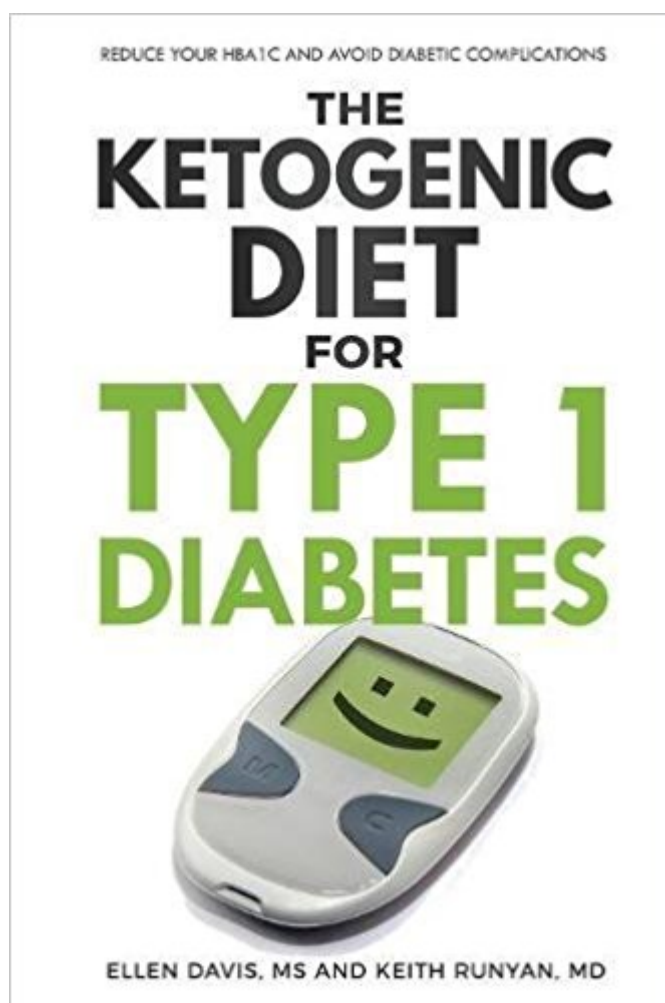


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# The Ketogenic Diet For Type 1 Diabetes: Reduce Your HbA1c And Avoid Diabetic Complications



## Synopsis

Before the invention of insulin, type 1 diabetic (T1D) patients were advised to avoid sugar and starch (carbohydrate) and to eat a very low carb, ketogenic diet to control blood sugar. In contrast, modern advice is to eat carbohydrates and treat the resulting high blood sugar with large doses of insulin. This "eat carb and take more insulin" method increases the cost of diabetic care and does nothing to protect the patient from symptoms and complications. Worse, it exposes T1D patients to the real danger of a fatally low blood-sugar episode (hypoglycemia). The logical solution is to reduce both carb intake and insulin dosage. Avoiding carbs while enjoying foods rich in healthy fats and protein stabilizes blood sugar and reduces medication costs and the risk of long-term complications. The Ketogenic Diet for Type 1 Diabetes provides the tools and information you need to successfully take control of your diabetes. In addition to clear explanations of the science, you'll find personal success stories, lists of the foods to eat and to avoid, cooking tips, how to get started and personalize the diet, adapting basal and bolus insulin doses, and special considerations for children with T1D.

## Book Information

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## Customer Reviews

Keith Runyan, MD is a physician and author who uses ketogenic diets to treat diabetes. Fourteen years after his own diagnosis of T1D, he adopted the ketogenic diet and now enjoys an average blood glucose of 95 mg/dl and almost total freedom from the symptoms of hypoglycemia. He shares his methods and his results on his blog at [ketogenicdiabeticathlete.wordpress.com](http://ketogenicdiabeticathlete.wordpress.com). Ellen Davis, MS,

is an expert on ketogenic nutrition and passionate about sharing information that empowers others to help themselves. Her website, Ketogenic Diet Resource, offers information and books on how to treat diabetes, cancer and other diseases with a ketogenic diet.

This is a must have book to follow. Your insulin-dependent diabetes and everything you worry about regarding long term health will be exponentially improved. You can do it and this excellent book tells you how and why and doesn't try to "sell" you on anything other than your own body and your intelligence and DATA! The answer is here - not with the ADA.

If you are a type 1 diabetic (as I am) and want to gain control of your blood glucose, weight, energy, reduce complications, reduce insulin, and no longer be hungry...this book has the answers (and the questions). I spent months of intensive research to find the right diet for me to gain control of my diabetes as it had come close to taking my life. We know the conventional treatments for type 1 diabetes do not work and only lead to increased complications and pain. This well written book condensed all I had learned and more into an easy to understand and follow guide to the ketogenic way of eating (and healing). The authors have traveled the same path as we...and it shows. If you are a type 1 diabetic and want one small book to set you on the road to metabolic health...look no further...this is the place to start.

I got the electronic version direct from Dr Runyan's site. I read it on my Ipad. I found/find it excellent. I go back to it frequently for specifics on how to construct (and reconstruct/adapt) my diet. I have also read and also highly recommend "Dr Bernstein's diabetes solution", and also go back to that one for reference, but I find "The Ketogenic Diet" book easier to read. I also recommend "think like a pancreas" which i am currently reading again. I read the 2005 version when I was pregnant, now I have the updated version. What I like about "the Ketogenic diet" book too is that it is short. Way shorter than "Dr Bernstein's diabetic solution". I read it the first time in one evening . It's even a bit shorter than "think like a pancreas". It's not "laugh a minute" like the latter book though. But that is cool, different styles is good. Also, Dr Runyan has a website where he answers questions that you have. That is very very useful.

I disagree with a couple of this book's recommendations. Specifically: 1) the blood sugar target is a too high, and 2) I strongly disagree with restricting protein and pushing fat, particularly in children. I recommend instead buying Dr. Richard K. Bernstein's book, "Diabetes Solution: The Complete

Guide to Achieving Normal Blood Sugars" which describes a program that is similar, but far more detailed, comprehensive, and frankly better.

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diet, paleo, paleo diet, low carb) 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) 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) Ketogenic Diet: Ketosis For Diabetes -Lower Your Blood Sugar And Lose Weight(Reduce Inflammation,reverse type 2 diabetes,Insulin Resistance Diet) (paleo ... low carb high fat,keto clarity,diabetes,) DIABETES Killer Formula: The Miraculous Guide Will Fully Reverse Your Diabetes and In A Natural Way. (Diabetes Diet, Diabetes Recipes, Diabetes Cure, Reversing ... 2 Diabetes, Diabetes Destroyer,)

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