

THE KETOGENIC DIET: CAN IT FIT YOUR BUSY LIFESTYLE?

Around the world, increasing numbers of people are diagnosed with chronic diseases like type 2 diabetes, coronary artery disease, high blood pressure and obesity. Sadly, the main culprit is the food we eat. The standard American diet (S.A.D.) consists of too much protein, processed grains and carbohydrates (refined sugars) and not enough healthy fats. As a country, as we continue on this S.A.D. diet, we are more likely to develop insulin resistance, excess weight gain, chronic inflammation and cellular damage. We can get back on the road to good health and stay there, but significant changes to our diet must happen. A Ketogenic diet is one of the best ways to make that happen.

So, exactly what is a Ketogenic diet? Simply, it is a diet that focuses on minimal carbohydrates, moderate protein and high healthy fat consumption. This is how we put our bodies into a state of "nutritional ketosis" or a metabolic state in which the body burns fat rather than sugar for fuel. A high fat diet seems to go against what we've always been taught about achieving good health. Medical research has now proven that consuming more fats and less carbs (especially whole grains) is beneficial for a wide variety of health concerns. So, exactly what are the benefits?

* **Weight loss.** This diet has been proven to be one of the best and easiest to follow.

* **Fights inflammation.** When the human body burns fat instead of sugar for fuel, it releases fewer reactive oxygen species (ROS) and free radicals. This results in less chronic inflammation once we've eliminated sugar from our daily food consumption.

* **Increased muscle mass.** Numerous scientific studies have shown that ketones (produced by the body once you are in nutritional ketosis) have a similar structure to branched chain amino acids (from proteins). Ketones spare these amino acids leaving higher levels of them to promote muscle mass.

* **Reduced appetite.** Lowering daily carb intake can actually reduce hunger symptoms.

* **Lower insulin levels.** When we consume carbs, they are broken down into sugars in the body. This results in a rise in blood sugar levels which leads to an insulin spike. Over time, we can develop insulin resistance and then progress to Type 2 diabetes.

* **Lower risk of cancer.** Cancer is a devastating disease and is one of the leading causes of death worldwide. What many people don't understand is that cancer cells are fueled by glucose. In this regard, the Ketogenic diet may be the best solution. By depriving cancer cells of their primary source of fuel, as well as protein restriction, these cells will starve. Cancer cells cannot use ketones as an

energy source. This diet can also help compliment traditional cancer treatments, such as radiation therapy and chemotherapy.

A typical Ketogenic diet consists of 70% healthy fats, 20% high-quality protein and 10% carbohydrates. Ideally, carbohydrates should be kept under 50 gms. per day. This will help your body transition to burning fat for fuel. We recommend using apps. like **ruledme.com** or **myfitnesspal**, they're easy to use and free. Remember, we recommend only healthy food choices!

FATS: Remember, 70% of your diet should come from healthy fats. Coconut oil, wild-caught Alaskan salmon, sardines, anchovies and Krill. Olives, olive oil, raw/grass-fed butter (Kerry Gold) or ghee, raw nuts (macadamia, almonds, pecans), avocado, seeds such as pumpkin and sesame and ghee (clarified butter).

PROTEIN: The ideal protein intake should be one-half gram per pound of lean body mass per day. Common sources would be red meat, pork, poultry, eggs, seeds/nuts, cooked beans. Whatever proteins you consume, make sure they are organic, grass fed and antibiotic free.

CARBOHYDRATES: Veggies are the best place to pick because they are low in carbs and high in dietary fiber. Choices would include broccoli, spinach, kale, arugula, brussels sprouts, cucumber, mushrooms, asparagus and eggplant. The majority of fruits should be omitted from your keto diet because of their high sugar content. Certain citrus fruits and berries are safe to eat in moderate quantities, such as, blackberries, blueberries, cranberries, lemons/ limes and grapefruit.

The Ketogenic diet is not for everyone. This would include pregnant/breastfeeding women, those without a gallbladder or history of kidney stones, those with pancreatic insufficiency or struggling with anorexia (BMI less than 20) and children.

* Want to learn more about Keto?

Join us on March 25th at 7:00 pm for great testimonials, great information and recipes. We will also be sampling a new keto product, dabombicecream and some other tasty keto desserts.

* **Due to the overwhelming response to our February 11 CBD Workshop, we now have a waiting list of people who want to learn more!** Our second workshop will be March 18th at 7:00pm. Call today to sign up as space is limited!



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