

# 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](https://youtu.be/SEE-oU8_NSU)

2. Peter Attia, MD, a Stanford surgeon. This is long but worth it. If you subscribe to YouTube channels, I recommend TheIHMC.

<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/9OgLVic9Kdg>

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. William Davis, MD - Wheat: The UNhealthy Whole Grain. Health problems associated with modern wheat.

<https://youtu.be/UbBURnqYVzw>

9a. 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>

9b. 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>

Note: Both of these videos promote factual information that is in conflict with what is taught in medical school and with what is used in medical practice. They serve as an example of why students who are not self-directed learners are vulnerable. They also illustrate how powerful financial interests can corrupt what appears to be legitimate science. A part of your evaluation of clinical research should always involve following the money i.e. who paid for the research.

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.](#)"

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

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

11. Mina Bissell, PhD – TED Talk – “Experiments that point to a new understanding of cancer”

<http://tinyurl.com/nfeo8nf>

12. Phil Campbell and Dr. Mercola – Peak Fitness and High Intensity Interval Training. [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]. Download the transcript to save time.

<http://tinyurl.com/kbvakaw>

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>

### **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, 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/>

6. [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.

7. 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!

9. This is Water –

- The essence of awareness (i.e of professionalism). It wouldn't hurt to watch this a lot.

<https://youtu.be/wJMbPCxDkgo>

- The full version of David Foster Wallace's 2005 Kenyon College commencement speech has a little more uplifting punch, if you have the time.

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

## **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/>