast becoming the sickest nation in the Western world. Cancer rates continue to rise. There is an epidemic of chronic disease in children. Even with all the money and modern innovations in science, the country's health care system is beyond broken. Clearly there is a glitch in the system. But what if the solution has been here all along, and we've just been too blind to see it? In Curable journalist and health care advocate Travis Christofferson looks at medicine through a magnifying glass and asks an important question: What if the roots of the current US health care crisis are psychological and systemic, perpetuated not just by corporate influence and the powers that be, but by you and me? It is now known that

human perception is based on deeply entrenched patterns of irrational thought, which we attach ourselves to religiously. So how does this implicate the very scientific research and data that doctors rely on to successfully treat their patients? A page-turning inquiry into a "moneyball approach to medicine," Curable explores the links between revolutionary baseball analytics; Nobel Prize-winning psychological research on confirmation bias; wildly successful maverick economic philosophy; the history of the radical mastectomy and the rise of the clinical trial; cutting edge treatments routinely overlooked by regulatory bodies; and outdated medical models that prioritize profit over prevention. As stark as things are, Christofferson asks us to see health care not as a toppling house of cards, but as a badly organized system that is inherently fixable. How do we fix it? First we must reframe the conflict between doctors' intuition and statistical data. Then we must design better systems that can support doctors who are increasingly overwhelmed with the complexity of modern medicine. Curable outlines the future of medicine, detailing brilliant examples of new health care systems that prove we can do better. It turns out we have more control over our health (and happiness) than we think.

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