

Keto craze: Saturday workshop focuses on lifestyle changes for healthier living

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SIERRA VISTA —It seems everywhere you go, people are talking about it.

Keto diet success testimonials are rampant. They appear on Facebook and manage to work their way into conversations.

Why keto?

“Keto is ballooning worldwide,” said Dr. Douglas Payne, director of Keto Center Public Health Clinic, ketogenic workshop lecturer and author. **“Ketogenics is not a diet. It’s a lifestyle change where we get to the foundation of how your body actually works, which comes down to biochemistry.”**

Teaching that biochemistry and explaining how applying those principles in the treatment of diabetes, obesity, epilepsy and heart disease serve as the foundation of ketogenic workshops and physician training Payne provides all over the state and country.

On Saturday morning, Payne will present a free workshop at Buena High School, sponsored by the Cochise County Sheriff’s Office.

“Biochemists at the Mayo Clinic and Johns Hopkins University discovered what is now known as the **Ketogenic Therapeutic Diet** in 1923 and 1924 and it’s been in continuous use by physicians for nearly 100 years now,” Payne said. “After studying those principles, I became the national director and chief science officer of Health Form Corporation. I traveled all over the country for many years training physicians about how to use the keto diet to prevent and reverse metabolic disease.”

Seventy percent of the U.S. population is overweight or obese, and there is a 40 percent diabetes and pre-diabetes rate in the country, Payne said, adding that most of these conditions are because of poor food choices.

“That’s where I come in,” Payne said. “By training physicians and the public in the benefits of the ketogenic diet, we commonly see a reversal of Type 2 Diabetes, a reversal of heart disease markers and almost a 100 percent reversal of obesity.”

KETO Successes

Leslie Taylor ~ *Director of Nursing at Life Care Center in Sierra Vista*

After a lifelong struggle with weight, Leslie Taylor started the keto diet two years ago. Since then, she has lost more than 80 pounds, has dropped from a size 22 to a size eight, and says keto has made a permanent difference in her life.

“It’s a complete lifestyle change for me,” said the 48-year-old nurse, who is director of nursing at Life Care Center in Sierra Vista.

“I actually started the keto diet and had lost weight, and then attended one of Dr. Payne’s workshops,” she said. “I invested a lot of time in researching the keto diet when I first started it, and found his workshop very informative. He is inspirational and extremely knowledgeable in explaining the science of the keto lifestyle and why it works. I have his book and his wife’s cookbook.”

Taylor said the research that goes into understanding the keto program is tremendous.

“That’s what’s so great about the workshops. You get all that knowledge and research from someone who has really studied the science behind the keto diet. The workshops are a huge benefit to the community. He and his wife (Roma Payne) hold them around the county regularly and I definitely recommend attending one if you’re interested in learning about keto. It’s well worth the time.” After losing more than 80 pounds, Taylor said she has been on a maintenance diet for about six months. “I’ve found that the

keto lifestyle has some flexibility, which has made it a successful plan for me,” she said. “Everyone is different. Being a dieter all of my life, this is exactly the lifestyle change that I needed.”

Bruce Harris ~ *Carb-O-Holic*

As someone who refers himself as a carb-o-holic, Bruce Harris was not excited about the carbohydrate restrictions of the keto diet. But after attending a January ketogenic workshop in Sonoita, he changed his mind. “I needed to lose at least 35 pounds, but never got around to doing anything about getting rid of the extra weight,” Harris said. “I heard about the keto diet through a conversation with an acquaintance who lost 40 pounds on the keto program after he was told by his doctor that he needed to lose weight.” Harris learned about the ketogenic workshop and attended it out of curiosity. “I was very apprehensive about the whole idea of a carbohydrate restricted diet, but came out of the workshop a believer,” Harris said. “The diet is not as difficult to follow as you think, even for carb-o-holics like me. So, I became part of the **keto-craze**. I would recommend this diet to anyone who is struggling with trying to lose weight and is looking for a permanent weight solution.”



Photo by Mark Levy
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