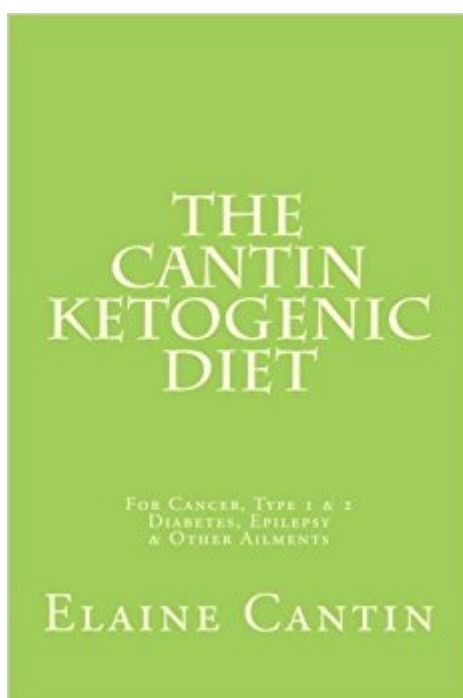


The book was found

The Cantin Ketogenic Diet: For Cancer, Type 1 & 2 Diabetes, Epilepsy & Other Ailments



Synopsis

This book is about my son's journey with type I diabetes and my own journey with aggressive breast cancer. It is about how I linked type I diabetes with epilepsy and how this helped me link cancer with epilepsy as well. I modified the traditional ketogenic diet used at Johns Hopkins Medical Center to treat epilepsy. I then used my own version of the diet to make my breast cancer tumor disappear in about two weeks. It is also about using my modified ketogenic diet for my son who is a type I diabetic, and him being able to eat without needing any insulin and without doing any calorie restrictions. This is my diet of hope -along with the research that comes from my heart- that I am sharing with you. "Let food be thy medicine and medicine be thy food." ~Hippocrates

Book Information

Paperback: 222 pages

Publisher: Elaine Cantin (July 2, 2012)

Language: English

ISBN-10: 1477567593

ISBN-13: 978-1477567593

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 14.1 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 116 customer reviews

Best Sellers Rank: #126,353 in Books (See Top 100 in Books) #14 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Epilepsy](#) #17 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > Type 2](#) #35 in [Books > Cookbooks, Food & Wine > Special Diet > Cancer](#)

Customer Reviews

I am just a regular girl with a very soft spot for sick children and with a very analytical mind...what characterizes me the most is that when I set my mind on doing something, I don't give up until I succeed. I love to learn, I am self motivated and I cannot help it, I am a leader. I am a firm believer that if there is a will there is a way, and if you believe you can achieve something, you will. I created my own -optimized for health- ketogenic diet after facing aggressive breast cancer. As per described in my book, I starved the cancer using my ketogenic diet.

The information in this book is OK but is poorly written, very repetitive, and has spelling mistakes and poor grammar. It seems as though English (or at least American English) is not the author's first

language, so some of the errors may be because of that. There is also a lot of "white space," used to make the book appear longer than it really is. It is a really expensive book for what little information is provided. The recipes are ordinary and not especially appealing. However, that said, if you are new to ketogenic diets and the research behind them, this book may be helpful. Just be aware that there are many better books available at lower cost. Bottom line: Most of the information in this book is readily available elsewhere, without having to spend this much money.

While this book was interesting - it could have been greatly condensed. There were a lot of medical notes/footnotes which got a little too much to register in my mind after a while. It seemed the book was being drawn out to have enough info to make into a book. While I appreciate (sometimes) medical statistics and facts, etc. to back up the authors findings - it got to be a little scientific for me. Also the author mentioned many items that she purchased/used but I wanted to know specifically what products she was referring to. For instance, she talked about a good water filter that was reasonably priced. I would have liked to know exactly what water filter brand she used, etc. That being said - I think there is a lot of merit in this book and her findings. It just wasn't as easy to read as I had hoped (which makes me sound like an idiot - I know). I think she has correctly identified the "sugar/cancer" connection.

Great true story and information all could benefit from

absolutely great info for people looking to eat a healthier diet that you won't find on mainstream media. I think a must read for anyone with diabetes or cancer

This is the second phase of diet as per my doctor. I have lost almost 60 pounds and I have never felt better.

informational..worked

This has been a tremendous help for me.

Written in lay-person speak, narrative format. Recipes are practical and tasty. Highly recommend - has been invaluable for me in supporting a family member with stage for metastatic breast cancer.

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low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Diabetes: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Diabetes (Type I, Type II) and Pre-Diabetes (Dr. ... Eat Right 4 Your Type Health Library) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) The 10 Day Ketogenic Cleanse: The Metabolism Booster Your Body Needs To Burn Fats (keto diet, high fat diet, ketogenic diet for weight loss, fat loss, ketogenic, ketogenic, ketogenic diet)

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