

[PDF] The Ketogenic Kitchen: Low Carb. High Fat. Extraordinary Health.

Domini Kemp, Patricia Daly - pdf download free book



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Description:

Cancer survivors Domini Kemp and Patricia Daly offer the first comprehensive ketogenic cookbook based on the most exciting new research on nutritional approaches to the prevention and management of cancer.

For decades, the ketogenic diet—which shifts the body’s metabolism from burning glucose to

burning fat, lowering blood sugar and insulin and resulting in a metabolic state known as ketosis—has been used to successfully manage pediatric epilepsy. More recently, it has been used by the Paleo community as a weight loss strategy. Now emerging research suggests that a ketogenic diet, in conjunction with conventional treatments, also offers new hope for those coping with cancer and other serious disease.

With endorsements from leading researchers and oncologists such as Dr. Thomas Seyfried (*Cancer as a Metabolic Disease*), *The Ketogenic Kitchen* offers more than 250 recipes, as well as meal plans and comprehensive scientific information about the benefits of a ketogenic diet, with sensible advice to help readers through periods of illness, recovery, and treatment.

This North American paperback edition has been updated to include U.S. customary units of measure appearing side-by-side with metric measures.

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