



## The Keto Cookbook: Innovative Delicious Meals for Staying on the Ketogenic Diet

By Dawn Marie Martenz, Laura Cramp

Demos Medical Publishing. Paperback. Book Condition: new. BRAND NEW, The Keto Cookbook: Innovative Delicious Meals for Staying on the Ketogenic Diet, Dawn Marie Martenz, Laura Cramp, The ketogenic diet, which is very high in fats and low in carbohydrates, was first developed almost 80 years ago. It makes the body burn fat for energy instead of glucose. When carefully monitored by a medical team familiar with its use, the diet helps two out of three children who are tried on it and may prevent seizures completely in one out of three. It is a strict diet, and takes a strong commitment from the whole family. The ketogenic diet is not a do-it-yourself diet. It is a serious form of treatment that, like other therapies for Epilepsy, has some side effects that have to be watched for. The Keto Cookbook is a cookbook for those using the diet to treat Epilepsy and other neurologic conditions. The book contains 96 recipes grouped by breakfast and brunch, appetisers and snacks, lunch, dinner, and sweets and treats. The book includes a 16-page colour insert illustrating each recipe. Since many children start the keto diet before they speak, the pictures of the meal and snack...



**READ ONLINE**  
[ 8.75 MB ]

### Reviews

*Unquestionably, this is the best operate by any article writer. It is really basic but surprises from the 50 % of the ebook. I realized this ebook from my i and dad suggested this ebook to discover.*

-- Kacie Schroeder

*This pdf could be well worth a read through, and a lot better than other. It is amongst the most incredible publication i have got read through. I discovered this book from my dad and i recommended this publication to discover.*

-- Sadye Hill