

WHAT'S ALL THE BUZZ ABOUT "KETO"?

A ketogenic diet may possibly be the most effective and fastest growing weight loss plan for 2018. Some of the other health benefits from a ketogenic diet are: reduced inflammation, lowered risk of cancer, increased muscle mass, reduced appetite, more energy, improved hormonal health, improved function of the brain and nervous system (Alzheimer's, dementia, etc.) and lower insulin levels. Wow! So, what exactly is a "keto" diet? A keto diet is known for being a very low carb (high fat, moderate protein) diet in which the body produces ketones (from breakdown of fats) in the liver to be used for energy.

Ketosis, is actually a very natural process which the body initiates to help us survive when food intake is low. So, a properly maintained keto diet forces your body into producing ketones, not through starvation of calories, but through starvation of carbohydrates. When we eat something that is high in carbohydrates, the body normally converts it to glucose and then insulin is produced to process the glucose and escort it around the body to our cells in need. So, since glucose is used as a primary energy source, fats are not needed and therefore will be stored.

The ketogenic diet is not really a low carb diet, it is more like a very minimal carb diet. This could be anywhere from 5-30 gms. of carbs/day. For optimal results, keto diets can be cycled with a paleo diet and intermittent fasting. Various keto experts have different percentages for the 3 macros in our diet: Protein, Fat and Carbohydrates. Basically, it is 70-80% Fat, 15-20% Protein and 5-10% Carbohydrates. This is very different than the higher protein diets typically recommended for weight loss. Why? When fed too much protein, the human body can convert protein to carbs through a process called gluconeogenesis. Then we are basically back to a high carbohydrate diet.

If we do go Keto, where do we get all these healthy fats?

- * Coconut oil (MCT oil or powder is an even more concentrated form)
- * Avocado

- * Olives/olive oil
- * Raw, grass fed butter
- * Omega-3 fats from sardines, anchovies, Alaskan salmon, krill
- * Raw nuts, such as macadamia, almonds and pecans
- * High fat dairy
- * Raw cacao butter
- * Ghee (clarified butter)
- * Organic pasteurized eggs

What else can we eat?

- * Lots of green, leafy vegetables
- * Organic, grass fed meats
- * Above the ground vegetables, especially cruciferous veggies. These help to detoxify the liver and rid the body (male/female) of excess estrogen.
- * Occasional low glycemic fruits like blackberries, raspberries and blueberries

The best way to be successful on a keto diet is to drink lots of water, be mindful of your protein intake and watch out for foods that have hidden carbs. Our office has teamed up with Metagenics to introduce their new line of keto products, making it easier to stay on your new weight loss program in 2018. Our busy lifestyles (work, kids, home) sometimes make it hard to stay on any weight-loss program, you'll be surprised at how easy Metagenics has made it! **Call us today to schedule your appointment or reserve your seat for our Keto Presentation and special discounts on January 22, 2018 at 6:30 pm.**



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