Dr Helena Popovic

KETO RESOURCES

Website	Founder and country of origin	Comment
charliefoundation.org	Jim and Nancy Abrahams (Charlie's parents) — USA	Watch the 10-minute **Keto Crash Course video** and try their amazing FREE recipes.
metabolicneurologist.com	Dr Matthew C L Phillips MBBS — New Zealand	Download the FREE ***Metabolic Strategy Plan*** in the Resources section of the website.
tuitnutrition.com	Amy Berger MA (Human Nutrition), CNS (Certified Nutrition Specialist) — USA	Amy is one of the most empathic and keto-knowledgeable practitioners I have come across. She works with clients all over the world. Her brilliant book **The Alzheimer's Antidote** — Using a Low Carb, High Fat Diet to Fight Alzheimer's Disease, Memory Loss, and Cognitive Decline is a must-read.
adaptyourlifeacademy.com	Dr Eric Westman MD — USA	Download the FREE user-friendly e-book ***10 Tips for Starting Keto Right***.
dietdoctor.com	Dr Andreas Eenfeldt MD — Sweden (the website language is English)	The Diet Doctor offers **30 days of FREE access to personalised meal plans**, 1200+ recipes, smart shopping lists, progress reports and educational videos. Listen to the **Diet Doctor Podcast with Dr Bret Scher** MD to stay up-to-date with the latest keto research.
ketodietapp.com	Martina Slajerova (creator of the KetoDiet app, blog and 10 cookbooks) — UK	Download the FREE **KetoDiet app** and FREE **Keto Diet Plans**. As with dietdoctor.com this is an information-packed website full of practical resources, articles and recipes. I love her ***New Mediterranean Diet Cookbook***.

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fabulouslyketo.com	Jackie Fletcher (nutrition adviser) — UK — and Louise Reynolds PhD (paramedic) — an Australian currently based in Thailand	The **Fabulously Keto Podcast** provides a great primer on keto for those with little or no background in science.
defeatdiabetes.com.au	Dr Peter Bruckner MBBS, OAM — Australia	Dr Bruckner offers a FREE **14-day trial** of his program. Although his focus is on reversing diabetes, the same principles apply to reversing cognitive decline. He also provides a directory of low-carb-health professionals in Australia.
ketocookingwins.com	Jennifer Allen aka Chef Jen (retired chef, recipe developer and cookbook author) — North America	Jen began her career in the USA and currently works in Canada. Delicious recipes!
virtahealth.com	Dr Stephen Phinney MD, Dr Jeff Volek MD and Sami Inkinen — USA	Virta was founded in 2014 with the goal of reversing type 2 diabetes in 100 million people by 2025. This will go a long way to reducing the number of people who develop Alzheimer's.

Other sources of information about ketogenic therapies include the following:

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ketonutrition.org	Dr Dominic D'Agostino BS, PhD — USA	This is the most academic of all the websites. I include it for those who want to dive deeper into all things keto.
lowcarbmd.com	Dr Brian Lenzkes MD, Dr Tro Kalayjian MD, Dr Jason Fung MD and Megan Ramos — USA	Low Carb MD is a great podcast aimed at educating people how to use low carb and keto diets to reverse a range of chronic diseases.

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