



THE FASTING PODCAST: EPISODE 16 – THE KETO KRAZE

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The **Fasting** Podcast; Wellness & Optimal Weight (**WOW**)!



Kimberly Jansen, CNHP



Julie Phillips, CNHP



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Comparison of 3 Types of Ketogenic Eating Approaches



- “Dirty Keto”
- “Clean Keto”
- “Clean Balanced Keto” (CBK)



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“Dirty Keto” is Rampant & Dangerous

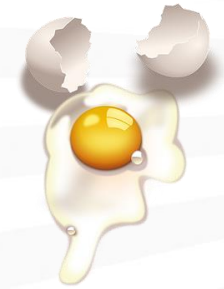
- The public is generally not taught to distinguish dirty vs clean keto
- “Dirty keto” is like old Atkins approach with more toxicity in modern times
- Atkins had many lawsuits & Atkins himself suffered from heart attack, congestive heart failure, and hypertension before his death
- Dirty keto eaters may eat too much or too little quality protein (episodes 9-10)
- Excess animal protein can be acidic & a burden to digestive system, kidneys, & liver
- Many keto recipes use excess toxic cheeses/dairy which can be mucous forming, allergy oriented, & inflammatory
- Dirty keto allows toxic oils that can damage the cells and become rancid
- Dirty keto can easily result in nutrient deficiencies, pH imbalance, & illness





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“Clean Keto” Highly Beneficial, But Often Taught in Extremes



- All natural & organic when possible, with some teaching 70-80% of caloric intake healthy fats, 20-25% healthy protein, & 5% net carb (minus fiber) – others teaching unlimited good fats & less than 20g net carbs
- Ketones is superior fuel for brain/body than glucose & avoids insulin problem
- Clean keto is used by holistic doctors with cancer patient & other diseases
- Many teach all sugar feeds cancer cells, but only bad “right spin” sugars do
- Eating too much or unlimited healthy fats can delay burning stored fat
- Many keto internet speakers promote too little protein (episodes 9 & 10)
- Many promote far less net carbs than needed (proven per Episode 14)
- Some teach unlimited natural cheeses, can be mucous forming & allergen
- Some allow unlimited soy, associated with GMO, hormone, allergen concerns



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“Clean Balanced Keto” (CBK) Requires Education



EXAMPLE

This CBK approach is compatible with the Lifeboat Homeopathic Weight & Wellness Drops system from the WOW Program (Episode 8)

- All natural & organic when possible, ideally free of soy, dairy, & gluten
- The key to CBK is the BALANCE of good protein, carbs, & fats
- Protein – need to have the right amount of QUALITY protein, different if targeting autophagy or not at a given time – episode 9 & 10
- Carbs – the fasting mimicking approach in episode 14 proves that a person can still achieve ketosis, autophagy, stem cell rejuvenation, & lowering of IGF-1 aging marker plus many other health benefits without an extremely low number of net carbs/day – this will let more people succeed
- Fats – cannot eat unlimited fats if we are desiring the body to burn toxin laden fat in the body because as we taught in episode 1, the body will always burn what we eat & drink before it works to break down stored fat
- CBK is ideally used with what we teach in the episodes of this podcast



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NEXT EPISODE 17: MOVE BODY/LYMPH/BOWELS DURING FASTING

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POSSIBLE NEXT STEPS



Watch our next episode, refer others, & check out our website:
www.TheFastingPodcastWOW.com

Watch WOW (Wellness & Optimal Weight) video: www.LifeboatDoctors.com

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Stay Positive, Focused, & Determined Because
Where the Mind Goes, **Energy Flows...** *Ernest Holmes*

