

# KETOGENIC LIFESTYLE

## Nutrition Support Protocol

### Lifestyle Recommendations:

- Getting a detailed blood test done to assess your kidney function and to get a baseline for blood lipids and glucose/insulin levels is key
- We recommend patients measure their blood ketone and glucose levels while in a "fasted" state with a quality ketone/glucose monitor and strips. You are in "nutritional ketosis" when your ketone level reads 0.5 mmol to 3.0 mmol. Your health practitioner will monitor these levels to assess your metabolic response and adherence to the diet.
- We also recommend supplementing with exogenous ketones (Keto-Nootropic™ powder) when you are transitioning to the keto diet in order to avoid the "keto flu" (characterized by headaches, dizziness, nausea, light-headedness).
- Its important to manage stress when starting a new diet as added stress could dysregulate cortisol levels and blood glucose response.
- Sleep is crucial to a healthy lifestyle and brain. It's imperative to get enough sleep when you are trying a new diet or weight loss regimen so aim for 7-9 hours a night.
- Exercise should be implemented daily in any form that best fits your life and preferences!

### Dietary Recommendations:

The ketogenic diet is a very low-carbohydrate, high-fat, adequate-protein diet that encourages the body to burn fats rather than carbohydrates. The diet consists of:

- 70-75% Fat
- 15-20% Protein
- 5-10% Carbohydrate

Note: These ratios are variable depending on the individual's medical situation and health goals. Carbohydrate tolerance and the carbohydrate threshold at which individuals produce ketones is unique to each individual. A good starting place where most individuals will produce ketones is < 20g total carbohydrate per day.

### Emphasize these foods:

- A variety of fatty acids (saturated, polyunsaturated, monounsaturated) to facilitate ketone production from dietary fat consumption.
  - High fat dairy- organic high-fat cream, cheese, butter from grass-fed cows



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- Nuts and seeds - walnuts, pecans, almonds, hazelnuts (Filberts), Brazil nuts, macadamia nuts, pistachios, sunflower seeds, pumpkin seeds.
  - Avocados and avocado oil, coconut oil, olive oil and olives, walnut oil.
  - Fats from grass-fed/pastured animals: tallow, lard, ghee, duck fat.
  - Fatty fish - salmon, tuna, sardines, mackerel, halibut.
- Meats & Seafood - grass-fed beef and lamb, wild game, pasture-raised poultry, pork, shellfish and mollusks
  - Leafy greens - spinach, kale, chard, collards, arugula, bok choy, mustard greens and above ground, non-starchy vegetables - broccoli, cauliflower, Brussels sprouts, asparagus, zucchini, celery, bell peppers, eggplant, cucumber, radishes, mushrooms - consuming adequate fiber from low-carbohydrate vegetable sources will help prevent constipation.
  - Low sugar berries such as raspberries, blackberries, and blueberries are great fruit choices.
  - Avoid sugars, refined carbohydrates, grains, beans, and starchy vegetables like potatoes, corn, peas, winter squashes, beets, and yams/sweet potatoes.
  - We recommend having your meals between a window of 10-12 hours to help your body get into a fasted state and facilitate ketone production.

## Supplement Recommendations:

**KTO-360 Powder:** 1 scoop of powder mixed in water or favorite beverage 2-3 times daily to increase dietary fat intake in support of keto macronutrient requirements.

**KTO-ElectroPure:** Consume 1-2 tsp per day at the onset of the ketogenic diet and protocol to support appropriate electrolyte balance. Additional servings may be used on days when vigorous physical activity and excess sweating occurs.

**KTO-C8 100:** Consume 1-2 bars per day as part of ketogenic, dietary fat intake.

Consult with your doctor first if you are pregnant, have kidney disease, thyroid issues or HPA axis dysfunction.

**Precautions:** People with low BMIs may want to participate in a cyclic keto diet, or a more moderate low carbohydrate approach. Athletes who engage in demanding activities may not perform optimally on a strict ketogenic diet. Such sports include soccer, martial arts, CrossFit, basketball, etc. If you consider yourself an athlete you may wish to implement a cyclic ketogenic diet or have weekly carbohydrate re-feeds.



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