



KETO FOR BEGINNERS

how to get started on keto

KETO FOR NEWBIES

YOU'VE DECIDED TO TRY **KETO**

Congratulations as you are in for a fantastic journey. The keto diet has become so popular that there are endless amounts of people talking about it and there are more case studies than any other diet out there simply due to how effective it is.

The documented case studies have proved that the keto diet will assist you in losing weight and burn fat better than other low carb diets such as the Atkins diet.

Yes, this is a commitment on your part and yes there will be difficulties when you first start the diet. It can take between 1 and 3 weeks to get used to being in ketosis and enjoying the benefits that come with it. If you ever heard the phrase, “what goes up, must come down”, then this is the same as the keto diet. You will suffer with keto-flu which is expected but shouldn't be the cause for you giving up. It is much easier than other traditional diets.

LOOK OUT FOR



headaches

If you are lover of coffee and haven't had a brew in quite some time you will get a little headache as your body is craving the caffeine. This is what you can expect on the keto diet, but the good news is that they only last a few days.

brain fog

Feeling sluggish, not able to think or concentrate, topped with lethargy are all common symptoms when first starting the keto diet. This feeling will eventually go, you just need to make sure you follow the diet correctly. Brain fog, as well headaches are usually caused because of the lack of water and loss of minerals.

As you become keto-adapted, the remainder of sugar is burnt up and any excess fluid is released. You can counter this by drinking around 48 ounces of water before midday with a touch of Himalayan salt. I also highly recommend Mitol//Plex electrolytes!



weight loss

The whole point of the diet is to lose weight, but if you are losing weight at a rapid pace then something is wrong. You shouldn't quit the diet all together as in the first few days, your body is merely converting fat for fuel rather than using carbs for fuel. This in turn releases excess water which can be up to 10 pounds.

You will notice a difference in your composition when all this water is released, and you can lose a few inches around the waist within the first couple of days.



upset stomach

Due to dehydration and your new way of eating, there will be some people that suffer with constipation

Constipation may occur in some people. This is partially because of dehydration, and partially because of your new eating habits.



To stop this from happening you can consume fiber that comes from vegetables that are not starchy such as spinach, bok choy, kale and radish. You can even take fiber supplements such as psyllium and apple pectin.

Don't let any of the above issues put you off the ketogenic diet, they are there to put you on the right path to a fantastic weight loss journey. Not one person is the same, some people will suffer with some of the effects while others won't notice anything. Within a week you will get used to the diet, live a healthy lifestyle all while being a walking fat burning machine.