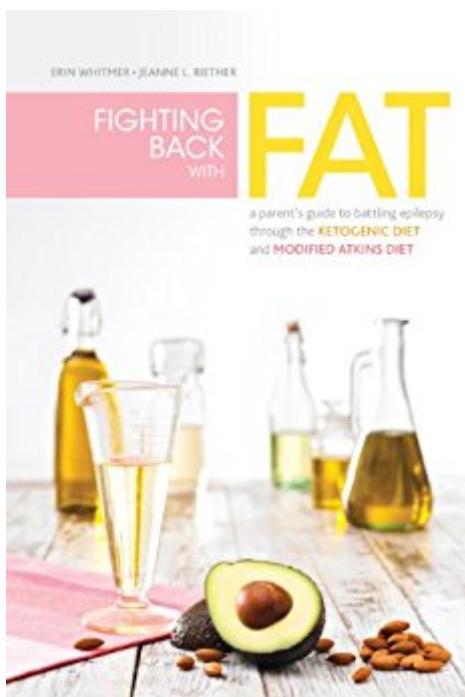


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# Fighting Back With Fat: A Guide To Battling Epilepsy Through The Ketogenic Diet And Modified Atkins Diet: 1



## **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 trials 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**

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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