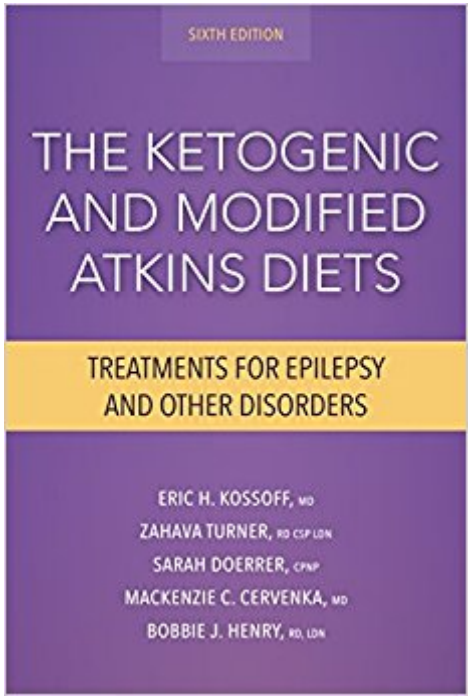
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The Ketogenic And Modified Atkins Diets: Treatments For Epilepsy And Other Disorders



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Synopsis

Now in its sixth edition, The Ketogenic and Modified Atkins Diets is the established, authoritative book on these groundbreaking epilepsytreatments. Written for parents, patients, dietitians, and neurologists, this book is an invaluable resource for anyone considering or starting a ketogenicdiet for epilepsy or another neurologic disorder. Written by doctors, dietitians, and a pediatric nurse practitioner from the Johns Hopkins HospitalÃ¢â ¬Å¡Ãƒâ ÃƒÂ´sKetogenic Diet Center, along with several other experts in the field, this bookÃ¢â ¬Å¡Ãƒâ ÃƒÂ´s patient-centered content contains answers to almost any question relatedto the ketogenic and modified Atkins diets, for children and adults. Chapters cover implementation, recipes, fine-tuning the diets, connecting with supportgroups, 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 ofketogenic 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 Ã¢â ¬Å¡Ãƒâ ÃƒÂºnonketoÃ¢â ¬Å¡Ãƒâ ÃƒÂ world (schools, family, friends) with confidence

Book Information

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Customer Reviews

Very detailed book. Has lots of research information. Not an easy read but rather a real technical and informational read. I'm starting the keto diet and wanted to be sure that I didn't follow fads and trends. I wanted the medical information and I found that in this book.

My sons neurologist recommended this book. The modified Atkins portion seems to be a realistic option for seizure control. Its definitely a breath of fresh air to anyone who isnt a fan of giving pills to their childen.

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

This book is my bible. My 2yo daughter was seizure free in 6 weeks after starting the Modified Atkins Diet. I would like to see more emphasis on hidden sugars and labels in the next edition. Love, love this book and recommend it every chance I get. Read it cover to cover.

This is an excellent book by some of the experts in this field. Ketogenic diets are tremendously interesting but there is still a lot to be learned about them, more research is needed. This book is well organized and useful. There is some confusion about the editions of this book because the titles have changed. The Ketogenic diet may be useful for other conditions including headaches and cancer. There will be very interesting research.Midwest Independent Research, educational websites. Health care information, mwir-healthcareinformation.blogspot. There is information and a book list on epilepsy here.

Very useful and comprehensive guide. "Required reading" for those who want to start the diet themselves or for their children.

Must read prior to doing the diet. Can be technical, but excellent information. Does not compare Paleo to MAD or Keto.

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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