



Conquer Cancer with Keto



Alison's 28 Day DIY Program

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will keto be the “Standard Of Care” for cancer in the future?

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I have been in the practice of internal medicine for over 30 years. In all that time I never took anyone off their insulin or rarely reduced their medications unless they had gastric bypass surgery or something as drastic.

After implementing the ketogenic diet for the past year I daily am seeing patients come off insulin and reverse their diabetes, correct their hypertension, feel great, reduce inflammation and chronic pain, improve cognitive scores, correct their dyslipidemia, and improve athletic performance.

As with most other physicians my nutritional education was poor and I considered it irrelevant. Today, the low carb approach is by far the biggest tool in my toolbox. So I read with disappointment the Viewpoint by Joshi et.al., replaying the old yarn about the "dangers" of the ketogenic diet and lack of evidence. Actually, though not yet mainstream the ketogenic diet has been extensively studied since its development at Mayo in 1921.

Over 30 head to head trials confirm that keto is the king of weight loss diets and that nutritional ketosis (not to be confused with DKA) is a natural physiological condition that not only helps fuel the brain, heart, muscle and gut but current research is exploding with evidence that ketones are also signaling molecules that turn on many biologically beneficial pathways that reduce inflammation, lower seizure activity, promote glycogen sparing, increase athletic performance and especially lower insulin resistance and can even reduce or eliminate the need for diabetes medications. There are currently over 30 clinical trials ongoing looking at the ketogenic diet and cancer therapy for its profound metabolic effects.

There have been far more studies on the ketogenic diet than either vegetarian, DASH, or the Mediterranean diet. In the words of Duke University researcher Eric Westman "If Keto were a drug it would already have FDA approval." There is no drug that can do what the low carb diet can. There are many medical interventions that we clinicians in the trenches do based solely on what we are told in the literature based on p-values and confidence intervals based on massive population studies; we take it on faith and clinical practice guidelines. Not so with keto.

The evidence is so remarkable and patients get better literally right before our eyes. I have had patients that I diagnosed with diabetes over 15 years ago and gradually ramped up their medications including > 100 units of insulin and within 2-3 months most are off insulin and their other meds as well. What drug can do that?

In the words of Elliot Joslin (founder of Harvard's Joslin Diabetes Center) before the advent of insulin, the evidence for the low carbohydrate treatment of diabetes is so obvious that "no clinical trials are needed." My experience with hundreds of real patients – patients I have diagnosed and treated for 15, 20 or even 30 years just watching them get sicker and fatter and within months seeing their health rebound and diabetes resolve is hard to ignore. I only hope the medical establishment will catch up to what is being rapidly discovered here "in the trenches."

But don't take my word for it. For those interested in the massive amount of evidence for the ketogenic diet I would encourage the Ketogenic Nutrition Course by the ANA (American Nutrition Association) for starters. My own conclusion after doing a deep dive on this over the past year is that this will be standard of care in 10 years. In 30 years, we will look back on the decision to take fat out of our diet as the biggest public health mistake we ever made.

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