

KETOGENIC DIET (Ketelaris method)

Introduction

Ketogenic diets have been used in mainstream medicine for many years, as a means of controlling severe epilepsy. A better understanding of the biology of cancer has opened the way for this radically effective dietary therapy to be applied to this problematic disease. Medical researcher Otto Warburg demonstrated decades ago that the essential difference between normal and malignant tissue lies not in the genes, but in the metabolic manner glucose is handled. Normal tissue can derive 28 energy molecules (ATP) from a single glucose molecule, when subject to aerobic glycolysis. Cancer cells have lost the ability to metabolise glucose using oxygen, instead using anaerobic glycolysis or fermentation to obtain energy. This is an inefficient process with only two energy molecules being produced per glucose. This difference is readily demonstrated using a PET scan. Radio-labelled glucose is administered and differentially accumulates at sites of cancer, because of the increased uptake of glucose by the cancer cell, to compensate for the fact the process is so inefficient.

When subject to starvation and glucose levels fall, the human generates ketone bodies from fat to allow the body to keep functioning. Warburg demonstrated that cancer cells are not able to make the transition to ketone metabolism, and if the process is continued long enough the cancer cells are reduced in vitality, lose their ability to grow and spread and if continued for long enough they may die altogether. It is well established scientifically that calorie restriction is a proven way of preventing disease and extending lifespan. The challenge for the therapist treating cancer is to produce a calorie restricted diet that contains an abundance of essential nutrients. It may be quite arduous to follow the diet, especially

in the first few days, but persistence is likely to be associated with the gift of life and health and so is worth adhering to.

Mental attitude

The connections between mental attitude and physical health are well established and a great deal of benefit can be derived from cultivating and strengthening these links. Of equal importance is the avoidance of negative energy. Medical practitioners are often guilty of this and so can be insincere well wishers. It is usually best to keep one's diagnosis and treatment to oneself and a few trusted individuals who are engaged in the healing journey. In the context of the ketogenic diet instead of focussing on feelings of hunger, place your awareness on the fact that the cancer is a lot “hungrier” than you are and is fading away. The mind can be used to image a bright white light filling the body on the in-breath and ridding it of unwanted effects on exhalation. The type of imagining is less important than the process of imagining, so feel free to experiment. Breathing is fundamental to life and is of immediate importance, but most of us give scarcely a thought to the activity. By combining an awareness of the breath with the mental imagining a much stronger effect is obtained. Conscious breathing can also assist in controlling anxiety and feelings of panic that may arise. Significant changes in brain activity as measured by EEG can be demonstrated in just three weeks of aware thought directing, so our thoughts can indeed shape your reality. Therefore, firstly observe your thoughts and recognise any concerns that may arise, then replace them with positive images of a well life, now well lived.

Like most things in life the more effort invested in a project the more likely a positive outcome. The ketogenic diet works best when coupled with periodic fasting, as this fast tracks the

body's transition from glucose to ketone energy by depleting stores of glycogen. For people unaccustomed to fasting it is best to start with one water day per week, then increase to two on the second or third week. Plan fast days to facilitate pleasant relaxing activities (music, art etc) while avoiding stressful situations.

Breakfast

One teaspoon (5gm) of calcium ascorbate dissolved in 30ml water

Grapefruit, one large or two small, freshly squeezed

Morning tea

Vegetable juice of carrot, beetroot, celery, fresh ginger 600ml

Four drops of potassium iodine

Lunch

Raw salad including two brazil nuts, green lettuce, cabbage or sauerkraut, celery, capsicum, spring onions, parsley, sprouts of all types, some grated carrot or beetroot, baby greens and any other non-carbohydrate vegetable. Pepitas or macadamia nuts can be added. Dressing is juice of one lemon, two cloves of garlic finely chopped and 30ml flax seed oil

Afternoon tea

Golden milk:- in a nutribullet or equivalent combine two heaped tablespoons of hulled hemp seed, a level teaspoon of quality turmeric powder, six black pepper corns, 20ml of flax seed oil and 200-300ml of water. Blend thoroughly

Late afternoon

Golden milk

Evening meal

Any neutral vegetable steamed, stir fried or curried

eg lightly steamed broccoli flowers with pepitas and black olives dressed with lemon juice, garlic and 30ml flax seed oil
eg mixed vegetable soup with lemon juice, garlic and flax seed oil added after cooking.

Consume at least 1.5-2.0 litres of pure water daily
During fast days freshly squeezed lemon juice can be added.
Enjoy at least 20 minutes sun exposure daily and find time to walk barefoot on a grass surface whenever possible to help “earth” the body. Becoming involved in small scale vegetable gardening, especially greens, is very worthwhile as freshly harvested greens are much more valuable than those commercially available.

Pureau 10 litre cask is a clean water without BPA plastic and a good choice if you don't possess a fluoride filter.

Flax seed oil is obtainable from Stoney Creek Oil 03-5463 2340

Order 12x280 ml cans. Mention you want the same as Dr K
Store the cans in the freezer, taking out one each week to be stored in the fridge.

The only supplement I strongly recommend is Juice Plus capsules. These are concentrated extracts of fruits, berries and vegetables freeze dried to preserve activity. They have been thoroughly studied and healing activity at the level of DNA demonstrated. The cost is \$120/month. Contact me if you wish to learn more.

If you have any questions contact:-
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