

Add red meat

THE VEGETARIAN KETOGENIC DIET

The Ketogenic diet is designed to reduce the capacity of cancer or malignant cells to produce energy and thus induce either death of the cancer or reduce the rate of progression. It is a strict low carbohydrate, low calorie, moderate protein and high natural oil diet.

A ketogenic diet implements a ratio of 4:1 fat to protein and carbohydrates. However, many people can reach ketosis when their carbohydrates are limited to less than 50g per day, and others at around 20-30g, especially in cases of working with cancer.

What are Ketones?

Ketones are energy sources produced by our liver that can freely cross our blood brain barrier to provide a source of energy for our neurons for our brain. These ketones replace glucose when it is not available, such as during fasting, during the winter months in traditional societies, and all the time in hunter-gatherer societies like the Inuit Eskimos or Maasai tribesmen, who consume very little carbohydrates.

Ketones can be measured with urine ketostix available from most pharmacies. Another useful tool is to install a phone app like "mynetdiary" or 'fitnesspal' which allows you to track your daily nutrient intake and monitor net carbohydrates. I also really like another app called ketodietapp available on the apple store.

How can it help with Cancer Treatment?

This type of diet can decrease the available glucose to tumour cells. It is proposed that cancer cells rely on glucose for energy, so by limiting this you may help to starve cancer cells.

Other evidence shows that this diet works because of defective mitochondrial function. Mitochondria can make energy from proteins and fats, this leaves cancer cells reliant on glycolysis, or the breakdown of sugar for energy. Cancer cells use glycolysis for energy. A ketogenic diet allows the body to rely on the mitochondria for energy.

Cancer cells use signalling hormones to tell them to grow and survive. They have receptors on them, like the insulin growth factor (IGF-1R). IGF can bind to this, as does insulin, which is secreted into the bloodstream in response to carbohydrate consumption. This activates several pathways that increase cancer growth and survival.

Finally, several of the pathways listed above can decrease chemotherapy and radiation sensitivity of cancer cells, or in other words, make cells more resistant to these treatments. There are the same pathways that can be induced by intermittent fasting, to turn on autophagy. Activation of the insulin receptor and several pathways downstream within cancer cells allows them to more readily fix damage from chemotherapy and radiation. However, keep in mind that radiation therapy works mostly by interacting with the water molecules in and around cancer cells to create free radicals that attack the cancer cells, causing DNA damage. Restricting glucose through a ketogenic diet may take advantage of this inability to counter damage from free radicals, making radiation more effective. A study in mice has shown that radiation therapy efficacy is significantly increased in the face of a ketogenic diet when treating brain tumors.

A GOOD KETOGENIC DIET BALANCE is

70% oils and fats

20% protein

10% carbohydrates

Foods to avoid during the calorie restricted ketogenic diet:

It is important to avoid foods with sugar and a high artificial carbohydrate content. These include:

- CEREAL and CEREAL GRAINS
- Breads, cakes, biscuits, crackers, donuts, chips, pizza, rice, spaghetti, pasta, lasagne, muffins etc
- SUGAR including honey, agave, maple syrup, golden syrup, soft drinks, fruit juices, chocolate, lollies and similar
- VEGETABLES - Potatoes, sweet potato, pumpkin, peas, corn, beetroot, carrot, zucchini
- FRUIT – most fruit unless allowed on the list below

Foods to eat during the ketogenic diet:

Try to buy organic produce and grass-fed meats. Food to include:

- PROTEIN – organic eggs, ocean salmon, cold water fish, sardines.
- VEGETABLES – alfalfa sprouts, artichoke, asparagus, avocado, bamboo shoots, bean sprouts, broccoli, broccolini, brussels sprouts, bok choy, cabbage, capers, capsicum, cauliflower,

celery, chicory, cucumber, chives, dill pickles in vinegar, dandelion greens, eggplant, endive, fennel, garlic, green beans, kale, kohlrabi, lettuce, leeks, mushrooms, mustard greens, parsley, okra, radish, salad greens, sorrel, spinach, silverbeet, string beans, snow peas, squash, swiss chard, turnip, zucchini and watercress.

- BEANS – soya, kidney, haricot, split peas, butter beans, green beans, purple beans and others
- DAIRY PRODUCTS (if you are allowed – ask your practitioner) – cottage cheese, parmesan, feta, ricotta, edam, romano cheese, cream.
- NON-DAIRY – coconut cream, coconut oil, coconut butter
- FRUIT – lemon, lime, loquat and fresh strawberries, blueberries
- CONDIMENTS – stevia, erythritol, arrowroot, xanthum gum, sugar free tomato products, carob powder, cocoa powder, extra dark chocolate in moderation
- NUTS and SEEDS – small amounts – almonds, walnuts, pecans, sunflower seeds, pumpkin seeds, macadamia
- FATS and OILS – medium chain triglycerides, flaxseed oil, avocado and avocado oil, coconut oil, olive oil, fish oils, coconut butter, cacao butter, macadamia oil, hemp oil
- FLUIDS – filtered alkaline water, herbal tea, mineral water – flavour with a little lemon or lime juice.
- SPICES – vinegar, curry, bouillion, celtic or Himalayan salt, lemon juice, chilli, olives, mustard, pepper, onion powder, chives, turmeric, herb spices etc.
- ALCOHOL – dry red wine, dry white wine (in moderation)
- COFFEE – use coconut milk, raw milk (in moderation) or cream

Dietary suggestions:

Breakfast options:

- 2 poached eggs, 1/4 avocado with tomato, asparagus, broccolini or snow peas and baby spinach. I would try sautéing this with fresh garlic, onions and olive oil or ghee.
- Mushrooms cooked in olive oil, garlic and parsley, baby spinach, tomato
- 2 eggs, fried or scrambled in coconut oil with garlic, turmeric, cayenne or ginger – why not add some shitake mushrooms.
- 3 tablespoons of full fat cottage or ricotta cheese, mixed with a tablespoon of hemp seed oil and a few pumpkin and hemp seeds
- If drinking a herbal tea, add 1 tablespoon of a good oil like coconut or hemp oil
- Salmon steak with broccolini and asparagus. Use fresh lemon juice, garlic and ginger on your steak.

- Sardines (vital choice or fish 4 eva) with parsley, celery and tomato cooked in olive oil with onions.
- Tofu scrambled with garlic, onion, tomato, zucchini, broccoli, spinach, kale or mushrooms – sauté onion and garlic in olive oil – add your meat that vegetables and herbs
- Hemp Protein shake made with fresh or frozen berries, add some coconut cream or milk, stevia and almonds.
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Lunch options:

- Choice of protein source like salmon/sardines/eggs or another oily fish or seafood with 2 cups of 5 to 6 different salad vegetables - rocket, spinach, kale, lettuce, tomato, grated carrot, grated zucchini, small amount grated raw beetroot, avocado, cucumber, celery with a dressing e.g. equal parts of tamari/lemon juice/olive oil
- Avocado Protein Guacamole with Celery/Capsicum Sticks –
- 1 cup cauliflower, chopped and sauted in ghee or coconut oil, with turmeric, garlic,
- 1 handful of fresh leafy greens, with squeezed lemon

Dinner options:

- Stir fry with a protein source like prawns, oily fish, eggs with 2 cups of vegetables, almonds if desired
- Salmon steak with salad or vegetables – use ginger, tamari and celtic salt
- Zucchini rissoles – use egg to bind with lecithin granules
- Fresh prawns and salad
- Grilled calamari with lemon and pepper and salad
- 150 grams of grilled or pan fresh fish with green vegetables
- Shitake mushrooms, bok choy and almonds sauteed in coconut oil or ghee
- Broccoli or other brassica, brussel sprouts

Snacks (optional)

- 8-10 nuts almonds
- Chopped celery with parsley and tinned salmon
- Almond butter on celery
- Boiled egg
- Avocado and tomato wrapped in lettuce or cabbage leaves

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- Cheese, coconut cheese and olives
 - Cold baked chicken wings (low carb flavouring such as paprika)

Sample Recipes

Tomato Salad

A large handful of cherry tomatoes

½ small cucumber

2 sundried tomatoes

A handful of sprouts

Oregano or basil, to taste

Mix together and serve with apple cider vinegar and olive oil.

Almond Seaweed Noodle Salad

1 cup of arame or hijiki seaweed (soak in cold water to soften)

1 teaspoon of toasted sesame oil

1 tablespoon of tamari

A handful of almond flakes, raw or toasted

Invoice to:
 Louise Decelis
 Australia

Health.com.au

ANTA2778N

Patient:
 Louise Decelis

Appointment Date: 9 Aug 2018

Code	Item	Type	Unit Price	Quantity	Tax	Total Price
	Katrina - Consult Initial Cancer	Service	\$380.00	1		\$380.00
	Lipo C liquid 500ml Katrina Ellis	Product	\$65.46	2	GST	\$144.00
	Curcumin C3 Complex 100ml BioMedica	Product	\$52.73	3	GST	\$174.00
	Phyta D Spray 50ml BioMedica	Product	\$36.36	1	GST	\$40.00
	Hemp Oil Cru 25ml	Product	\$181.82	1	GST	\$200.00
	Hemp Oil Iso 25ml	Product	\$181.82	1	GST	\$200.00
	Genistein 30capsules	Product	\$40.91	4	GST	\$180.00
	Resveratrol 500mg 30 caps Solgar	Product	\$72.73	1	GST	\$80.00
	Bio-Gest 180 caps Thorne	Product	\$93.64	1	GST	\$103.00
	Colostrum California Gold	Product	\$46.36	1	GST	\$51.00
	CollagenUP 5000 205g California Gold Nutrition	Product	\$27.27	1	GST	\$30.00
	ThermoPhase Detox Essentials 532g	Product	\$85.46	1	GST	\$94.00
	GIT ImmunoBiotic 150g Orthoplex	Product	\$50.00	1	GST	\$55.00
	Organic Hemp Seed Oil 500ml	Product	\$41.82	1	GST	\$46.00
	Ribraxx 30 sachets BioMedica	Product	\$209.09	1	GST	\$230.00
	Zinc Picolinate 90's Dr Vera	Product	\$30.00	1	GST	\$33.00
	Liposomal Magnesium	Product	\$82.73	1	GST	\$91.00
	Ultrastream Water filter	Product	\$544.55	1	GST	\$599.00
	Test Oligo Scan	Product	\$140.91	1	GST	\$155.00
	Asea	Product	\$74.55	1	GST	\$82.00
	Credit card charges	Product	\$55.00	1	GST	\$60.50

Notes:

Tax	\$240.69
Total Amount	\$3,027.50
	\$0.00