

THE KETOGENIC DIET: NOT JUST FOR WEIGHT LOSS

As we have previously discussed, a Ketogenic diet is the “not so new diet craze.” This is a diet that focuses on minimal carbohydrates (10%), moderate protein (20%) and high **healthy** fat (70%) consumption. High amounts of fiber and antioxidants are also recommended on this diet. By now we understand that eating this way for 30-90 days is essential for putting our body into “nutritional ketosis”. This is when the liver starts to create ketone bodies for the body and brain to use as an energy source. This results in a more efficient use of our own body fat and therefore, body fat loss. For those whose primary concern is body fat loss, this “keto cycling” (using Keto and Paleo alternately) is ideal.

Now, let's talk about some of the other benefits of a ketogenic diet.

1. Decreased inflammation. The production of ketones by the liver can actually suppress the generation of reactive oxygen species (ROS) or damaging free radicals. These free radicals cause joint inflammation and tissue damage throughout the body.

2. Lower insulin levels. This is fantastic for those diagnosed with pre-diabetes or Type 2 diabetes. When the body burns glucose for fuel, it causes blood sugar levels to rise as well as insulin levels. Over time, this constant spiking in insulin levels can cause insulin resistance and eventually Type 2 diabetes. With a ketogenic diet, the body no longer burns glucose for fuel, so insulin levels will naturally be lower.

3. Improved mental clarity. Reactive oxygen species (ROS) and damaging free radicals are produced when the body burns glucose for fuel. This results in “brain fog”. By allowing the brain to use healthy fats for energy this can be avoided. Believe it or not, the ketogenic diet has been used successfully since the 1920's for treatment of epilepsy and is presently being used for treatment of Alzheimer's and dementia. This all points to the fact that the brain does very well using fats for energy.

4. Improved muscle mass. The production of ketones results in sparing of the oxidation and breakdown of leucine (a branched-chain amino acid used for building body mass). Consequently, higher levels of leucine are left in the blood to improve muscle mass.

5. Lower risk of cancer. As we know, cancer cells can only use glucose as fuel. A ketogenic diet robs the cancer cells of their primary source of fuel, which can eventually cause them to starve.

The health benefits of a ketogenic diet are far-reaching, but knowing when this is not an appropriate diet is also very important. Pregnant or breast-feeding women, those who have had their gallbladder removed or who have a history of kidney stones, those with a body mass index (BMI) less than 20 and those diagnosed with certain rare metabolic disorders should not do this diet.

So, if you missed our Keto Workshop on January 22nd, we will be scheduling another one very soon as the response has been overwhelming! Call us today to reserve your seat!



**IMPROVE YOUR HEALTH...
IMPROVE YOUR LIFE!**

↓ Body Fat	↓ Metabolic Syndrome
↓ Diabetes	↓ Gluten Allergies
↓ Cholesterol	↓ Chronic Fatigue
↓ Hormonal Imbalances	↓ Gut Imbalances

Longevity is not a gift, it has to be earned.
Discover a medication-free approach to better health, better energy and longevity. **ARE YOU READY?**

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