

# The Ketogenic Diet Celebrates 100 years



Welcome to our year-long celebration of the 100th anniversary of ketogenic therapies. Each month we will feature new content from the categories included in this newsletter. We look forward to sharing this information with you!

# The History of Ketogenic Diets

Since the writings of [Hippocrates](#) in 400BC, mankind has recognized the vital connection between our health and our diet. In 1921, the Mayo Clinic first described the ketogenic diet. You can see the original publication of the "[Clinic Bulletin](#)" published in July of 1921 by clicking [this link](#). Since that time, ketogenic therapies have emerged in a growing list of medical applications as a treatment for epilepsy and other brain disorders, endocrine disorders, and certain cancers.

In 1931, the Canadian Medical Association Journal published a study referencing Dr. Wilder and his work at the Mayo Clinic. The author notes that "nine years have elapsed since its introduction at this clinic by Wilder, in 1921." What is striking about the article is the uncanny similarities of his findings in 1931 to the current efficacy statistics available now, 100 years later. You can read the full publication for free by clicking this link: [The Ketogenic Diet in Epilepsy](#).

Citation: A D B. The Ketogenic Diet in Epilepsy. *Can Med Assoc J.* 1931;24(1):106-107.

Stay tuned as we explore the history of ketogenic therapies and how the Charlie Foundation helped propel keto forward. In March we will feature the "first keto dietitian" and the rapidly increasing interest from the medical community in ketogenic therapies as a medical treatment.

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## Science Moves Keto Forward

Two principal publications regarding ketogenic diet therapies (KDT) for epilepsy are:

## Epilepsia Open®

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The Open Access Journal of  
the International League Against Epilepsy

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## Neurology® Clinical Practice

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A peer-reviewed clinical neurology journal  
for the practicing neurologist

1. Optimal clinical management of children receiving dietary therapies for epilepsy: Updated recommendations of the International Ketogenic Diet Study Group [>>>](#)
2. International Recommendations for the Management of Adults Treated with Ketogenic Diet Therapies [>>>](#)

Both publications establish criteria for medical professionals using ketogenic diet therapies (KDT's) to treat epilepsy. The guidelines help to establish a "standard of care" making KDT safer and more effective. We encourage you to share these with your medical team if you encounter resistance to KDT.

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## Get Organized

Your gram scale is one of your most important tools while

following a medically prescribed ketogenic diet. Take good care of your scale by cleaning it well and checking the calibration. We always recommend having at least two scales! If you have been delaying purchasing a second scale, we encourage you to wait no longer. Gram scales and starter kits are available in our [Keto Store](#).



### **Check your gram scale**

**calibration:** Read our blog to see full instructions on how to [re-calibrate gram scales purchased through the Charlie Foundation](#).

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## **Keto Cooking 101**

Learn how to make your own salad dressing! This is one of the easiest changes you can make to help include healthy fats in your meals, save money on your grocery bill, and banish unnecessary fillers and ingredients found in many commercial products. Healthy oils and vinegars can be purchased at a fraction of the cost versus pre-made salad dressings.

**Make your own vinaigrette:** The basic culinary ratio for homemade vinaigrette is 3:1, meaning three parts oil to one part vinegar. We encourage you to use good quality extra virgin olive oil, avocado oil, MCT oil, or other unrefined oils as a base, and then add the acid of your choice. Lemon juice, raw apple cider vinegar, and red wine

vinegar are all good options. Finish with emulsifiers such as mustard, tahini, and mayonnaise for thickness. Add herbs, spices, and other seasonings for flavor. We have a free downloadable eBook filled with many delicious recipes! [>>> Dips, Dressings & Decadence](#)



### **Strawberry Balsamic Vinaigrette**

1 cup Extra Virgin Olive Oil

1/3 cup combination of raw apple cider vinegar and balsamic vinegar

1 tbsp mayonnaise

3-4 fresh strawberries

pinch of salt and black pepper

Combine all ingredients in a blender and puree until smooth.



### **Sesame Orange Dressing**

1 cup avocado oil or a combination of avocado oil and MCT oil  
1/3 cup combination of raw apple cider vinegar and rice wine vinegar (unsweetened)  
2 tbsp tahini paste  
2 tbsp fresh squeezed orange juice  
1 tsp minced garlic  
pinch of salt and black pepper

Combine all ingredients in a blender and puree until smooth.

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## **A Well Stocked Keto Pantry**

Each month we will walk through the steps of building a well stocked keto pantry. One important lesson we have learned from the COVID-19 pandemic, is that a well stocked pantry is vital when you depend on food to help manage a medical condition. A well

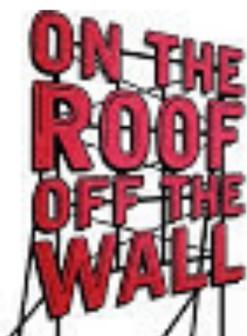
stocked pantry helps not only yourself be prepared, but it also helps ease the economic burden of "panic buying" when our food supply chain is stressed. You can read our full [Well Stocked Pantry](#) blog here.

**February Pantry Tip:** During the new year, all food items "weight loss" related are on sale. Now is the perfect time to stock up on protein powders, low carb snack bars, and supplements. These items are usually quite expensive, so buying them while on sale is very cost effective. The long shelf life of these items make them a great choice for longer term pantry storage.



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## For Fun



Listen and watch this fun interview featuring Jim Abrahams! Jim shares a little about his former career working in the Hollywood movie industry and also discusses his life's passion of advocating for ketogenic diet therapies. Visit our YouTube channel to watch the full interview! [>>>](#)

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# Support

There are many ways you can help support the Charlie Foundation! Generating "passive income" through the [Amazon Smile program](#) and by shopping through our [Amazon Keto Store](#) are two great options. Both of these programs cost you no extra money, but a portion of your purchase totals are donated to us.



## Our Partners in Keto

- Keto Hope Foundation has opened their Keto Friends initiative which connects new ketogenic diet families to a network of experienced parents for educational and emotional support. Please click this link to register and find more information! [>>>](#)



- Over 20 exclusive interviews with some of the world's top metabolic health experts are now available for FREE! Sign up for



access at [Metabolic Health Summit - Where Keto Meets Society](#). Jim

Abrahams and Beth Zupc-Kania are both featured.



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