

11th International Conference on

Childhood Obesity and Nutrition

March 15-16, 2018 | Barcelona, Spain



Shaweta Vasudeva

National Academy of Sports Medicine, USA

Ketogenics: Implementation in clinical practice and biopsychosocial considerations

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).

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. Her background includes nutritional coaching, personal fitness training, corrective exercise, cranial sacral work and teaching karate & tai chi classes. She has completed her Bachelor of Arts and Master of Arts in Psychology and is currently pursuing Master of Science degree 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 at her private practice in Phoenix, AZ.

shaythecoach@gmail.com

Notes: