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The Ketogenic Kitchen: Low Carb. High Fat. Extraordinary Health.



Synopsis

Domini Kemp and Patricia Daly, who have both recently come through cancer, have discovered a life-changing way of eating. In *The Ketogenic Kitchen* they share with you exciting nutritional developments, which reveal that a diet low in carbohydrates and high in fat, in conjunction with the treatment recommended by medical professionals, offers new hope in the support of and protection against many chronic illnesses. Whether you are facing treatment, going through recovery or simply want to choose food that can keep you in long-term optimal health, *The Ketogenic Kitchen* offers advice and delicious recipes that will aid weight loss and leave you with higher energy levels and glowing good health. An authoritative guide that will help you put the powerful science of ketogenic principles to work in your daily life. The authors' hard-earned wisdom coupled with their culinary expertise set this book apart from other health-oriented cookbooks. Georgia Ede, MD, Psychiatrist and Nutrition Consultant A wonderful, practical resource for the person who wants to improve their health by shifting to ketone-based metabolism. This is the cookbook that my clients and I have been waiting for. Dr Mark Atkinson, MBBS, Mind "Body Medicine Physician and Cancer Recovery Advisor An informative and deliciously practical book. Sue Wood, Specialist Ketogenic Dietician The *Ketogenic Kitchen* is a vital resource a great source of information for both patient and physician, helping to ensure that the diet is done safely with a variety of healthy, delicious and nutrient-dense foods. Dr Colin E. Champ, Assistant Professor, Pittsburgh Cancer Institute, Radiation Oncologist, University of Pittsburgh Medical Centre

Book Information

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Customer Reviews

The Ketogenic Kitchen is a must-have book for anyone interested in better health, particularly those who are open to -- or already follow -- a ketogenic or low-carb way of eating. In addition to providing guidance on achieving a healthy, sustainable ketogenic lifestyle, it may very well be life-changing for people with cancer. The Authors Domini Kemp is a chef who was diagnosed with breast cancer in 2013 and followed a diet based on unprocessed, low-carbohydrate foods during chemo and radiation. Patricia Daly is a former business analyst in corporate banking and current nutritional therapist who had remarkable results using a ketogenic diet as part of her therapy for eye cancer. At diagnosis, both women were eating what most people would consider very healthy diets: lots of whole grains, fruits, legumes and other foods high in complex carbs and low in fat. However, that all changed once they discovered the connection between high blood sugar levels and cancer. The Book The Ketogenic Kitchen is actually two books in one, and they complement each other beautifully. The first part, "The Low Carb Way," is written by Domini. It includes a carbohydrate sensitivity quiz (created by Dr. Georgia Ede), a discussion about the benefits of carb restriction for cancer and other diseases, Domini's own story, and many delicious whole-food, low-carb recipes. The recipes are arranged by type: Breakfast, Soup, Mains, Vegetables, Dressings and Desserts. There is also a section with several vegetarian entrees that sound delicious. In the second part, "The Ketogenic Way," Patricia shares her own story and expertise about the ketogenic diet, including detailed helpful hints for getting the best results from this way of eating. She also has a fantastic section entitled "Myth-busting FAQs" in which she addresses common concerns about the ketogenic diet in an evidence-based way that is also very easy to understand, along with its potential benefits as a cancer therapy to be used in conjunction with conventional treatment. The Meal Plans and Recipes The first thing you'll probably notice when you look through this book are the exquisitely photographed recipes. I was also happy to see that each recipe's nutrition analysis includes the macronutrient composition percentages. While there are several recipes in "The Low Carb Way" that have carb counts too high for a ketogenic diet, there are also many with 6 grams of digestible carb or less per serving, which can easily fit into a keto lifestyle. Here are just a few examples: Eggs "Benedict" (4.4 grams net carb) Açorda Chicken, Cashew and Broccoli Stir Fry (3.7

grams net carb) Ridiculously Tasty Prawns (1.1 grams net carb) As someone who favors gradually easing into carbohydrate restriction rather than going from a very high carb intake to one that is very low, I was happy to see that Patricia takes the same approach in "The Ketogenic Way." Her meal plans start with about 50 grams of digestible ("net") carb per day and progressively reduce daily carb intake to 12 grams over the course of 2 weeks. Patricia's menu plans take the guesswork out of how many carbs to consume each day for your daily goal. In addition, she has organized this section so that the recipes for each day's meal plan are right on the same or the following page. I love that she encourages the reader to make extra portions of meat and vegetables to use as leftovers for the next day's recipes, which helps minimize the amount of time needed for meal planning and preparation. Patricia provides a lot of helpful information throughout these chapters, including easy and effective ways to include probiotics in your diet; identifying food sensitivities and adjusting your keto diet as needed; the benefits of sea vegetables, coconut oil and organ meats; and much more. I also appreciate the emphasis placed on the healing qualities of foods in addition to their macronutrient composition. Herbs and spices are used liberally in the recipes, both for their antioxidant benefits as well as adding flavor and texture to the dishes. Nourishing bone broth and meat and vegetable stocks are the base for many of her entrees and sides. In all honesty, I can't think of anything negative to say about The Ketogenic Kitchen. I believe you will truly enjoy this book and the recipes. What's more, I think your health -- and the health of your loved ones -- will be greatly enhanced by incorporating its nutrition principles into your life, whether you have cancer or are interested in protecting your health and improving your quality of life. ãçÂ Â

Great recipes! Worth to have if you like cooking and are looking for healthier options!

Beautifully designed book, filled with many great recipes to get one started on a ketogenic life style. Highly recommended for those looking to Kickstart a healthy life.

70 % of my calories come from good fat. (coconut oil, MCT OIL) I eat less than 20 grams per day from carbs. Moderate protein 75 grams per day. Cancer cells grow on glucose and do not grow on good fats. My cancer has been in remission since 2012. Insulin spikes from eating grains which makes you hungry in three hours. Don't do that! Eat fat and make your body go to your fat belly after it runs out of glucose. You can go a month on your fat belly and your butt will thank you. (240 lbs to 175 lbs, FG now 70-85, 80 years old and now weight lifting at L.A. Fitness gym. Also I recommend "Quick & Easy Ketogenic Cooking" by Maria Emmerich.

Great recipes, easy to follow and yummy meals. Great choice!

Love this book. Very informative. So many questions answered

I have just finished this book and am going to start the diet soon.

Great for Ketogenic lifestyle for both cancer prevention and weight loss. Includes a lot of medical references and medical information as well.

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