



What You Need to Know About **THE KETOGENIC DIET**

This Unique Low Carb Approach Can Help You

Lose Weight And Keep It Off Without Starvation

Generate More Energy ■ Reduce Risk For Degenerative Disease

Improve Brain Health Reducing Risk for Alzheimer's and more.





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A diet which has gotten a lot of attention these days is the ketogenic diet. If you never heard of it before, a question that probably comes to mind is- what is the ketogenic diet? It sounds more like something experimental out of a laboratory, not something people would be using on a daily basis with more recognizable names like the Paleo, Mediterranean or the South Beach diets.

However, it is in fact something that many people are using daily and in large enough numbers to warrant a serious look. So, let's take a serious look at what this diet is about and how it may be something you would want to give a serious try.

You will not be getting a bunch of case histories in this overview. The intention here is not to "sell" you the diet, but rather to give you enough information to make an intelligent decision about whether this would be a useful regime for you to adopt to assist you in achieving your health-related goals. That said, let's dive in and get some perspective that will help you to evaluate this approach to eating.

Low Carb- But with a Twist

Like a number of today's popular diets, the ketogenic has a low carbohydrate emphasis. However, the unique twist on this approach is that it also advocates high fat.

Now, you may immediately reject this diet wholesale on first blush after hearing that, but hold your horses, it may have more value for you than you think. I know, after years of low fat emphasis, high fat may seem sacrilegious, so this will need more exploration for sure. We won't be left hanging on that issue, I promise.

That aside, it seems that before launching into this low carb-high fat diet, a good idea to look into is why one would even want to consider **any** low carb diet to begin with. Keeping that in mind, let's take a look at the relationship between carbohydrates and your health.

Why Consider Low Carb Eating?

In the United States today 1/3 of all adults are considered overweight to grossly obese. That is a lot of people! However, it is not exactly a well-kept secret. It's pretty easy to run into overweight people just about anywhere you travel in our nation these days- including unfortunately, among our children and young people.

Many experts attribute the large-scale epidemic of this obesity to a steady increase over a prolonged period of time in the intake of unhealthy carbohydrates. This would include, but is not limited to table sugar and all items made from it, fructose sweetened products, refined starches (white flour products), processed food and even too much fruit sugar.

According to one study, (Cohen E, et al., Statistical Review of U.S. Macronutrient Consumption Data, 1965–2011), the number of overweight and obese Americans rose from:

- ✓ 42.3% in 1971
- ✓ 66.1% in 2011.

During this same period:

- ✓ The consumption of fat **decreased** from 44.7% to 33.6%
- ✓ The consumption of carbohydrates **increased** from 39% to 50%

Researchers logically conclude that these statistics strongly suggest a link between high carb intake in our diets and obesity on a societal scale. What they don't connect is the reduction of fat consumption though. Probably because fats have a bad rap.

However, it's not just carbohydrate intake that is the culprit here. It's also the quality of the carbs. Let's take a look at that factor next.

Types of Carbohydrates

To deepen our understanding of this rise in obesity, it is important to understand the quality differences between the **two primary types of carbohydrates**.

There are essentially **two categories** of carbohydrate foods- **simple** carbs and **complex** carbs. We'll consider both types for their impact on our health.

What are Simple Carbs?

Simple carbs are **single-chain sugars** which is why they are called simple. Their chemical structure is simple, reflecting only **one** carbohydrate chain. Consequently, simple carbs are taken up quickly in the body.

Because they are used quickly, they tend to cause a spike in our blood sugar levels. This sets off alarms in our metabolic system, so to speak, to restore a more balanced blood sugar level.

One can liken simple carb consumption to creating a fire with gasoline versus creating a fire with wood on a concrete surface.

With the gasoline you would get a quick flash fire of energy. Then, a quick reduction leaving nothing burning.

One's level of energy does the same after eating simple carbs. It spikes quickly, but the body then quickly metabolizes it to return the body back to a safer blood sugar level.



Simple carbohydrates include:

- ✓ Sucrose which is the standard table sugar.
- ✓ Refined white flour (with the brown outer layer and germ removed)
- ✓ Glucose which is found in some fruits and starchy vegetables
- ✓ Fructose which is mainly highly processed from corn and many believe is actually worse than sucrose because of its impact on your health.
Fructose does also occur naturally in honey and some starchy vegetables.
- ✓ Galactose is more of a simple sugar and it is found naturally in milk and its derivatives like yogurt (some dairy foods are higher in fat and protein and low in milk sugar and therefore used in low carb diets including the keto diet).

Simple carbs like sucrose and especially fructose since the 90's is added to many foods. To avoid added simple carbs, create a label reading habit. Surprises abound when you adopt this as a standard shopping behavior- even in Whole Foods too I might add.

For example, I used to drink rice milk thinking it was a perfectly healthy food until I one day noticed a sweetness to it I hadn't noticed before. Wondering why this "natural" food tasted so sweet, I decided to turn the box around and read the

label. To my surprise, I discovered that it contained 17 grams of sugar! (It's down to 12 now.) On the other hand, unsweetened almond milk contains 0 grams of sugar.

Today, I never buy any non-dairy milk without reading the label on the first purchase of that brand even after choosing ones marked "unsweetened" – just to be safe. The point is, "read the labels" is a good habit to adopt with any food purchase, even so-called "health foods".

What are Complex Carbs?

Complex carbs are multiple-chain sugars which do not produce a rapid surge of glucose into the blood stream. Their chemical sugar structure is more complex. As one might expect, they produce a slower, more sustained release over the course of time which can range from minutes to hours.

The result?

Insulin, secreted from the pancreas by the beta cells in the Islets of Langerhans, is better able to (though not in all individuals) handle the more balanced glucose load. This, in turn, reduces the likelihood of excessive sugar remaining in the blood stream.

Complex Carbs Include:

- ✓ Whole grains and their products such as but not limited to: wild and brown rice, whole wheat, oats, rye, millet, quinoa, barley and other whole grains if unrefined or highly processed. Some dairy products like butter, ghee or some cheeses may fall into the complex or safe carb category.
- ✓ Potatoes (sweet and white), corn and other starchy vegetables such as the variety of winter squashes available (See image), dried peas and beans.



- ✓ Unrefined fruits, although most of these while more complex than simple sugars have an impact more similar to simple carbs and therefore are not highly recommended on a low carb diet- particularly dried fruits which tend to increase sugar (fructose) content from the drying process.

Advantages of Complex Carbs

Diabetes Management

Complex carbs are more useful in helping to manage blood sugar levels in Diabetics. Type 2 diabetics, in particular, have insulin deficiencies. As such, the body is ill prepared to properly metabolize, or store blood sugar, causing an abnormally high amount to be left circulating in the blood.

Complex carbs are recommended over simple carbs to those with insulin issues and diabetes to better manage blood sugars and reduce glycemic load from simple sugar spikes.



However, it should be noted that not all people with diabetes or prediabetes react well to complex carbs. Some people, have the same erratic spikes in blood sugar with complex as with simple carbs.

Better for Weight Loss and Maintenance

When it comes to the body's weight control mechanism, hormones play an extremely important part. Insulin can be the cause of much unwanted weight. People gain pounds, as opposed to maintaining your body weight, because insulin is a "storage" hormone.

Insulin shuttles as much sugar and fat as possible into your cells, while simultaneously restricting the usage of fat (known as lipolysis). The combination

of limiting fat breakdown, while simultaneously enhancing the storage of fat, is one major reason simple sugars, in particular, contribute to weight gain.

Slower digesting carbs do not result in an acute insulin spike. Consequently, their duration of action is shorter. They do not contribute to weight gain as directly as simple carbs will.

While all above may be theoretically true, not everyone tolerates carbs well. This includes complex carbs as well as simple.

Some experts believe that simply using the label of “complex” to evaluate a food’s impact on weight management is too limited. They claim evaluating the “glycemic load” of a food is a far better predictor. Let’s take a look at this factor next because this has limitations as well which we’ll discuss.

Evaluating Glycemic Load

The Glycemic Index (GI) is a scale of 1 to 100 that measures a food’s impact on raising blood sugar, or its glycemic load. The higher the glycemic number, the higher the glycemic load.

- A white potato without skin has a GI of 98, while one raw apple has a GI of 34.

The potato is considered a complex carb, while the apple is considered to be a simple carb. However, according to the GI, the potato is 3x more likely to cause erratic spikes in blood sugar and subsequent weight gain than the apple.

However, glycemic indexes are calculated on [eating a food in isolation](#). How you both prepare and pair your potato intake with other foods determines their impact upon you.

For example, if you pair potatoes with fats and protein, it lowers the GI impact noticeably. If you eat the skin and/or boil rather than bake it, the GI this additionally lowers the GI to a less “spikey” level, so to speak.

This is also why low carb diets have arisen as a way of eliminating excess stored fats. Low carb diets, like the ketogenic, paleo and Atkins take the perspective that all complex carbs restrict weight loss due to their high glycemic load.

As we will explain later in this report, in order to induce **ketosis** (a desired result of the ketogenic diet) you have to induce the body’s ability to burn fat for energy instead of dietary carbs.

In a strict low carb diet, even complex carbs are eliminated or else the body will continue to turn them into glucose and use them for energy. This defeats the entire purpose of a strict low carb diet, which is to **induce ketosis** where the **body burns stored fat for energy** *instead* of dietary carbs.

We’ll take a closer look at this further along in this report.

Maintaining Energy Levels

One of the common myths floating around is that carbs are the body's only source of energy and one that is typically tough to replace. In short, this is a **myth**.

When you are following a very strict low carb diet, and eliminate carbs, your body will go into a metabolic state known as **ketosis**.

Ketosis is a state whereby the body burns both stored and dietary fat for energy. This is a perfectly safe process, and a primary reason why low carb is so successful in helping people to lose weight.

The body is highly adaptive, and many studies have shown that the body is more than capable of running on stored fats and maintaining energy levels. It may take a couple of weeks for the body to adjust. However, in the end, those who succeed with low carb eating will lose weight, and look and feel better than ever.

As previously noted, when you reduce carb intake, you eliminate the fat storage process that results from eating them. When you eat **carbs**, they **turn into glucose** in the bloodstream to be used as energy. Any that are **not** immediately used get **stored as fat**.

Simple Carbohydrates and Fitness

Many people testify to simple sugars having zero importance in the real world, however this is not completely accurate. Simple sugars do have a few unique uses under very specific circumstances.

For example, to generate pre-workout energy for intense exercise, weight lifting, and endurance training- simple carbs can be helpful in getting you through grueling workouts. Bodybuilders, for example, require glucose from carbs as that

is what the muscles use for energy during exercise. For this reason, some participants in the ketogenic diet have tailored it for fitness enthusiasts and athletes.

Frankly, there are safer ways to produce pre-workout energy that is sustained through the workout than simple sugars with their potential side effects, but that is another topic to be explored another time.

With all of that background, let's now take a look the ketogenic diet in a bit more depth to explore its potential benefits for producing short and long-term weight loss and health improvements.

Origin of the Ketogenic Diet

Even though you may have never heard of it before, keto is not a new diet. You be surprised to discover that It actually arose nearly a century ago.

The diet was first introduced in 1921 by an endocrinologist named Dr. Henry Rawle Geyelin as a way to treat epileptic seizures in children.

The doctor knew that epileptic seizures were [triggered by electrical abnormalities in the brain](#). While there are numerous causes for it, chronic inflammation is one of the more common conditions which was known at that time.

Researching the issue, Dr. Geyelin discovered that fasting helped to drop the glucose levels and burn fat instead of glucose for energy. Burning fat, as we have discussed already, instead of glucose produces a state called **ketosis** or keto in the body. Notably, Dr. Geyelin observed that when the body burns ketones for fuel instead of glucose, there [is less inflammation in the brain](#).

The problem was that fasting for long periods of time was simply not practical. People need to eat and some have great difficulty with fasting.

However, the doctor discovered that if he kept the patient's diet very low in carbs and high in fat, the same ketosis state could be produced and the patient didn't have to fast. Thus, the ketonic diet was created and Dr. Geyelin found that it did, in fact, help his young epileptic patients.

How Keto Works

The term **ketogenic** is a **combination of two terms**. One is the term **keto** which of course refers to the ketones that are a by product of the body burning fat for energy instead of glucose. **Genic** means to produce. The aim of the ketogenic diet then is to **produce ketones** by *burning fat in place of carbohydrate generated glycogen*.

Simplified, the key principles of the diet are actually quite simple. On the ketogenic diet the person dramatically reduces their intake of carbohydrates replacing them with fats and proteins. This can be done with animal food sources or plant-based sources or any combination of the two.

So, in the event you were wondering, keto does not have to be a diet heavy in animal fats. In fact, you can be a vegetarian or vegan keto if you so choose. You just need to be more conscientious about your dietary intake but it can be done.

Some books on that topic are: [Ketogenic Vegetarian: The Best Keto, Slow Cooker & Instant Pot Recipes](#) by Allyson C. Naquin and [Keto Vegan: The Simple Guide on How to Start the Keto Diet as a Vegan](#) by Fanny J. Hinton

That aside, back to our keto adventure.

As noted above, when one replaces carbs with fats and proteins, the body enters into a state of ketosis. While we are in a state of ketosis, the liver will convert fats into fatty acids and ketones. These ketones and fatty acids can then be used as a replacement for glucose to produce physiological energy.

Studies have shown that the body operating in a state of ketosis can run 70% more efficiently because [ketones are a more efficient source of energy](#) and actually preferred by the body over carbs.

Now, the key is that in order for ketosis to occur you have to **limit** your intake of carbohydrates to about **20 to 50 grams a day** which is much lower amount than most of us are conditioned to consuming. Normally, this would result in a drop of energy. However, on the ketogenic diet, the carb loss is made up for by taking in much more fat. When on the keto diet, **fats** should make up about **65 to 75% of your daily caloric intake** to give the body the raw materials it needs to convert the fats to energy.

That may seem like a lot of fat and we all may partly share the bad rap fats have been given by the media and nutritionist community. However, people are losing weight and getting other good results when eating this way as we will see.

Comparison of the Keto and Paleo Diets

The paleo diet is a popular low carb diet as well. Probably, the most popular at this time. Therefore, a comparison of the two will help you better understand the keto diet.

The paleo diet is reportedly based upon traditional ancestral eating patterns. It is similar to the clean foods diet with its emphasis on eating fresh, healthy, wholesome foods that have not been contaminated with additives and preservatives. Keto, as recommended by keto purists, also shares that quality emphasis, de-emphasizing factory farmed animal meat over free range, organic meats for example.

The popular paleo diet, was started in 1970 by gastroenterologist Walter L. Voegtlin. It includes vegetables, fruits, nuts, roots, and meats, emphasizing proteins somewhat.

It excludes processed foods, dairy products, grains, sugar and poor-quality salt, legumes, processed oils, alcohol and coffee.

It promotes a healthy lifestyle and improves both the metabolic systems of the body and body composition. People lose weight on the paleo because it makes people feel full quicker, so they tend to consume less food.

Some Reported Benefits of a Paleo diet:

- Reduces allergies
- Burns off stored fat because metabolism increases
- Stabilizes blood sugar
- Cleans impurities from skin and teeth

- Improves sleep patterns
- You absorb more nutrients from food since it emphasizes natural or organic

Daily food and calorie intakes are divided as follows:

- 55% should come from seafood and lean meat – each taking an equal half
- 15% come from fruits, veggies, nuts and seeds each
- There is no dairy, no salt or sugar, and almost no grains

One of the risks of a paleo diet is that it could lead to an insufficient vitamin D & calcium intake and a risk of toxins from a high fish consumption. Quality is an important factor. A good vitamin D supplement can help as well.

Differences Between Keto and Paleo:

- Paleo diets **do not** emphasize low-carb. They focus on eating foods with fat and protein but don't necessarily avoid potatoes, carrots, sweet potatoes, and other foods higher in carbohydrates.
- Conversely, **keto diets are mainly low-carb**. Keto eliminates all starches and sugars, even including fruit. Most of the carbs on a keto diet come from non-starchy vegetables.
- Paleo diets are **not high in fat**. While the paleo diet in its origin form may have emphasized foods high in fat, today's paleo has been altered to accommodate lower fat intake.
- Keto diets are **high in healthy fats**. In a sense, fats in the keto diet are the primary element of low carb as they support ketosis, or the metabolic process of burning fat for energy without dietary carbs.
- Paleo dieters don't eat **dairy products** in abundance, if at all. Keto diet fans **will use dairy** to add fat to their diets.

Low Fat vs. Low Carb Diets

Low fat was all the rage for a long time and still to some degree still is. So, it is useful to compare **low fat** with **low carb**. First of all, results show that low carb plans are actually more effective for weight loss and cholesterol reduction than low fat diets.

One of the benefits of low carb over low fat is the tendency for low carb to better regulate your appetite making it easier to keep once you have adjusted to it.

The reason being that the **carbs in the low-fat diet** can cause erratic spikes in blood sugar levels which, in turn, cause out of control cravings and hunger.

Keto: How Low-Carb Can You Go?

In the ketogenic diet, you are dramatically lowering your carb intake while increasing your fat intake and eating adequate amounts of protein.

The goal, as we discussed earlier, is to reach a metabolic state known as **ketosis** where the body relies on fat as its energy source, replacing the glucose we typically get from carbohydrates.

The less carbs you eat, the more effective and easily produced the state of ketosis is. So, low-carb rather than being a problem is actually a goal on the ketogenic diet.

If glucose is readily available, the body will use that first because it's easier and quicker to metabolize. The problem with this is that there is often some left over which is stored as fat. This is evident in today's American culture where so many people, even the young, are overweight or even in a state of gross obesity.

On a keto diet, you are intentionally reducing the amount of glucose in your body to the bare minimum. This then trains



your body to rely on ketones for its energy which is what the body burns for fuel during ketosis.

The fatty acids in ketones, produced by the liver, are a major source of energy for all of our organs, especially the brain, which is why people on the keto diet feel more focused and alert. This also may be why keto could be a good solution for Alzheimer's and other age related neurological conditions.

Some reported benefits of a keto diet:

- Reduces body fat while maintaining muscle mass (You lose excess fat, not muscle.)
- Helps blood pressure regulate to a normal state
- Helps improve and maintain cardio-vascular health
- Reduces insulin levels which can help diabetics
- Improves symptoms of Parkinson's disease
- Reduces seizures in epileptic children
- Improves brain health including age related cognitive functions

As with any new diet, your body will experience a few, harmless side effects.

These typically pass in a few days. Some users of this diet refer to what is called the "keto flu". These flu-like symptoms, may include digestive discomfort, a lethargic-feeling, sleep issues, and mild nausea.

Long Term Sustainability

One of the most important considerations in the actual success that any diet plan has, or will have, is its sustainability over the long term. The overall success measure of a weight loss plan is the individual's ability to keep the weight off for the long term.

Low carb wins over low fat because when individuals are satisfied, the probability of long-term success increases exponentially. This is one of the reasons that low carb is a lifestyle and not simply just another temporary diet. Whether the keto diet falls into the long-term sustainability is yet to be determined from studies for reasons we'll discuss below.

What the Studies Show

A [study by the Duke University Medical Center](#) in Durham, North Carolina set out to compare the effects of a low fat diet versus a ketogenic diet program.

[What they discovered over their 24 week study](#) was that not only did the **low carb** diet **retain more of the participants** than the **low fat** group did, but they **also lost more weight**, and had a bigger decrease in triglyceride (fat) levels which is associated with obesity and diabetes.

This is likely because a low-fat diet is more of a temporary diet. It is difficult to sustain because there are too many temptations to give in to, for reasons noted above. On the other hand, the ketogenic diet because of its more even blood levels is easier to maintain on a long-term basis.

That means the weight you lose tends to stay lost. Rather than just another fad diet alone, low carb is a more of a dietary lifestyle change.

More Studies Support Low Carb Diets Over Low Fat

Since 2002, more than 20 randomized controlled trials have been published in respected, peer-reviewed journals which demonstrate the fact that low carb diets are more effective for weight loss and completely safe without a single adverse effect. This cannot be said about many of the fad diets.

Several studies, including Volek et al, Foster GD, et al, Keogh et al, Westman et al, and Gardner et al have

shown that **low carb** eating leads to more weight loss, especially visceral fat (*belly fat*). **Low carb** also improves HDL cholesterol, insulin levels, blood sugar levels, and blood pressure as compared to **low fat** plans.



The above studies and others support the fact that **low carb wins over low fat** in weight loss and reducing risks for heart disease.

The Health Benefits of Low Carb Keto Besides Weight Loss

One might get the impression that low carb keto is more of a weight loss diet since thousands of people have lost a lot of weight with it and able to keep it off which you will discover with further research. However, some studies show that the effectiveness of the **keto diet** may be multi-faceted.

However, according to the **European Journal of Nutrition**, it does **not** appear that enough large and long-term studies have been done to confirm the long-term

effectiveness and safety of the low carb keto diet. The reason being that the only way to get answers to this question would be to:

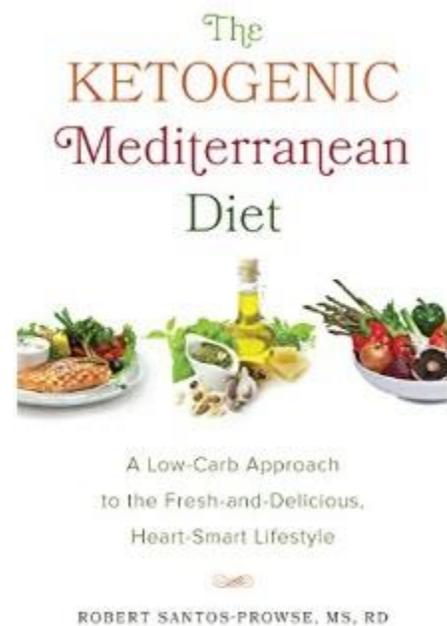
“conduct robustly controlled long-term studies (minimum of 2 years) in which carbohydrate, fat, energy and dietary fiber intake are carefully monitored along with changes in body weight. **Such studies are hard to carry out and are costly** and for that reason [have as yet not been carried out.](#)”

Comparing the Mediterranean Diet and Keto

Dr. Judith Wylie-Rosett led a study that makes mention of The American Diabetes Association belief that a low carbohydrate, low fat diet can be used to achieve improvement in both weight and metabolism, pointing to the Mediterranean diet as evidence.

This is an interesting point, because it's well documented that the residents of countries in the Mediterranean have higher life expectancies, and while they do eat carbs, their carb intake is much lower than it would be in the United States, or the United Kingdom.

The Mayo Clinic breaks down the Mediterranean diet which hinges on eating plant-based foods, nuts whole grains, and legumes. Olive oils are used in place of butter, and herbs and spices replace salt. It is more common to eat white beans and leave red meat to the odd occasion with the emphasis on fish as a more primary protein



source. Meals are spent with family and friends and consumed over a few hours in place of the fast food, on the go emphasis common in today's fast paced environment.

WHO has a list of life expectancies for every country. The United States average is 79, while that of Greece is 81, Spain and Italy are 83. This may make the Mediterranean Diet a better long-term selection at present than the keto diet since it is a more proven way of eating.

On the other hand, as noted in the resource above, the two dietary styles can be blended which may make keto just as viable as the Mediterranean as a long-term dietary lifestyle.

If such a combination is of interest to you, check out the above resource for a good start in this direction.

Conclusion

There are a number of low carb diets which you can follow. Only the keto promotes high fat as well. You can be as strict or as lenient with it as you choose. Whether you are looking to lose weight, maintain muscle, or reduce your risk of heart disease, keto appears to provide some good value.

It is clear that a low carb diet can also serve as an appetite suppressant. As mentioned earlier, studies and experience show that participants on a diet high in protein and fat, but low in carbohydrates do not have the same food cravings as participants on a low calorie, low fat diet. Reducing carbs and eliminating sugars, help to regulate blood sugars and naturally suppress food cravings.

In the short-term, the keto diet appears to be effective. However, its long-term dietary impacts still have some unanswered questions. On the other hand, as its usage grows, people are harmonizing it with more proven dietary structures such as the Mediterranean Diet noted above. This not only borrows from a proven track record, but it also tends to broaden the application of keto as a long-term solution for its adopters.

While, it may be more prudent to use keto as a shorter-term way to get yourself back into balance and produce some good results quickly. Its longer-term usage can be made more viable through combination with more proven approaches.

Longer term keto will introduce a bit more variety, including carb usage. However, quality is always an important factor with any food you consume. Complex carbs are a significant advance quality-wise than simple carbs as is an emphasis on natural and organic. Free range meats or wild caught varieties of seafood are safer and healthier choices, for example, on keto or any other way of eating.

As the old computer term goes garbage in-garbage out, so it always pays to consume high quality foods over low. The less garbage in, the better longer-term health results you can expect to achieve.

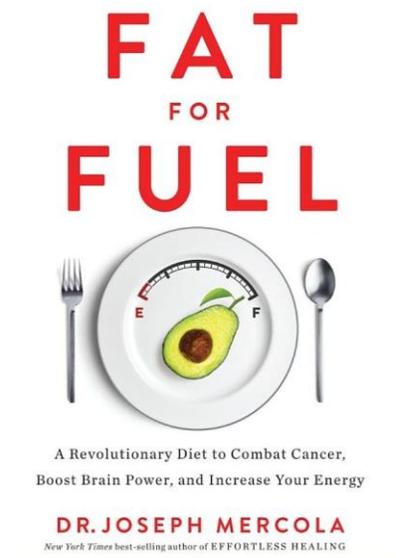
Weight Loss Plus...

If weight loss is an issue, particularly stubborn belly fat, the keto diet has proven to be a helpful one to adopt for a period of time. I would also suggest combining it with walking or another form of exercise and some supplementation to truly optimize your efforts.

However, **weight loss is not the only reason** to consider a ketogenic diet, or what Dr. Joseph Mercola calls the **Mitochondrial Metabolic Therapy (MMT)** in his book on the topic.

As noted in Appendix A of Dr. Mercola's book [Fat for Fuel: A Revolutionary Diet to Combat Cancer, Boost Brain Power, and Increase Your Energy](#), he suggests that the **MMT** or **keto diet** may also be therapeutic for: acne, Alzheimer's disease, arthritis, cardiovascular disease, seizure disorders, fibromyalgia, chronic fatigue syndrome, chronic pain, GERD, irritable bowel syndrome, migraines, multiple sclerosis, nonalcoholic fatty liver disease, traumatic brain injury, type 2 diabetes and as the title suggests- cancer.

Now, of course in this brief introduction, not everything about the keto diet can be covered such as [keto vegetarian](#) and [keto vegan](#) variations and more.



Additionally, [Dr. Mercola's book](#) also suggests using a range of testing as you practice your new diet which includes testing ketone levels, blood glucose readings and biometric readings.

After your weight loss or other health goals are achieved with the keto diet, you may want to experiment a bit with some complex carb introductions on a limited basis.

It always seems best to keep a good variety of nutritional foods groups in any daily diet while also selecting the highest level of quality and most natural state available- at least prior to preparation, i.e., cooking from scratch.

Keto is a good diet short term but longer-term efficacy is still an unproven factor at this time. If you are so inclined to try it, keep a watch on your level of health and consider dietary blends such as the one suggested above.

Don't give up on it too soon if you run into some uncomfortable symptoms however. It may just be your body making natural adjustments to the loss of carbs in your dietary intake.

The following resources can be used to give you more information on this diet to assist you in achieving your natural health related goals:

Recommended Resources:

[Fat for Fuel: A Revolutionary Diet to Combat Cancer, Boost Brain Power, and Increase Your Energy](#) by Dr. Joseph Mercola (keto and his MMA emphasis)

[Eat Fat, Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health](#) by Mark Hyman, M.D. (keto paleo emphasis)

[The Ketogenic Cookbook: Nutritious Low-Carb, High-Fat Paleo Meals to Heal Your Body](#) by Jimmy Moore and Maria Emmerich (keto paleo emphasis)

[The Ketogenic Kitchen: Low carb. High fat. Extraordinary health](#) by Domini Kemp and Patricia Daly (Cancer Survivors who used keto to beat cancer)

Begin with the above resources on Amazon. There are a wide range of additional offerings including books and cookbooks on using keto for specific purposes. Too many to sort through in this brief introduction.

All of the above resources are highly rated with a large number of reviews as are most of the links in this report, some of which I have read myself. Any of the above will get you started in conducting a deeper exploration of the keto diet.

Based on what I have discovered from my exploration of this dietary alternative happy adventures and better health could very well lie ahead. Nasdrovia or to your health as the Ukrainians say. (BTW, I'm not Ukrainian, but I still think it's a nice way to end this report, don't you?)