



Course Title: Ketogenic Diets and Intermittent Fasting: Fads, Facts, and Fiction

Course Code: WSP 161

Instructor: Lucia Aronica, PhD

Course Summary:

What are fast-mimicking diets, and are they actually good for you? In this workshop, we will take a close look at two increasingly popular diet trends: extreme low-carbohydrate ketogenic diets (aka “keto”) and intermittent fasting (IF). This is a course for those interested in understanding the basic biology and practical applications of keto and IF, including specific foods to eat and avoid, useful versus useless supplements, and variations of the standard protocols for athletes and long-term health.

**Please see course page for full description and additional details.*

***Students should consult their physician or other healthcare professional before modifying their diets.*

Grade Options and Requirements:

- No Grade Requested (NGR)
 - This is the default option. No work will be required; no credit shall be received; no proof of attendance can be provided.
- Credit/No Credit (CR/NC)
 - Students must attend both class sections and complete a final project (details will be discussed during the first day of class).

**Please Note: If you require proof that you completed a Continuing Studies course for any reason (for example, employer reimbursement), you must choose the Credit/No Credit option. Courses taken for NGR will not appear on official transcripts or grade reports.*

Class Schedule:

Saturdays, September 28 and October 5; 10:00 am - 4:00 pm

Please contact the Stanford Continuing Studies office with any questions
365 Lasuen St., Stanford, CA 94305
continuingstudies@stanford.edu
650-725-2650

SEPT 28	
10:00- 11:00	WHAT ARE FAST-MIMICKING DIETS? BASIC BIOCHEMISTRY OF FEEDING AND FASTING <i>KETOSIS AS FASTING SIGNAL</i> IS KETOSIS DANGEROUS? DIFFERENT TYPES OF FAST-MIMICKING DIETS: WHAT'S THE RIGHT FOR YOU?
11:00- 11:30	THE KETOGENIC DIET LOW-CARBOHYDRATE DIETS VS. KETOGENIC DIETS NUTRITIONAL KETOSIS VS. STARVATION KETOSIS BENEFITS OF NUTRITIONAL KETOSIS KETONE LEVELS: THE HIGHER THE BETTER?
11:30- 12:30	CAN HEART DISEASE BE REVERSED WITH A LOW CARB KETOGENIC DIET? DR ASEEM MALHOTRA
12:30- 13:30	LUNCH BREAK
13:30- 14:00	CASE STUDY: HOLDING CANCER AT BAY WITH A KETOGENIC DIET (INTERVIEW)
14:00- 14:15	YOUR 7-DAYS PLAN TO KETO GETTING STARTED GROCERY LIST KETO FOR VEGANS AND VEGETARIANS A TYPICAL DAY ON KETO WHAT TO EXPECT WHEN ACHIEVING KETOSIS HACKS FOR DEALING WITH KETO FLU WHAT TO DO WHEN THINGS GO WRONG HOW AND WHEN TO TEST YOUR KETONE LEVELS
14:15- 15:15	INTERMITTENT FASTING HEALING WITH FASTING: TRADITION, MEDICINE AND QUACKERY. FASTING VS. EATING LESS: WHAT'S THE DIFFERENCE? INTERMITTENT FASTING PROLONGED PERIODIC FASTING: VALTER LONGO'S FMD DO NOT FAST IF...
15:15- 15:45	YOUR 7-DAYS PLAN TO INTERMITTENT FASTING PREPARING FOR YOUR FIRST FAST WHAT TO EXPECT WHEN FASTING BREAKING YOUR FAST: DOS AND DON'TS A TYPICAL DAY OF INTERMITTENT FASTING WHAT TO DO WHEN THINGS GO WRONG
15:45- 16:00	WRAP-UP AND TAKEAWAYS Q&A

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OCT 5	
10:00- 11:00	KETO 2.0 VARIATIONS OF THE STANDARD KETOGENIC DIET EXERCISE AND PERFORMANCE LONG TERM HEALTH MYTH BUSTERS
11:00- 12:00	INTERMITTENT FASTING 2.0 VARIATIONS OF INTERMITTENT FASTING EXERCISE AND PERFORMANCE LONG TERM HEALTH COMBINING IF AND KETO MYTH BUSTERS
12:00- 12:30	DEMO: MEASURING BLOOD KETONES
12:30- 13:30	LUNCH BREAK
13:30- 14:30	KETOGENIC DIETS FOR ATHLETES AND TYPE-1 DIABETES, DR ANDREW KOUTNIK
14:30- 15:30	SUPPLEMENTS, TROUBLESHOOTING, AND THE FUTURE OF FAST-MIMICKING SUPPLEMENTS: SHORTCUT TO FAST-MIMICKING? I YOU HAVE TROUBLE GETTING INTO KETOSIS WHAT IF YOU DON'T SEE ANY RESULTS FUTURE FRONTIERS IN FAST-MIMICKING
15:30- 16:00	WRAP-UP AND TAKEAWAYS LESSONS LEARNED AND FUTURE PLANS

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