



Keto for Cancer

Ketogenic Metabolic Therapy as a Targeted Nutritional Strategy

Miriam Kalamian, EdM, MS, CNS

foreword by Thomas N. Seyfried, PhD

\$29.95 • Paperback

6 × 9 • 400 pages

ISBN 978-1-60358-701-3

Pub Date: October 27, 2017

For media inquiries contact

Christina Butt

cbutt@chelseagreen.com

802.295.6300 ext.127

For author events contact

Jenna Stewart

jstewart@chelseagreen.com

802.295.6300 ext.120



“A foremost authority in the emerging field of metabolic therapies for cancer. [Kalamian’s] book addresses every question or concern that cancer patients might have in using a ketogenic metabolic strategy for managing their cancer.”

—**THOMAS N. SEYFRIED, PhD, from the foreword**

Miriam Kalamian is a board-certified nutrition consultant and leading voice in the keto movement. Her passion for helping others implement a ketogenic diet comes directly from her personal experience when her son, Raffi, was diagnosed with a brain tumor in December 2004. Standard of care therapies failed to stop the relentless progression of his disease, and it became painfully clear that she needed to switch gears quickly. That is what originally led her to Dr. Thomas Seyfried’s research supporting the use of a low-carb, high-fat diet for cancer.

Managing Raffi’s brain tumor with a ketogenic diet put Kalamian on the path to learning the science behind the therapy and helped her to face the many challenges she encountered as an advocate for her son. *Keto for Cancer* addresses the nuts and bolts of adopting the diet, from deciding whether keto is the right choice to developing a personal plan for smoothly navigating the keto lifestyle. It is invaluable for both beginners and seasoned users of the ketogenic diet, as well as for health-care professionals who need a toolkit to implement this targeted metabolic therapy.

Kalamian believes in the value of combining conventional treatment strategies with alternative therapies that offer immediate benefits, such as a healthier immune system and improved quality of life, to provide a truly integrated approach to cancer management. Her book offers cancer patients a game plan that lays out the moves and strategies necessary for the nontoxic management of their disease and empowers readers to be an active participant in their treatment.



Miriam Kalamian is a nutrition consultant, educator, and author specializing in the implementation of ketogenic therapies. She earned her master of education (EdM) from Smith College and her master of human nutrition (MS) from Eastern Michigan University. She is board certified in nutrition (CNS) by the Board for Certification of Nutrition Specialists. Miriam draws on a decade of experience to provide comprehensive guidelines that specifically address the many diet and lifestyle challenges associated with a cancer diagnosis. Her work also includes integrating nutritional strategies with metabolic therapies and lifestyle modifications to develop personalized treatments that address a broad spectrum of conditions that are currently considered intractable, such as age-related, neurodegenerative, and bariatric diseases. Miriam lives in Montana.

<http://media.chelseagreen.com/keto-for-cancer>