

Access Free
Ketogenic Diets
5th Edition

Ketogenic Diets 5th Edition

Have you looked at a low-carb diet simply as a means to lose weight? What if you learned that combining a low-carb nutritional

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*approach with a
high fat intake
produces a
powerful
therapeutic
effect on a wide
variety of
health
conditions that
most people
think requires
medication to
control? That's
what Keto*

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Clarity is all about. Jimmy Moore, the world's leading low-carb diet blogger and podcaster, has reunited with his Cholesterol Clarity coauthor Dr. Eric C. Westman, a practicing internist and

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*low-carb diet
researcher, to
bring you the
crystal-clear
information you
need to
understand what
a ketogenic diet
is all about and
why it may be
the missing
element in your
pursuit of
optimal health.*

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This book includes exclusive interviews from twenty of the world's foremost authorities from various fields bringing their depth of expertise and experience using this nutritional approach. Moore

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*and Westman
clearly explain
why ketosis is
normal, how this
nutritional
approach is
being used
therapeutically
by many medical
professionals, a
step-by-step
guide to help
you produce more
ketones and*

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*track your
progress, real
life success
stories of
people using a
ketogenic diet,
and more. The
solid evidence
for nutritional
ketosis in
dealing with
many of the
chronic health
problems of our*

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*day is
presented,
including:
epilepsy, Type 2
diabetes,
obesity,
cardiovascular
disease,
metabolic
syndrome,
polycystic
ovarian syndrome
(PCOS),
irritable bowel*

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*syndrome (IBS),
heartburn
(GERD),
nonalcoholic
fatty liver
disease (NAFLD).
The good
evidence for
ketogenic diets
is also shared
in dealing with
Alzheimer's
Disease (AD),
Parkinson's*

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*Disease,
dementia, mental
illness,
schizophrenia,
bipolar,
depression,
narcolepsy, and
sleep disorders.
Plus, you'll get
the details on
the emerging
science that is
showing great
promise in*

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*treating cancer,
autism,
migraines,
chronic pain,
brain injury,
stroke, kidney
disease and so
much more. Keto
Clarity is your
definitive guide
to the benefits
of a low-carb,
high-fat diet.
Full details on*

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*Jimmy Moore's
yearlong n=1
scientific
experiment of
nutritional
ketosis, in
which he used
sophisticated
blood testing
technology to
track and
monitor his
production of
ketones and*

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*blood sugar to
achieve rather
remarkable
effects on his
weight and
health, is also
presented as
well as food
shopping lists,
25+ low-carb,
high-fat
recipes, and a
21-day meal plan
to get you going*

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*on your
ketogenic
lifestyle
change. Keto
Clarity gives
you a whole new
perspective on
the work that
the late, great
Dr. Robert C.
Atkins started
in earnest with
his promotion of
the low-carb*

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approach

*beginning in the
1960s. That
revolution
continues boldly
in this book
designed to
shift your
paradigm on diet
and health
forever!*

*Named a Doody's
Core Title in
2012 and 2013!*

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*Widely
acknowledged as
the cornerstone
reference in the
field, Pediatric
Rehabilitation
brings together
renowned
specialists from
all sectors of
the pediatric
rehabilitation
community to
provide the most*

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*current and
comprehensive
information
available. The
fifth edition
has been
substantially
updated and
expanded with
evidence-based
discussions of
new theories,
therapies,
interventions,*

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research
findings, and
controversies.
Five completely
new chapters
focus on such
emerging areas
as the use of
ultrasound to
guide motor
point and nerve
injections,
rehabilitation
of chronic pain

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and conversion disorders, management of concussions, sports injuries, and neurodegenerative and demyelinating diseases in children. This edition also addresses important new directions in

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*genetic markers
and tests,
cognitive,
developmental,
and neuropsychol
ogical
assessment, and
rehabilitation
for common
genetic
conditions.
Additionally,
several new
contributors*

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provide fresh perspectives to the voices of established leaders in the field. The text covers all aspects of pediatric rehabilitation medicine from basic examination and testing to elect

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*rod diagnosis,
therapeutic
exercise,
orthotics and
assistive
devices, gait
labs, aging with
pediatric onset
disability, and
in-depth
clinical
management of
the full range
of childhood*

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disabilities and injuries.

“Pearls and Perils” featured throughout the book underscore crucial information, and illustrations, summary tables, information boxes, and lists contribute to the text’s

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*abundant
clinical
utility. New to
the Fifth
Edition: Every
chapter has been
thoroughly
revised and
expanded to
reflect current
thinking and
practice
Evidence-based
discussions of*

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*new theories,
therapies,
interventions,
research
findings, and
areas of
controversy Five
entirely new
chapters
illuminating
emerging areas:
rehabilitation
of chronic pain
and conversion*

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*disorders, ultra
sound-guided
injections,
concussion
management,
sports injuries,
and neurodegener
ative and
demyelinating
diseases in
children*

"Subject

*Areas/Keywords:
adolescents,*

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behavioral
health,
childhood,
children,
chronic,
conditions,
developmental
disabilities,
diseases,
eHealth
applications,
families,
family, health
behaviors,

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*health
promotion,
health
psychology,
illnesses,
integrated
healthcare,
interventions,
medical
disorders, pain,
pediatric
psychology,
prevention,
primary care,*

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*problems,
psychological
disorders,
psychotherapy,
schools, Society
of Pediatric
Psychology,
telehealth,
treatments*

DESCRIPTION

*Thousands of
practitioners
and students
have relied on*

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*this handbook,
now thoroughly
revised, for
authoritative
information on
the links
between
psychological
and medical
issues from
infancy through
adolescence.
Sponsored by the
Society of*

Page 30/274

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*Pediatric
Psychology, the
volume explores
psychosocial
aspects of
specific medical
problems, as
well as issues
in managing
developmental
and behavioral
concerns that
are frequently
seen in*

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pediatric settings. The book describes best practices in training and service delivery and presents evidence-based approaches to intervention with children and families. All chapters have been

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*rigorously peer
reviewed by
experts in the
field"--*

*The completely
revised and
expanded fifth
edition of THE
BANTAM MEDICAL
DICTIONARY
maintains its
position as the
essential
medical*

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*reference for
consumers,
clearly defining
more than 11,000
medical terms
and concepts in
all the major
medical and
surgical
specialities.
Compiled and
written by a
team of over
forty doctors,*

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this accessible guide features clear writing, more than 150 labeled line drawings, and cross-referencing for easy use.

*The fifth edition includes: *New entries on specialties such as genetic*

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*testing, genetic diseases and congenital disorders *Cross-references between generic and brand names for the most commonly prescribed drugs, and the latest on disease-specific drugs for*

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*treating cancer,
AIDS and HIV,
diabetes; anti-
inflammatories,
antidepressants,
glaucoma, and
many others *New
and updated
entries on
illnesses and
diseases such as
SARS, West Nile
fever, syndrome
X, chronic*

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*obstructive
pulmonary
disease, etc.*

**Pub history:*

*First Bantam
edition in
10/82; revised
in 3/90; 3/96;
4/00 From the
Paperback
edition.*

*Handbook of
Parkinson's
Disease, Fifth*

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Edition

*Expanded Roles
in Health and
Disease*

*150 Low-Carb,
High-Fat*

Ketogenic

*Recipes to Boost
Weight Loss: A
Keto Diet*

Cookbook

*Treatments for
Epilepsy and
Other Disorders*

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*Marathon,
Revised and
Updated 5th
Edition*

*In addition to
providing up-to-
date information
on new ways of
treating epilepsy
this second
edition of
Seizures and*

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*Epilepsy in
Childhood
includes a new
chapter on
routine health
care for children
who are epileptic
Eat healthier, lose
weight, trim your
waistline-- it
sounds so simple.
And yet, the CDC
reports that more*

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than one third of Americans face significant weight loss challenges-- with nearly 1 in 20 suffering from type 2 diabetes-- and have yet to find a solution that works. When on the ketogenic diet, you're simply using your

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*body's own
natural response
to certain foods in
order to burn
unwanted fat and
shed weight.
Endorsed by the
Mayo Clinic and
others in the
medical
community, the
ketogenic diet
has been proven*

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as a healthy, effective way of achieving weight loss, as it consists of low-carb, high fat foods that prompt the body to burn fat for energy instead of glucose.

Epilepsy is a common chronic neurological

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disorder characterised by recurrent unprovoked seizures, and affects 50 million people worldwide. Approximately 30% of these do not have seizure control even with the best available medications,

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*hence renewed
and increasing
interest in the use
of dietary
treatments to
treat epilepsy.
These treatments
include the
traditional
ketogenic
diets but also the
newer modified
Atkins diet and*

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*low glycaemic
index treatment.
The ketogenic
diet is a high-fat,
adequate-protein,
low-carbohydrate
diet that in
medicine is used
primarily to
treat refractory
epilepsy in
children, and
requires the*

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dedicated support of a multi-disciplinary team including doctors and dietitians.

Dietary Treatment of Epilepsy: Practical Implementation of Ketogenic Therapy provides comprehensive and practical

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training on all aspects of implementing and managing dietary treatments for epilepsy, with key chapters on assessment, calculations, implementation, monitoring and complications.

Edited by a highly

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*respected expert
in the field
supported by a
strong team of
contributors, this
is a must-have
resource
for paediatric
dietitians and
other members of
the therapy team.
You can enjoy
eating rich, full-*

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fat foods and lose weight without counting calories or suffering from hunger. The secret is a high-fat, ketogenic diet. Our bodies need fat. It's necessary for optimal health. It's also necessary in

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order to lose weight safely and naturally. Low-fat diets have been heavily promoted for the past three decades, and as a result we are fatter now than ever before. Obviously, there is something wrong with the

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*low-fat approach
to weight loss.
There is a better
solution to the
obesity epidemic,
and that solution
is The Coconut
Ketogenic Diet.
This book
exposes many
common myths
and
misconceptions*

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about fats and weight loss and explains why low-fat diets don't work. It also reveals new, cutting-edge research on one of the world's most exciting weight loss aids—coconut oil—and how you

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*can use it to
power up your
metabolism,
boost your
energy, improve
thyroid function,
and lose
unwanted weight.
This revolutionary
weight loss
program is
designed to keep
you both slim and*

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healthy using wholesome, natural foods, and the most health-promoting fats. It has proven successful in helping those suffering from obesity, diabetes, heart and circulatory problems, low

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*thyroid function,
chronic fatigue,
high blood
pressure, high
cholesterol, and
many other
conditions. You
will learn: Why
you need to eat
fat to lose fat
Why you should
not eat lean
protein without a*

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*source of fat How
to lose weight
without feeling
hungry or
miserable How to
stop food
cravings dead
cold Which fats
promote health
and which ones
don't (the
answers may
surprise you) How*

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to jumpstart your metabolism How to restore thyroid function How to use your diet to overcome common health problems How to reach your ideal weight and stay there Why eating rich, delicious foods can help

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*you lose weight
Which foods are
the real
troublemakers
and how to avoid
them*

*Prescription for
Nutritional
Healing, Fifth
Edition*

*Family Practice
Guidelines, Fifth
Edition*

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*The Complete
Ketogenic Diet for
Beginners
A Guide to
Battling Epilepsy
Through the
Ketogenic Diet
and Modified
Atkins Diet
Introduction to
Nutrition and
Metabolism, Fifth
Edition*

Page 61/274

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*Your Essential
Guide to Living
the Keto Lifestyle*

The Ketogenic Bible is the most complete, authoritative source for information relating to ketosis. This book is a one-stop-shop that explains the

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history, the science, and the therapeutic benefits of the ketogenic diet, outlines the general guidelines for following this diet, and provides a wide variety of keto recipes.

Readers will come away with a firm understanding of

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the ketogenic diet, its potential uses, and the ways it can be implemented. Using a scientific approach, the authors have drawn from both extensive research and practical experience to bring readers an all-encompassing approach.

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Prescription for
Nutritional Healing
is the nation's #1
bestselling guide to
natural remedies.
The new fifth
edition
incorporates the
most recent
information on a
variety of
alternative healing
and preventive
therapies and

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unveils new science on vitamins, supplements, and herbs. With an A-to-Z reference to illnesses, updates include: How omega-3 and exercise may help those suffering from Alzheimer's Current information on the latest drug

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therapies for
treating AIDs What
you need to know
about H1N1 virus
Nutritional
information for
combating prostate
cancer Leading
research on
menopause and bio
identical hormones
And much, much
more In the twenty
years since the first

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edition was released, the natural health movement has gone mainstream, and the quest for optimal nutrition is no longer relegated to speciality stores. With more than 800 pages of comprehensive facts about all aspects of

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alternative ways to wellness, Prescription for Nutritional Healing, Fifth Edition, unites the best of age-old remedies with twenty-first-century science. Our understanding of children's nutritional and dietary requirements, and

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of the prevention and treatment of childhood illnesses, has grown exponentially, as has the research supporting an evidence-based approach in nutrition and dietetics. So too has the
This large print, extensively

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updated edition covers the many advances that have been made in understanding how the diet works, how it should be used, and its future role as a treatment for children with epilepsy. Included is a new section on how the Atkins diet and a modified

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ketogenic diet can be used as alternative nutritional therapies. This new edition also has an expanded section with recipes and sample meals developed by professional chefs. Keto-Green 16 The Authoritative Guide to Ketosis

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The Keto Reset
Diet Cookbook
Ketogenic
Cookbook
The Fat-Burning
Power of Ketogenic
Eating + the
Nourishing
Strength of Alkaline
Foods = Rapid
Weight Loss and
Hormone Balance
Ketogenic Diet

The first

Page 73/274

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comprehensive overview of an emerging field, Metabolic Medicine and Surgery introduces a new paradigm in patient management that crosses existing subspecialty boundaries. This approach is necessitated by the challenges of treating

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patients with obesity, metabolic syndrome, cardiovascular disease and prediabetes, as well as those with maldigestion, malabsorption, malnutrition and nutritional deficiencies. This book teaches physicians and surgeons what they

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need to know about clinical nutrition, metabolism and the metabolic effects of bariatric surgery. It is also applicable to those in primary care, including physicians, residents, medical students, nurses and nurse practitioners, physician assistants and dietitians who are on the front lines of

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treating patients with obesity, diabetes and cardiovascular disease. The book is presented in four sections: 1. An Overview of Metabolic Medicine and Surgery; 2. Metabolic Syndrome, Insulin Resistance and Obesity; 3. Diseases of Undernutrition and

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Absorption; 4. A Nutritional Relationship to Neurological Diseases. It contains chapters from world-renowned experts who are widely published in major medical journals. The book also benefits from the contributions of clinicians with

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extensive experience and perspective in the field, including many who have been witness to its major developments. This book ' s strength lies in the cross-specialty consensus created by the collaboration of the editors and further developed by their renowned contributors. It

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demonstrates how medicine, surgery, therapeutics, and nutrition can be combined synergistically to impact patient outcomes. It crystallizes the efforts of a multitude of physicians and scientists trying to control the linked pandemics of obesity,

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type-2 diabetes and cardiovascular disease. This book helps you develop comprehensive solutions to diseases afflicting vast numbers of patients worldwide.

Slim down, get healthy, and go keto the right way with 150 keto-aligned recipes from the

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bestselling author of
The Keto Reset Diet
On the heels of Mark
Sisson ' s bestselling
The Keto Reset Diet
comes a roadmap to
starting—and
staying—keto. You
will transition away
from carbohydrate
dependency and
weight loss
frustrations into the
world of metabolic

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flexibility, where you can reprogram your metabolism to use fat for fuel. You'll ditch processed grains, sugars, and refined vegetable oils in favor of nutrient-dense, high-fat foods. With the delicious, diverse meals in this cookbook, your journey will be enjoyable, convenient,

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and free from the risk of backsliding and burnout that comes with a rushed approach to keto. The Keto Reset Diet Cookbook will help you replace your old favorites—for every meal—with keto-approved substitutes:

- Breakfast (Cream Cheese Pancakes; Hearty Coconut

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N' Oatmeal) •
Lunch (Broccoli-
Cauliflower Soup;
Avocado Stuffed with
Salmon Salad) •
Dinner (Braised Short
Ribs with Mashed
Cauliflower; Cheesy
Eggplant-Spinach
Casserole) • Sides
(Italian Stuffed
Spaghetti Squash;
Turnip Noodles with
Dandelion Pesto) •

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Dessert (Dairy-Free Avocado Mousse; Chai Panna Cotta) • Snacks (Lemon Protein Balls; Bacon Party Mix) With these recipes, and many more, you'll experience a new world of low-carb culinary possibilities and lasting health. Highly Commended, BMA Medical Book

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Awards 2014 This volume has long prevailed as one of the leading resources on Parkinson's disease (PD). Fully updated with practical and engaging chapters on pathology, neurochemistry, etiology, and breakthrough research, this source

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spans every essential topic related to the identification, assessment, and treatment of PD.

Reflecting the many advances that have taken place in the management of PD, this volume promotes a multidisciplinary approach to care and supplies new sections on the latest

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pharmacologic, surgical, and rehabilitative therapies, as well as essential diagnostic, imaging, and nonmotor management strategies. New to this edition:

- Early identification of premotor symptoms
- Potential disease modification agents

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- Physical and occupational therapy
"There is no question that keto eating is the biggest diet trend in years. And it really works--dieters often report super-fast weight loss--but they also complain about the rigidity of the diet, as well as the flu-like symptoms that often accompany this

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high-fat/low-carb way of life. The solution? Add alkaline foods to your plate--leafy greens, other vegetables, broths, healthy oils, nuts, and seeds--for a lifestyle that's more sustainable and easier on your body"--

A Guide for Parents
Manual of Pediatric
Nutrition, 5e

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Innovative Delicious
Meals for Staying on
the Ketogenic Diet
Handbook of
Pediatric Psychology,
Fifth Edition
The Coconut
Ketogenic Diet
Practical
Implementation of
Ketogenic Therapy
*Clinical
Paediatric*

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Dietetics is a comprehensive guide to the nutritional management of a wide range of paediatric disorders. It provides key information on how conditions may benefit

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from

*nutritional
support or be
ameliorated or
resolved by
dietary
intervention.*

*Covering
assessment,
requirements
and normal
healthy eating*

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*as well as the
dietetic
management and
nutrition
support of
inherited
metabolic
disorders and
diseases of
all major
organ systems,
it is an*

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*indispensable
guide for all
those involved
in the
nutritional
treatment of
children.
Fully revised
and updated
for its fourth
edition, this
practical*

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manual now

*includes links
to useful
online content
and*

*incorporates a
range of case
studies to
place material
in clinical
context.*

Written by

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*dietitians for
dietitians and
officially
supported by
the British
Dietetic
Association,
Clinical
Paediatric
Dietetics is
an
indispensable*

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*resource for
all healthcare
practitioners
caring for
children.*

*Since 1975,
Dr. Kenneth
Swaiman's
classic text
has been the
reference of
choice for*

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*authoritative
guidance in
pediatric
neurology, and
the 6th
Edition
continues this
tradition of
excellence
with thorough
revisions that
bring you*

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*fully up to
date with all
that's new in
the field.*

*Five new
sections, 62
new chapters,
4 new editors,
and a
reconfigured
format make
this a*

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*comprehensive
and clearly-
written
resource for
the
experienced
clinician as
well as the ph
ysician-in-
training.*

*Nearly 3,000
line drawings,*

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*photographs,
tables, and
boxes*

*highlight the
text, clarify
key concepts,
and make it
easy to find
information
quickly. New
content
includes 12*

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*new epilepsy
chapters, 5
new cerebrovas
cular
chapters, and
13 new
neurooncology
chapters, as
well as new
chapters on ne
uroimmunology
and*

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neuromuscular disorders, as well as chapters focused on clinical care (e.g., Counseling Families, Practice Guidelines, Transitional

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*Care,
Personalized
Medicine,
Special
Educational
Law, Outcome
Measurements,
Neurorehabilit
ation, Impact
of Computer
Resources, and
Training*

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Issues).**

Additional new chapters cover topics related to the developmental connectome, stem cell transplantation, and cellular and animal models of

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*neurological
disease.*

*Greatly
expanded
sections to
increase your
knowledge of
perinatal
acquired and
congenital
disorders, neu
rodevelopmenta*

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1

*disabilities,
pediatric
epilepsy, and
nonepileptiform
paroxysmal
disorders and
disorders of
sleep.*

*Coverage of
new, emerging,
or*

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*controversial
topics
includes
developmental
encephalopathi
es, non-verbal
learning
disorders, and
the pharmacolo
gical and
future genetic
treatment of n*

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neurodevelopmental
disabilities.
Understanding
the way in
which
nutrients are
metabolised,
and hence the
principles of
biochemistry,
is essential

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for

*understanding
the scientific
basis of what
we would call
a healthy
diet.*

*Extensively
revised and
updated to
reflect
current*

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*knowledge of
nutritional
and dietary
requirements,
Introduction
to Nutrition
and
Metabolism,
Fifth Edition
presents an
accessible
text on the*

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basic

*principles of
nutrition and
metabolism and
the*

biochemistry

needed for

comprehending

*the science of
nutrition.*

This full-

color text

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explores the need for food and the uses to which that food is put in the body, as well as the interactions between health and diet. It describes the metabolic

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*pathways and
the
biochemical
basis of their
nutritional
and
physiological
importance.*

*Topics covered
include
chemical
reactions and*

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*catalysis by
enzymes; the
role of ATP;
digestion and
absorption of
carbohydrates,
fats, and
proteins;
issues
associated
with being
overweight;*

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*problems of
malnutrition;
and vitamin
and mineral
requirements
and functions.
This new
edition
contains
significantly
expanded
information on*

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*a variety of
subjects
including
appetite
control,
hormone
action, and
integration
and control of
metabolism.*

*The fifth
edition also*

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includes a list of key points at the end of each chapter. This text explains the conclusions of the experts who have deliberated on nutritional

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*requirements,
diet, and
health, as
well as the
scientific
basis for the
conclusions
they have
reached. It
also provides
a foundation
of scientific*

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*knowledge for
the
interpretation
and evaluation
of future
advances in
nutrition and
health
sciences. The
accompanying
CD-ROM
contains new*

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*interactive
tutorial
exercises,
PowerPoint
presentations
for each
chapter, self-
assessment
quizzes,
simulations of
laboratory
experiments,*

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*and a nutrient
analysis
program.*

*The ketogenic
diet is one
that is very
low in
carbohydrate,
high in fat,
with moderate
protein. This
diet shifts*

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*the body into
a natural,
healthy
metabolic
state known as
nutritional
ketosis. In
ketosis the
body uses fat
as its primary
source of
energy instead*

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of glucose.

*Some of this
fat is*

*converted into
an alternative
form of fuel
called
ketones.*

*Ketones are
high-potency
fuel that
boost energy*

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*and cellular
efficiency and
activates
special
enzymes that
regulate cell
survival,
repair, and
growth. When a
person is in
nutritional
ketosis, blood*

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*levels of
ketones are
elevated to
therapeutic
levels. In
response, high
blood pressure
drops,
cholesterol
levels
improve,
inflammation*

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*is reduced,
blood sugar
levels
normalize, and
overall health
improves. Low-
fat diets have
been heavily
promoted for
the past
several
decades as the*

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*answer to
obesity and
chronic
disease.*

*However, we
are fatter and
sicker now
more than ever
before.*

*Obviously, the
low-fat
approach has*

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not worked.

*Our bodies
actually need
fat for
optimal health
and function
more
efficiently
using fat for
fuel. In this
book you will
discover how*

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*people are
successfully
using the
ketogenic diet
to prevent and
treat chronic
and
degenerative
disease.*

*Ketone therapy
is backed by
decades of*

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*medical and
clinical
research, and
has proven to
be both safe
and effective
for the
treatment of
variety of
health issues,
including the
following:*

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*Alzheimer's
disease
Parkinson's
disease stroke
Multiple
sclerosis
heart disease
cancer
diabetes
obesity
metabolic
syndrome*

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*Crohn's
disease
ulcerative
colitis
irritable
bowel syndrome
glaucoma
macular
degeneration
migraine
headaches
sleep*

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*disorders It
doesn't stop
there.*

*Research is
continually
discovering
conditions
that are
responding to
the ketogenic
diet. Many
health*

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*problems that
medical
science has
deemed
incurable or
untreatable
are being
reversed.*

*Medications
that were once
relied on
daily are no*

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longer

*necessary and
are being
tossed away.*

*People are
discovering
that a simple,
but*

*revolutionary
diet based on
wholesome,
natural foods*

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*and the most health-
promoting fats
is
dramatically
changing their
lives. It
could be the
key to
changing yours
as well.*

Seizures and

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*Epilepsy in
Childhood
Principles and
Practice
The Ultimate
Training
Guide: Advice,
Plans, and
Programs for
Half and Full
Marathons
The Ketogenic*

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Diet

*Epilepsy and
the Ketogenic
Diet*

*Supercharge
Your*

*Metabolism,
Revitalize*

Thyroid

*Function, and
Lose Excess*

Weight

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One in five children with epilepsy has seizures that are resistant to medications. Even when seizures are fairly well under control, medication may affect children's alertness and mental clarity, impairing their

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ability to learn and reach their full potential. Many parents are looking beyond currently available medications for a satisfying solution to seizure treatment. The ketogenic diet is such an answer.

This rigid,

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mathematically calculated, doctor-supervised diet is high in fat and low in carbohydrate and protein, and strictly limits both calories and liquid intake. The diet helps to control seizures and allows many children to become both

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seizure-free and drug-free. This extensively updated edition covers the many advances that have been made in understanding how the diet works, how it should be used, and its future role as a treatment for children with epilepsy. Get all the

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facts for the
ketogenic diet,
plus: # Clear
instructions for
calculating and
managing the diet
on a daily basis #
Full listing of
acceptable foods,
with nutritional
information, that
can be used with
the food plan # The

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best approaches for coping with the limitations and restrictions of this eating plan # NEW! Expanded section of recipes and 35 sample meals, including some developed by professional chefs with children on the diet # NEW! A

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discussion of how
the Atkins and
modified ketogenic
diets may in some
cases be used as
alternatives to
control epilepsy in
children The
Ketogenic Diet: A
Treatment for
Children and
Others with
Epilepsy, Fourth

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Edition is an indispensable resource for any parent, medical professional, or dietician working with children on this strict but highly effective diet plan."

Written by two mothers who have children on the

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Ketogenic diet, Fighting Back with Fat provides essential information to educate parents on every aspect of diet therapy, as well as giving counsel for parents navigating the emotional minefields that often come with

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attempting
Ketogenic diets.
Common stress
factors such as fear
of failure, hyper-
responsibility,
dealing effectively
with a child's non-
compliance, and
educating non-
supportive
relatives, friends
and peers, are all

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addressed in heart-to-heart frankness from mothers who have covered the territory personally.

Fighting Back with Fatguides the reader through the Ketogenic Diet, Modified Atkins Diet and The Low Glycemic Index

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Treatment
intrepidly
discussing the
struggles and
emotional
bombshells that
come with diet
therapy. The
authors include
first-person
accounts of the
successes and trails
of other families as

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well as a rare glimpse of what kids think of the diets, in their own words. Finally the book closes with the KetoCalculator 101, with tips and advice from the Charlie Foundation's Beth Zupec-Kania, RD, CD, the Keto

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Calculator's creator and moderator and an extensive recipe section offering simple, delicious recipes organized by age group, from infants to adults, each with "Keto Bites," fun food facts or practical advice that correspond to each

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recipe.

Ketogenic diets have been used to successfully treat epilepsy and stop seizures for nearly a century. When more traditional therapies, such as pharmacology, reach their limitations for treatment, the

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metabolic approach surpasses, targeting the overall physiology and homeostatic functions of the patient. Ketogenic Diet and Metabolic Therapies is the first comprehensive scientific resource on the ketogenic diet, covering the

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latest research including the biomedical mechanisms, established and emerging applications, metabolic alternatives, and implications for health and disease. Experts in clinical and basic research

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share their
research into
mechanisms
spanning from ion
channels to
epigenetics, their
insights based on
decades of
experience with the
ketogenic diet in
epilepsy, and their
evidence for
emerging

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applications ranging from autism to Alzheimer's disease to brain cancer. Research in metabolic therapies has spread into laboratories and clinics of every discipline, and is yielding to entirely new classes of

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drugs and treatment regimens. The book's editor, Susan A. Masino, brings her unique expertise in clinical and research neurology to the overall scope of this work. To further enhance the scope and quality

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of this one of a kind
book, section
editors Eric
Kossoff, Jong Rho,
Detlev Boison, and
Dominic P.
D'Agostino lend
their oversight on
their respective
sections.

This book will help
me understand how
to access advanced

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testing that can
find cancer years
before the lump or
bump.

Swaiman's
Pediatric
Neurology E-Book
Treatments for
Epilepsy and Other
Disorders (16pt
Large Print Edition)
A Practical A-to-Z
Reference to Drug-

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Minerals, Herbs &
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Syndromes in
Infancy, Childhood
and Adolescence -
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What Your Body
Knows and Needs

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of Disease
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nearly 200
articles
surveying all***

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***major
disorders of
the nervous
system in both
adults and
children,
focusing on
relevant
diagnosis and
treatments
from the
perspective of***

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clinical and
basic neurobio
logical
research. Akin
to an
encyclopedia
of every
neurologic
disorder, this
comprehensive
work is ideal***

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and medical
school
students,
residents, and
candidates
preparing for
their board
certification
examinations.
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is illustrated***

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with detailed figures, supplemented with descriptive and diagnostic tables, and thoroughly referenced for further investigations. The book's

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**editors,
Michael V.
Johnston,
Harold P.
Adams Jr., and
Ali Fatemi
bring their
unique
expertise in
clinical and
research
neurology to**

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***the overall
scope of this
work. To
further
enhance the
scope and
quality of
this new
edition, the
following
Section
Editors***

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*provided
oversight of
their
respective
sections: ·
Movement
Disorders-Joel
Perlmutter,
Washington
University · D
ementias-David
Knopman, Mayo*

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Diseases-Merit
Cudkowicz,
Massachusetts
General
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Paroxysmal Dis
orders-Solomon
Moshe, Albert
Einstein
College of***

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***Medicine ·
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Neurology and
Developmental
Disorders-
Tanjala Gipson
and Deepa
Menon, Kennedy
Krieger
Institute and
Johns Hopkins
University · N***

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cal Diseases-
Carlos Pardo-
Villamizar,
Johns Hopkins
University · C
erebrovascular
Diseases-
Harold P.
Adams Jr.,
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Iowa ·**

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Nervous System
Disorders and
Pain-Nicholas
Maragakis,
Johns Hopkins
University ·
Neoplastic and
Paraneoplastic
Diseases-Lisa
DeAngelis,***

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Kettering
Cancer Center
· Infectious
Diseases of
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System-Karen
L. Roos,
Indiana
University ·
Sleep Disturba
nces-Mark***

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University of
Iowa ·***

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Toxicology Dis
orders-Barry
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· Neurologic***

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***Manifestations
of Medical
Disorders-John
C. Probasco,
Johns Hopkins
University
Sometimes
referred to as
' 'miracle
diet, ' ' the
ketogenic diet
has helped***

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***doctors treat
difficult - to
- control
epileptic
seizures in
thousands of
children.***

***Coauthored by
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experts from
Johns Hopkins,
' ' The***

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Diet*** ' '

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be the
definitive
guide for
parents,
physicians,
and dieticians
wanting to
implement this
strict diet.***

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***This Fifth
Edition has
been
extensively
updated to
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current
advances in
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how the diet
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used, and the future role of the diet as a treatment. Six new chapters address how to integrate the diet into all cultures, religions, and taste preferences;

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modified and
less***

***restrictive
versions of
the diet, and
modified***

***Atkins diets
are included.
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shows the diet
may work for
people with
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neurological
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sample meal***

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much more
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practice for
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clinicians and
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provides***

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care across
the life span.
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organized,
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by-step
instructions
for physical
examinations
and diagnostic
testing in the
outpatient
setting,
information on
health***

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care
guidelines,
dietary
information,
information on
culturally
responsive
care, patient
resources, and
abundant patie
nt-education*

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in color with
abundant
images and
illustrations,
this fifth
edition
features
thoroughly
updated
guidelines and
recommendation***

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*s to reflect
latest in
practice, as
well as many
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includes
definition,
incidence,
pathogenesis,*

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routine health
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appendices
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guidelines on
normal lab
values,
special diets,***

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Sexual
Maturity
Stages, and
teeth***

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fat-burning
machine! Your
body can and
will happily
hum away on
fat - stored***

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***or eaten -
once you learn
the secrets of
this diet.
Backed by
science and
practiced for
decades ;
finally lose
the weight
without going
hungry!" -***

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back cover

***The Ketogenic
Cleanse and
Anti-Aging
Diet***

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***Low Carb High
Fat No Hunger
Diet***

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Written by a
chiropractor and
alternative health
practitioner with
over 30 years of

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experience, this book addresses health and wellbeing of body, mind and spirit for an aging population (50+). Uniquely, this material is presented through the lens of Clinical Kinesiology. This simple self-help tool

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of muscle-testing allows readers to find out what their own body knows and needs. They learn that the body “speaks” through either strong or weak muscle responses to questions asked or situations presented, and are instructed in

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how to do this simple self-testing for a variety of health issues. Stories of other seniors who have used this methodology to their benefit provide a platform for acceptance and motivation, and each chapter contains

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specific

recommendations
for its use. How to
become a “wise
elder” is another
unique emphasis of
this book. The
author encourages us
to learn from many
different cultures
and traditions a more
life-positive view of

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aging. In fact, she coins the word “Youthing” to describe such a re-orienting of mind, purpose and activity toward optimum vibrancy and flexibility, leading to longevity. Stories of successful transitions into

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elderhood give hope to those who are confused or anxious about becoming older. Since the body's health is intimately related to that of mind and emotions, a Youthing approach will be characterized by equanimity,

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gratitude,
forgiveness and
dynamic relationship
with others. Her
many exercises and
suggestions are
designed to
encourage readers to
value themselves as
worthwhile wisdom
contributors. “You
can assume the

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stance of a respected elder,” she declares, “even if the surrounding culture does not immediately support that.” In other words, readers are invited to “be the change” they want to effect. Far from being a scholarly or

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scientific text, Your Aging Body Can Talk is written for immediate use by maturing practitioners or laypersons.

Throughout the book, the concerns of an aging population are consistently placed

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in the forefront:

How to develop an
anti-inflammation
diet and lifestyle The
factors that affect
longevity How to
build cognitive
health and brain
vibrancy How to
find or refine your
life's purpose, no
matter what your age

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Why detoxification is so essential, at any age.

In this first-of-its-kind collection, Jimmy Moore, leading low-carb diet blogger and podcaster and bestselling author of Keto Clarity, joins forces with fellow

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keto advocate and nutritionist Maria Emmerich to bring you more than 150 delicious, real food–based, keto-friendly recipes that are ideal for anyone who wants to be in nutritional ketosis or simply wants to eat healthier. In

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addition, The
Ketogenic
Cookbook explains
why a ketogenic diet
can help treat
chronic illnesses
from type 2 diabetes
to heart disease to
epilepsy, offers
practical advice for
pursuing nutritional
ketosis, outlines the

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unique combination
of whole foods that
will help you
become ketogenic,
and much more. If
you're seeking a
healthier way to eat
that will help heal
your body of
damage done by
years of eating tons
of sugar and carbs,

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the ketogenic diet
may be for you.

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considered essential because each includes: (1) a synthesis of the state of the science, (2) timely, in -depth reviews by the leading researchers in their respective fields, (3) extensive, up-to-date, fully annotated reference

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lists, (4) a detailed index, (5) relevant tables and figures, (6) identification of paradigm shifts and the consequences, (7) suggestions of areas for future research, and (8) balanced, data driven answers to patient /health

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professionals

questions that are based upon the totality of evidence rather than the findings of any single study. The series volumes are not the outcome of a symposium. Rather, each editor has the potential to examine

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a chosen area with a broad perspective, both in subject matter as well as in the choice of chapter authors. The international perspective, especially with regard to public health initiatives, is emphasized where

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appropriate. The editors, whose trainings are both research- and practice-oriented, have the opportunity to develop a primary objective for their book; define the scope and focus, and then invite the leading authorities

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from around the world to be part of their initiative. The authors are encouraged to provide an overview of the field, discuss their own research, and relate the research findings to potential human health consequences.

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Now in its seventh edition, *Ketogenic Diet Therapies for Epilepsy and Other Conditions* is the premier resource for anyone considering starting or already implementing a ketogenic diet for epilepsy or other medical disorder.

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Coauthored by a multi-disciplinary care team from the world-renowned Johns Hopkins Hospital, this valuable reference establishes how these diets work, providing both the basics as well as advanced methods

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on how to start and
maintain children
and adults on
ketogenic diets.

Written for parents,
patients, dietitians,
neurologists, and
individuals
embarking on
ketogenic diets for
any purpose,

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Therapies brings a patient-centered approach to answering common questions related to the ketogenic, modified Atkins, and related therapeutic diets. With useful tips and information throughout, chapters cover diet selection,

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provide sample meal plans and recipes, offer guidance on how to connect with local and worldwide resources, and much more to ensure success. Revised and thoroughly updated, this edition reflects the latest pediatric and adult ketogenic

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recommendations
with expanded
sections throughout.
New chapters have
been added to
address areas of
growing importance
and popularity, such
as the new modified
ketogenic diet, the
gut microbiome,
infants and the diet,

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using diets for adults, exogenous ketones, and diets for conditions other than epilepsy with additional coverage of diabetes and obesity. As the go-to text on ketogenic diets over the course of seven editions, this book continues

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its mission of preparing patients, families, and professionals for the ketogenic journey ahead. This essential book will help you: Understand how to start and use any of the five major ketogenic diets Fine-tune the diets to

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meet individual
needs Develop and
prepare tasty and
healthy ketogenic
meals Navigate the
real world of school,
family, and friends
with confidence
Learn about the
latest research on the
diet for use in
infants, children, and

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adults

Your Aging Body
Can Talk
The Keto Cookbook
Ketogenic Diet
Therapies for
Epilepsy and Other
Conditions, Seventh
Edition
Lose Weight with a
Ketogenic Hybrid
Ketogenic Diet and

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Metabolic Therapies
Bantam Medical
Dictionary, Fifth
Edition

Now in its sixth
edition, The
Ketogenic and
Modified Atkins
Diets is the
established,
authoritative
book on these
groundbreaking

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epilepsy
treatments.
Written for
parents,
patients,
dietitians, and
neurologists,
this book is an
invaluable
resource for
anyone
considering or
starting a
ketogenic diet

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for epilepsy or
another
neurologic
disorder.

Written by
doctors,
dietitians, and
a pediatric
nurse

practitioner
from the Johns
Hopkins
Hospital's
Ketogenic Diet

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Center, along with several other experts in the field, this book's patient-centered content contains answers to almost any question related to the ketogenic and modified Atkins diets, for children and adults. Chapters

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cover
implementation,
recipes, fine-
tuning the
diets,
connecting with
support groups,
the latest
research on the
effectiveness of
the diets, and
much more. The
sixth edition
has been

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thoroughly revised and updated to reflect current advances and applications. Two entirely new sections are devoted to the use of ketogenic diets for epilepsy in adults, and diets that can

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help alleviate the symptoms of other conditions such as cancer, dementia, autism, and migraines.

Coverage of the modified Atkins diet is significantly expanded to reflect the growing

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popularity of
this less
restrictive
diet. Neatly
organized into
nine sections,
this essential
book will help
you: Understand
how the
ketogenic and
modified Atkins
diets work
Prepare for the

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lifestyle
changes involved
in following
these diets
Start, maintain,
fine-tune, and
eventually stop
the diet Develop
tasty and
healthy
ketogenic meals
Connect with
local and
worldwide

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resources for
epilepsy-related
issues

Understand the
latest research
about the diet
for use in kids
and adults

Navigate the
“non-keto” world
(schools,
family, friends)
with confidence

“It will end up

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being the most well-read book you own and every keto home should have one. My copy went everywhere with me when Matthew was on the diet and I can't recommend it highly enough."

—Emma Williams,
CEO/Founder,

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Matthew's
Friends Charity,
Dietary
Treatments for
Epilepsy,
GLOBAL;
Director,
Matthew's
Friends Clinics
Ltd. for
Ketogenic
Dietary
Therapies "If we
had had the

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information in
this book
fifteen months
earlier, a vast
majority of
Charlie's
\$100,000 of
medical,
surgical, and
drug treatment
would not have
been necessary,
a vast majority
of Charlie's

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seizures would not have occurred.” –From the Foreword by Jim Abrahams, Director, The Charlie Foundation to Help Cure Pediatric Epilepsy
The ultimate reference book : the 5th updated

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edition of the famous "blue guide".

Included : A DVD with new sequences

completes each chapter!

Epileptology changes. The syndromic

approach is

completed by an etiological

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approach, based on the major advances in genetics and functional genetics. New entities have found their place, and a purely descriptive, “electroclinical” approach is no longer adapted

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in many
circumstances.
The 5th edition
of the Blue
Guide includes
the most recent
advances. It was
necessary to
justify the
physiological,
epidemiologic,
genetic and
therapeutic
approaches and

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to consider them in the light of the new classification efforts, which are still in the making.

Nevertheless, the description of epileptic syndromes, both classical and recent, remains at the core of

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this book.

The ketogenic diet, which is very high in fats and low in carbohydrates, was first developed almost 80 years ago. It makes the body burn fat for energy instead of glucose. When carefully

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monitored by a medical team familiar with its use, the diet helps two out of three children who are tried on it and may prevent seizures completely in one out of three. It is a strict diet, and

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takes a strong commitment from the whole family. The ketogenic diet is not a do-it-yourself diet. It is a serious form of treatment that, like other therapies for epilepsy, has some side

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effects that have to be watched for. The Keto Cookbook is a cookbook for those using the diet to treat epilepsy and other neurologic conditions. The ketogenic diet is extremely strict- where one extra bite

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of food can have serious repercussions on a child's health - and thus hard to maintain. The Keto Cookbook contains 96 recipes grouped by breakfast and brunch, appetizers & snacks, lunch,

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dinner, and sweets and treats. The book includes a 16-page color insert illustrating each recipe. Since many children start on the Keto Diet before they can speak, the pictures of the

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meal and snack options will allow children to choose what they want. And help to overcome food refusal due to lack of variety of foods and/or child's loss of control over food options. It will also address

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common eating personalities such as "grazers", children with texture aversions, the sweet tooth, unpredictable-eaters and adventurous-eaters. There will be options for all. Most parents of

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children on the ketogenic diet are busy and do not have the time or resources to experiment with different foods and preparation methods, so this book provides them with options that have already

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been tested and are both kid- and Registered Dietician-approved. There will be symbols on the recipes to indicate which food personality for which they are most appropriate. Or how long they

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take. For example, a recipe for cookies would have a symbol indicating that a "sweet-tooth" child may like this recipe.

Allergy information will also be available for the top eight

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most common children's allergens. The book will also provide tips for "keto-proofing" your life, from the kitchen, to the car, to the classroom. Sample shopping lists and vacation guidelines will

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also help families prepare for the unexpected. It will include sample letters for getting through airport security, guidelines for visits to the hospital and outpatient procedures, and

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ways to prevent accidental "breaking" of the ketogenic diet. Special Features of The Keto Cookbook include 96 kid and dietician tested and approved recipes for the keto diet presented in

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full color
Recipes will
coded by symbol
to indicate
personality type
and cooking
times Allergy
information for
the eight most
common allergens
Practical
suggestions to
help people
"keto-proof"

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their life, from the kitchen, to the car, to the classroom. Four sample shopping list and vacation guidelines will help families prepare for the unexpected "Now completely updated and revised--a new

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edition of the
long-running
marathon
training guide
that has helped
more than half a
million people
reach their
goals, including
a new chapter on
ultramarathons,
along with
material on
recovery

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techniques,
several new
training
programs, and
advice on how to
win a Boston
qualifying race
and improve your
personal
record" - -

Neurobiology of
Disease
Dietary
Treatment of

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Epilepsy
Clinical
Paediatric
Dietetics
Fighting Back
with Fat
Metabolic
Medicine and
Surgery
Ketogenic Diets
Sometimes
referred to as a
"miracle diet,"

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the ketogenic diet has helped doctors treat difficult-to-control epileptic seizures in thousands of children.

Coauthored by four respected experts from Johns Hopkins,

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Ketogenic Diets continues to be the definitive guide for parents, physicians, and dieticians wanting to implement this strict diet.

Anyone who is placed on the Ketogenic Diet

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will be told,
essentially
"prescribed" by
their doctor to
get this book.
This Fifth Edition
has been
extensively
updated to reflect
current advances
in understanding
how the diet

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works, how it should be used, and the future role of the diet as a treatment. Six new chapters address how to integrate the diet into all cultures, religions, and taste preferences; new

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information on modified and less restrictive versions of the diet, and the Modified Atkins Diet for Epilepsy are included. The book also covers exciting new research that shows the diet

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may work for people with other neurological illnesses. This best-seller also includes sample meal plans, a food database, how to calculate foods, and much more.

The Ketogenic

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5th Edition
and Modified
Atkins Diets, 6th
Edition
Are You Sure?
Cancer-Free!
Ketone Therapy
Pediatric
Rehabilitation,
Fifth Edition