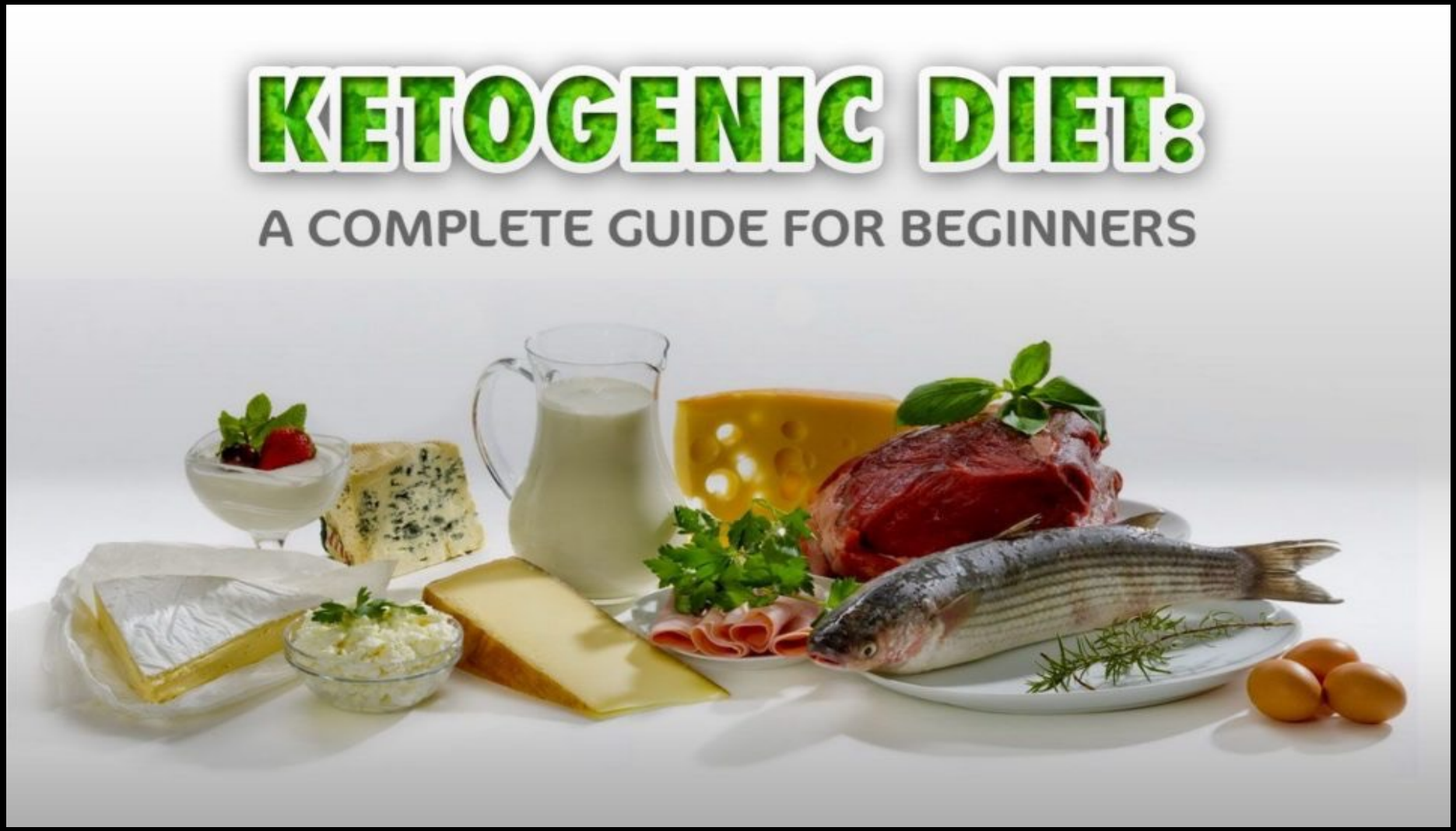
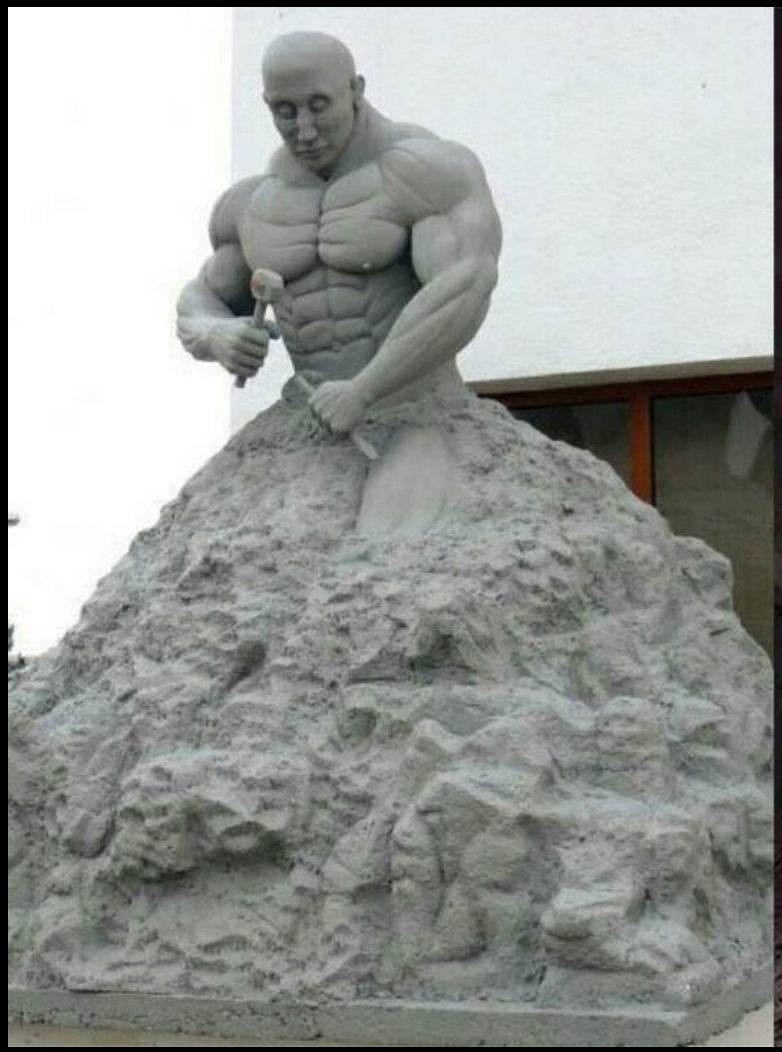
The future is here.

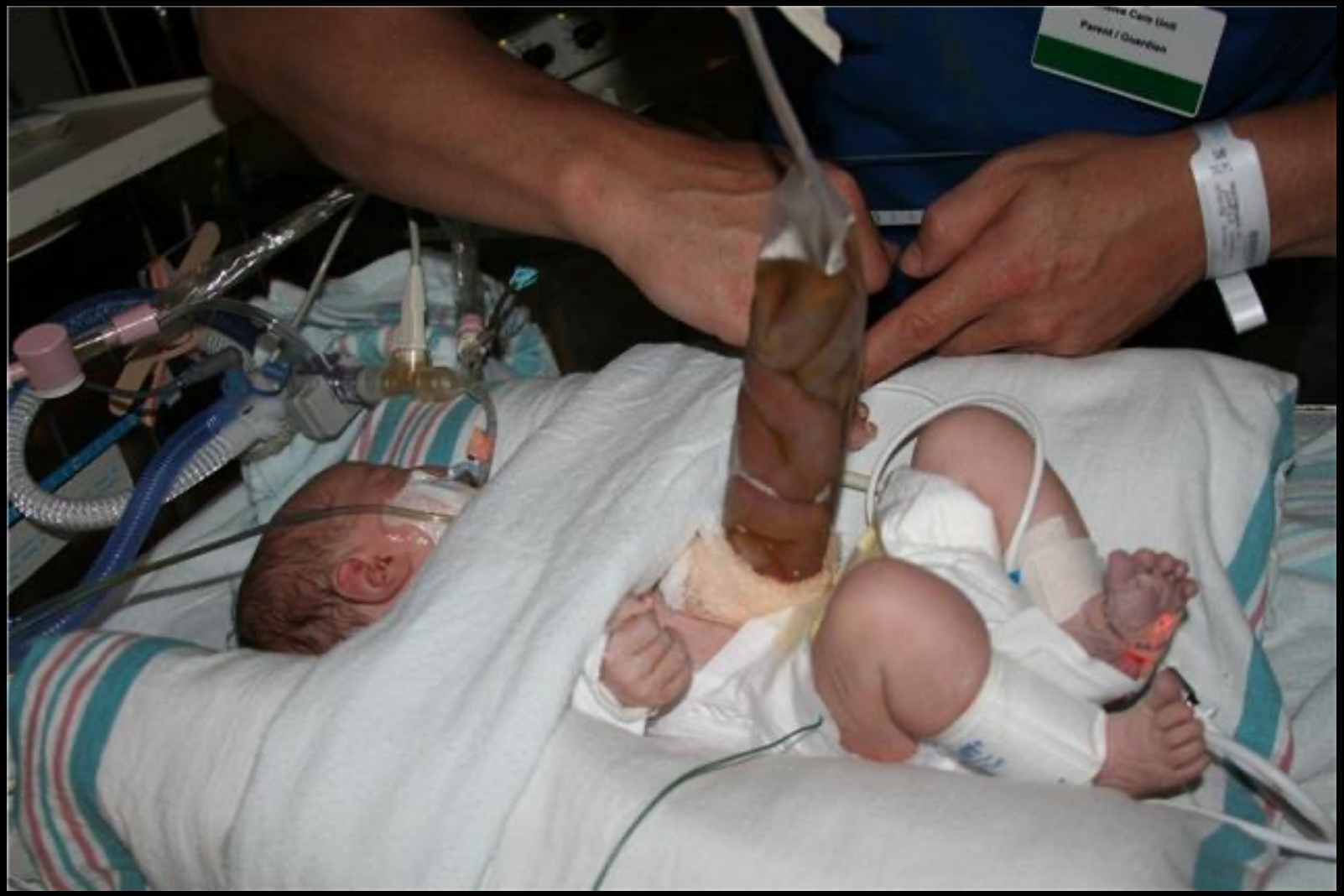
Dr. Michael Explains Ketogenics



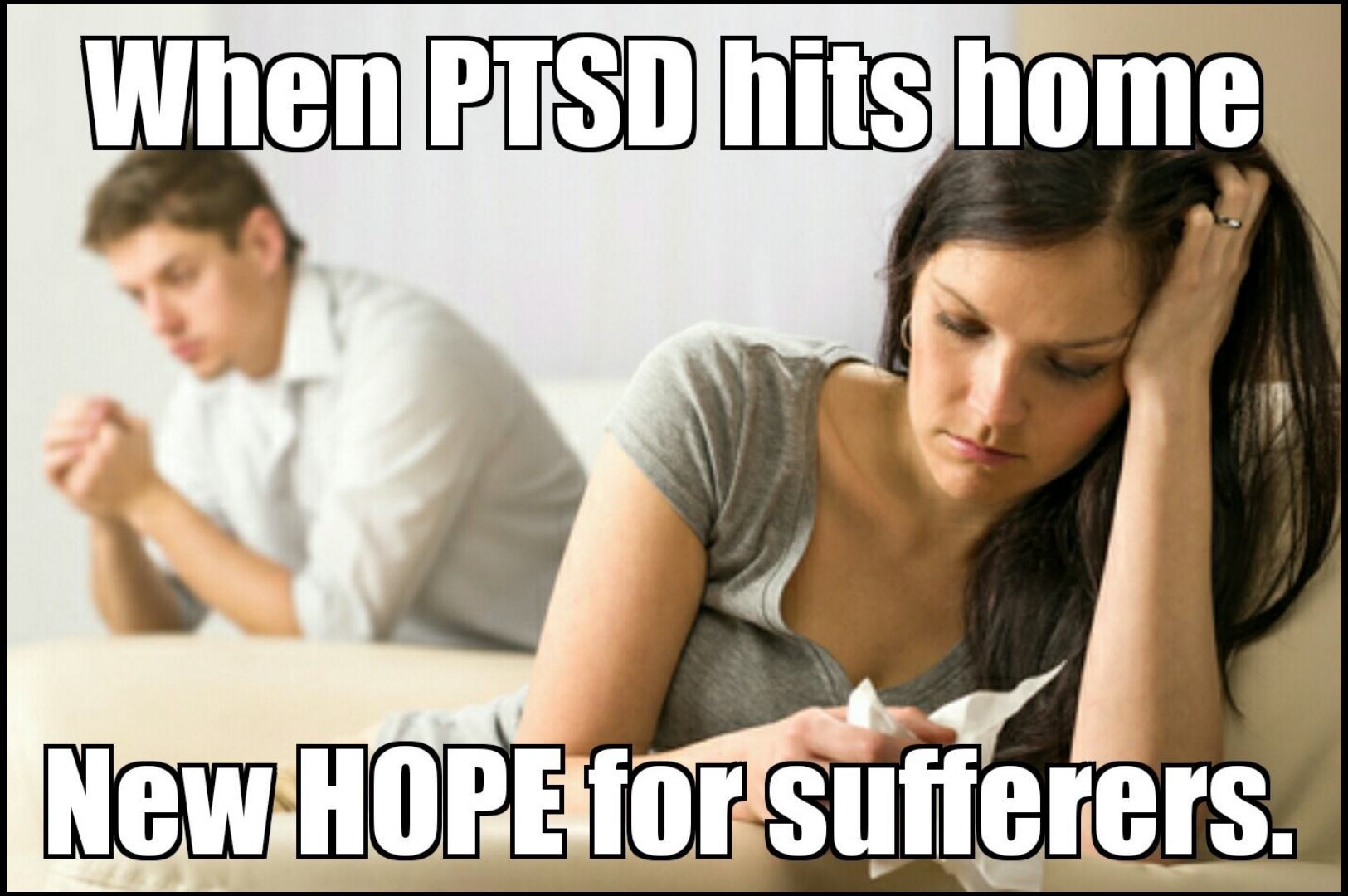
We felt trapped inside ourselves



Skylar and "Gastroschisis"

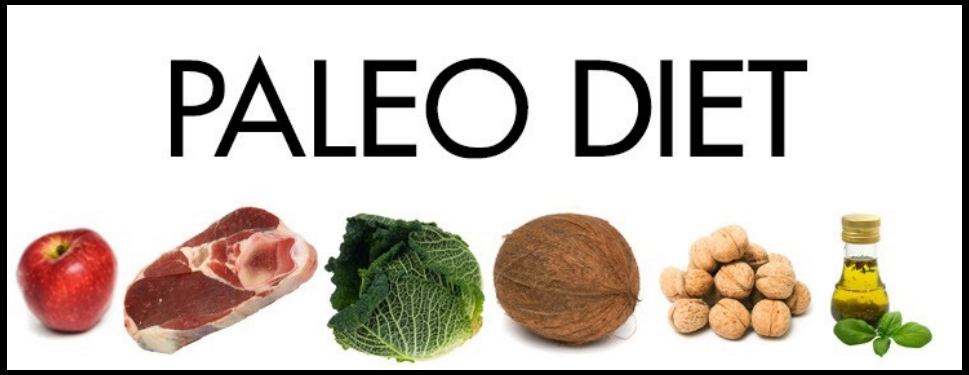


PTSD…

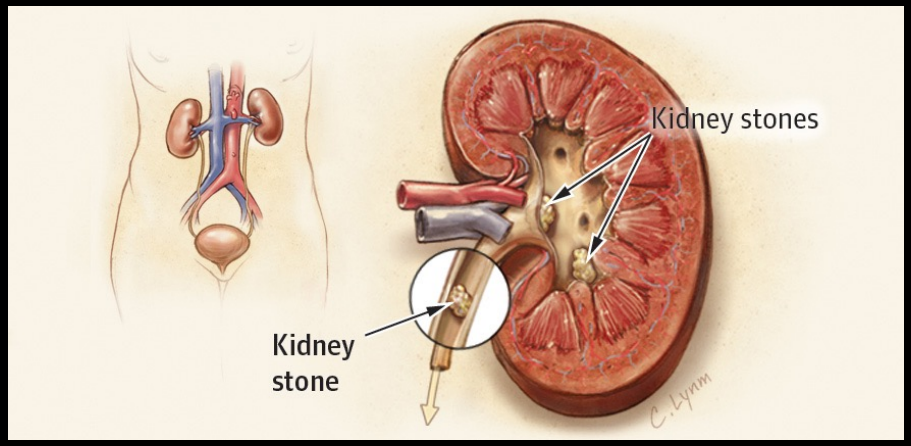


Ketogenics feeds your brain

Ketogenic Variants



Variant Problems



The SEASONAL diet.

Spring…FRUIT

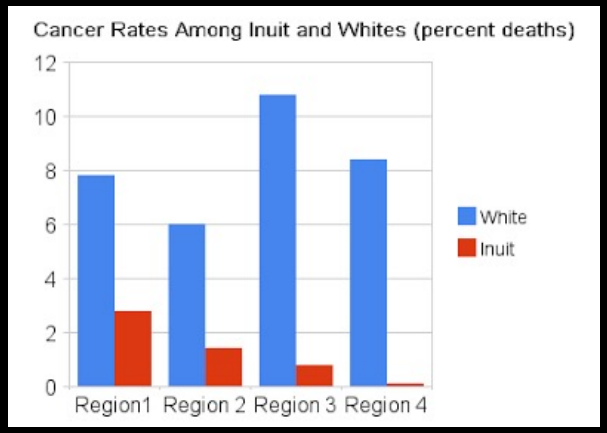
Summer…VEGGIES

Fall…Potatoe & Squash

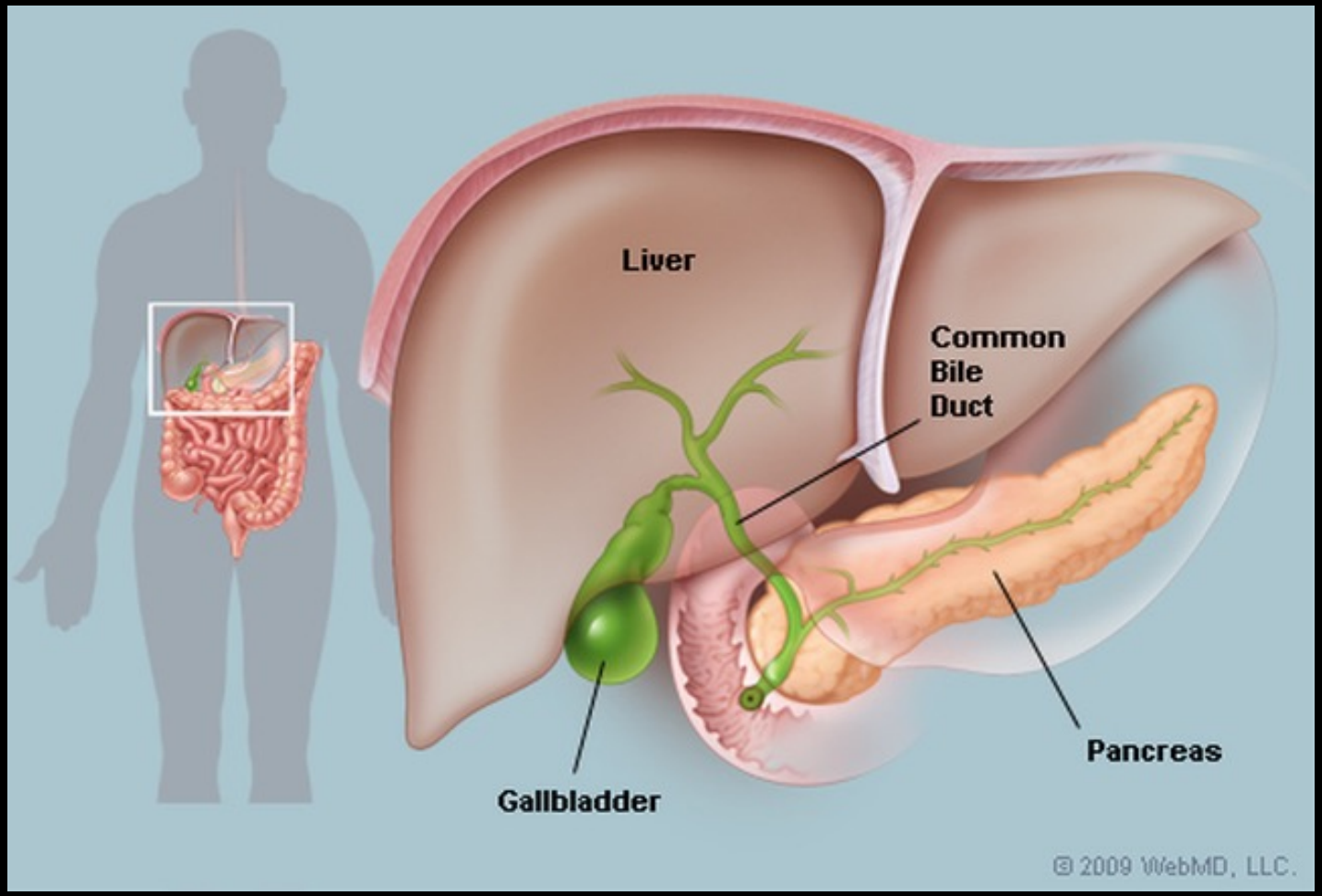
Winter…PROTEIN

LOTS of FAT

Eskimo's have a much lower prevalence of insulin resistance, metabolic syndrome, and type 2 diabetes than western populations.



Gall bladder



Epilepsy

J Neurochem. Author manuscript; available in PMC 2014 Mar 29.
Published in final edited form as:
J Neurochem. 2012 Apr; 121(1): 28–35.
Published online 2012 Feb 7. doi: 10.1111/j.1471-4159.2012.07670.x

PMCID: PMC3969728
NIHMSID: NIHMS410191

Ketone Bodies in Epilepsy

Melanie A. McNally, BS[1] and Adam L. Hartman, MD[2,*]

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Abstract

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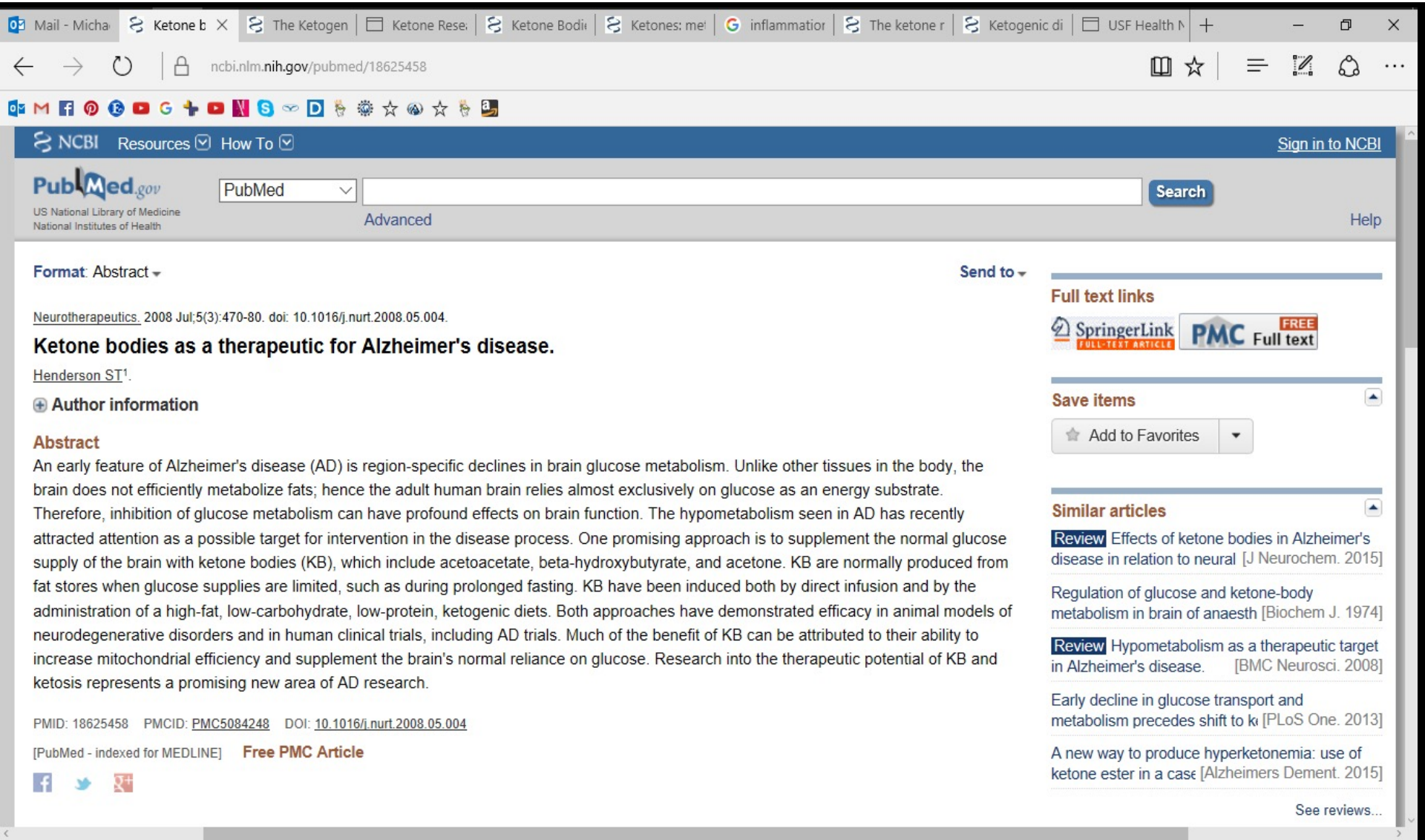
Seizures that are resistant to standard medications remain a major clinical problem. One underutilized option for patients with medication-resistant seizures is the high-fat, low-carbohydrate ketogenic diet. The

Alzheimer's



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Neurotherapeutics. 2008 Jul;5(3):470-80. doi: 10.1016/j.nurt.2008.05.004.

Ketone bodies as a therapeutic for Alzheimer's disease.

Henderson ST[1].

Author information

Abstract

An early feature of Alzheimer's disease (AD) is region-specific declines in brain glucose metabolism. Unlike other tissues in the body, the brain does not efficiently metabolize fats; hence the adult human brain relies almost exclusively on glucose as an energy substrate. Therefore, inhibition of glucose metabolism can have profound effects on brain function. The hypometabolism seen in AD has recently attracted attention as a possible target for intervention in the disease process. One promising approach is to supplement the normal glucose supply of the brain with ketone bodies (KB), which include acetoacetate, beta-hydroxybutyrate, and acetone. KB are normally produced from fat stores when glucose supplies are limited, such as during prolonged fasting. KB have been induced both by direct infusion and by the administration of a high-fat, low-carbohydrate, low-protein, ketogenic diets. Both approaches have demonstrated efficacy in animal models of neurodegenerative disorders and in human clinical trials, including AD trials. Much of the benefit of KB can be attributed to their ability to increase mitochondrial efficiency and supplement the brain's normal reliance on glucose. Research into the therapeutic potential of KB and ketosis represents a promising new area of AD research.

PMID: 18625458 PMCID: PMC5084248 DOI: 10.1016/j.nurt.2008.05.004

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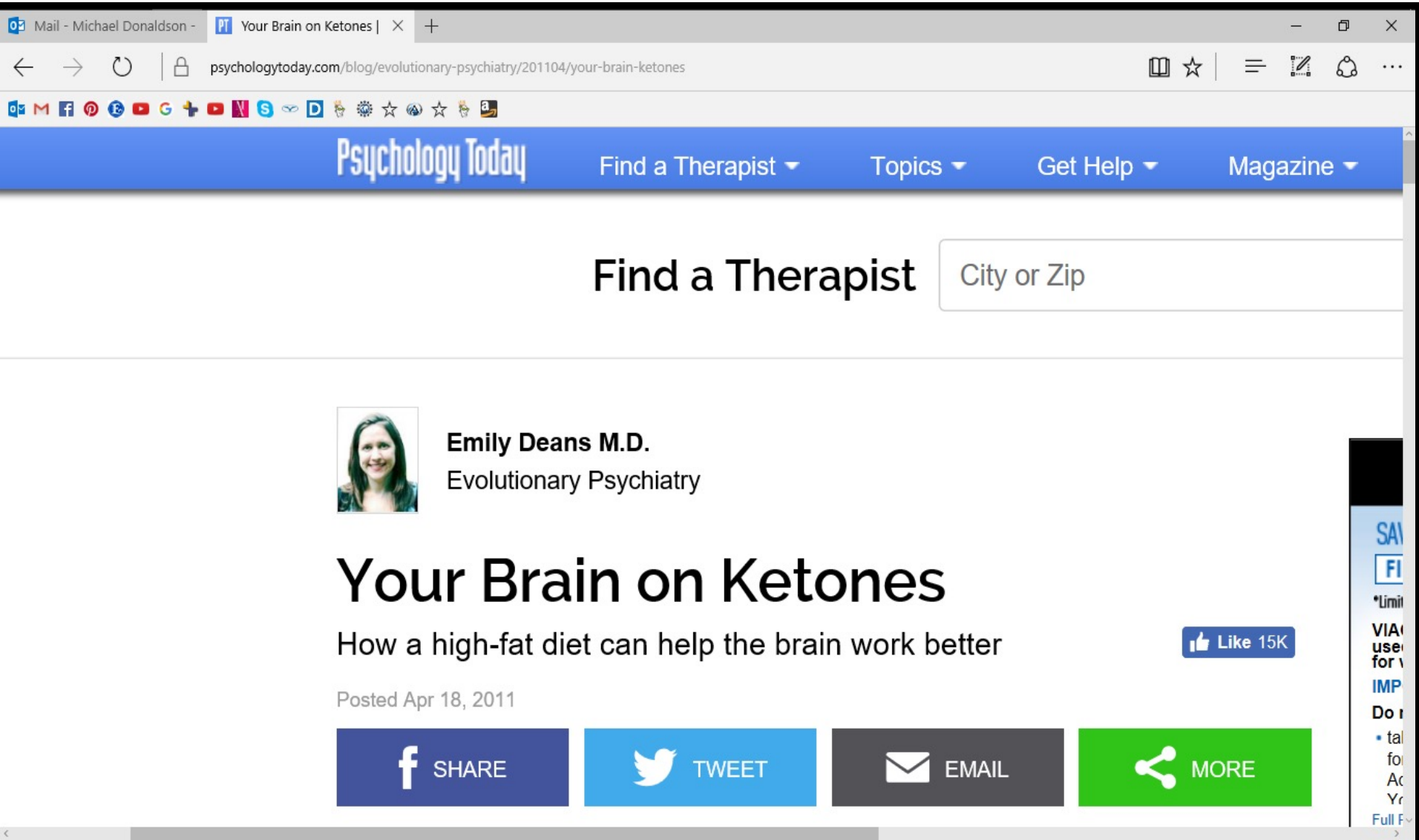
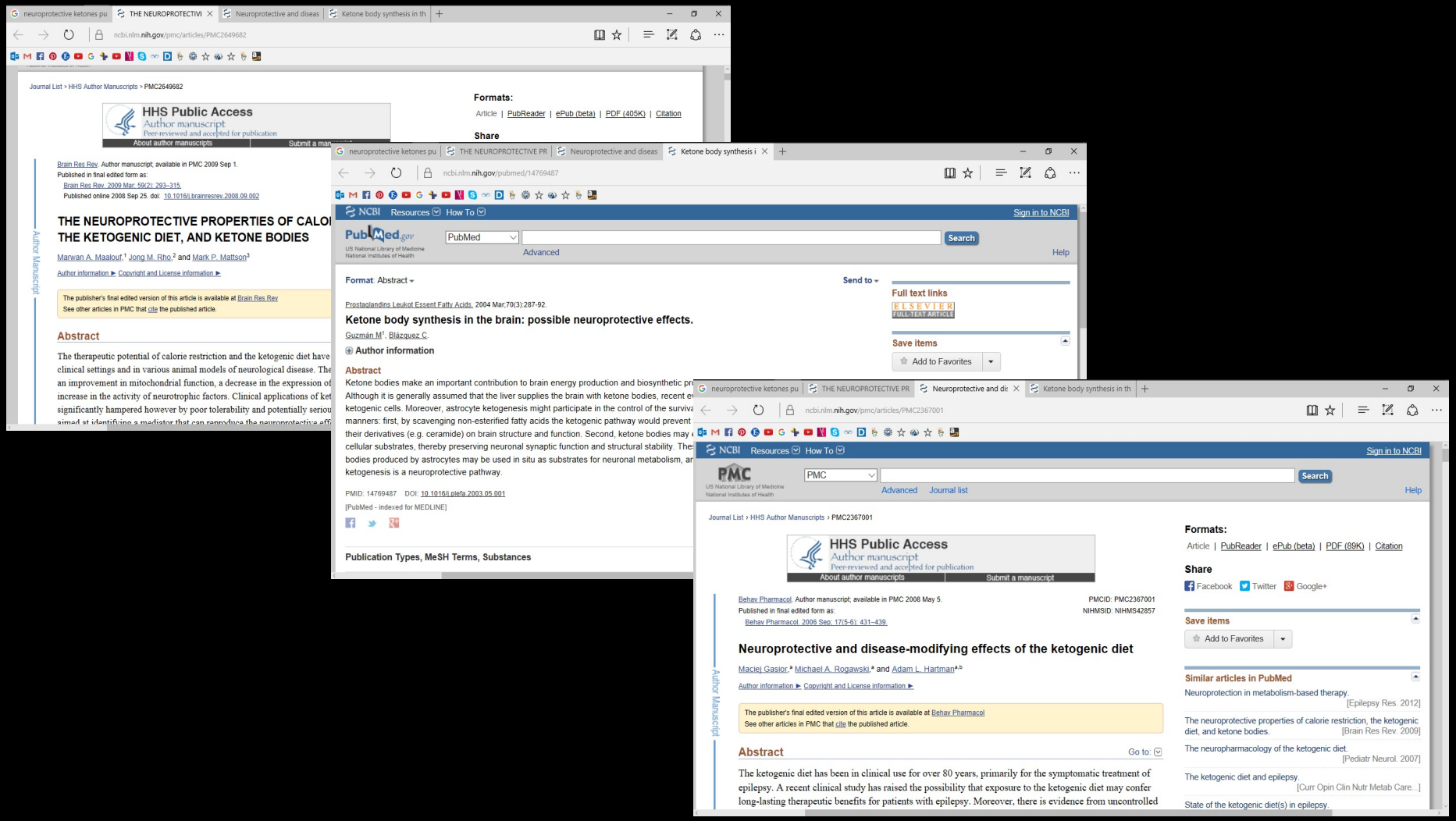


Neuro-protective



Inflammatory Diseases

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Nat Med. 2015 Mar;21(3):263-9. doi: 10.1038/nm.3804. Epub 2015 Feb 16.

The ketone metabolite β-hydroxybutyrate blocks NLRP3 inflammasome-mediated inflammatory disease.

Youm YH[1], Nguyen KY[1], Grant RW[2], Goldberg EL[1], Bodogai M[3], Kim D[4], D'Agostino D[5], Planavsky N[6], Lupfer C[7], Kanneganti TD[7], Kang S[8], Horvath TL[1], Fahmy TM[4], Crawford PA[9], Biragyn A[3], Alnemri E[8], Dixit VD[10].

Author information

Abstract

The ketone bodies β-hydroxybutyrate (BHB) and acetoacetate (AcAc) support mammalian survival during states of energy deficit by serving as alternative sources of ATP. BHB levels are elevated by starvation, caloric restriction, high-intensity exercise, or the low-carbohydrate ketogenic diet. Prolonged fasting reduces inflammation; however, the impact that ketones and other alternative metabolic fuels produced during energy deficits have on the innate immune response is unknown. We report that BHB, but neither AcAc nor the structurally related short-chain fatty acids butyrate and acetate, suppresses activation of the NLRP3 inflammasome in response to urate crystals, ATP and lipotoxic fatty acids. BHB did not inhibit caspase-1 activation in response to pathogens that activate the NLR family, CARD domain containing 4 (NLRC4) or absent in melanoma 2 (AIM2) inflammasome and did not affect non-canonical caspase-11, inflammasome activation. Mechanistically, BHB inhibits the NLRP3 inflammasome by preventing K(+) efflux and reducing ASC oligomerization and speck formation. The inhibitory effects of BHB on NLRP3 are not dependent on chirality or starvation-regulated mechanisms like AMP-activated protein kinase (AMPK), reactive oxygen species (ROS), autophagy or glycolytic inhibition. BHB blocks the NLRP3 inflammasome without undergoing oxidation in the TCA cycle, and independently of uncoupling protein-2 (UCP2), sirtuin-2 (SIRT2), the G protein-coupled receptor GPR109A or hydrocaboxylic acid receptor 2 (HCAR2). BHB reduces NLRP3 inflammasome-mediated interleukin (IL)-1β and IL-18 production in human monocytes. In vivo, BHB or a ketogenic diet attenuates caspase-1 activation and IL-1β secretion in mouse models of NLRP3-mediated diseases such as Muckle-Wells syndrome, familial cold autoinflammatory syndrome and urate crystal-induced peritonitis. Our findings

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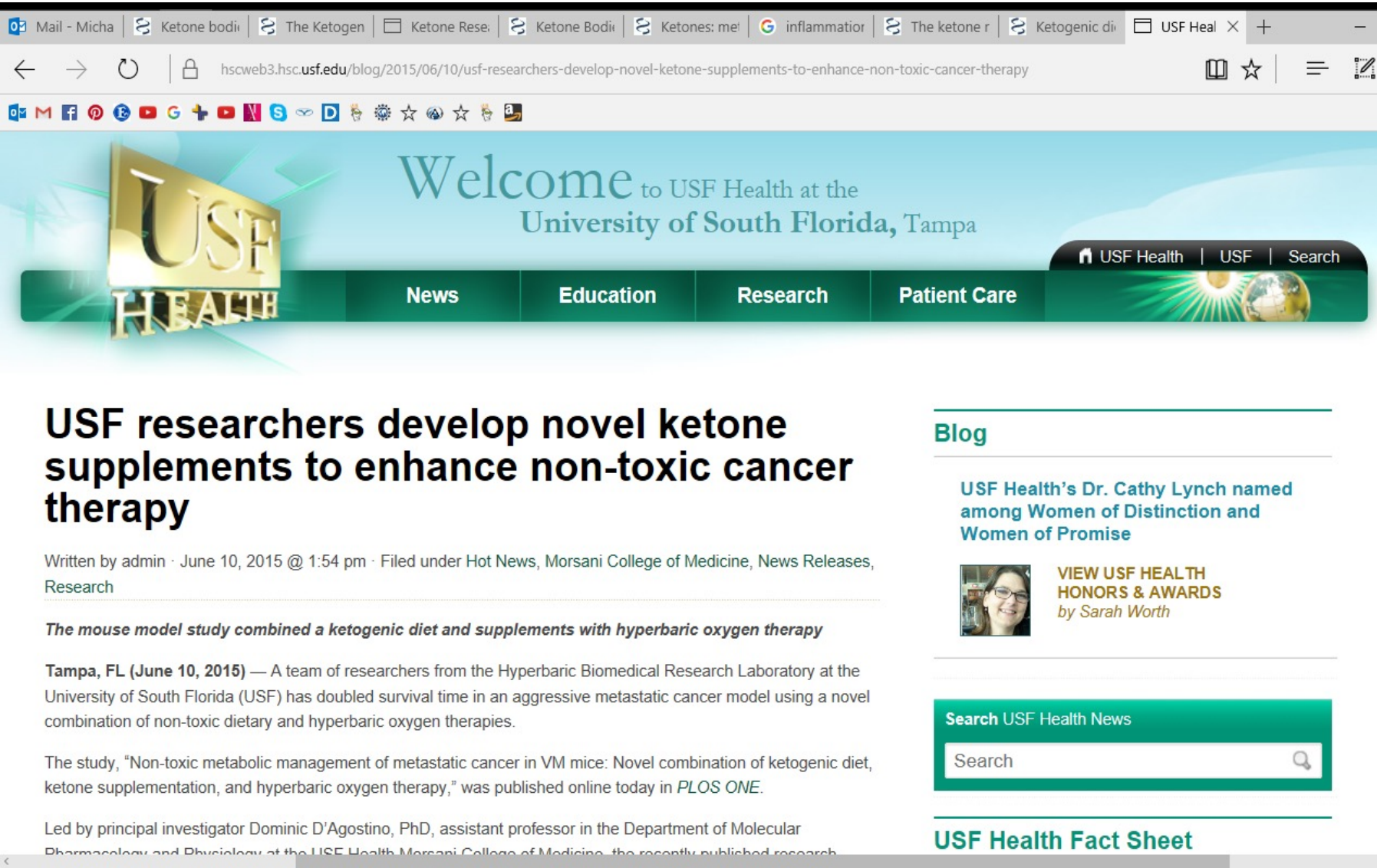
Cancer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USF researchers develop novel ketone supplements to enhance non-toxic cancer therapy
Written by admin · June 10, 2015 @ 1:54 pm · Filed under Hot News, Morsani College of Medicine, News Releases, Research
The mouse model study combined a ketogenic diet and supplements with hyperbaric oxygen therapy
Tampa, FL (June 10, 2015) — A team of researchers from the Hyperbaric Biomedical Research Laboratory at the University of South Florida (USF) has doubled survival time in an aggressive metastatic cancer model using a novel combination of non-toxic dietary and hyperbaric oxygen therapies.
The study, "Non-toxic metabolic management of metastatic cancer in VM mice: Novel combination of ketogenic diet, ketone supplementation, and hyperbaric oxygen therapy," was published online today in PLOS ONE.
Led by principal investigator Dominic D'Agostino, PhD, assistant professor in the Department of Molecular
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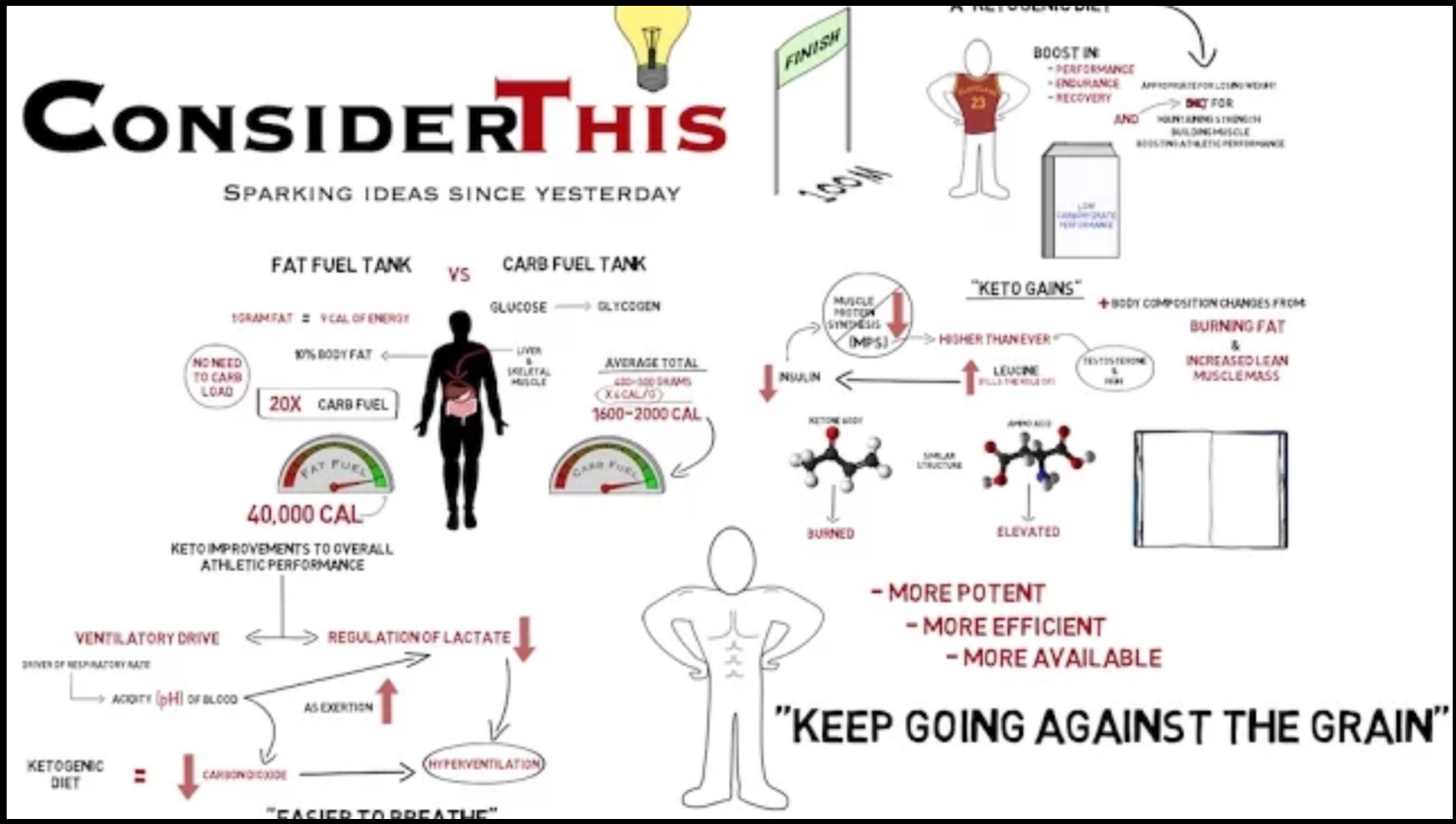
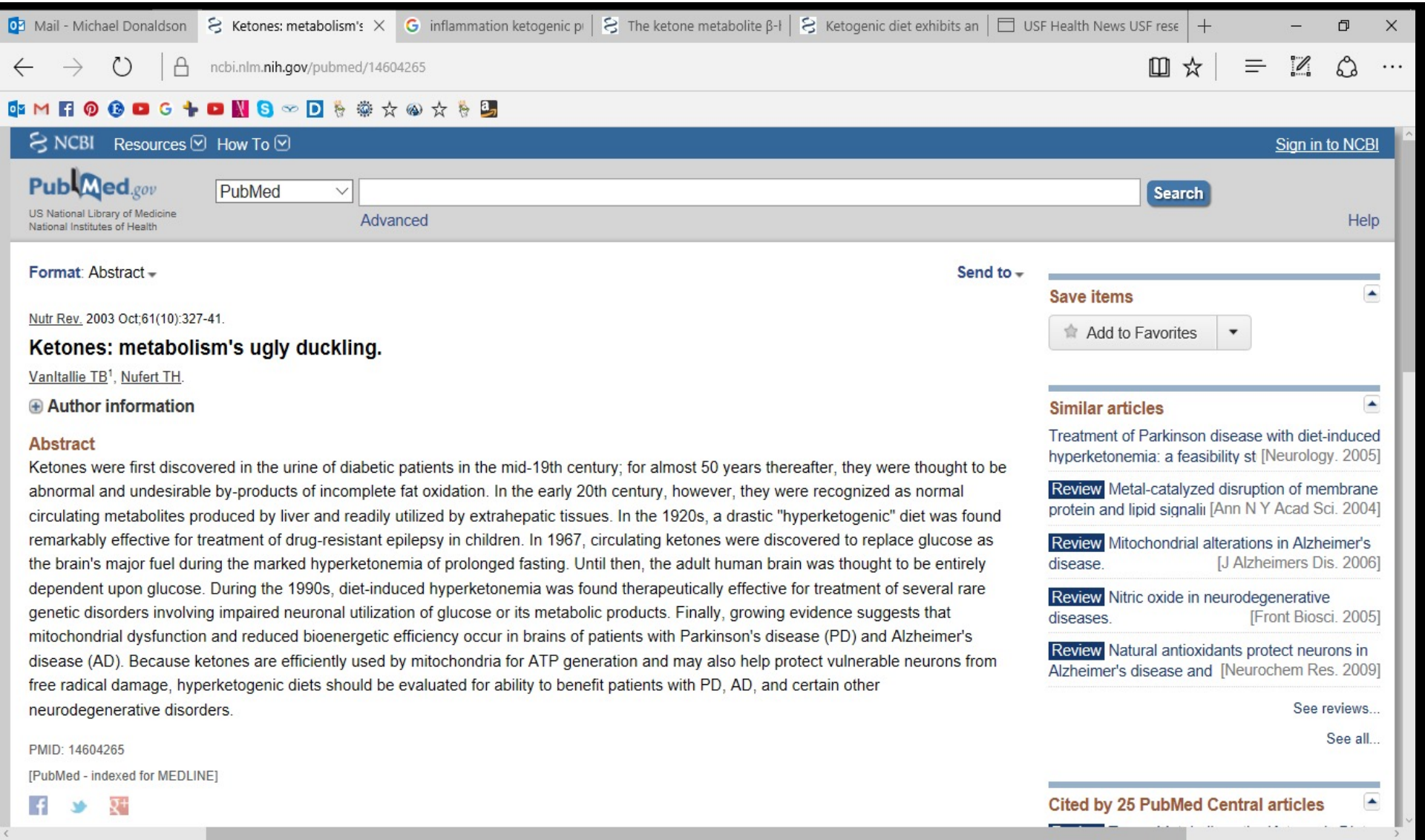
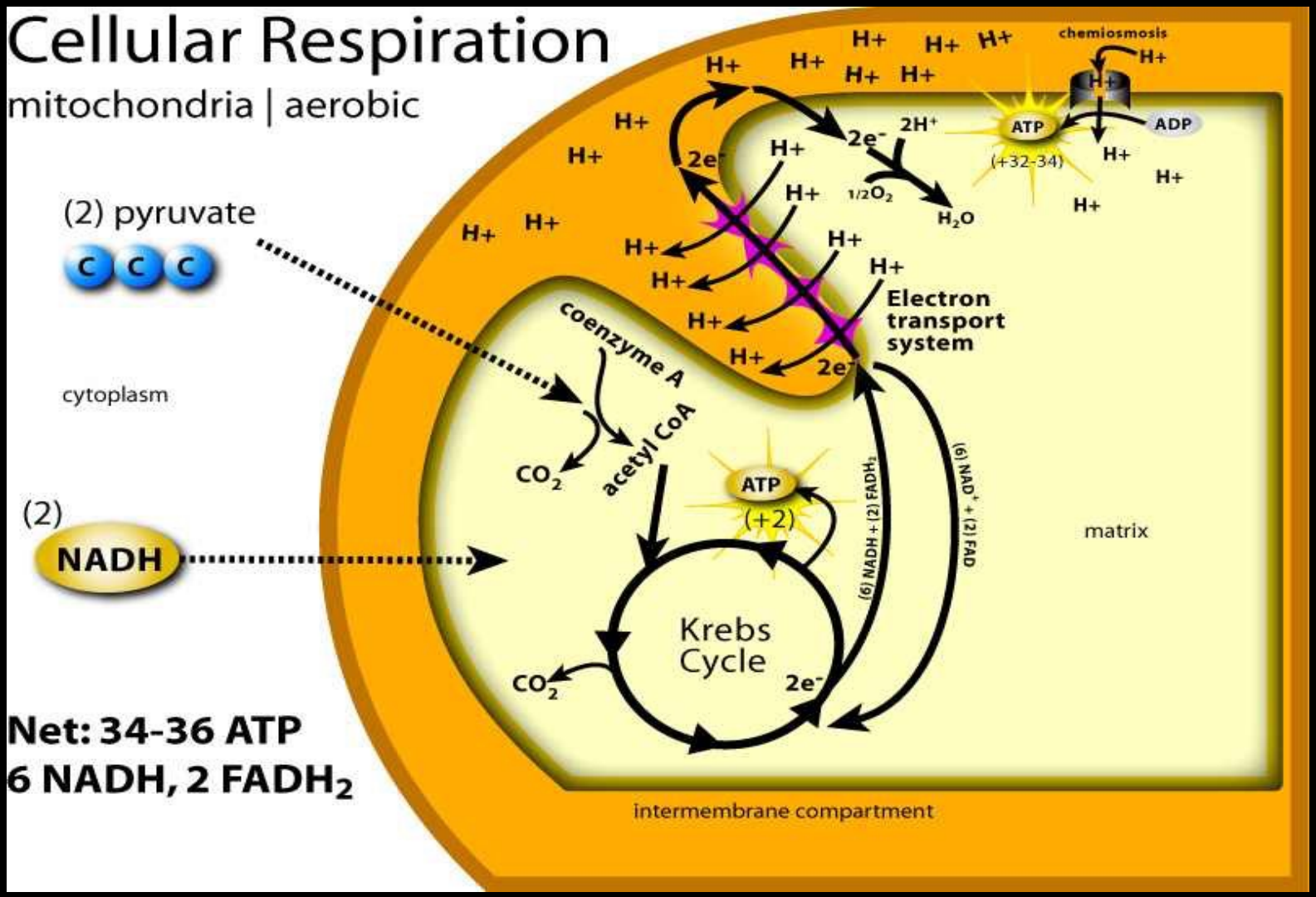
Ketogenic Diet Effects on Muscle Gain and Athletic Performance



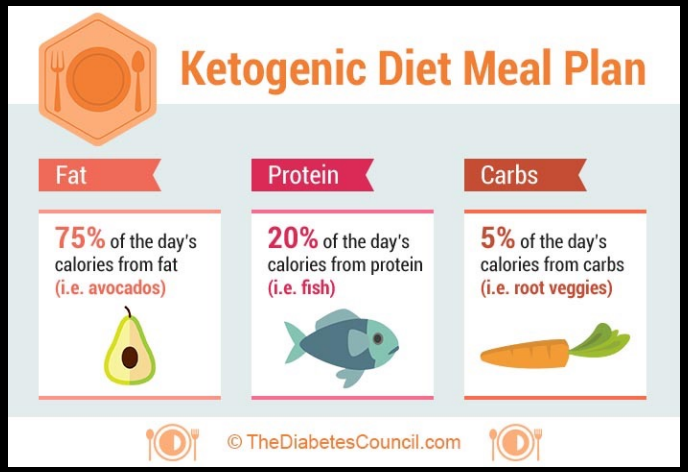
Mitochondrial Uptake

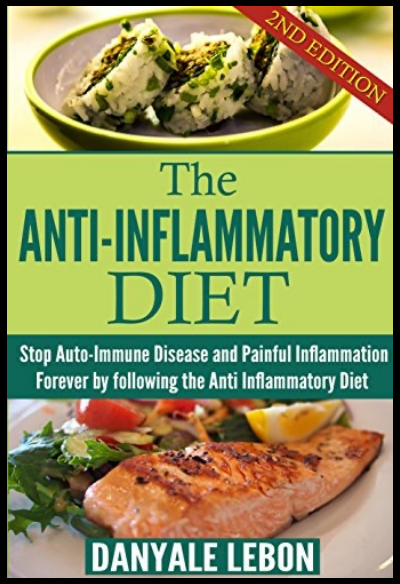


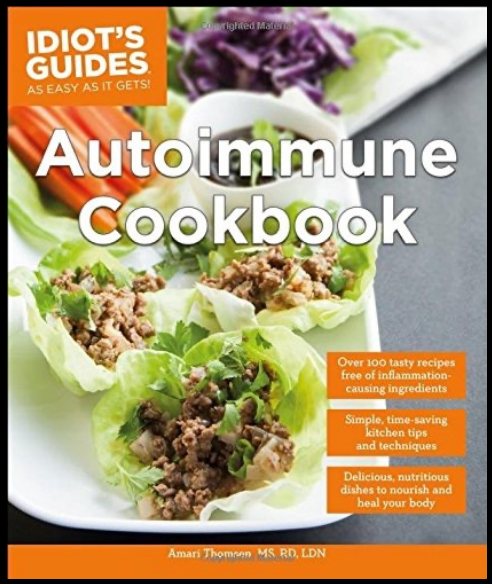
Mitochondria and Kreb's



New Ketogenic Variants







Why?


KETO//OS
FROM PRÜVIT
BECAUSE
KETONES
ARE BETTER THAN
GLUCOSE
prüvit

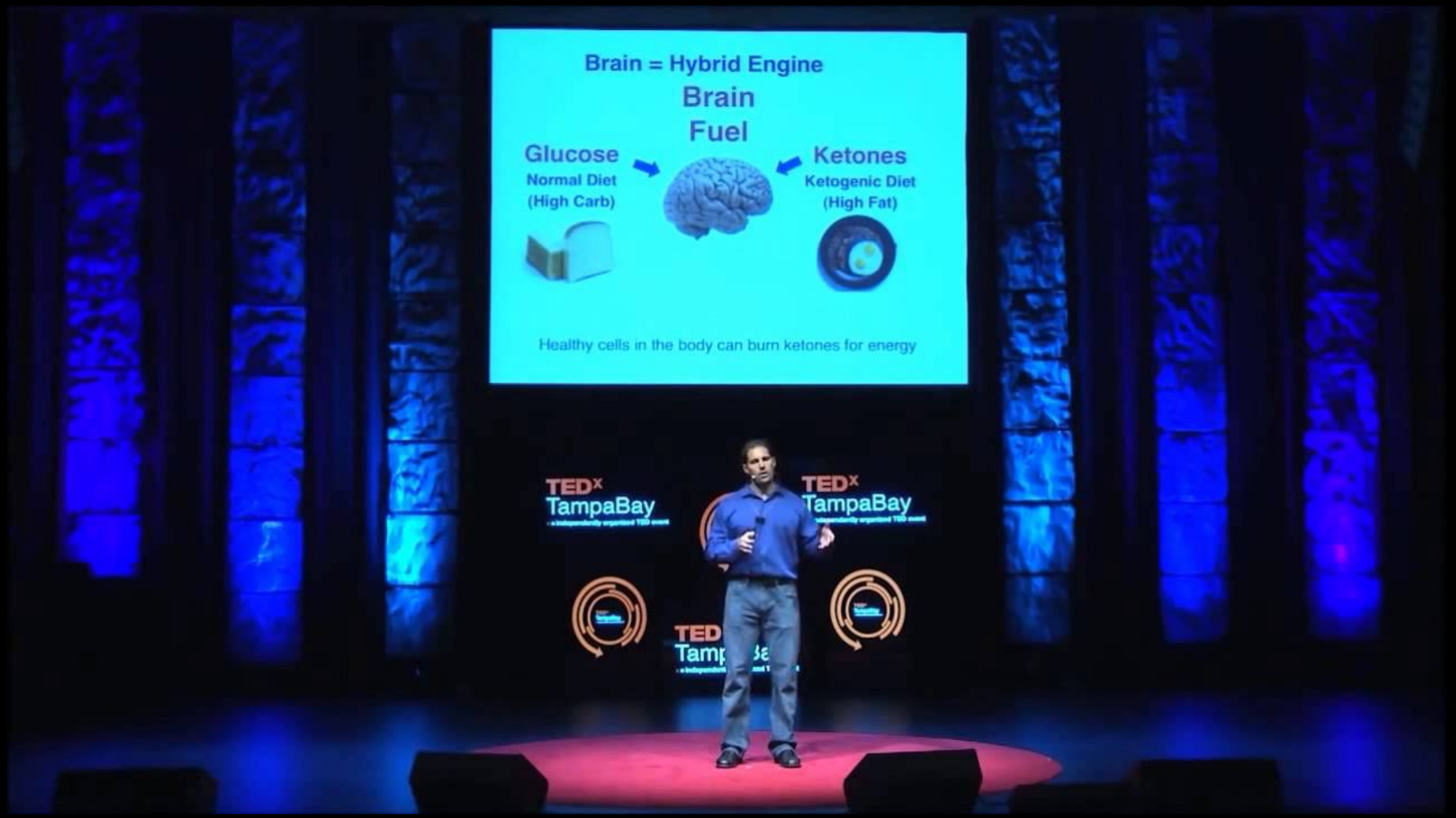
N.A.S.A. Astronauts

University of South Florida

Navy S.E.A.L. Teams

Dr. D'Agostino on Youtube

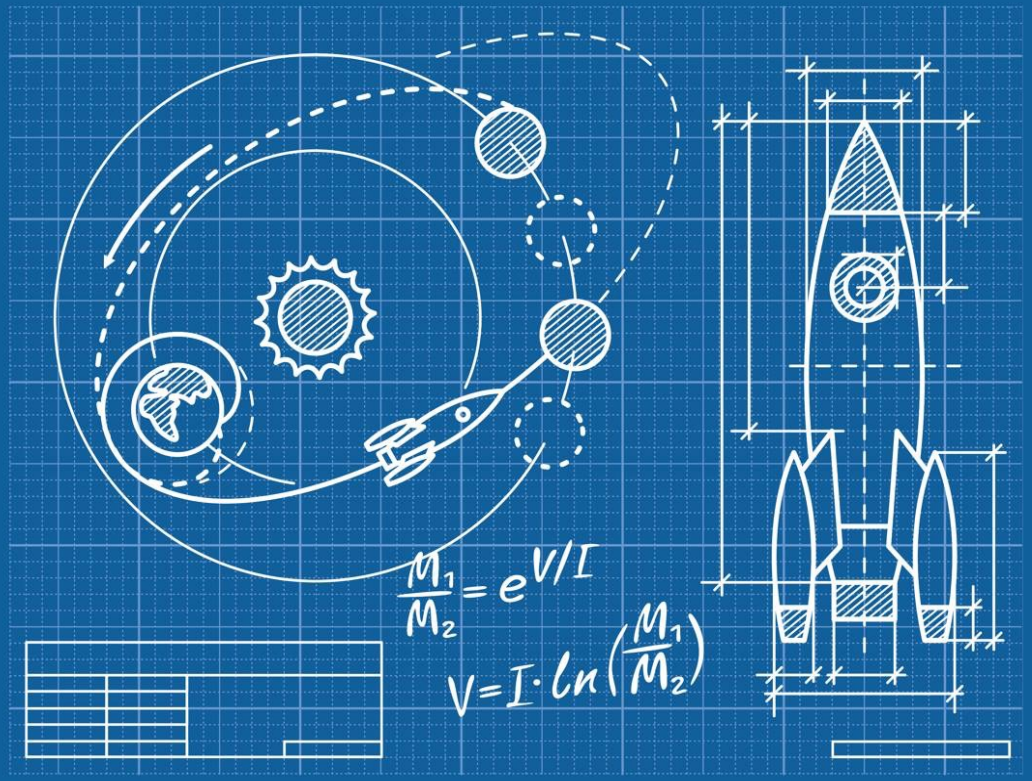
"Dr. Dom Ted"



Ketogenic SUPPORT

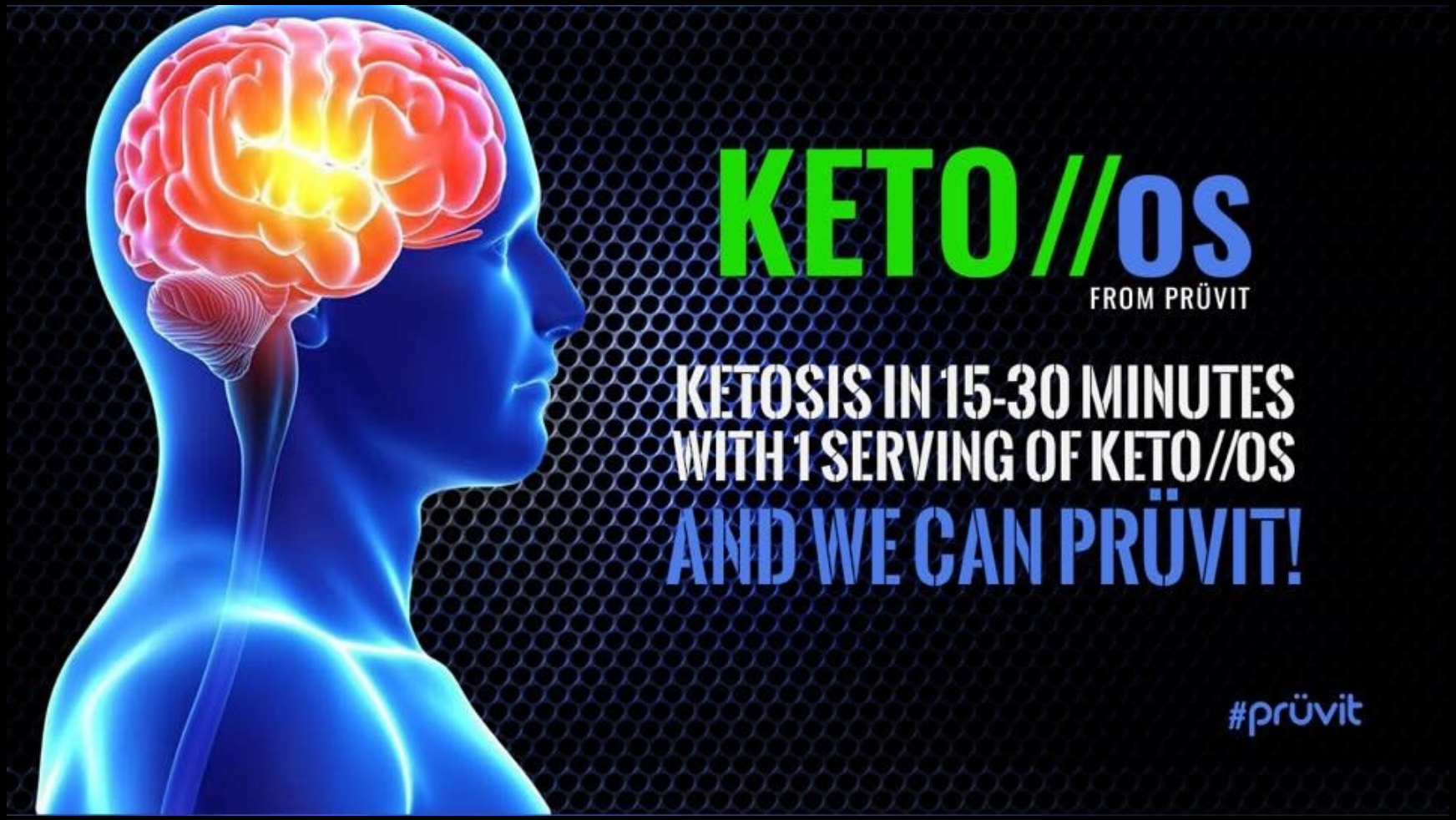
KETO//OS
FROM PRÜVIT

IT'S NOT ROCKET SCIENCE.
IT'S MORE LIKE ROCKET FUEL!



#prüvit

PRUVIT


KETO//OS
FROM PRÜVIT
KETOSIS IN 15-30 MINUTES
WITH 1 SERVING OF KETO//OS
AND WE CAN PRÜVIT!
#prüvit

Ketones NOT

Ketones are NOT

An excuse poor diet

Or poisoning yourself

Ketones are good for …

BETTER BENEFITS.

What KETO//OS(H) may do for you:

FOCUS

Reduced brain fog and increased awareness

ENERGY

Fast and sustained energy from within

FAT LOSS

Assists in abdominal fat loss

SLEEP

Wake up feeling recharged and fresh

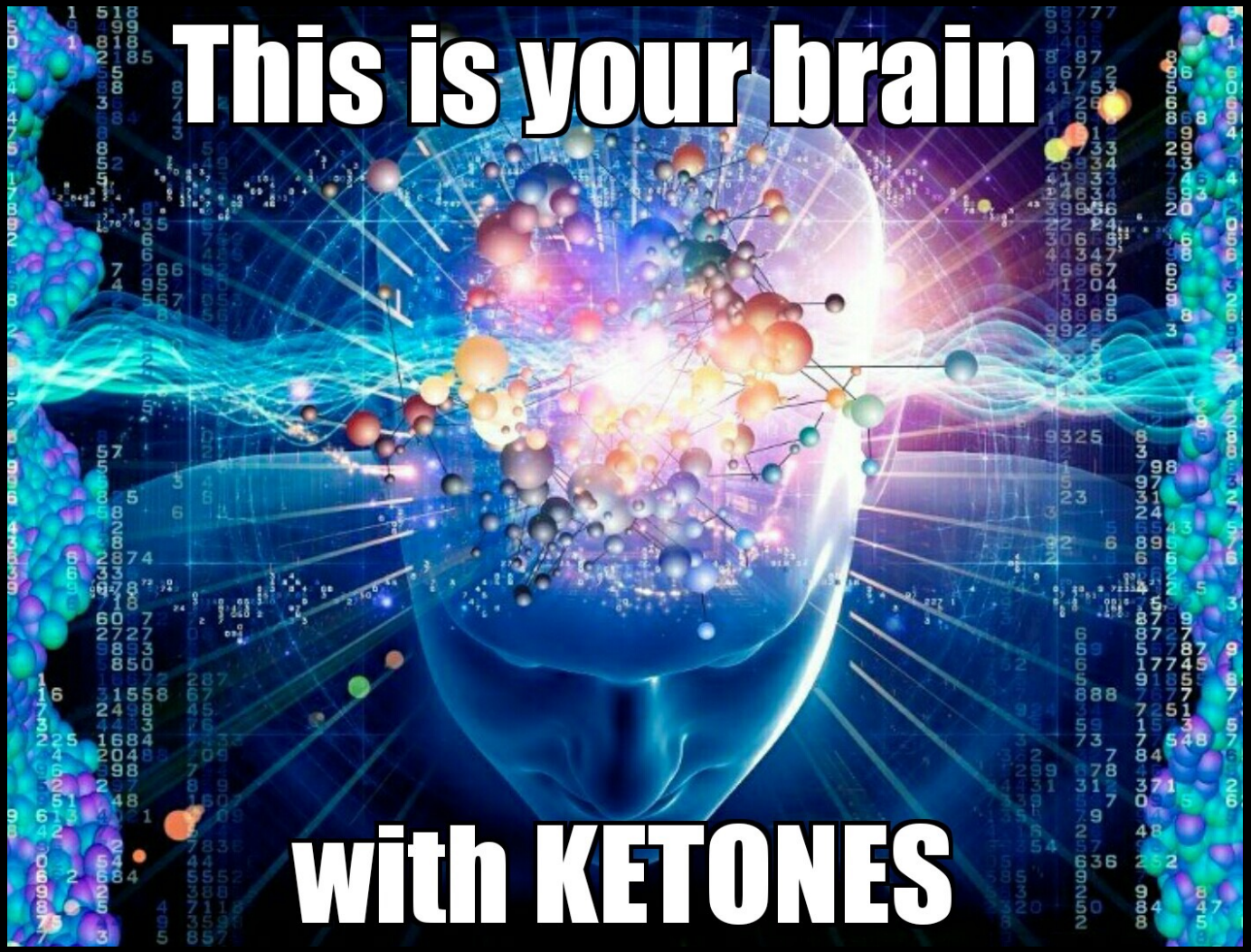
STRENGTH

Increased strength & less inflammation

MOOD

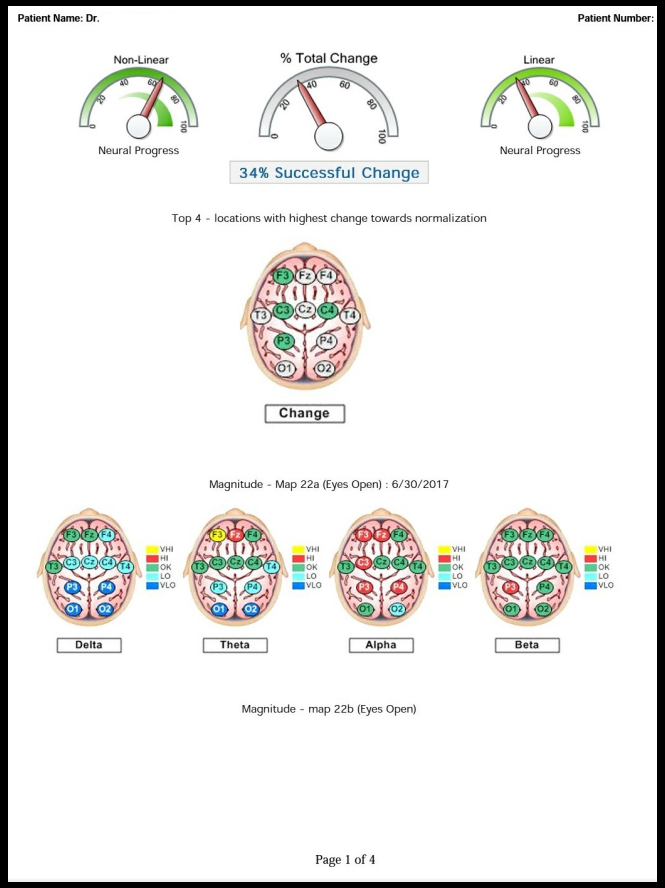
Help regulate your ups and downs

What our brains feel like…..



Our Brain Scans

Brain FUEL - 34% functional improvement within 1 hour on brain EEG.



Patient Name: Dr. Patient Number:

Non-Linear

% Total Change

Linear

Neural Progress

34% Successful Change

Neural Progress

Top 4 - locations with highest change towards normalization

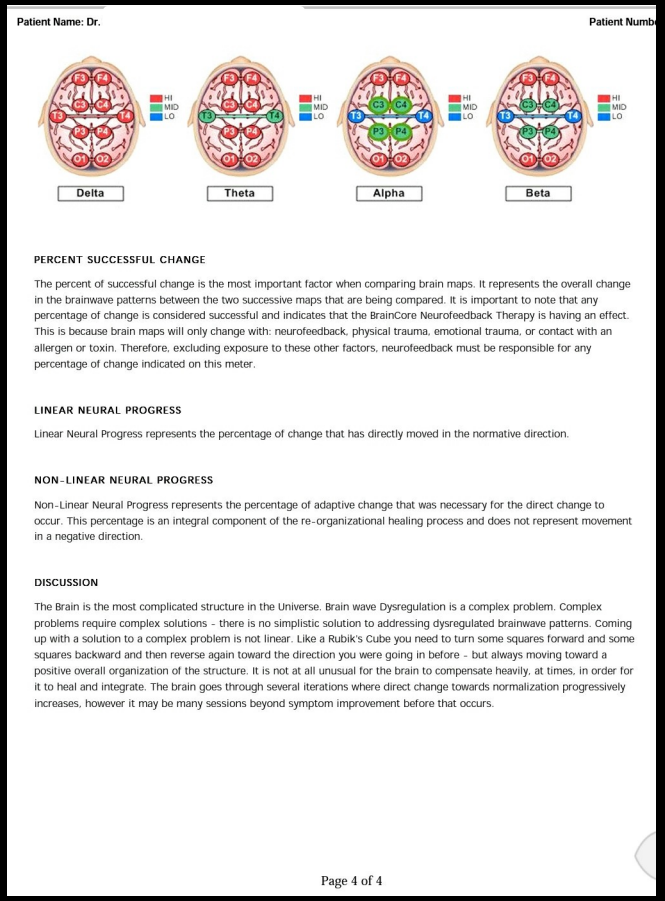
Change

Magnitude - Map 22a (Eyes Open) : 6/30/2017

Delta Theta Alpha Beta

Magnitude - map 22b (Eyes Open)

Page 1 of 4



Patient Name: Dr. Patient Numb

Delta Theta Alpha Beta

PERCENT SUCCESSFUL CHANGE

The percent of successful change is the most important factor when comparing brain maps. It represents the overall change in the brainwave patterns between the two successive maps that are being compared. It is important to note that any percentage of change is considered successful and indicates that the BrainCore Neurofeedback Therapy is having an effect. This is because brain maps will only change with: neurofeedback, physical trauma, emotional trauma, or contact with an allergen or toxin. Therefore, excluding exposure to these other factors, neurofeedback must be responsible for any percentage of change indicated on this meter.

LINEAR NEURAL PROGRESS

Linear Neural Progress represents the percentage of change that has directly moved in the normative direction.

NON-LINEAR NEURAL PROGRESS

Non-Linear Neural Progress represents the percentage of adaptive change that was necessary for the direct change to occur. This percentage is an integral component of the re-organizational healing process and does not represent movement in a negative direction.

DISCUSSION

The Brain is the most complicated structure in the Universe. Brain wave Dysregulation is a complex problem. Complex problems require complex solutions - there is no simplistic solution to addressing dysregulated brainwave patterns. Coming up with a solution to a complex problem is not linear. Like a Rubik's Cube you need to turn some squares forward and some squares backward and then reverse again toward the direction you were going in before - but always moving toward a positive overall organization of the structure. It is not at all unusual for the brain to compensate heavily, at times, in order for it to heal and integrate. The brain goes through several iterations where direct change towards normalization progressively increases, however it may be many sessions beyond symptom improvement before that occurs.

Page 4 of 4

What we DIDN'T eat!

What we DID eat…

Why it feels LIMITLESS!

Dr. Michael- Side Affects of a better brain

Dr. Abby - Side Affects of a better brain

AC-11

- Most clinical studies and trials pertaining to Telomeres
- NOT just anti-aging
- REVERSES aging
- DNA repair

Ready for change?