

Tripping Over the Truth Hardcover – 28 Mar 2017

by [Travis Christofferson](#)

A masterful synchronization of history and cutting-edge science shines new light on humanities darkest diagnosis.

In the wake of the Cancer Genome Atlas project's failure to provide a legible roadmap to a cure for cancer, science writer Travis Christofferson illuminates a promising blend of old and new perspectives on the disease. *The Prime Origin of Cancer* follows the story of cancer's proposed metabolic origin from the vaunted halls of the German scientific golden age to modern laboratories around the world. The reader is taken on a journey through time and science that results in an unlikely connecting of the dots with profound therapeutic implications.

Transporting us on a rich narrative of humanity's struggle to understand the cellular events that conspire to form malignancy, *The Prime Origin of Cancer* reads like a detective novel, full of twists and cover-ups, blind-alleys and striking moments of discovery by men and women with uncommon vision, grit, and fortitude. Ultimately, Christofferson arrives at a conclusion that challenges everything we thought we knew about the disease, suggesting the reason for the failed war against cancer stems from a flawed paradigm that categorizes cancer as an exclusively genetic disease.

For anyone affected by this terrifying disease and the physicians who struggle to treat it, this book provides a fresh and hopeful perspective. It explores the new and exciting non-toxic therapies born from the emerging metabolic theory of cancer. These therapies may one day prove to be a turning point in the struggle against our ancient enemy. We are shown how the metabolic theory redraws the battle map, directing researchers to approach cancer treatment from a different angle, framing it more like a gentle rehabilitation rather than all-out combat. In a sharp departure from the current targeted revolution occurring in cancer pharmaceuticals, the metabolic therapies highlighted have one striking feature that sets them apart: the potential to treat all types of cancer because they exploit the one weakness that is common to every cancer cell: dysfunctional metabolism.

With contributions from Thomas Seyfried, PhD, author of *Cancer as a Metabolic Disease*; Miriam Kalamian, EdM, MS, CNS, author of *The Ketogenic Diet for Cancer*; and Beth Zupiec Kania consultant nutritionist of The Charlie Foundation.

Keto for Cancer: Ketogenic Metabolic Therapy as a Targeted Nutritional Strategy

by [Miriam Kalamian](#) (Author), [Thomas N. Seyfried](#) (Foreword)

Although evidence supporting the benefits of ketogenic diet therapies continues to mount, there is little to guide those who wish to adopt this diet as a metabolic therapy for cancer. *Keto for Cancer* fills this need. Inspired by the work of Dr. Thomas N. Seyfried, PhD, nutritionist Miriam Kalamian has written the first book to lay out comprehensive guidelines

that specifically address the many challenges associated with cancer, and particularly the deep nutritional overhaul involved with the ketogenic diet.

Kalamian, a leading voice in the keto movement, is driven by passion from her own experience in using the ketogenic diet for her young son. Her book addresses the nuts and bolts of adopting the diet, from deciding whether keto is the right choice to developing a personal plan for smoothly navigating the keto lifestyle. It is invaluable for both beginners and seasoned users of the ketogenic diet, as well as for health-care professionals who need a toolkit to implement this targeted metabolic therapy.

The book guides readers to a deeper understanding of the therapeutic potential of the ketogenic diet—which extends well beyond simply starving cancer—emphasizing the powerful impact the diet has on the metabolism of cancer cells. Nutritional nuances are explored in sections such as “Fasting Protocols” and “Know What’s in the Foods You Eat” while meal templates and tracking tools are provided in “Preparing Keto Meals.”

Kalamian also discusses important issues such as self-advocacy. Readers of *Keto for Cancer* are empowered to “get off the bench and get in the game.” To that end, Kalamian offers tips on how to critically examine cancer-care options then incorporate what resonates into a truly personalized treatment plan.