



# The Ketogenic and Modified Atkins Diets: Treatments for Epilepsy and Other Disorders

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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:

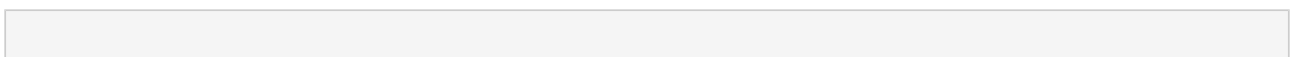
- Understand how the ketogenic and modified Atkins diets work
- Prepare for the lifestyle changes involved in following these diets
- Start, maintain, fine-tune, and eventually stop the diet
- Develop tasty and healthy ketogenic meals
- Connect with local and worldwide resources for epilepsy-related 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



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**From reader reviews:**

**Melanie Tuck:**

The event that you get from The Ketogenic and Modified Atkins Diets:Treatments for Epilepsy and Other Disorders is the more deep you searching the information that hide within the words the more you get enthusiastic about reading it. It doesn't mean that this book is hard to recognise but The Ketogenic and Modified Atkins Diets:Treatments for Epilepsy and Other Disorders giving you buzz feeling of reading. The article author conveys their point in particular way that can be understood by anyone who read the item because the author of this publication is well-known enough. This kind of book also makes your vocabulary increase well. That makes it easy to understand then can go along, both in printed or e-book style are available. We propose you for having this specific The Ketogenic and Modified Atkins Diets:Treatments for Epilepsy and Other Disorders instantly.

**Elton Williams:**

This book untitled The Ketogenic and Modified Atkins Diets:Treatments for Epilepsy and Other Disorders to be one of several books in which best seller in this year, honestly, that is because when you read this publication you can get a lot of benefit on it. You will easily to buy this specific book in the book retail outlet or you can order it by way of online. The publisher of this book sells the e-book too. It makes you easier to read this book, as you can read this book in your Touch screen phone. So there is no reason to you personally to past this publication from your list.

**Amanda Garcia:**

Precisely why? Because this The Ketogenic and Modified Atkins Diets:Treatments for Epilepsy and Other Disorders is an unordinary book that the inside of the book waiting for you to snap the item but latter it will surprise you with the secret the item inside. Reading this book close to it was fantastic author who also write the book in such wonderful way makes the content within easier to understand, entertaining way but still convey the meaning fully. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This amazing book will give you a lot of benefits than the other book have such as help improving your proficiency and your critical thinking technique. So , still want to hold up having that book? If I had been you I will go to the reserve store hurriedly.

**Rick Fairchild:**

Reading can called head hangout, why? Because when you find yourself reading a book especially book entitled The Ketogenic and Modified Atkins Diets:Treatments for Epilepsy and Other Disorders the mind will drift away trough every dimension, wandering in each aspect that maybe not known for but surely can become your mind friends. Imaging every single word written in a publication then become one form conclusion and explanation which maybe you never get just before. The The Ketogenic and Modified Atkins

Diets:Treatments for Epilepsy and Other Disorders giving you yet another experience more than blown away your brain but also giving you useful details for your better life with this era. So now let us teach you the relaxing pattern this is your body and mind is going to be pleased when you are finished looking at it, like winning an activity. Do you want to try this extraordinary spending spare time activity?

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