

“Additional Information and Links to Metabolic Therapy”

Compiled by Professor Thomas N. Seyfried

This kit contains information for those interested in using “Ketogenic Metabolic Therapy” for managing cancer. Some level of scientific literacy is essential for survival from cancer.

The following nutritionists have a service for helping cancer patients implement the ketogenic diet. These nutritionists have in depth knowledge on how to implement the KD for cancer management.

Miriam Kalamian, EdM, MS,CNS ((mkalamian@gmail.com). Miriam also has a new eBook entitled, “*Keto for Cancer*” The book is strongly recommended for those cancer patients who need help with ketogenic diet implementation and can be obtained from the following web site:(dietarytherapies.com). Miriam also presents important information on KD implementation in a recent YouTube radio show (<http://www.youtube.com/watch?v=kE7gu0E5BpU>).

Beth Zupec-Kania (ketogeticseminars@wi.rr.com). Beth directs the Charlie Foundation, which focuses on the use of the ketogenic diet for epilepsy, and other diseases including cancer.

Patricia Daly has also prepared an eBook to help cancer patients implement the ketogenic diet. (<https://www.facebook.com/Nutritionchoices.ie>)

Ketogenic Diet product from Medica Nutrition. This is the product we use in our preclinical research. www.medica-nutrition.com

Remission Nutrition

1. **Remission Nutrition** (www.remissionnutrition.com) provides oncology nutrition consulting worldwide for the prevention and management of cancer using metabolic dietary therapies. info@remissionnutrition.com or call 720-295-1759.
2. The **Oncology Nutrition Institute’s** (www.oncologynutritioninstitute.com) flagship 250 hour Oncology Nutrition Consulting certification program trains medical and health professionals in metabolic dietary therapies.

The Keto Mojo Blood Glucose Ketone Meter can be obtained from **Amazon.com** for about \$60.00.

Link for purchasing reasonably priced blood ketone strips:

<http://www.universaldrugstore.com/medications/Precision+Xtra+Ketones+Test+Strips>

Lily Chien-Davis describes GKI Index for cancer management through **Heads-Up-Health**
<https://www.headsuphealth.com/blog/stories-of-transformation/cancer-diet-keto/>

Hyperbaric Oxygen Therapy used with the KD-R. We think the combination of HBO₂T with the KD-R can be effective in managing many metastatic cancers (see attached paper). We think at least 5 sessions/wk for 90 min/session for at least 30 days should be effective. The pressure inside the chamber should be between 1.3-2.5 atmospheres. Therapeutic efficacy for HBO₂T is best when the body is in a state of ketosis (blood ketone levels between 2-6 mM based on Medisense meter). Each person will need to work with their health care provider to determine the time of day when they are in maximum ketosis. It is always best to check with Dr. Dominic D'Agostino before considering HBOT for cancer management (ddagosti@health.usf.edu).

Hyperbaric chambers for home use can be purchased from the following company:
<http://www.hyperbaric-dives.com/>

See Ted Talk from Dr. Dominic D'Agostino
<http://www.youtube.com/watch?v=3fM9o72ykww>

Medica Nutrition, has a new ketogenic diet food product, KetoGen 4:1.
<https://medica-nutrition.com/ketogen-4-1/>

The following physicians and clinics are familiar with cancer metabolic therapy and might help cancer patients implement the therapy.

Alicia Halikas-Hickson who is very knowledgeable in treating cancer patients with metabolic therapy (LifeSpan Integrative Clinic? <https://www.lifespan-clinic.com/>)
(alicia.a.halikas@gmail.com).

Dr. George Yu, George Washington Univ, Washington, DC (george.yu8@gmail.com)
TotallyYu.com under Caloric restriction and Cancer.

Dr. Simon Yu, St. Louis, MO (simonyumd@gmail.com)

Dr. Kara Fitzgerald, Hartford, CT (kf@drkarafitzgerald.com).

Dr. Neal Speight, North Carolina (nespeight@gmail.com).

Dr. Gary Fettke , Tasmania, AUSTRALIA, (gfettke@tassie.net.au).

Dr. Janak Nathan, India (janak.nathan@gmail.com).

Dr. Scott Sherr, Hyperbaric oxygen therapy New York and San Francisco
(drsherr@integrativehbot.com).

Dr. Alan Sherr, Hyperbaric oxygen therapy (alan@hyperbaricamerica.com)

Dr. Annett Bosworth, dr.bosworth@meaningfulmedicine.org

Patrice Surley, MH, NC, Nutrition Consultant · January 3, 2009 to present · Lago Vista, Texas
<http://www.patricesurley.com>
(435) 881-5836; <https://www.facebook.com/profile.php?id=100013123448263>

Drs. Casba Toth & Zsófia Clemens, Paleolithic Keto for cancer control (Budapest, Hungary
(clemenszsofia@gmail.com).

Dr. Akbar Khan (Toronto, CA) <http://medicorcancer.com/> (akhan@medicorcancer.com)

Dr. Dawn Lamanne, Board-Certified Medical Oncologist
Founder, Oregon Integrative Oncology (doctor@oregonio.com)

Dr. Axel Pflueger, NYC, (apflueger@tmediq.com)

Dr. Abdul Slocum, Istanbul Turkey (abdulkadirsl@gmail.com).

Dr. Athanasios Evangelidou, Greece (aeevange@auth.gr).

Dr. Fabiano Serfaty, Brazil (fmserfaty@gmail.com).

Dr. Donese Worden, Arizona (info@drworden.com).

Dr. Jean Pierre Spinosa, Switzerland (spinosa@deckpoint.ch).

Dr, Tomas Duraj, Madrid, Spain (tom.duraj.ce@ceindo.ceu.es),

<http://www.neovitalitas.com/contact-en.htm>

Dr. Ahmed Elsakka, Alexandria, Egypt (ahmedelsakka40@yahoo.com)

Isabella Cooper, London, UK (isabella@bellamitochondria.co).

Heidi Pfeifer, Ketogenic diet therapy, Boston Children's Hospital, (heidipfeiferrd@gmail.com).

YouTube Videos, web comments, and news articles

The following YouTube videos describe information on food preparation for a ketogenic diet in children with epilepsy.

www.mushealth.com/video/default.aspx?videoid=10511

[Brain Cancer; Healing with a Ketogenic Diet \(Kelli O'Brien\) | Cancer ...](http://cancercompassalternateroute.com/testimonials-2/brain-cancer-healing-with-a-ketogenic-diet/)

<http://cancercompassalternateroute.com/testimonials-2/brain-cancer-healing-with-a-ketogenic-diet/>

<http://eatandbeatcancer.wordpress.com/2013/02/03/anti-cancer-strategies-fats-and-fasting-a-revolutionary-weapon-for-an-aggressive-enemy/>

<http://www.examiner.com/article/woman-battles-deadly-brain-cancer-without-chemo-using-low-carb-ketogenic-diet>

<http://www.cbn.com/cbnnews/healthscience/2012/december/starving-cancer-ketogenic-diet-a-key-to-recovery/>

Journalist Anne Mullens discusses ketogenic diet therapy for glioblastoma in Diet Dr.

Comments from Dr. Lorraine Day MD (surgeon)

<https://www.dietdoctor.com/low-carb/keto/brain-cancer>

The following YouTube video illustrates the influence of diet & life style change on aggressive brain cancer in Megan Sherow. There is much to learn form this video. (https://www.youtube.com/watch?v=qxZA_gbyONA)

Andrew Scarborough describing how he is managing his glioma using the KD.

<http://zerocarben.com/2015/05/31/healing-brain-cancer-with-a-zero-carb-ketogenic-diet-by-andrew-scarborough/>

Pablo Kelly manages his GBM with metabolic therapy using ketogenic diet.

(<http://www.childhoodcancer2018.org.uk/speakers/pablo-kelly.asp>)

<https://youtu.be/dB5Mc9E9ifI>

Great videos about beating cancer with Fasting and Ketogenic Diet #cancerismetabolic #ketogenicdiet #lakanto #cancersurvivor;

Guy Tenenbaum beats advanced prostate cancer using metabolic therapy alone (https://youtu.be/Nv0Lt67_h9I).

Damien Blenkinsopp Enters the Metabolic Zone!

<https://thequantifiedbody.net/5-day-water-fast-results/>

Dr. James McCarter speaks on his experience with therapeutic ketosis:

<https://vimeo.com/147795263>

Dr. Mel Schottenstein of An Oasis of Healing discusses how metabolic therapy helps with one's cancer treatment plan. <http://www.naturalaz.com/ARIZ/August-2017/A-Modern-Metabolic-Interpretation-of-Cancer/>

People should also listen to the “Joe Tippens story” where he uses fenbendazole to manage his advanced lung cancer. (<https://youtu.be/-WxiPf-NEDk>)

[Joe Tippens Cures Terminal Cancer with Pet Medicine ...](#)

The following film describes why so little progress has been made in cancer management. All cancer patients, especially brain cancer patients, need to know this information.

<https://vimeo.com/119006145>

Excellent Books on the conceptual and practical application of metabolic therapy for cancer:

1. Travis Christofferson, “Tripping over the Truth: The Metabolic Theory of Cancer”, 2014, CreateSpace Independent Publishing.
2. Jack C. Westman, “The Cancer Solution: Taking Charge of Your Life with Cancer”, 2015, Archway Publishing.
3. Dr. Annette Bosworth, Any Way You Can: A beginners guide to ketones for life, MeTone Life, LLC, Sioux Falls, SD.
4. Miriam Kalamian, “Keto For Cancer”.
5. Susan Wadia-Ells, “Busting Breast Cancer.”

Information from Dr. Seyfried can also be found on twitter

Dr. Seyfried Facebook page:

This Facebook page contains information on Dr. Seyfried’s book and some of his lectures and interviews on cancer as a metabolic disease.

<https://www.facebook.com/CancerIsAMetabolicDisease>

[Cancer as a Metabolic Disease | Facebook](https://www.facebook.com/CancerIsAMetabolicDisease)

Seyfried videos & podcasts on the origin, management, and prevention of cancer

1. Dr. Berg

<https://www.youtube.com/watch?v=IylTpUxbdBI>

2. Silicon Valley presentation:

https://www.youtube.com/watch?v=APwnkpD_BfI

3. Cognitum TV interviews

A. Origin and Management of Cancer

<https://youtu.be/QTbUkYa3isM>

4. Guy Tenenbaum manages his advanced prostate cancer using metabolic therapy,

<https://www.youtube.com/watch?v=wiGVsUtCZwI>

You can contact Mr. Tenenbaum (guytenenbaum@gmail.com).

Down Under Video, On the Origin of Cancer as a Metabolic Disease.
(<https://youtu.be/06e-PwhmSq8>).

Seyfried Podcasts on Cancer

1. Perlmutter

<http://www.drperlmutter.com/the-empowering-neurologist-david-perlmutter-md-and-dr-thomas-seyfried/>

2. Commonwealth Club of San Francisco

<https://www.commonwealthclub.org/events/2018-06-20/dr-thomas-seyfried-healthy-cancer-treatment>

3. Peter Attia podcast

<https://peterattiamd.com/tomseyfried/>

4. Dr. Seyfried on cancer in dogs.

(<https://www.facebook.com/PlanetPaws.ca/videos/749279488573803/>)

5. Finding Genius podcast (<https://youtu.be/cNvt8L3SINI>).

Our research on cancer metabolic therapies can be helped by donations to the following foundations.

1. Foundation For Metabolic Cancer Therapies. Travis Christofferson established this 501(c)(3) foundation to support research on novel approaches to cancer management using non-toxic metabolic therapies (<http://www.foundationformetabolicscancertherapies.com/>). His book, “Tripping over the Truth: The Metabolic Theory of Cancer”, is also recommended reading. Travis’ Foundation and book can change the paradigm by which all cancers are treated. Please consider donating to his foundation (Thomas Seyfried).

2. The George Yu Foundation. Dr. George Yu has established a 501(c)(3) foundation to support the research of Dr. T. N. Seyfried. Those interested in donating to Dr. Yu’s foundation can contact him (george.yu8@gmail.com).