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1a. Thomas Seyfried, PhD —Targeting Energy Metabolism in Brain Cancer  
This is good background on ketosis and ketogenic diets and some exposure to cancer metabolism.

<https://youtu.be/sBjnWfT8HbQ>

1b. Thomas Seyfried, PhD – Cancer: A Metabolic Disease With Metabolic Solutions. A more recent description of ketogenic diets

[https://youtu.be/SEE-oU8\\_NSU](https://youtu.be/SEE-oU8_NSU)

2. Peter Attia, MD, a Stanford surgeon presents an emotionally gripping TED Talk about his experience as a surgeon with diabetic patients. Start with this one before you view the next one.

<https://youtu.be/UMhLBPPtIrY>

2a. Peter Attia, MD, another lecture aimed at metabolism and human performance, especially his performance as an athlete. This is long but worth it. If you subscribe to YouTube channels, I recommend TheHMC.

<https://youtu.be/NqwvcrA7oe8>

3. Eric Westman, MD, Director Duke Clinical Research Institute. This is a typical scientific presentation of the basis for the ketogenic diet as a health

6a. Mary Newport, MD - Medium Chain Triglycerides and Ketones. Fascinating and thought provoking re: Alzheimer's.

<https://youtu.be/feyydeMFWy4>

7. Dominic D'Agostino, PhD, -

other than heart disease may have elevated cholesterol levels. While Dr. Diamond explains why this is the case, it is nevertheless worthwhile understanding how Brown and Goldstein misinterpreted their findings. Their Nobel Prize for discovery of the LDL receptor and its genetics remains valid and is not diminished by the following paper:

<https://doi.org/10.1093/qjmed/hcr087>

10. Loren Cordain, PhD – Origins and Evolution of the Western Diet: Health Implications for the 21<sup>st</sup> Century. The original science behind the “paleo” diet.

<https://youtu.be/5dw1MuD9EP4>

11. Zack Bush, MD - The Four Minute Workout is a new concept of exercise that revolves around the body's ability to use Nitric Oxide for muscle growth. This is an efficient anaerobic workout that can be done multiple times per day. The more frequently you do it, the better your results. An alternate term for this workout is the “NO Dump.” Great before bed or for waking up.

<https://youtu.be/PwJCJToQmps>

12. Peak 8 Fitness - The Ultimate 20-minute workout. [The recent research in exercise shows this to be the healthiest overall approach to fitness with applications to strength training and other forms of exercise. This approach to fitness originated with running but has been extended to other forms of exercise. I practice it on an elliptical machine.].

<https://www.healthplanspain.com/blog/health-tips/269-peak-8-fitness-the-ultimate-20-minute-workout.html>

13. James O'Keefe – Run for your life! Dr. O'Keefe is a cardiologist who explains the damage through calcification that can occur if you take running too far. Great TED talk.

<https://youtu.be/Y6U728AZnV0>

## **Bb**

1. The New Atkins for a New You, Westbrook, Phinney, and Volek (2010) – This is the Atkins diet updated with current research by academic medical researchers. Westbrook is the Director of the Lifestyle Medicine Clinic at Duke University, Phinney is a Professor of Medicine Emeritus at UC-Davis and serves on the editorial board of the American Journal of Clinical Nutrition, and Volek is an Associate Professor of Kinesiology at the University of Connecticut and an associate editor at both The Journal of Nutrition and Metabolism and the Review of Diabetic Studies.

<http://tinyurl.com/qe8ndb7> (link to Amazon)

2. The Art and Science of Low Carbohydrate Living: An Expert Guide to Making the Life-Saving Benefits of Carbohydrate Restriction Sustainable and Enjoyable (2011) by Stephen D. Phinney (Author), Jeff S. Volek (Author) [this is the Atkins book written for physicians]

<http://tinyurl.com/7u8crpd> (link to Amazon)

3. The Art and Science of Low Carbohydrate Performance, (2012) is a research oriented book for athletes. Authored by Volek and Phinney, it's full of surprises. [This is the Atkins book BUT written for athletes]

<http://tinyurl.com/mfe74kg> (link to Amazon)

4. Cancer as a Metabolic Disease: Implications for therapeutics. By Thomas Seyfried, PhD. Carcinogenesis (2014) Review article. Pdf at link below

<http://tinyurl.com/hnlmmnr>

<http://www.relaxationresponse.org/>

5. Heartmath – meditation with emphasis on heart rate variability

Here are some additional pointers that I have learned that Benson doesn't mention:

- ¾ The fastest, surest way to achieve physical relaxation is to relax your facial muscles.
- ¾ Imagine your breath going through your heart rather than upper respiratory. This gives an extra awareness of the heart during meditation.
- ¾ At each exhale imagine getting just a little heavier, or if you were submerged, sinking just a little deeper. You don't have to get there all at once.
- ¾ Experiment with your focus – just make sure it doesn't lead to thinking about anything; remember that the word or phrase is just a device to keep you from thinking while still maintaining consciousness.
- ¾ If you are sleep deprived, you might fall into REM

Due to an increasing interest from students who want to try a ketogenic diet, I asked my wife to provide some websites that are really useful and make shopping and cooking easier. All of these have newsletters that keep you updated. Here they are. As with any of the recommendations in this handout, use your head. All of these sites have their obligatory FDA disclaimers and individuals have their own unique experiences. Please send me feedback that I could include in this handout to make it more useful for students.

~~El~~\_\_\_\_\_ - <https://elanaspantry.com/diets/keto/>

~~Be~~\_\_\_\_\_ - <https://www.bakerita.com/>

~~N/b~~\_\_\_\_\_ - <http://www.nourishingmeals.com/>

~~K/d~~\_\_\_\_\_ - <https://ketodietapp.com/Blog/page/Start-Here>

~~D/d~~\_\_\_\_\_ - <https://www.ditchthecarbs.com/>

~~Di~~\_\_\_\_\_ - <https://www.dietdoctor.com/>