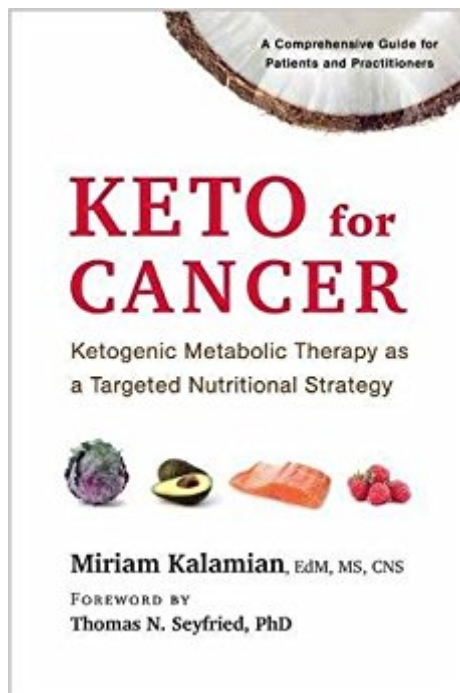




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# Keto For Cancer: Ketogenic Metabolic Therapy As A Targeted Nutritional Strategy



## Synopsis

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.

## Book Information

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## Customer Reviews

“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 *The 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 am 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 a 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*

“Miriam Kalamian’s *Keto for Cancer* provides the most comprehensive and organized step-by-step information to easily understand and efficiently implement a lifesaving ketogenic diet. Using rigorous scientific evidence-based rationale, Kalamian explains why a ketogenic diet is crucial for anticancer management. In this extraordinary book, she shares her deep expertise in the science of cancer metabolism with her profoundly compassionate empathy and loving kindness to accomplish a landmark in this field. The book is an academic, scientific primer for clinicians (who will greatly benefit from the lucid, crisp explanations), as well as a detailed, easy-to-follow manual for patients and their families to carry out their daily anticancer ketogenic diets. This diligent, gifted work gives real life and authentic hope to

its readers in a unique tour de force which will remain a landmark for generations. —J. William (Will) LaValley, MD, Molecular Integrative Oncology

“Cancer nutrition expert Miriam Kalamian has poured every ounce of her hard-earned wisdom, deep scientific knowledge, and compassion into Keto for Cancer. Within this masterful guide, she explains how ketogenic diets limit tumor cell access to key nutrients while nourishing healthy cells, quieting inflammation, and improving quality of life. Let Kalamian empower you to take aim at cancer’s soft underbelly and begin reclaiming your health.” —Georgia Ede, MD, Psychiatrist and Nutrition Specialist

“I had the pleasure of first meeting Miriam at a conference in Berkeley a few years back, she was speaking on a panel about the ketogenic diet and cancer. Her story touched me deeply as did her articulate way of expressing how to implement a ketogenic diet. I was actively searching for a good resource for cancer patients as all that was available back then was directed to epilepsy and the fitness world. She was gracious enough to share with me a coveted, paper copy of her ebook, *Getting Started With a Ketogenic Diet*. I presented it a week later to a group of clients at a cancer retreat in northern California and started a snowball effect of finally finding a community to talk to about the ketogenic diet and cancer. Since then, I have watched Miriam reach superstardom with her brilliant mind and compassionate heart. This book is a culmination of what she has learned, shared, gleaned from others, and inspired in the world of both bench (her collaborations with world renowned researchers) and bedside (real-life application by respected clinicians) medicine. This is the most thorough discussion on ketogenic diet and cancer in the industry and I expect it to continue to inspire change in how we approach cancer today.” —Nasha Winters, ND, coauthor of *The Metabolic Approach to Cancer*

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.

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