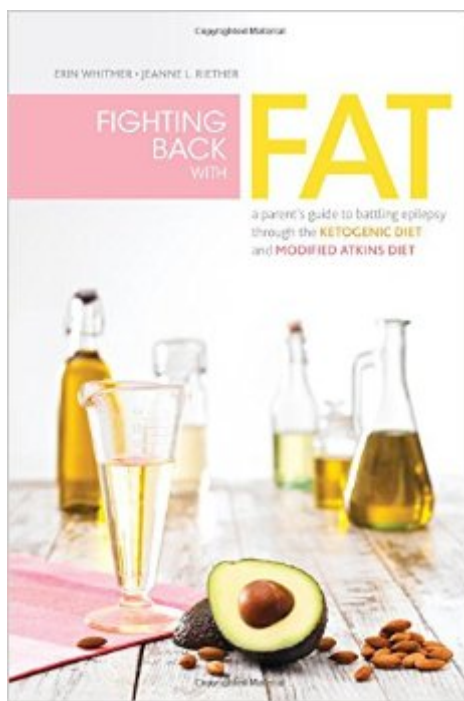


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# Fighting Back With Fat



## Synopsis

Written by two mothers who have children on the Ketogenic diet, *Fighting Back with Fat* provides essential information to educate parents on the diets, as well as gives advice to parents to navigate the emotional minefields that often come with attempting these diets. Common stress factors such as fear of failure, hyperresponsibility, dealing effectively with a child's non-compliance, and educating non-supportive relatives, friends and peers, are all addressed in heart-to-heart frankness from mothers who have covered the territory personally. The authors include first-person accounts of the successes and trails of other families as well as a rare glimpse of what kids think of the diets, in their own words. The book closes with the KetoCalculator 101, with tips and advice from the Charlie Foundation's Beth Zupec-Kania, RD, CD, the Keto Calculator's creator and a recipe section offering simple, delicious recipes organized by age group, each with "Keto Bites," fun food facts or practical advice that correspond to each recipe. "

## Book Information

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Shipping Weight: 15.5 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (15 customer reviews)

Best Sellers Rank: #346,012 in Books (See Top 100 in Books) #3 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Brain Cancer](#) #46 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Epilepsy](#) #127 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Ketogenic](#)

## Customer Reviews

This book packs a wallop on many levels, not the least of which is the sheer grit of these two mothers. Not only have they fought the learning curve of understanding and implementing the ketogenic diet along with all the other psychological, emotional, and logistical issues of running families in which a child has seizures, but they also had the heart, compassion, and skill to pull together this book to benefit all the other families struggling with the same issues. They searched, they studied, they tested, they experienced ups and downs, they tried again, they learned, and

ultimately they have compiled an impressive array of facts, recipes, tips, and resources that anyone can dig into and take what is most useful to their specific situation. **FIGHTING BACK WITH FAT** is extremely well written and well organized. It's easy to read from start to finish or, if it makes the most sense for you, use the table of contents or index to find relevant information. Important tips are highlighted in boxes, and all the content is broken up into easy-to-digest sections. Another aspect that I found impressive was the holistic approach in recognizing that every family is dealing with fear, exhaustion, anxiety, guilt, and a wide range of insecurities that can affect their success in using the diet successfully or coping with the situation they find themselves in. By addressing these head-on, the authors have given readers the assurance that they're not alone and are, in fact, part of a wider support community. This is also accomplished by incorporating other families' stories and lots of quotes from those who've "been there, done that." The book is based on solid medical, neuro-chemical, and nutritional research and endorsed by medical professionals at Johns Hopkins Hospital.

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