

26th International Conference on
Diabetes and Endocrinology

&

16th International Conference on
Nutrition and Health

Nov 22-23, 2018 | Paris, France

Ketogenics: Implementation in Clinical Practice and Bio-Psychosocial considerations

Shaweta Vasudeva
ShayTheCoach, USA

With so many fast food options, social gatherings, and cultural norms of sharing meals, the ketogenic lifestyle (as any mindful and health conscious lifestyle) can be a challenge. Therefore, this oral presentation will focus on the history of ketogenic diets, differing between their clinical use versus fad use (risks and benefits of each), implementation within a practice, and lifestyle management of a ketogenic diet (including testing options to ensure a ketogenic state has been reached and is being maintained).


The research will highlight the works of: American Heart Association (2015); Anderson (2015); Cox et al. (2016); Dashti et al. (2004); Ede (2017); Freeman, Kossoff, & Hartman (2007);

Gustin (2018); Roehl & Sewak (2017); & Volek et al. (2008) & (2016); Whitney & Rolfes (2013).

Speaker Biography

Shaweta Vasudeva is a teaching professional, speaker, author and coach. As a result of her passion to help others become the best version of "SELF," she has founded a company called ShayTheCoach. She has earned a Bachelor of Arts and Master of Arts in Psychology and is currently pursuing a Master of Science in Kinesiology at A.T. Still University, College of Graduate Health Studies. She is a certified nutritional therapist, certified personal trainer, certified corrective exercise specialist and Goju Karate Black Belt. She currently teaches at Rio Salado College and takes clients for corrective exercise and nutritional coaching at her private practice in Phoenix, AZ.

e: shaythecoach@gmail.com

 Notes: