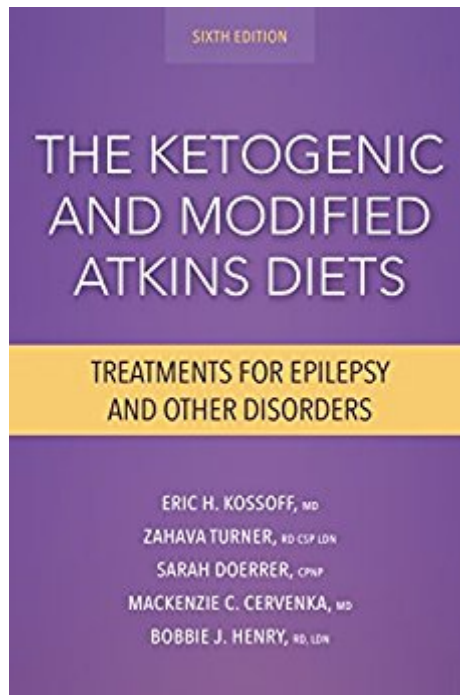


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# The Ketogenic And Modified Atkins Diets: Treatments For Epilepsy And Other Disorders



## Synopsis

Now in its sixth edition, *The Ketogenic and Modified Atkins Diets* is the established, authoritative book on these groundbreaking epilepsy treatments. Written for parents, patients, dietitians, and neurologists, this book is an invaluable resource for anyone considering or starting a ketogenic diet for epilepsy or another neurologic disorder. Written by doctors, dietitians, and a pediatric nurse practitioner from the Johns Hopkins Hospital's Ketogenic Diet 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 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 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 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 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 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 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 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, Matthew's Friends Charity, Dietary Treatments for Epilepsy, GLOBAL; Director, Matthew's Friends Clinics Ltd. for Ketogenic Dietary Therapies

If we had had the 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 seizures would not have occurred.

—From the Foreword by Jim Abrahams, Director, The Charlie Foundation to Help Cure Pediatric Epilepsy

## Book Information

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## Customer Reviews

More information about the modified Atkins diet for adults, a lot of tips for families who are following this diet! Loved it!

I bought this to learn a little more about the ketogenic diet that my 9 month son with intractable epilepsy is starting. The diet itself is wonderful. We've seen a huge decrease in seizure activity. The book is more for families who are having to cook meals for a child. My son is getting formula through his Gtube so more than half of the book doesn't really apply to us. The other information is good, so the book was worth it, but it wasn't quite as informative as I was hoping. That said, I'd done a lot of research online previously so most of the information I'd already come across, but if you were completely new to this, then you might be more impressed.

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cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) Ketogenic Diets: Treatments for Epilepsy and Other Disorders Epilepsy: Cure - What You Need to Know about Epilepsy: Therapy, Diagnosis, Treatment, Diet, Signs, Symptoms and Medication (Epilepsy Books - Epilepsy Therapy ... Treatment - Epilepsy in children Book 1) Atkins Diet for Beginners: The Atkins Diet Quickstart Guide to Rapid Weight Loss with 24 Quick and Easy Low Carb Atkins Recipes (Low Carb Diet, Atkins Diet for Beginners, Atkins Diet Cookbook) ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Atkins diet for rapid weight loss - Lose 5 lbs in Just 1 Week: atkins diet cookbook, atkins diet for rapid weight loss, atkins diet for beginners, atkins vegetarian Ketogenic Diet: Ketogenic Salad Recipes: Top 35 Insanely Good Ketogenic Diet Recipes For Easy Weight Loss (Ketogenic Diet, Ketogenic Diet For Beginners) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Ketosis: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) Diets: The Ultimate DIET RECIPES Book!: Diets: 100+ of the Best Weight Loss Recipes Compilation (Paleo Diet, Atkins Diet, Low Carb Diet, Ketogenic Diet) Ketogenic Diet - Natural treatment for Epilepsy and other disorders: (The Ketogenic Diet Cookbook and beginner's guide - Ketogenic diet for beginners) Epilepsy And Seizures: Alternative Treatment For Epilepsy Without Drugs Or Surgery (& Safe For Children) (Epilepsy Kindle Books, Epilepsy Treatment Book 1) Mental Health: Personalities: Personality Disorders, Mental Disorders & Psychotic Disorders (Bipolar, Mood Disorders, Mental Illness, Mental Disorders, Narcissist, Histrionic, Borderline Personality)

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