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Award-winning public speaker, New York Times bestselling author and world-renowned health expert, Dr. Sarah Ballantyne, PhD (aka The Paleo Mom) believes the key to reversing the current epidemics of chronic disease is scientific literacy. A ketogenic diet is one that is high in fats, and this diet has been a tool of researchers for years. In my book *How Not to Die*, I center my recommendations around a Daily Dozen checklist of all the things I try to fit into my daily routine. Emily, I had 4 children. The first 2 no diet involved. I started gluten free with my 3rd due to him throwing up a lot. That lead to more dieting.