

# Jimmy Moore

## The Keto Cure

A Low Carb High Fat Dietary Solution to Heal Your Body and Optimize Your Health

The ketogenic diet isn't just a great tool for helping people lose weight and feel their best; it's also an extremely effective method for treating the common diseases of civilization. *The Keto Cure* will give readers the prescription they need to heal their bodies by eating plenty of fat and moderating protein and carbs.

Dr. Adam Nally has been advocating a low-carb, high-fat diet in his clinical practice for more than fifteen years, helping people address their health problems by making better food choices. Dr. Nally and bestselling low-carb author and podcaster Jimmy Moore have worked together to create a top-50 health podcast espousing the benefits of eating keto. Now, for the first time, Dr. Nally has teamed up with Moore to take his years of clinical experience, put everything down on paper, and create a how-to guide that details all the ways in which the ketogenic diet can help remedy common ailments.

*The Keto Cure* details the science behind the keto diet's effectiveness at treating a wide range of diseases, including

Alzheimer's

epilepsy

fatty liver disease

hypercholesterolemia

hypertension

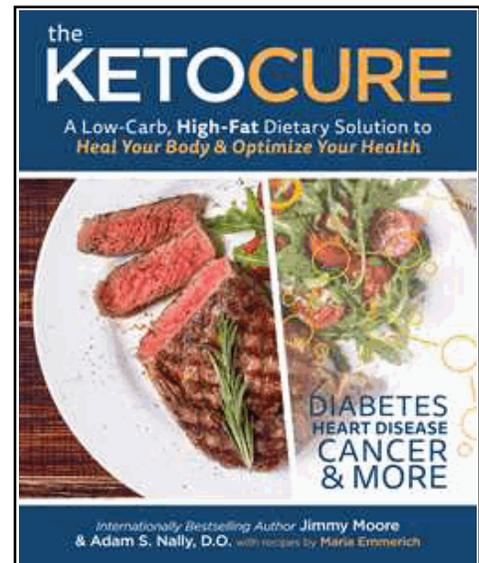
Parkinson's disease

thyroiditis

type 2 diabetes

and many more

*The Keto Cure* also outlines practical tips gleaned from Dr. Nally's fifteen-plus years in medical practice, as well as Moore's ten-plus years as a health and wellness podcaster, on overcoming the common pitfalls that people experience when adapting to a high-fat way of eating, including fatigue and keto flu. This helpful information, combined with a wide variety of delicious keto recipes from international bestselling cookbook author Maria Emmerich, makes *The Keto Cure* a complete resource for healing oneself with the



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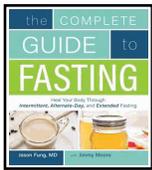
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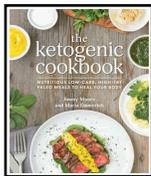
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**Adam S. Nally, D.O.** (popularly known as “Doc Muscles”) is an osteopath, certified obesity medicine specialist, and certified family medicine practitioner who is known as the go-to expert on no-nonsense weight management and general medical health through ketogenic, low-carbohydrate, and Paleolithic lifestyles. He has more than fifteen years of practical, in-the-trenches medical experience and an enchantingly passionate, articulate, and genuine approach to the treatment of the diseases of civilization. Dr. Nally’s approach is very patient-friendly, making complex medical jargon easy to understand and apply.

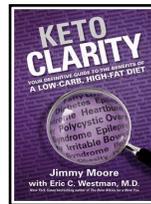
**Jimmy Moore** catapulted onto the health scene in 2004 after a phenomenal 180-pound weight loss enabled him to come off prescription drugs for high cholesterol, high blood pressure, and respiratory problems. He is the energetic personality behind the uber-popular blog *Livin’ La Vida Low-Carb* and the host of the longest-running and top-ranked iTunes health podcast, *The Livin’ La Vida Low-Carb Show*, as well as *Low-Carb Conversations* and *Keto Talk*. He has interviewed well over 1,000 of the world’s top health experts and has dedicated his life to helping people get the best information possible about nutrition so they can make the right decisions for their health. He’s the international bestselling author of *The Ketogenic Cookbook*, *Keto Clarity*, and *Cholesterol Clarity*. Learn more about Jimmy and his work at [www.livinlavidalowcarb.com](http://www.livinlavidalowcarb.com).



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## Sarah Ballantyne

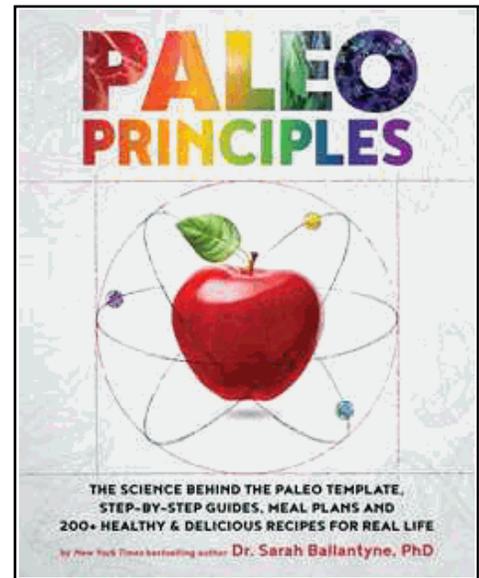
# Paleo Principles

From the *New York Times* bestselling author of *The Paleo Approach* and *The Healing Kitchen* comes the most comprehensive resource to date for those seeking a scientifically founded nutritional approach to optimal health. In her signature approachable yet comprehensive style, Sarah Ballantyne, PhD, has laid a complete foundation for understanding the principles of the Paleo template in order to inform and empower people's day-to-day choices. Combined with an unprecedented collection of practical strategies, tips, and visual guides, plus more than 200 delicious recipes and twenty meal plans for a variety of health goals, this book is a one-stop-shop for nutrition nerds, health nuts, and gourmands alike.

The Paleo diet is a nutrient-dense, anti-inflammatory whole-foods diet based on eating a variety of quality vegetables, meats, seafood, fruits, eggs, nuts, seeds, healthy fats, herbs, and spices. It is clinically proven to improve health by providing complete and balanced nutrition while omitting most processed and refined foods and empty calories. Far from being a historical re-enactment, the Paleo framework is derived from thousands of scientific studies that illuminate our understanding of which foods support health and which foods undermine it. Combined with attention to essential lifestyle factors like physical activity, sleep, and stress, the Paleo template is quite simply the most robust approach out there for optimal health, performance, and longevity!

With the perfect balance of detailed explanations, accessible summaries of actionable information, and visual guides, *Paleo Principles* provides everything readers need to achieve their best health. Beyond a set of rules, this book teaches precisely why some foods are better choices than others while providing indispensable resources like food lists, shopping guides, and cooking how-tos. Health comes from more than just the foods on our plates, however, which is why Dr. Ballantyne also incorporates a focus on lifestyle factors known to improve health, including being active, getting enough sleep, managing stress, and connecting with community.

People needn't worry that following a Paleo-style diet will leave them feeling hungry or deprived. Healthy re-creations of family-friendly favorites, from pizza to pancakes, prove that you can regain your health and love every bite! *Paleo Principles* contains more than 200 nutritious Paleo recipes that are free of gluten, grain, dairy, legumes, and refined sugar—including kitchen basics, breakfasts, soups and salads, main dishes, side dishes, baked goods, and desserts—all labeled for the top eight allergen ingredients as well as other common food sensitivities, like FODMAPs and nightshades, and the Autoimmune Protocol.



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Adapt the Paleo template to serve your specific needs and health goals by using *Paleo Principles'* guides on customizing macronutrient ratios, navigating gray-area foods, troubleshooting chronic illnesses and food sensitivities, transitioning to a Paleo-style diet, understanding your body's individual response to different foods, and balancing Paleo priorities with competing interests for lifelong success. Combine these resources with twenty meal plans reflecting the most common health objectives, and you have the know-how to personalize your plan to fit your life.

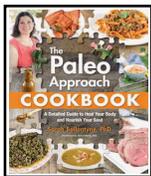
Join the millions of people taking back their health by following a Paleo lifestyle. Whether your goal is to lose weight, increase performance, reduce cardiovascular disease risk factors, prevent cancer, mitigate autoimmune disease, reverse diabetes, or simply achieve your best health, *Paleo Principles* gives you answers and a veritable toolkit to make lasting, positive change toward better health.

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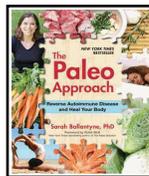
Sarah Ballantyne, PhD, earned her doctorate degree in medical biophysics from the University of Western Ontario at age 26. She spent the next four years doing research on innate immunity, inflammation, critical care medicine, gene therapy, and epithelial cell biology at St. Michael's Hospital in Toronto, and at the University of Arizona before becoming a stay-at-home mom, a decision motivated largely by her poor health at the time.

After her second daughter was born, Dr. Ballantyne began to experiment with the Paleo lifestyle. It had an amazing effect on her health, contributing to her 120-pound weight loss. Over time, she healed herself of a laundry list of physical complaints, including irritable bowel syndrome, acid reflux, migraines, anxiety, asthma, allergies, psoriasis, and the autoimmune skin condition lichen planus.

Inspired by her success, Dr. Ballantyne created the popular and award-winning health blog [www.ThePaleoMom.com](http://www.ThePaleoMom.com) and became co-host of a top-rated syndicated podcast, *The Paleo View*. Together, her passion for providing straightforward explanations of the science behind her diet and lifestyle recommendations for managing autoimmune disease and her conviction that healing your body does not have to come at the expense of enjoying food form the foundation of her books, *The Paleo Approach* and *The Paleo Approach Cookbook*.



*The Paleo Approach  
Cookbook*  
9781628600087  
\$39.95/\$45.00 Can.



*The Paleo Approach*  
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**Carolyn Ketchum**

## **The Everyday Ketogenic Kitchen**

With More than 150 Inspirational Low-Carb, High-Fat Recipes to Maximize Your Health

Step into the kitchen of renowned food blogger and low-carb guru Carolyn Ketchum as she shows you how to create mouthwatering keto dishes in her new cookbook, *The Everyday Ketogenic Kitchen*. She delivers a delectable array of recipes from easy family favorites to more gourmet, “date night” fare. Each recipe is made from fresh, accessible, whole-food ingredients and is free of grains, gluten, and sugar. From breakfast to dessert and everything in between, these recipes will inspire readers to get into the kitchen and enjoy cooking, *every day*.

With more and more people turning to the ketogenic diet to regain health, lose weight, or simply feel their best, low-carb, high-fat diets have established their place in the mainstream and have become an *everyday* way of life. With the diet’s rising popularity comes a greater demand for recipes that entice the palate, excite the senses, and deliver satisfaction without starvation. *The Everyday Ketogenic Kitchen* answers that demand and shows people how to go beyond eggs, meat, and cheese and love the way they eat!

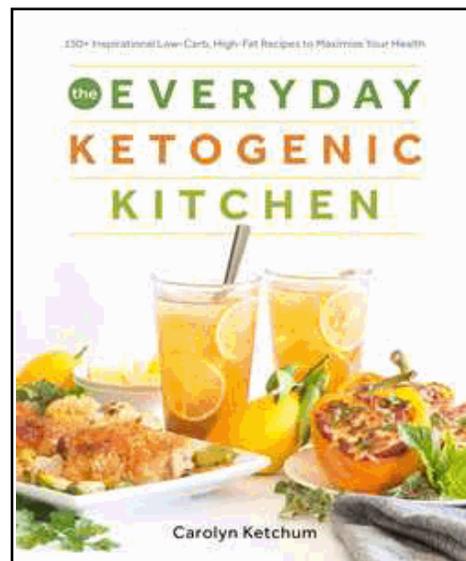
*The Everyday Ketogenic Kitchen* will enable readers to break free from the constraints of modern dieting and put them on a path to lifelong health with a keto-adapted lifestyle. Ketchum teaches how to create keto-friendly recipes that taste just as good, if not better than, their unhealthy counterparts. Her recipes allow people to enjoy the taste, freedom, and sustainability of the keto way—without the restriction of typical fad diets.

*The Everyday Ketogenic Kitchen* includes 150 step-by-step recipes with full-color photos, a simple guide to getting started, tips and tricks on mastering keto cooking and baking, shopping lists, and much more!

Sample recipes include:

- Cream Cheese Waffles
- Red Wine Braised Short Ribs
- Sautéed Green Beans with Crispy Prosciutto
- Slow Cooker Broccoli Cheese Soup
- Brown Butter Ice Cream
- Easy Peanut Butter Cups

For aspiring home cooks, kitchen warriors, and anyone else looking for new and delicious low-carb dishes, *The Everyday Ketogenic Kitchen* is a must-have!



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Carolyn Ketchum is the writer, photographer, and evil mastermind behind *All Day I Dream About Food*, a low-carb and gluten-free food blog. Since its inception in 2010, *ADIDAF* has become one of the most popular low-carb sites on the web. With over one million page views per month, it has a devoted following among dieters, diabetics, celiacs, and those simply trying to live a healthier lifestyle. Ketchum's recipes and photos have been featured in *Women's Health*, *The Huffington Post*, *Diabetic Living*, *Redbook*, and *Shape* and on *Glamour.com*, among other publications. Her mission is to prove to the world that special diets need not be boring or restrictive and that low-carb and gluten-free dishes can be just as good as or better than their conventional counterparts. It's astonishing what can be done with a bag of almond flour, a stick of butter, and a willingness to experiment!

## Suzanne Ryan

# Simply Keto

A low-carb, high-fat diet is remarkably effective at transforming people's bodies, helping them shed pounds and find relief from common health conditions. No one knows this better than Suzanne Ryan. After struggling with her weight for most of her life, she stumbled onto the keto diet and decided to give it a shot. In just a year, she lost more than 100 pounds and in the process reclaimed control over her health.

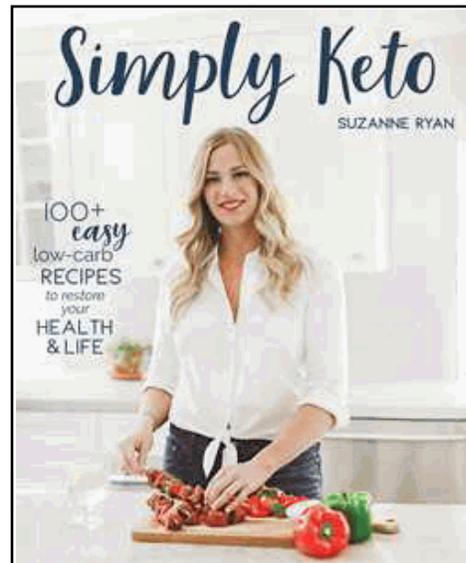
For the past two years, Ryan has shared every detail of her story, from the very first days of starting keto to her most recent successes, on her popular blog, *Keto Karma*, as well as on her YouTube channel and Instagram page. Now she's reaching out to a wider audience by publishing her first book. *Simply Keto* isn't just a cookbook; it's a portal into her life and dieting success—how she accomplished the incredible feat of losing almost 40 percent of her total body weight, got in shape, and regained confidence in her appearance. In this book she shares her ups and downs and, more importantly, her tips for how others can achieve the same positive results.

*Simply Keto* not only explains Ryan's transformation but also gives readers everything they need to follow in her footsteps. This book includes structured meal plans, exercise tips, advice on dealing with sugar withdrawal, and 100-plus mouthwatering recipes—all the knowledge and tools necessary to tackle the keto diet and lose weight. *Simply Keto* is all you need to change your life for the better!

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Suzanne Ryan has been on the ketogenic diet since January 2015. She had been overweight most of her life. After failing at many different methods to lose weight, she found keto, and it completely changed her life. In *Simply Keto*, she shares her journey, encourages others, and shares tips and recipes! She also has a YouTube channel, where she posts weekly weight loss updates as well as recipe videos, reviews, grocery hauls, and other keto-related content.

When she first started keto, Ryan weighed 289 pounds, and her energy level and self-esteem were at an all-time low. She felt tired and sick a lot of the time. Thankfully, the ketogenic diet turned her life around. She's currently down 120 pounds, and she couldn't be happier with the keto lifestyle.



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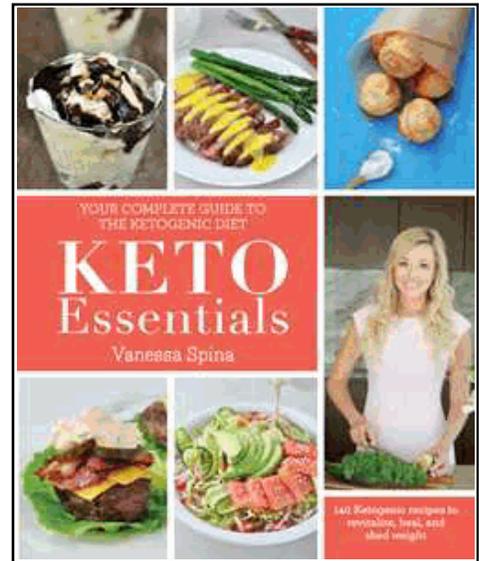
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## Vanessa Spina

# Keto Essentials

*Keto Essentials* is a complete guide to the latest whole-foods diet trend on everyone's lips: the ketogenic diet. Vanessa Spina, also known as the Ketogenic Girl, breaks down the science behind the keto diet into an easy-to-digest, step-by-step guide to understanding and following a keto lifestyle. Her approach to keto is based on using real, whole foods to restore the body to optimal health while enjoying the taste and flavor of foods like never before. Stacked with all the facts people need to know to improve their health, detox, and lose weight with ease, *Keto Essentials* also includes 100-plus delicious and simple keto recipes, as well as a seven-day meal plan to get people started on the ketogenic way of life.

Vanessa Spina's life completely changed the day she discovered the ketogenic diet. After years of searching and failing, she finally found what worked best not only for her body but for her mind and soul as well. She went from living most of her teen and adult years at over 165 pounds down to her dream weight, all while enjoying delicious high-fat foods and healthy proteins with very limited carbs and next to no exercise. It almost seemed too good to be true! Spina always believed that she would have to live without much fat or flavor in her diet, while keeping calories as low as possible—an approach that never worked for her. After finding success with keto, she is passionate about the power of food not only to satisfy and delight us, but also to heal our bodies. Spina is the founder of the blog *Ketogenic Girl*.



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# Meg Doll

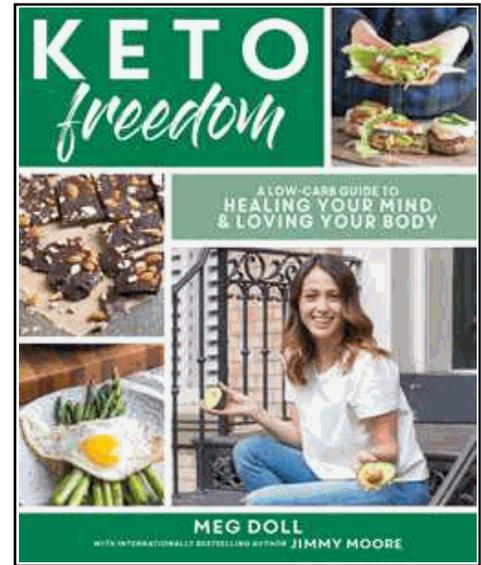
## Keto Freedom

Even the best-planned ketogenic diet is destined to fail without the proper mindset. *Keto Freedom* will open people’s eyes to the single most critical factor that may be holding them back from reaching real health and happiness: self-love.

Paying equal attention to mind, body, and soul, *Keto Freedom* helps readers embark on an incredible healing journey that begins with self-love, which is the foundation of health—and regrettably is missing from most healing protocols. This book helps unchain readers from a negative self-image, free them from negative self-talk, and allow them to love themselves and truly nourish their bodies. It then details the ways in which fueling the body with healthy fats and eliminating damaging carbs can heal all aspects of a person’s being.

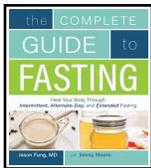
*Keto Freedom* explains how the ketogenic diet supports clear thinking and boosts brain energy and how eating healthy fat can power people through the struggle of healing. Once mind *and* body are functioning property, author Meg Doll explains to readers how to love themselves and heal their souls once and for all. The book includes 70 delicious high-fat, low-carb recipes to help jump-start the high-fat healing journey and allow readers to focus on the most important aspect of any diet: loving their bodies and wanting to be their best selves.

Meg Doll is a registered holistic nutritionist and cohost of the popular health podcast *The Nourished Podcast*. Having battled an eating disorder twice before reaching the age of twenty, she developed a deep understanding of eating disorder recovery, but also of the tools needed to find true health, happiness, and ultimate freedom. Today she specializes in eating disorder recovery and is incredibly passionate about teaching others about the importance of self-love and the process of using a real-food, high-fat approach to support healing.

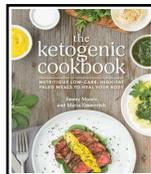


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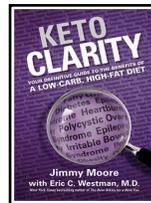
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