



Domini Kemp and Patricia Daly

The Ketogenic Kitchen

Low carb. High fat. Extraordinary health.

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The Ketogenic Kitchen: Low carb. High fat. Extraordinary health.



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Cancers survivors Domini Kemp and Patricia Daly offer the first in depth ketogenic cookbook in line with the most exciting new study on nutritional approaches to the avoidance and management of malignancy. For decades, the ketogenic diet plan?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?offers been used to successfully manage pediatric epilepsy. Recently, it has been used by the Paleo community as a weight loss strategy. Now emerging analysis suggests that a ketogenic diet plan, together with conventional treatments, also offers new expect those dealing with cancer and various other serious disease. customary models of measure showing up side-by-side with metric actions. This UNITED STATES paperback edition offers been updated to include U. Thomas Seyfried (Cancer as a Metabolic Disease), The Ketogenic Kitchen provides more than 250 quality recipes, as well as meal plans and comprehensive scientific information about the advantages of a ketogenic diet plan, with sensible information to help readers through periods of illness, recovery, and treatment.S. With endorsements from leading researchers and oncologists such as Dr.



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