

RECOMMENDED READING

Disclaimer: There are many books, websites, blogs and resources available on ketogenic nutrition. This list contains a limited selection of options that may be of interest. It is recommended that health care professionals and nutritionists who are recommending the Ketogenic Food Plan familiarize themselves with all options available to provide valuable resources to the clients/patients they work with. These tools are meant to be used in conjunction with the Ketogenic Nutrition Training Program. They are not required reading; however, it can enhance a clinician's knowledge of this topic.

Books

1. *Cancer as a Metabolic Disease: On the Origin, Management, and Prevention of Cancer*, by Thomas N. Seyfried, PhD. (Wiley, 2012.)
2. *Cholesterol Clarity: What the HDL is Wrong With My Numbers?* by Jimmy Moore with Eric C. Westman, MD. (Victory Belt Publishing, 2013.)
3. *Diabetes Epidemic & You*, by Joseph R. Kraft, MD. (Trafford Publishing, 2008.)
4. *Fight Cancer with a Ketogenic Diet: Using a Low-Carb, Fat-Burning Diet as Metabolic Therapy*, by Ellen Davis, MS. (Gutsy Badger Publishing, 2017.)
5. *Good Calories, Bad Calories: Challenging the Conventional Wisdom on Diet, Weight Control, and Disease*, by Gary Taubes. (Alfred A. Knopf, 2007.)
6. *Keto for Cancer: Ketogenic Metabolic Therapy as a Targeted Nutritional Strategy*, by Miriam Kalamian, EdM, MS, CNS. (Chelsea Green, 2017.)
7. *Ketogenic Diet and Metabolic Therapies; Expanded Roles in Health and Disease*, by Susan A. Masino. (Oxford University Press, 2017.)
8. *The Alzheimer's Antidote: Using a Low-Carb, High-Fat Diet to Fight Alzheimer's Disease, Memory Loss, and Cognitive Decline*, by Amy Berger, MS, CNS. (Chelsea Green Publishing, 2017.)
9. *The Art & Science of Low Carbohydrate Living*, by Jeff S. Volek, PhD, RD, and Stephen D. Phinney, MD, PhD. (Beyond Obesity, 2012.)
10. *The Art & Science of Low Carbohydrate Performance*, by Jeff S. Volek, PhD, RD, and Stephen D. Phinney, MD, PhD. (Beyond Obesity, 2012.)
11. *The Big Fat Surprise: Why Butter, Meat, and Cheese Belong in a Healthy Diet*, by Nina Teicholz. (Simon & Schuster, 2014.)
12. *The Case Against Sugar*, by Gary Taubes. (Alfred A. Knopf, 2016.)
13. *The Coconut Oil and Low-Carb Solution for Alzheimer's, Parkinson's, and Other Diseases: A Guide to Using Diet and a High-Energy Food to Protect and Nourish the Brain*, by Mary Newport, MD. (Basic Health Publications, Inc., 2015.)
14. *The Diabetes Code: Prevent and Reverse Type 2 Diabetes Naturally*, by Jason Fung, MD. (Greystone Books, 2018.)

15. *The End of Alzheimer's: The First Program to Prevent and Reverse Cognitive Decline*, by Dale E. Bredesen, MD. (Avery, 2017.)
16. *The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan That Will*, by Stephen Sinatra, MD and Jonny Bowden, PhD. (Fair Winds Press, 2012.)
17. *The Ketogenic and Modified Atkins Diets: Treatments for Epilepsy and Other Disorders*, by Eric H. Kossoff, MD, et al. 6th ed. (Demos Health, 2016.)
18. *Tripping over the Truth: How the Metabolic Theory of Cancer Is Overturning One of Medicine's Most Entrenched Paradigms*, by Travis Christofferson, MS. (Chelsea Green Publishing, 2017.)
19. *Why We Get Fat*, by Gary Taubes. (Alfred A. Knoph, 2010.)

Websites/Blogs/Podcasts

1. Website: Charlie Foundation: was originally focused on the use of the ketogenic diet for pediatric epilepsy, but has since expanded to include emerging applications. It is a valuable resource for general keto information, recipes, and food-prep videos: www.CharlieFoundation.org
2. Website: Diet Doctor: includes resources such as recipes, videos, guides and many resources for clinicians and clients/patients: <https://www.dietdoctor.com>
3. Blog: Virta Health: includes useful blogs, recipes and videos for clinician's and clients: <https://blog.virtahealth.com>
4. Podcast: Dr. Thomas Seyfried, The Obesity Code Podcast: <https://obesitycodepodcast.com/category/podcasts>
5. Website: Dr. Dominic D'Agostino: <https://www.ketonutrition.org>
6. Website: Dr. Dale Bredesen: The Bredesen Protocol and other useful information for cognitive decline: <https://www.drbredesen.com/mpicognition>
7. Website: USDA Food Composition Database: All diet tracking apps link to this vetted and extract detailed nutrient information. Note that there are options to search for both generic and brand-name products: <https://ndb.nal.usda.gov/ndb/search/list>
8. Website: Ideal Body Weight Calculator: The Ideal Weight Calculator computes the ideal body weight as well as a healthy body weight range based on height, gender, and age and provides the results of all the most commonly used formulas for comparison purposes: www.Calculator.net/ideal-weight-calculator.html

Videos Or Lectures

1. The AK lecture series on biochemistry offer more advanced learning on biochemical and metabolic pathways, if needed as a refresher. It is recommended to review this, if needed, for Module 1. <http://www.aklectures.com/subject/biochemistry>
2. Jeff Volek—Keto Adaptation 1: <https://www.youtube.com/watch?v=cSKDsI0i2uM>
3. Ketones: From Toxic to Therapeutic to Ergogenic with Jeff S. Volek, PhD, RD: <https://www.youtube.com/watch?v=El9vH0k0CWk>
4. The Ohio State University Food Innovation Center, 2018 Conference: The Golden Age of Keto Genesis, The Emerging Science of Carbohydrate Restriction and Nutritional Ketosis: <https://fic.osu.edu/events/keto.html>
5. The Metabolic Health Summit provides access to video lectures from the previous conference: <https://metabolichealthsummit.com/pages/videos>
6. Dr. Eric Westman: Adapt your Life YouTube Channel: <https://www.youtube.com/channel/UCni9TCw0YPwTdu7BYF3j0Eg/videos>