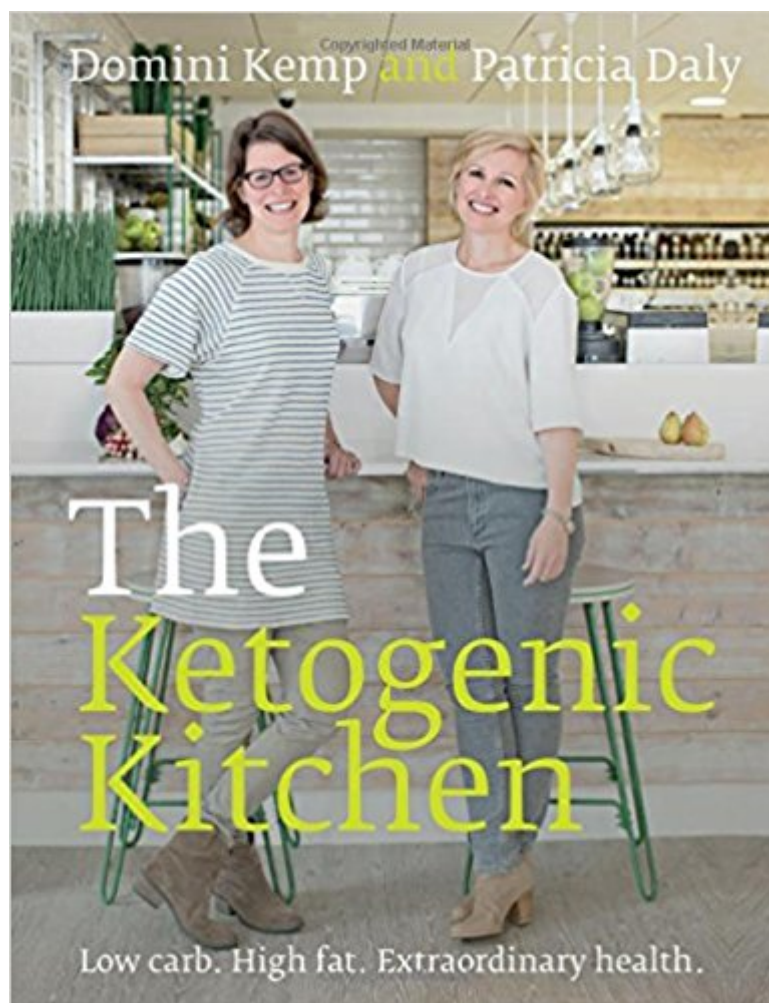


The book was found

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



## Synopsis

Cancer survivors Domini Kemp and Patricia Daly offer the first comprehensive ketogenic cookbook based on the most exciting new research on nutritional approaches to the prevention and management of cancer. For decades, the ketogenic diet—which shifts the body's metabolism from burning glucose to burning fat, lowering blood sugar and insulin and resulting in a metabolic state known as ketosis—has been used to successfully manage pediatric epilepsy. More recently, it has been used by the Paleo community as a weight loss strategy. Now emerging research suggests that a ketogenic diet, in conjunction with conventional treatments, also offers new hope for those coping with cancer and other serious disease. With endorsements from leading researchers and oncologists such as Dr. Thomas Seyfried (Cancer as a Metabolic Disease), *The Ketogenic Kitchen* offers more than 250 recipes, as well as meal plans and comprehensive scientific information about the benefits of a ketogenic diet, with sensible advice to help readers through periods of illness, recovery, and treatment. This North American paperback edition has been updated to include U.S. customary units of measure appearing side-by-side with metric measures.

## Book Information

Paperback: 464 pages

Publisher: Chelsea Green Publishing; 1 edition (September 2, 2016)

Language: English

ISBN-10: 160358692X

ISBN-13: 978-1603586924

Product Dimensions: 7.4 x 0.9 x 9.6 inches

Shipping Weight: 2.6 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars See all reviews (3 customer reviews)

Best Sellers Rank: #10,229 in Books (See Top 100 in Books) #4 in Books > Cookbooks, Food & Wine > Special Diet > Cancer #10 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Ketogenic #14 in Books > Cookbooks, Food & Wine > Special Diet > Ketogenic

## Customer Reviews

I love this cookbook! It's full of glorious recipes and crammed with helpful information. I wanted it so much I ordered it before it was being sold here in the U.S. and waited impatiently for it to make its way to me. It was worth the money and the wait.

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

I have made a couple of the bread recipes from the book Hazelnut Bread and Courgette Bread. Both recipes were easy to follow and quick to make. The bread was really wonderful in fact I'd go so far as to say I think the Hazelnut Bread should be retitled Hazelnut Cake it was really delicious and indulgent. Having been gluten free for some time it was lovely to have moist bread that didn't crumble and fall apart when I tried to slice it. I can't wait to try more of the recipes. Highly recommend

[Download to continue reading...](#)

Low Carb Dump Meals: 25 Easy, Delicious and Healthy Dump Dinner Recipes You Won't Believe Are Actually Low Carb!: (low carbohydrate, high protein, low ... Ketogenic Diet to Overcome Belly Fat) Easy Low Carb Slow Cooking: A Prep-and-Go Low Carb Cookbook for Ketogenic, Paleo, & High-Fat Diets The Ketogenic Kitchen: Low carb. High fat. Extraordinary health. Low Carb Aroma Rice Cooker: 50 Easy, Low Carb and Paleo Recipes with Your Rice Cooker for Busy People (Low Carb Meals & Rice Cooker) Low Carb: The Low Carb Dessert BIBLE™ © with over 200+ Decadent Recipes (The Ultimate Low Carb Dessert Cookbook for Rapid Weight Loss) Homemade Sweet and Savory Pies: Traditional Recipes Plus Low Carb, Ketogenic, Paleo, Vegetarian Pies and All You Need to Know about Baking (Low Carb Desserts & Homemade Pies) Vegan Thanksgiving Dinner: 25 Full Of Taste Thanksgiving Vegan Recipes.: (Thanksgiving, USA Holidays, Vegan, Vegetarian, Salads, Low-fat Vegan ... low fat high carb recipes) (Volume 2) Ketogenic Diet: 250+ Low-Carb, High-Fat Healthy Keto Recipes & Desserts + 100 Keto Tips, Tools, Resources & Mistakes to Avoid The Ketogenic Cookbook: Nutritious Low-Carb, High-Fat Paleo Meals to Heal Your Body Forever Fat Loss: Escape the Low Calorie and Low Carb Diet Traps and Achieve Effortless and Permanent Fat Loss by Working with Your Biology Instead of Against It Keto Bodybuilding: Build Lean Muscle and Burn Fat at the Same Time by Eating a Low Carb Ketogenic Bodybuilding Diet and Get the Physique of a Greek God Secrets of Fat-free Greek Cooking: Over 100 Low-fat and Fat-free Traditional and Contemporary Recipes (Secrets of Fat-free Cooking) Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget (Crockpot, Slowcooker, Cast Iron) Low Carb Living Cookbook Box Set: Low Carb Recipes for Breakfast, Lunch, Dinner, Snacks, Desserts And Slow Cooker The Everyday Low-Carb Slow Cooker Cookbook: Over 120 Delicious Low-Carb Recipes That Cook Themselves Low salt. Low salt cooking. Low salt recipes.: Saltless: Fresh, Fast, Easy. (Saltless: NEW fresh, fast, easy low salt, low sodium cookbook) (Volume 2) Weight Loss Stir-Frying: 48 Low Carb, Low Fat Recipes for Quick and Easy Wok and Cast Iron Cooking (Wok & Stir-Frying) Ketogenic Ice Cream & Popsicles: Top 35 Mouthwatering Low Carb Recipes For Fast Weight Loss Low Carb High Fat Bread: Gluten- and

Sugar-Free Baguettes, Loaves, Crackers, and More Low Carb High Fat Barbecue: 80 Healthy LCHF Recipes for Summer Grilling, Sauces, Salads, and Desserts

[Dmca](#)