

Healthy Living for Medical Students – Videos, Books, and Websites/Blogs compiled by John Pelley, PhD

Web-Based Videos

1a. Thomas Seyfried, PhD —Targeting Energy Metabolism in Brain Cancer
This is good background on ketosis and ketogenic diets and some exposure to cancer metabolism.

<https://youtu.be/sBjnWfT8HbQ>

1b. Thomas Seyfried, PhD – Cancer: A Metabolic Disease With Metabolic Solutions. A more recent description of ketogenic diets

https://youtu.be/SEE-oU8_NSU

2. Peter Attia, MD, a Stanford surgeon presents an emotionally gripping TED Talk about his experience as a surgeon with diabetic patients. Start with this one before you view the next one.

<https://youtu.be/UMhLBPPtIrY>

2a. Peter Attia, MD, another lecture aimed at metabolism and human performance, especially his performance as an athlete. This is long but worth it. If you subscribe to YouTube channels, I recommend TheHMC.

<https://youtu.be/NqwvcrA7oe8>

3. Eric Westman, MD, Director Duke Clinical Research Institute. This is a typical scientific presentation of the basis for the ketogenic diet as a health intervention. It has a lot of the science behind the keto diet.

<https://youtu.be/9QgLVic9Kdg>

4. Jeff Volek, PhD - The Many Facets of Keto-Adaptation. Good research orientation, low carb information.

<https://youtu.be/GC1vMBRFiwE>

5. Donald W. Miller, Jr., M.D. Enjoy Eating Saturated Fats: They're Good for You. More good info from a surgeon at UWash. Deals more directly with heart disease.

<https://www.youtube.com/watch?v=vRe9z32NZHY>

6a. Mary Newport, MD - Medium Chain Triglycerides and Ketones. Fascinating and thought provoking re: Alzheimer's.

<https://youtu.be/feyydeMFWy4>

7. Dominic D'Agostino, PhD, - Metabolic Therapies: Therapeutic Implications and Practical Application. His research aims to develop and test specific metabolic therapies and supplements, such as ketone esters, for neurological diseases and cancer. Reports on work co-investigated with Thomas Seyfried.

<https://youtu.be/gONeCxyH18>

8. David Diamond, PhD – Demonization and Deception in Cholesterol Research. Not only are there no data to support cholesterol as a heart disease risk factor, there are no data to support statins as a lifesaving drug. Dr. Diamond shows the published research that supports clotting factors and inflammatory factors as the culprits in heart disease and he further exposes the fallacy of the low-fat diet.

<https://youtu.be/yX1vBA9bLNk>

9. David Diamond, PhD – An Update on Demonization and Deception in Research on Saturated Fat, Cholesterol, and Heart Disease. Dr. Diamond introduces more recent research to strengthen his argument that saturated fat consumption and high fat diets do not increase the risk of heart disease, that elevated LDL does not block arteries, that the use of statins to lower cholesterol actually puts a patient at greater risk of death due to other causes such as diabetes, and that dietary steps can be taken to reduce risk of cardiovascular disease based on published research.

<https://youtu.be/uc1XsO3mxX8>

It may also be useful to have a copy of the recent BMJ paper titled "[Lack of an association or an inverse association between low-density-lipoprotein cholesterol and mortality in the elderly: a systematic review.](#)"

[Note#2: Although this more recent link from David Diamond (2018) is an academic talk that covers much of the previous two, it is only 30min and covers the essentials complete with literature references. Remember that you may be taught differently in medical school, so use some judgment before contradicting an attending physician.] [An Assessment of Cardiovascular Risks of a Low Carbohydrate, High Fat Diet](#)

Note#3: The more one explores what has actually been determined concerning the cholesterol hypothesis, the more discrepancies are explained. Every physician knows that the cardiac ICU has many patients with normal cholesterol levels and that many patients who die of something

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other than heart disease may have elevated cholesterol levels. While Dr. Diamond explains why this is the case, it is nevertheless worthwhile understanding how Brown and Goldstein misinterpreted their findings. Their Nobel Prize for discovery of the LDL receptor and its genetics remains valid and is not diminished by the following paper:

<https://doi.org/10.1093/qjmed/hcr087>

10. Loren Cordain, PhD – Origins and Evolution of the Western Diet: Health Implications for the 21st Century. The original science behind the “paleo” diet.

<https://youtu.be/5dw1MuD9EP4>

11. Zack Bush, MD - The Four Minute Workout is a new concept of exercise that revolves around the body’s ability to use Nitric Oxide for muscle growth. This is an efficient anaerobic workout that can be done multiple times per day. The more frequently you do it, the better your results. An alternate term for this workout is the “NO Dump.” Great before bed or for waking up.

<https://youtu.be/PwJCJToQmps>

12. Peak 8 Fitness - The Ultimate 20-minute workout. [The recent research in exercise shows this to be the healthiest overall approach to fitness with applications to strength training and other forms of exercise. This approach to fitness originated with running but has been extended to other forms of exercise. I practice it on an elliptical machine.].

<https://www.healthplanspain.com/blog/health-tips/269-peak-8-fitness-the-ultimate-20-minute-workout.html>

13. James O’Keefe – Run for your life! Dr. O’Keefe is a cardiologist who explains the damage through calcification that can occur if you take running too far. Great TED talk.

<https://youtu.be/Y6U728AZnV0>

Books

1. The New Atkins for a New You, Westbrook, Phinney, and Volek (2010) – This is the Atkins diet updated with current research by academic medical researchers. Westbrook is the Director of the Lifestyle Medicine Clinic at Duke University, Phinney is a Professor of Medicine Emeritus at UC-Davis and serves on the editorial board of the American Journal of Clinical Nutrition, and Volek is an Associate Professor of Kinesiology at the University of Connecticut and an associate editor at both The Journal of Nutrition and Metabolism and the Review of Diabetic Studies.

<http://tinyurl.com/qe8ndb7> (link to Amazon)

2. The Art and Science of Low Carbohydrate Living: An Expert Guide to Making the Life-Saving Benefits of Carbohydrate Restriction Sustainable and Enjoyable (2011) by Stephen D. Phinney (Author), Jeff S. Volek (Author) [this is the Atkins book written for physicians]

<http://tinyurl.com/7u8crpd> (link to Amazon)

3. The Art and Science of Low Carbohydrate Performance, (2012) is a research oriented book for athletes. Authored by Volek and Phinney, it's full of surprises. [This is the Atkins book BUT written for athletes]

<http://tinyurl.com/mfe74kg> (link to Amazon)

4. Cancer as a Metabolic Disease: Implications for therapeutics. By Thomas Seyfried, PhD. Carcinogenesis (2014) Review article. Pdf at link below

<http://tinyurl.com/hnlmmnr>

5. Keto Answers: Simplifying Everything You Need To Know About The World's Most Confusing Diet. By Anthony Gustin and Chris Irvin (2019). A well written book that you can recommend to others who want an easy to understand explanation of the ketogenic diet.

<https://tinyurl.com/y4eyl3y9>

Websites/Blogs

1. Volek and Phinney website – quick information plus a blog.

<http://www.artandscienceoflowcarb.com/>

2. Wheatbelly Blog – Dr. William Davis. Author of Wheatbelly book documents information on health problems associated with gluten.

<http://tinyurl.com/6kys8sx>

3. Bonnie Bassler TEDx talk. “How bacteria talk.” Learn some interesting and useful info about bacteria, virulence factors, quorum sensing, etc. Useful also for microbiology later this year.

<https://youtu.be/KXWurAmtf78>

4. Now for some links to meditation background; the most useful link with multiple directions to follow is that of Herbert Benson

<http://www.relaxationresponse.org/>

5. [Heartmath](#) – meditation with emphasis on heart rate variability

Here are some additional pointers that I have learned that Benson doesn't mention:

- The fastest, surest way to achieve physical relaxation is to relax your facial muscles.
- Imagine your breath going through your heart rather than upper respiratory. This gives an extra awareness of the heart during meditation.
- At each exhale imagine getting just a little heavier, or if you were submerged, sinking just a little deeper. You don't have to get there all at once.
- Experiment with your focus – just make sure it doesn't lead to thinking about anything; remember that the word or phrase is just a device to keep you from thinking while still maintaining consciousness.
- If you are sleep deprived, you might fall into REM sleep and start dreaming. This may be more important than meditation for that moment in time.

6. If you want to try yoga, Ann Pizer has an excellent site with a section for beginners here:

<http://tinyurl.com/pkrj3au>

- Try to identify the primary musculoskeletal groups involved in each posture!
- The Sun Salutation is a great beginning yoga routine.

7. This is Water

- This is a condensed version of David Foster Wallace's graduation speech at

<https://youtu.be/ms2BvRbjOYo>

- The full version is here and worth it if you have the extra 13 minutes.

<https://youtu.be/8CrOL-ydFMI>

8. Wellness for the millennial generation – Simon Sinek

<https://youtu.be/xNgQOHwslbg>

- Sinek doesn't speak to it directly, but his dialogue points to the development of a strong internal locus of control and a lifetime of wellness.

New, Special Section on Ketogenic Diets

Due to an increasing interest from students who want to try a ketogenic diet, I asked my wife to provide some websites that are really useful and make shopping and cooking easier. All of these have newsletters that keep you updated. Here they are. As with any of the recommendations in this handout, use your head. All of these sites have their obligatory FDA disclaimers and individuals have their own unique experiences. Please send me feedback that I could include in this handout to make it more useful for students.

Elana's Pantry - <https://elanaspantry.com/diets/keto/>

Bakerita - <https://www.bakerita.com/>

Nourishing Meals - <http://www.nourishingmeals.com/>

KetodietApp.com - <https://ketodietapp.com/Blog/page/Start-Here>

DitchtheCarbs.com - <https://www.ditchthecarbs.com/>

Diet Doctor.com - <https://www.dietdoctor.com/>