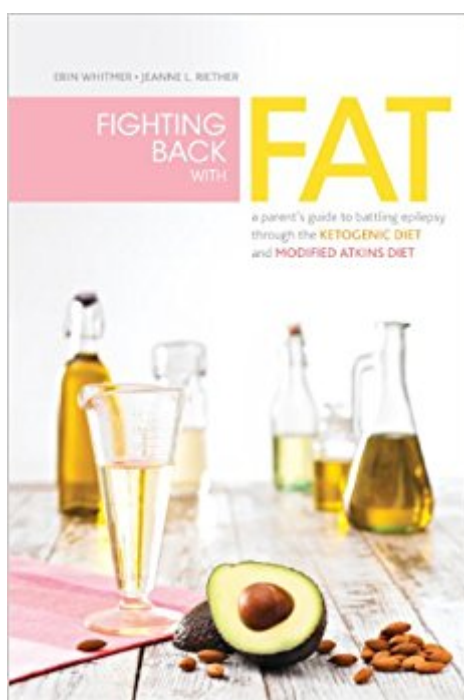


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# Fighting Back With Fat: A Guide To Battling Epilepsy Through The Ketogenic Diet And Modified Atkins Diet



## Synopsis

Written by two mothers who have children on the Ketogenic diet, *Fighting Back with Fat* provides essential information to educate parents on the diets, as well as gives advice to parents to navigate the emotional minefields that often come with attempting these diets. Common stress factors such as fear of failure, hyperresponsibility, dealing effectively with a child's non-compliance, and educating non-supportive relatives, friends and peers, are all addressed in heart-to-heart frankness from mothers who have covered the territory personally. The authors include first-person accounts of the successes and trails of other families as well as a rare glimpse of what kids think of the diets, in their own words. The book closes with the KetoCalculator 101, with tips and advice from the Charlie Foundation's Beth Zupec-Kania, RD, CD, the Keto Calculator's creator and a recipe section offering simple, delicious recipes organized by age group, each with "Keto Bites," fun food facts or practical advice that correspond to each recipe. "

## Book Information

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## Customer Reviews

"Beyond being an invaluable resource for understanding and implementing diet therapies for epilepsy, *Fighting Back with Fat* helps you recognize that you're part of a community—a large, and caring, and supportive community. I literally got a lump in my throat remembering back to the mid-'90s when Charlie was on the Ketogenic diet and imagining how much clearer things would have been, and less isolated we would have felt, if my family had this information and support."—Jim Abrahams, Charlie's Dad, Director, The Charlie Foundation to Help Cure Pediatric Epilepsy

"Fighting Back with Fat should be required reading for everyone involved with the Ketogenic or Modified Atkins Diet. Whether you are a family who is considering the diet, are currently on the diet, or even neurologists administering the diet, this is everything you need to know about what it is really like, from parents who have been there. This labor of love is truly outstanding!"-Gerry Harris, The Carson Harris Foundation " Through this book, keto moms Erin Whitmer and Jeanne Riether become keto coaches who are leveling the battleground for those who fight for seizure-freedom. You will be encouraged and empowered with information, testimonials, and yes, even recipes. Fighting Back with Fat invites you to put on the boxing gloves in the kitchen to win the battle over seizures."-Paulette George, Author of Good Morning, Beautiful: Winning the Battle Over Seizures "Every keto diet team should read this and see the diet from a caregiver's eyes. Terrific insight into what families face when they embark on this journey. Every team all over the world, and every keto family, should read this very carefully."-Dr. Janak Nathan, Epilepsy and Keto Medical Research Trust, Mumbai, India "Fighting Back with Fat is honest, compelling, and all-encompassing. It is exceptionally written by some of the best experts in dietary therapy for epilepsy, the 'keto parents' themselves, who offer unique perspectives and real-life accounts. This is a must read for anyone considering a diet for the treatment of epilepsy." -Christina Saninocencio, Founder and President, LGS Foundation "If you or a loved one is battling epilepsy, you need to be armed with every weapon possible. Adding Fighting Back with Fat to your arsenal will bring you answers to many of your questions about the Ketogenic diet and the Modified Atkins Diet from people on the front line. Who is better to answer those questions than the ones who have tried the diets and developed strategies to make them work well?"-Debra Josephs, Executive Director, Anita Kaufmann Foundation "The clarity, passion, wit, and determination that Erin Whitmer and Jeanne Riether bring to Fighting Back with Fat delivers a book for mothers of children with epilepsy that is full of information, knowledge, and no small gift to us-support! I am so impressed and grateful."-Susan R. Shreve, Founder of the MFA Program, George Mason University, and Novelist "It is frightening when you first witness your child have a seizure, I know that when I first saw Matthew have a seizure I thought he was going to die. When the doctor gives you a drug and says 'that will stop the seizures' you then relax a little.... until it doesn't work, and the next doesn't work and so on..... Complex or uncontrolled drug resistant epilepsy is not just frightening it is terrifying. You need as much help and support as you can get in order to have the best chance for your child and your family... --Jim Abrahams, Charlie's Dad, Director, The Charlie Foundation to Help Cure Pediatric Epilepsy

Jeanne L. Riether lives in China and co-founded and directs the Healing Young Hearts Project ([healingyounghearts.org](http://healingyounghearts.org)) to help young children build resilience in this challenging world. With little support, she started her teenage son, Jordan, on the Modified Atkins Diet. He is now seizure and medication free. Erin Whitmer has an MFA in creative writing and has contributed to National Geographic Kids magazine. She lives outside of Richmond, Virginia, with her husband and two sons. Her son, Noah, was on the Ketogenic diet for two years and is now medication free, diet free, and seizure free.

My son has been on the Low-Glycemic Index Treatment (LGIT) keto diet for about 7 weeks now, and I stumbled upon this book through the Charlie Foundation website. I am nearly 3/4 of the way through the book, and I can already attest that it is a MUST READ!! It is extremely well written, with tons of information and considerations for parents embarking on this journey. I felt like I was pretty well informed, and, being an organized person, thought I had covered most everything. There are several considerations I completely missed...and would have had to learn the "hard way" had I not read this book. I love that, in addition to the straight talk, there are personal stories, perspective stories, and that this is written by two moms who have fought in the trenches in the battle against seizures. I cannot recommend this book enough! If there were 10 stars...I would give all of them! Thank you SO MUCH Erin & Jeanne for creating such a valuable resource for all us parents who have been somewhat blindly struggling through this. Now we have more reinforcements and are better equipped!

This book packs a wallop on many levels, not the least of which is the sheer grit of these two mothers. Not only have they fought the learning curve of understanding and implementing the ketogenic diet along with all the other psychological, emotional, and logistical issues of running families in which a child has seizures, but they also had the heart, compassion, and skill to pull together this book to benefit all the other families struggling with the same issues. They searched, they studied, they tested, they experienced ups and downs, they tried again, they learned, and ultimately they have compiled an impressive array of facts, recipes, tips, and resources that anyone can dig into and take what is most useful to their specific situation. **FIGHTING BACK WITH FAT** is extremely well written and well organized. It's easy to read from start to finish or, if it makes the most sense for you, use the table of contents or index to find relevant information. Important tips are highlighted in boxes, and all the content is broken up into easy-to-digest sections. Another aspect that I found impressive was the holistic approach in recognizing that every family is dealing with

fear, exhaustion, anxiety, guilt, and a wide range of insecurities that can affect their success in using the diet successfully or coping with the situation they find themselves in. By addressing these head-on, the authors have given readers the assurance that they're not alone and are, in fact, part of a wider support community. This is also accomplished by incorporating other families' stories and lots of quotes from those who've "been there, done that."The book is based on solid medical, neuro-chemical, and nutritional research and endorsed by medical professionals at Johns Hopkins Hospital.And last, but not least, in writing this book, Erin Whitmer and Jeanne Riether have given voice to the caretakers of epileptic children throughout the world and, in so doing, have given medical practitioners and researchers critical feedback on what works and doesn't work in real life. It is an important contribution to what is known and understood about diet in treating epilepsy, and it deserves a widespread audience among those who can most benefit.

Great book for those of us that are in the trenches implementing the diet daily and also great for friends, extended family, dietitians and doctors to get real insight to what its like. I have a now 18 month old who has been on the diet after being diagnosed at 5 months of age with intractable epilepsy. As a working mom my free time is limited but this book has lots to offer. I found some great time saving tricks and also found emotional validation within the pages of this book. Thank you to the author.

Fighting Back with FatMy daughter has been on the Modified Atkins Diet for seizures for 2 years. Though not seizure free yet, MAD has helped her so much. One of the authors of this great book has led a support group for the MAD diet during much of the time my daughter has been on it, and getting her tips was so helpful on our journey. This, I was so excited to see her book come out. Even though we have been on the diet for a while, from this book I learned manhy new things about the different types of diet therapies, tips for making the diets easier to follow, and was encouraged to keep persevering by stories of individuals on the diets. I recommend this book for anyone who struggles or has a loved with who struggles with uncontrolled seizures and to those who have suffered numerous side effects from anticonvulsants. Read the book and give diet therapy a try.

this book is amazing. I highly recommend it for parents considering a diet. I bought this book while we were deciding to start and it really eased my mind but also made me feel like we could do the diet - the family stories are the best.

This book is an excellent source. I wish it had been available when we were making the decision to put my son on the Ketogenic diet. The authors covers areas such as the day to day struggles--things only parents who have lived through it are able to share. A must have for any parent with a child on the ketogenic diet!

This is a great book for any parent facing the task of changing an entire lifestyle to chase a seizure free life for one's child. I like how practical it is and how real it is - I found comfort knowing the fears and challenges ahead of time. This book was the list of resources I was given from the dietician at Mayo Clinic (and it was a very short list). Well done!!

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For Beginners, Ketogenic Diet Meal Plan, Ketogenic Diet Mistakes, Low Carb Diet) Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss( LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic ATKINS: The Ultimate ATKINS Diet Recipes!: Atkins Diet: Top Atkins Diet Recipes for Beginners Ketogenic: 6-in-1 Ketogenic Diet Box Set: Lose Weight Till Spring With 110 Ketogenic Recipes: (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet, Beginners Guide) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Ketosis: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) Atkins Diet: Ultimate Atkins Diet Recipe Cookbook (Atkins Diet, Ketogenic Diet, Weight Loss)

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