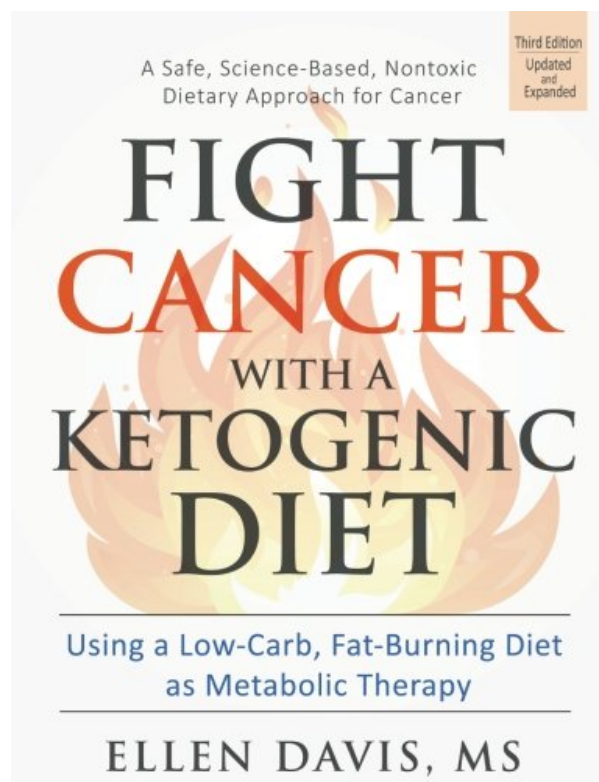
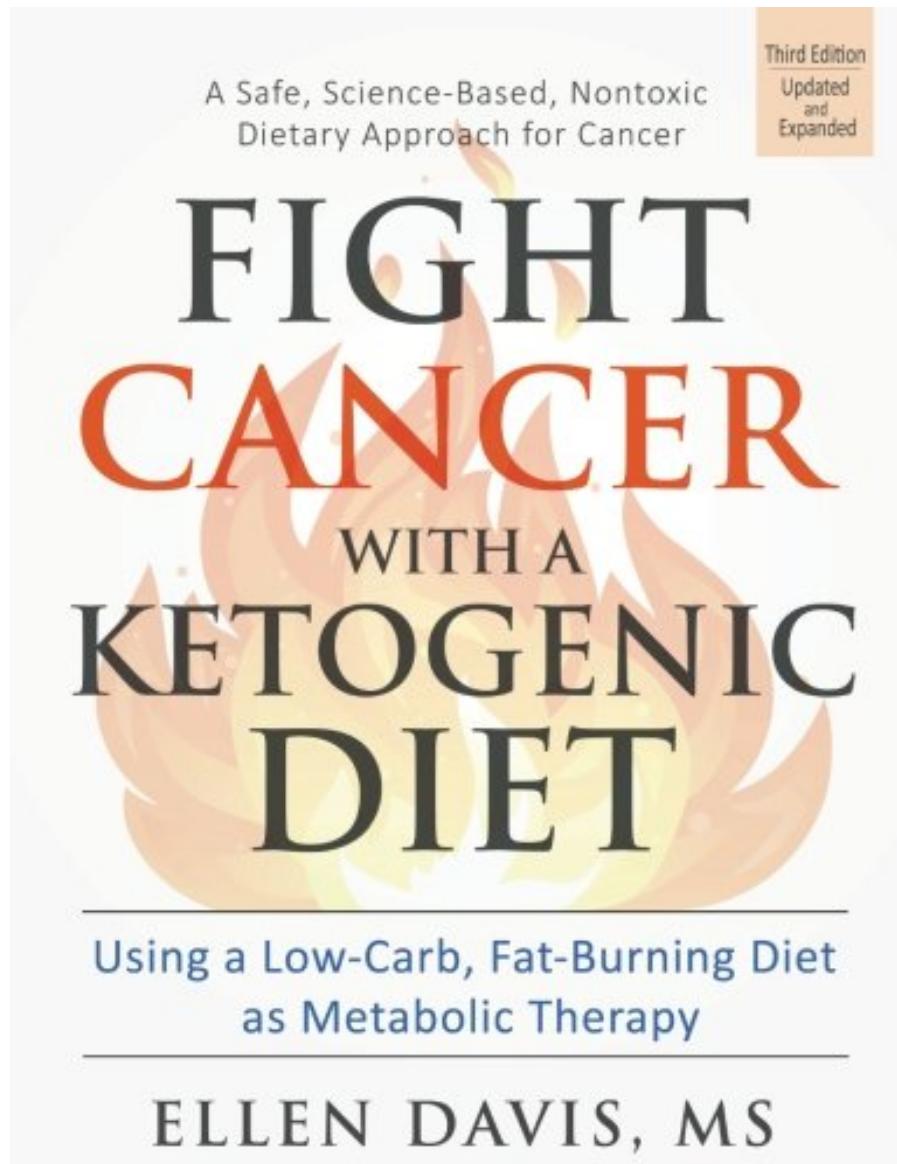


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About the Author

Ellen Davis, MS, is an expert on ketogenic nutrition and is an accomplished author and alternative-health advocate. Her website, *Ketogenic Diet Resource*, offers information and books on how to treat diabetes, cancer and other diseases with a ketogenic diet and provides a comprehensive source of information and tools for customizing a ketogenic diet plan to fit a range of health goals.

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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.

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