

## Preview Miriam Kalamian - Presentation (San Diego 2017) 2

**Miriam Kalamian:** So calories come into play. Now the calorie restricted ketogenic diet for cancer is the best way to go. And I know for weight loss calorie restriction, of course, is really good, but the ketogenic diet, the way that I do it for cancer, it is not a weight gain diet. As a matter of fact it may really hamper the efficiency of the diet to have too many calories stuff, too much fat in.

Try to stuff too much fat in instead of having your body make the transition. There are some tricks I use; if somebody is low weight I do have to work with them. There are little tricks that I do that aren't really a part of this presentation.

Calorie restriction - good most of the time, but has to be sustainable. So at some point although those of you for weight loss you have a goal and when you get there, then it's like, "Phew!" and then you just want to maintain. Well, for people with cancer, they may be losing way too much weight and that is a serious concern in the cancer community.

And the doctor, your oncologist, is not going to be happy at a rapid weight loss, because it signals problems. So calorie restriction can also raise blood glucose. So if you're losing more than a pound and a half or 2 pounds a week on this, you'd better slow it down, reassess what you're doing and what your goals are here.

The goal in my world is to slow cancer. So what you do when you get to that point where you don't want to lose any more weight? Then you switch to what I call calorie control. And that is just taking in enough and doing it during the right kind of meal timing that you can stay where you want to.