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Miriam Kalamian

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Keto for Cancer Miriam Kalamian, 2017-10-18 *Keto for Cancer* brings clarity to this emerging science and makes implementation of this information straightforward and uncomplicated David Perlmutter New York Times bestselling author This book addresses every question or concern that cancer patients might have in using a ketogenic metabolic strategy for managing their cancer Thomas Seyfried PhD THE comprehensive guide for patients and practitioners from a foremost authority in the emerging field of metabolic therapies for cancer 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 Nutritionist Miriam Kalamian has written the 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 and meal templates and tracking tools are explored in sections such as Fasting Protocols Know What's in the Foods You Eat Preparing Keto Meals Put Your Plan Into Action Kalamian also discusses important issues such as self advocacy empowering readers by offering tips on how to critically examine cancer care options and then incorporate what resonates into a truly personalized treatment plan **The Keto Diet** Leanne Vogel, 2017-04-11 Leanne Vogel the voice behind the highly acclaimed website *Healthful Pursuit* brings an entirely new approach to achieving health healing weight loss and happiness through a keto adapted lifestyle A one stop guide to the ketogenic way of eating *The Keto Diet* shows you how to transition to and maintain a whole foods based paleo friendly ketogenic diet with a key focus on practical strategies and tons of mouthwatering recipes You'll have all the tools you need to fall in love with your body and banish your fear of fat forever [Keto Diet Ultimate Bodybuilding Training](#) Donovan Ekstrom, 2024-11-30 *Keto Diet Ultimate Bodybuilding Training* 3 Books in 1 Unleash the ultimate transformation with this 3 in 1 powerhouse guide designed to help you build muscle torch fat and unlock peak performance all while enjoying the science backed benefits of the keto lifestyle Whether you're a beginner or a seasoned athlete this comprehensive guide has everything you need to revolutionize your fitness journey Book 1 *Ultimate Bodybuilding Training* Discover the science behind building lean muscle and lasting strength Proven strategies for ditching endless cardio and maximizing results with targeted weight training Book 2 *Ditch The Cardio* Learn how to harness the power of keto to melt fat and fuel your workouts Get insider tips on creating a sustainable low carb

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