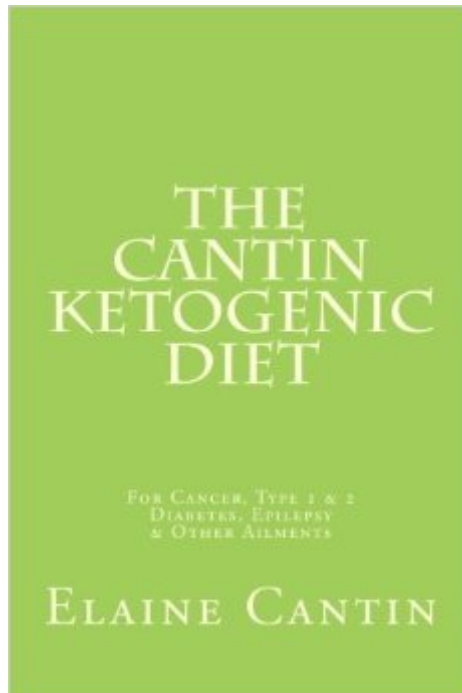


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# The Cantin Ketogenic Diet: For Cancer, Type 1 & 2 Diabetes, Epilepsy & Other Ailments



## Synopsis

This book is about my son's journey with type I diabetes and my own journey with aggressive breast cancer. It is about how I linked type I diabetes with epilepsy and how this helped me link cancer with epilepsy as well. I modified the traditional ketogenic diet used at Johns Hopkins Medical Center to treat epilepsy. I then used my own version of the diet to make my breast cancer tumor disappear in about two weeks. It is also about using my modified ketogenic diet for my son who is a type I diabetic, and him being able to eat without needing any insulin and without doing any calorie restrictions. This is my diet of hope -along with the research that comes from my heart- that I am sharing with you. "Let food be thy medicine and medicine be thy food." ~Hippocrates

## Book Information

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## Customer Reviews

"Let food be thy medicine and medicine be thy food" and that is exactly what Elaine Cantin describes in this book. Elaine describes a personal journey about developing and testing a modified ketogenic diet for cancer treatment. She developed guidelines for a healthy and palatable ketogenic diet that has remarkable healing properties. This book is a helpful resource for anyone interested in using a healthier version of a ketogenic diet for cancer prevention/treatment, epilepsy and neurological disorders associated with impaired brain metabolism (e.g. Alzheimer's disease). Elaine has identified many potential food allergens (dairy, soy, gluten) and designed a diet that eliminates these foods. I highly recommend this book. I also recommend "Cancer as a Metabolic Disease" by Professor Thomas

Seyfried..<http://www..com/Cancer-Metabolic-Disease-Management-Prevention/dp/0470584920>and  
"Alzheimer's disease; What if there was a cure?" by Dr. Mary  
Newport..[http://www..com/Alzheimers-Disease-What-There-Cure/dp/1591202930/ref=pd\\_sim\\_b\\_3](http://www..com/Alzheimers-Disease-What-There-Cure/dp/1591202930/ref=pd_sim_b_3)

my only wish is that she had been more specific in her amounts. There is so much to try to grasp and when you have a death sentence on your head, you don't have a lot of time for research and trying to figure out grams carb amounts. i have visited several websites looking for specific amounts and they all bark back grams. i must be an old redneck... i just want to know how many almonds or olives. other than that minor irritation, i'm very grateful for her mountain of research and positive response to inquiry. i joined her facebook group and she immed. sent me more websites where i could inquire. This book could save my life and that is saying alot.

When cancer survivor and ketogenic diet health proponent Elaine Cantin received the devastating diagnosis that she had breast cancer, her doctors wanted to put her on an aggressive treatment of chemotherapy to deal with it. But this didn't sound good to her at all after watching many of her own family members go down this same road with little success. When her tumor continued to grow in size, Elaine's doctors insisted on emergency surgery and radiation treatments. But she had been already been learning about the ketogenic diet for epilepsy and began implementing her own modified version of this nutritional plan. Within weeks, her tumor shrunk and shrunk until it completely disappeared. Her oncologist was stunned and declared her cancer-free. After seeing the tremendous success her ketogenic diet had curing her breast cancer, Elaine decided to start using her diet on her son with Type 1 diabetes to see if they could reduce his dependence on insulin. When he sticks with the diet, his blood sugars remain stable without the need for taking insulin. Elaine has documented all of the information she has learned about her version of the ketogenic diet in this book *The Cantin Ketogenic Diet: For Cancer, Type I Diabetes & Other Ailments*. Here's just a bit of what you'll find in this book about Elaine's ketogenic diet plan:- Her son was diagnosed with Type 1 diabetes and hospitalized- He experienced having a lot of ketones while he was sick- This enabled him to come off insulin for a few days- Starvation actually produced an adequate amount of ketones- You can replace starvation ketones with a ketogenic diet- Her ketogenic diet is optimized for health removing toxins- She's trying to make the body more alkaline- It's a clean diet that can also be vegan-friendly- She uses healthy fats like coconut oil and olive oil- There's no dairy or red meat in her diet- Addition of herbs and spices and removal of allergens- This gave her the most chances to survive- Her exposure to the Atkins diet and other ketogenic books- She read John

Freeman's "Ketogenic Diets" book- "First Do No Harm" movie started her education- She manipulated what she learned to make this work for her- What it means to be alkaline and why it's important- When you are more alkaline, you have more oxygen in your body- She's learned a lot from Dr. Thomas Seyfried- Dr. Seyfried's "Cancer as a Metabolic Disease" book influenced her- If you need to restrict calories, you need to remove toxins- Usually what you crave the most is what is harming you- Many people think ketogenic diets are only about weight loss- But there are many health improvements seen with ketosis- The three basic ketone body types and the amount in the body- Health benefits of being in a ketogenic state- Ketones strengthen your body and improves your brain health- "Life Without Bread" notes that you don't need carbs- Why calorie-restriction is unnecessary with ketogenic diet- If you have an intolerance to dairy, you'll feel it- But if you lower it, then the side effects don't manifest- She removes the major allergens to get rid of the problem- No aluminum, fluoride or processed foods in her diet at all- You can eat more of the foods that won't be harmful to you- If you have to limit something, it's got harm you- Ketogenic diets have been described as "fed starvation"- You can feed your body and still starve the cancer- The hundreds of autoimmune issues her diet is good for- Dr. William Coley used "immunotherapy" to give fever for healing- People with multiple sclerosis are using ketogenic diets now- ALS, Parkinson's, Alzheimer's and other brain diseases too- We will see more and more conditions looked at for this- She raised urine ketones by cutting carbs in her diet- What kind of response she's seen from her ketogenic diet- A lot of people think fruit is natural and good for them- Fruit is sugar and sugar fuels cancer cells- Fructose can be a major allergen for a lot of people- People are fed up with conventional treatments for cancer- The woman who's lung cancer tumor is shrinking- How her Type 1 diabetic son is doing on ketogenic diet- There's "pressure" on him as a teenager making this a "pain"- She did test her diet on her son and he didn't need insulin- His mood improved when he was doing this diet- It's been two years since she's been in remission from cancer- She never did any chemo or radiation...just ketogenic diet- She was told her cancer was aggressive and needed chemo- They scared her into thinking it would move into her bones- Her doctor says she is in complete remission from cancer- She feels fine these days despite bucking convention

This is a great book. I use it as a guide on how to feed my husband who has cancer. His oncologist doesn't care one way or the other if the patient is on a ketogenic diet or not, but I certainly do, and the diet is good for the whole family. It's pretty hard to plan a meal without sugar, especially HFCS, or carbohydrates, but it can be done, and this book is very helpful. Although we supposedly have a good oncologist, he and his staff are totally dependent upon various products from big pharma that

will bankrupt us to pay for. We pay a huge amount monthly for a really good insurance plan that includes a drug plan, but the drug plan also considers the cost of cancer drugs outrageous and won't help us out much. When a person is sick and dying of cancer, holding them hostage to pay for drugs that don't even work that well, is totally inhumane. There is a TV show about Greed. Boy do I ever have a nomination for them!! I have always believed in alternative and complimentary medicine. It is relatively cheap, can't be created by man, and can't be patented. Therefore, no president of any drug company can make seven or eight figure salaries for what our good Lord gave us to use sensibly for free. We just have to use our brains to figure it out and learn from what has gone before. Cancer will never be cured. There are too many millions of people whose jobs depend on sick people, especially cancer victims. Also, there are millions of people employed in making products that actually cause cancer.

My wife was diagnosed with Acenic Cell Carcinoma. She started the Cantin Ketogenic Diet and her tumor shrank. She had her surgery as scheduled, but we believe that if we had delayed the surgery another week, the tumor would have disappeared altogether.

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