

KETOGENIC DIET

PLANNING FOR SUCCESS

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INTRODUCTION

BASIS OF KETOGENIC DIET

Are you a meat lover but need to lose weight? Then you might find yourself in a dilemma as most diets out there limit the intake of meat and other fatty food products because of high fat content and calories as well. With that said, people who need to lose weight no longer have to be contented with eating carrot sticks or lettuce as one can now enjoy their favorite bacon and egg while still losing weight.

The ketogenic diet, which once served as an epileptic prevention meal plan, is now being used by people who need to shed excess weight. There are 2 types the "long chain triglycerides" (LCT) and the medium chain triglycerides (MCT).

Ketogenic Diet Overview

In a normal diet, humans need to consume higher amounts of carbohydrates as this acts as energy source for the body to be able to function well and less of fat as fats are only stored in the body as a reserve for when the body needs more fuel. As the body needs more carbohydrates, it processes the food group first and thus one feels hungry after a while which is not so in the case of breaking down meals that are high in fat content.

In the ketogenic diet, this theory is reversed. One will need to consume higher amount of fats and trick the body into realizing that it has insufficient amount of glucose so that it would breakdown the fats first and convert these into energy.

The first diet which is the LCT deals with high fat - low carbohydrates with adequate protein. Calories are restricted and fluid intake may be taken into consideration as well. The strict diet usually makes use of strict meal plans taking into consideration the dieter's calorie and protein

needs per day. These are then divided into several meals for the day which are designed by dietitians.

In the Medium or MCT diet, the meal plans are less strict and structured especially when it comes to the calorie prescription; however, dieters should stick to the meal plan and make the necessary substitute as needed. Unlike the LCT which makes use of complex fats, the MCT makes use of fats that have higher ketones, the most popular of the use of coconut oil. Some dieters develop intolerance with the MCT diet; as such, dietitians make use of the John Radcliffe diet. The John Radcliffe diet is a combination of LCT (30%) and MCT (30%) ration with the rest coming from protein and carbohydrates.

Albeit no place close was widely known as they were in the 90's the point at which the Atkins diet was apparently inescapable, low-starch ketogenic eating methodologies are still profoundly viewed in many circles as compelling, viable weight loss diets. The following tips will help you in maximizing your success on a ketogenic diet.

1.) Drink huge amounts of water.

While on a ketogenic diet, your body experiences serious difficulties retaining as much water as it needs, so staying appropriately hydrated is significant. Numerous specialists suggest that men allow at least 3 liters of refreshments every day, while the figure for ladies is 2.2 liters on daily basis. A good indicator of proper hydration is the color of your urine.. On the off chance that your urine is clear or light yellow, you're in all probability legitimately hydrated. Keep a jug of water with you wherever you go!

2.) Don't overlook the fat!

Basically, our bodies require fuel to work. When we reduce our carbohydrate intake, particularly to levels that instigate ketosis, our bodies require another fuel source. Since protein is not an efficient source of energy, our bodies swing to fat. Any fat you eat while in ketosis is utilized for vitality, making it extremely hard to store fat while in ketosis. Pick sound, unsaturated fats as frequently as could be expected under the circumstances: nourishments like avocados, olives, nuts, and seeds are perfect.

3.) Find your carb confine.

The greater part of our bodies are distinctive. Some dieters will need to adhere to a strict low-carbohydrate diet that involves consuming less than 20 grams per day of carbs. Other dieters will find that they can serenely remain in ketosis while expending 50, 75, or 100 grams of starches. The best way to know without a doubt is experimentation. Buy Ketostix or any brand of ketone urinalysis strips and discover your sugar limit. On the off chance that you find that you have a touch of squirm room, it will make adhering to your diet much less demanding.

4.) Be brilliant about alcohol.

One of the immense parts of the ketogenic eating routine is that you can drink alcohol while on it without throwing your weight loss far off course. You can drink unsweetened alcohols like vodka, rum, tequila, gin, bourbon, scotch, cognac, and liquor, alongside the intermittent low-carb bear. Utilize low-carb blenders and drink a lot of water to remain hydrated, as aftereffects are famously awful while in ketosis. Remember, calories still count, so don't go over the edge. All things with some restraint.

5.) Be tolerant.

While the ketogenic diet is known for quick weight loss, particularly in the early phases of dieting, weight loss is dependably a moderate, tedious process. Try not to blow a gasket if the scale doesn't demonstrate weight loss, or shows slight weight increments, for a couple days. Your weight shifts everyday (and for the duration of the day) based upon various components. Bear in mind to utilize measurements like how your garments fit or body measurements to see progress beyond what the scale display.

CHAPTER ONE

TYPES OF KETOGENIC DIET

If you have decided to lose weight this spring, then you might want to consider the Ketogenic diet. The diet has been around for a long time and was once used to treat patients with epileptic or seizure problems, especially among young kids. Nowadays, the diet has lost its popularity with the advent of prescription drugs that treat the health problem. The diet however is used by many dieters around the world because of its efficacy and although diets have its side effects, knowing about the diet and following the rules can help one lose weight without compromising their overall health.

Beginners especially should have a brief overview of the diet and the meal plan to help them make an informed decision should they decide to do the diet on their own. As always, those with health problems should consult their medical health provider so that they can help patients to adjust to the meal plan or to monitor them to ensure that the ketogenic therapy will not affect their health.

3 TYPES OF KETOGENIC DIETS

Ketogenic diet is a high fat low carbohydrate diet with adequate protein thrown in the meal. It is further divided into three types and depending on one's daily calorie needs, the percentage differs. Diets are often prepared on a ratio level such as 4:1 or 2:1 with the first number indicating the total fat amount in the diet compared to the protein and carbohydrate combined in each meal.

STANDARD - SKD

The first diet is the Standard or the SKD and is designed for individuals who are not active or lead a sedentary lifestyle. The meal plan limits the dieter to eat a net of 20-50 grams of carbohydrates. Fruits or vegetables that are starchy are restricted from the diet. In order for the diet to be effective, one must strictly follow the meal plan. Butter, vegetable oil and heavy creams are used heavily to replace carbohydrates in the diet.

The standard ketogenic diet (SKD) is what most think of as the ketogenic diet. It is a diet low in carbohydrate, and moderate-high in both protein and fat. Since the SKD forms the basis of the next two diets, it is discussed in detail. This includes a discussion of the effects of the macronutrients (carbohydrate, protein and fat) on ketosis, as well as discussions of how to determine optimal carbohydrate, protein and fat intake. Additionally, the effects of alcohol and other nutritional substances (such as caffeine and aspartame) on ketosis is discussed.

Macronutrients

The macronutrients are carbohydrate, protein and fat. Many individuals embarking upon a ketogenic diet will set protein and fat at certain levels based on their goals. This especially applies to athletes who will adjust protein and fat intake to vary calorie levels within the recommended range. While it is suggested that others pay attention to overall macronutrient intake, it is reasonable to assume that some will simply not go to the trouble to count every gram of food which they consume.

This raises the question of what type of macronutrient intake an unspecified ketogenic diet will produce, especially compared to a similar calorie ‘balanced’ diet. Several studies have examined this macronutrient intake, instructing subjects on a ketogenic diet to limit carbohydrate only but to consume unlimited quantities of fat and protein (2-4).

By its very definition, a ketogenic diet will reduce carbohydrate intake far below the levels of a ‘balanced’ diet. Typically any diet containing more than 100 grams of carbohydrate per day, which is enough to prevent ketosis, is referred to as a ‘balanced’ diet while any diet containing less than 100 grams of carbohydrate per day will be ketogenic to varying degrees (6). The lower that carbohydrate intake falls, the greater the degree of ketosis that will occur.

It should be noted that diets are being compared on a gram to gram basis, rather than in terms of percentages. When dietary carbohydrate is restricted to low levels, the relative percentage of fat and protein will increase, even though the absolute intake in terms of grams of each may not change much. Saying that a ketogenic diet is a ‘high-fat’ diet because it is comprised of 70% fat by percentage of calories is misleading as the total number of fat grams being consumed per day may be no different than a diet with a lower percentage of fat but more carbohydrates.

These studies have found that protein intake stayed roughly the same, fat intake also stayed about the same or went down a bit, with carbohydrate intake the primary change (3,5). This led one researcher to suggest that the ketogenic diet should be described as a ‘lowcarbohydrate’ diet rather than a ‘high-fat’ diet (7).

Another study examined the nutrient intake on a variety of popular diets, including the Atkins diet (4). They found that the average ketogenic dieter consumed approximately 2100 calories, 121 grams of protein, 172 grams of fat, and 24 grams of carbohydrate.

TARGETED - TKD

The TKD is less strict than the SKD and allows one to consume carbohydrates though only in a certain portion or amount which will not impact the ketosis that one is currently in. The TKD diet helps dieters that perform some level of exercise or workout.

Having examined glycogen levels and glycogen depletion in the last chapter, the details of the first ‘modified ketogenic diet’ can now be discussed. The targeted ketogenic diet (TKD) is nothing more than the standard ketogenic diet (SKD) with carbohydrates consumed at specific times around exercise.

This means that the general guidelines for constructing a SKD should be used with the exception that more carbohydrates are consumed on days when exercise is performed. If fat loss is the goal, the number of calories consumed as carbohydrates should be subtracted from total calories, meaning that less dietary fat is consumed on those days.

The TKD is based more on anecdotal experience than research. Invariably, individuals on a SKD are unable to maintain a high training intensity for reasons discussed in chapters 18 through 20.

However, for a variety of reasons, some dieters choose not to do the full 1-2 day carbup of the CKD (discussed in the next chapter). The TKD is a compromise approach between the SKD and the CKD. The TKD will allow individuals on a ketogenic diet to perform high intensity activity (or aerobic exercise for long periods of time) without having to interrupt ketosis for long periods of time.

Why pre-workout carbs?

Weight training is not generally limited by the availability of blood glucose. Studies giving carbs prior to resistance training have not found an increase in performance. However, almost without exception, individuals on a SKD who consume pre-workout carbs report improved strength and endurance and an ability to maintain a higher intensity of training during their workout. Anyone following a ketogenic diet who wishes to perform high intensity training can benefit from the TKD approach.

Very little research has examined the effects of a ketogenic diet on weight training performance and it is difficult to determine exactly why performance is improved with preworkout carbs. It may be that raising blood glucose to normal levels, which only requires a minimal 5 grams of carbohydrate, allows better muscle fiber recruitment during training or prevent fatigue.

Ultimately, the reason why carbohydrates improve performance is less critical than the fact that they do. Additionally, individuals performing extensive amounts of aerobic training on a SKD typically report improved performance with carbs consumed before and during workouts. Even at low intensities, performance on a SKD is limited by glucose and muscle glycogen. For this reason, endurance athletes using a SKD are encouraged to experiment with carbohydrates around training. 124 Amounts, types and timing of carbs

The major goal with pre-workout carbs is not necessarily to improve performance, although that is a nice benefit. Primarily, the goal is to provide enough carbohydrate to promote post-workout glycogen synthesis without interrupting ketosis for very long.

That is, the carbohydrate taken prior to one workout is really an attempt to ‘set up’ the body for better performance at the next workout by maintaining glycogen levels. Although experimentation is encouraged, most individuals find that 25-50 grams of carbohydrates taken thirty minutes before a workout enhance performance.

The type of carbohydrate consumed pre-workout is not critical and individuals are encouraged to experiment with different types of carbs. Most seem to prefer easily digestible carbohydrates, either liquids or high Glycemic Index (GI) candies to avoid problems with stomach upset during training.

A wide variety of foods have been used prior to workouts: glucose polymers, Sweet Tarts, bagels, and food bars; all result in improved performance.

One concern of many SKDers (especially those who are using a ketogenic diet to control conditions such as hyperinsulinemia) is the potential insulin response from carbohydrate ingestion on a TKD. Generally speaking, insulin levels decrease during exercise. Exercise training itself improves insulin sensitivity as does glycogen depletion (3,4). So hyperinsulinemia should not be a problem during exercise for individuals consuming carbs pre-workout.

However, following training, if blood glucose is still elevated, there may be an increase in insulin (1). This has the potential to cause a hyperinsulinemic response in predisposed individuals. Sadly there is no direct research to say that this will happen and the only data points available are anecdotal.

Most people appear to tolerate pre-workout carbohydrates quite well, and very few have reported problems with an insulin or blood glucose rebound with post-workout carbohydrates. Once again, for lack of any strict guidelines, experimentation is encouraged

CYCLICAL - CKD

The CKD is preferable for those who are into weight training or do intensive exercises and not for beginners as it requires the person undergoing the diet to stick to a SKD meal plan for the five days in a week's time and eating/loading up on carbohydrates on the next two days. It is important that dieters follow the strict regimen to ensure that their diet is successful.

I hope you are ready for the weekend meal! In this article, we will discuss the weekend regimen and get you ready for the physical workouts associated with the cyclical ketogenic diet.

While doing anaerobic training, which is a major part of the cyclical ketogenic diet, be aware that energy is derived from glycogen stores in the muscle. Training with weights would be a

good example of this. In most cases, this would lead to the body relying on protein stores for energy, which would not be good for muscle building. There is good news; this will not happen on the cyclical ketogenic diet.

You have 36 hours to enjoy carbohydrates. Those carbohydrates may include rice, pasta, pizza and breads. You need to reward the efforts of the previous days of restriction. There is also a physical component involved with the carbohydrate load. That is you are replenishing amino acids, glycogen and other nutrients which will give you the necessary energy to perform the Monday-Friday routine. The intensity and success of your exercise program comes from the energy needed to perform.

Here is the timing of your carbohydrate load. We suggest you start sometime Friday night after 6pm and go until about midnight Saturday. Is there a limit to and how many carbohydrates should be eaten? Well, for some it simple; they get to eat whatever they want and get the proper balance of glycogen. For the rest of us though, let's do a little math.

The standard recommendation has been to consume roughly 10-12 grams of carbohydrates per kilogram of lean body mass. So, for our example earlier, 160 pounds of lean body mass was our number. Let's convert that number by dividing it by 2.2 and we get about 73 kg. Not so tough right?

We recommend you consume 100 grams of liquid carbohydrates with about ½ as many grams of carbohydrates in protein, which for our example is 50. A whey liquid drink or something similar should be consumed immediately after your last workout on Friday. This is a time when your insulin properties are at their most sensitive level.

Now, during the remainder of the replenishment period, you should begin spreading the left over 630 grams of carbohydrates in conjunction with the 160 grams of protein. Keep this consistent while you are refueling.

Do I hear a question about fat? There is fat in pizza right? Yes and here is the good news. While your body is in the process of refueling those carbohydrates, those carbohydrates will be utilized to refill glycogen, and protein which will rebuild using fat for energy. What a concept.

When the carbohydrates are utilized for the important attributes to our system, muscles, what is the only thing that can be used? You guessed it. Now, please understand that there is a limit to the amount of fat you want to consume. The magic number for our example would be below 73grams if we keep it below our body weight in kilograms.

These are just a brief overview of the ketogenic diet and hopefully would help one decide if they are interested in the diet. For an in-depth discussion of the benefit and effects of the diet plan, it is best to consult your medical health provider.

CHAPTER TWO

BENEFIT OF KETOGENIC DIET

The ketogenic diet was first introduced in the 1920's as a means to control epilepsy in children.

In more recent times, the principles of the ketogenic diet have been adapted for a highly effective weight loss plan.

The ketogenic diet is high in fat, low in carbohydrates, and is designed to provide adequate protein and calories for a healthy weight. The essential aim of the diet is to prompt the body to burn fat instead of carbohydrate, which has the effect of fast weight loss.

The high fat content can cause surprise and concern in a health conscious society which associates 'fat' with 'bad.' However, good fats are healthy and necessary as part of a controlled and balanced diet.

High levels of carbohydrates, on the other hand, can cause a spike in blood sugar levels, which can lead to obesity and low energy levels.

Part of the appeal is the ketogenic diet is its success in achieving fast weight loss, so it is ideal for those with many pounds to shed. The diet excludes high carbohydrate foods such as starchy fruits and vegetables, bread, pasta and sugar, while increasing high fat foods such as cream and butter.

A typical meal might include fish or chicken with green vegetables, followed by fruit with lots of cream. Breakfast might be bacon and eggs, a snack cheese with cucumber.

There are many variants of the diet which including more relaxed versions of the regime.

The initial few days of a ketogenic diet involves the body adapting to a different way of eating, which can prompt a feeling of 'withdrawal'. This is no surprise as modern western diet and foods are heavy in starch and sugar.

Following this adaptation period, however, those eating a ketogenic diet begin to enjoy many benefits. In addition to fast weight loss, there are increased energy levels.

The ketogenic diet can also be very enjoyable, with delicious fish, steaks, bacon, eggs and fruit with cream on the menu. Enjoyment of food is important if the diet is to prove sustainable.

Usually low levels of complex carbohydrates will be re-introduced when excess weight has been shed for long term weight maintenance.

My name is Xavi Smith and I love to write about diets. If you are also interested in tips about fast weight loss or low carb diets, don't hesitate to get in contact.

CHAPTER THREE

LOW CARB DIET

The existence of the low carb diet has been recorded throughout history. Before, it was thought that a low fat diet was the most direct and effective tool to losing or maintaining weight. Fat contains most of a food's flavor. Low fat diets forced people to consume low fat foods with enhanced sugar content. In fact, all processed low fat foods contain added sugar. These sugars contribute to weight gain as sugar is the first element that the body converts into fat. This fat is stored for future use as energy.

Next to sugar, carbohydrates are what the body uses to burn as energy. With minimal carbohydrates, the body is forced to convert fat into energy. This, in essence, is the philosophy of a low carb diet; take in fat and minimize carbohydrates to reduce, eliminate or reverse weight gain.

South Beach, Atkins and Zone are some examples of low carb dieting methods. These low carb diet methods effectively reduce insulin levels in the body. This forces the body to use fat for energy. Insulin is a hormone that commands the body to store fat. In addition, high carb diets stimulate eating which, in turn, stimulates even more eating.

In the United States, the penchant for and belief in low fat and high carb diets has resulted in the rise of obesity, morbid obesity and cardiovascular diseases. In a very glaring contrast, the French diet of high fats and low carbs consumption has resulted in lesser incidents of these diseases. The Mediterranean diet is a good example of a low carb diet where you get low carbs and high fats. Since the fats are not significantly reduced, the flavors of the foods are retained.

The prospect of having to forsake one food group for better weight management is not present at all with this diet. It would seem that the food industry and nutritionists in the United States have mistakenly led people to believe in the effectiveness and healthy benefits of high carb-low fat diets. By all indications, the low carb diet should have been emphasized in the beginning as the correct method for losing or maintaining weight.

The Navy Hospital in Oakland, CA conducted a study back in 1965. They established a 1000 calorie diet for the test subjects together with a low carb diet and high fat consumption. Concurrently, another test group was subjected to fasting. After a ten day testing period, it was found that people who used the low carb diet method lost more weight than those who fasted. A negative effect of low carb dieting is that it lowers dietary fiber intake.

This may result in constipation unless dietary fiber supplements are used in conjunction with a low carb diet. It is wise to eat natural foods such as fruits and vegetables instead of processed foods like cereals and baked foods to get your daily dose of carbohydrates. These natural foods tend to give better quality nutrients than processed foods.

In the food industry, negative effects on manufacturers of foods with high carb contents are slowly being felt. As more and more people move away from low fat diets to the low carb diet, some food producers such as pasta factories and doughnut makers are finding themselves needing to scramble in order to find equilibrium in a radically changed market. On the opposite side of the fence, food manufacturers have been able to meet the demand of low carb diet practitioners by producing low carb products such as soy to replace wheat flour and artificial sweeteners to replace sugar.

The low fat diet has served its purpose. How posterity will picture its success or failure, only time will tell. As of now, the low fat diet is close to being tagged as mistake. Quite rightly, the low carb diet is being heralded as the proper method for losing or maintaining weight. The biggest advantage of this diet is all about the fat. Again, fat gives flavor to the food. A low

diet will ensure that your food tastes as it should taste instead of relying on artificial flavoring or too much seasoning to make your food taste like, well, something.

Are you one of those who hate dieting? Well, you are not alone, almost all of us hate the deprivation from food that dieting brings to us. Aside from the fact that our parents raise us to believe that food intake is necessary to keep us energetic, especially carbohydrates. Potatoes and breads are the essential members of our diet from morning, noon and night. Therefore, we resent the idea that carbohydrates are not good for us.

However, your thinking might change upon reading the low-carb diet overview. In the low-carb diet overview, you will learn that energy does not come from carbohydrates alone. Low-carb diet overview will also tell you that good fats convert to energy much like carbohydrates, as we know it to be. Low-carb diet overview will likewise tell you about the recommended carbohydrates like whole grain, fruits and vegetables.

However, you should minimize intake of carbohydrates to as low as 10% of your total calorie intake. If you can maintain your consumption of carbohydrates to as low as 10% of your calorie intake, you should eat more fats and moderate protein. Then, the low-carb diet overview will be the best tool to compliment your weight loss regimen and avoid jumping on the obese bandwagon.

The low-carb diet overview will explain how you can best manage your weight. In contrast with the belief that carbohydrates are necessary to build your energy profile, fat may replace carbohydrates in this arena.

You will also learn from the low-carb diet overview that it is the best diet for obese individuals. Diabetics may also use the low-carb diet overview to combat the cause of obesity, high cholesterol, high blood pressure, hypoglycemia and type II diabetes because studies show that

low-carb diet attacks the condition called hyperinsulinemia. Hyperinsulinemia is a condition where insulin levels in the blood are elevated.

It may also be helpful knowledge you will get from low-carb diet overview is the advantages one will get from low-carb diet. Sustained weight loss is one advantage of low-carb diet. Another advantage you will learn from low-carb diet overview and low-carb dieting is stable blood sugar, this is specifically important for diabetics and those people prone to diabetes. If you have a relative who is a diabetic, then you are one of those people prone to diabetes. Low cholesterol level is also an advantage of low-carb dieting. Some low-carb dieters also report being more energetic than their counterparts who are not dieting.

Finally, here are some basic guidelines you will get from the low-carb diet overview. You should limit your carbohydrates intake to 10% or less of your total calorie intake. You will also find the list of allowed foods, you will also find the list of foods to avoid and foods with hidden sugar in the low-carb diet overview. Avoiding food containing sugar and white flour is also part of the low carb diet. Avoiding caffeine and drinking lots of clean and clear water also help in the dieting process. Taking fiber supplements and vitamin will help during the initial stage of low-carb dieting, you will understand this need better upon reading the low-carb diet overview.

Low-carb dieting is good for everyone who wants to lose weight, so try it to experience a trim lifestyle. However, when you finally decide to try it, after reading the low-carb diet overview, visit your health care professional just to be sure that low-carb dieting is really, what you need.

Staying fit is all the rage these days. Especially, since there are more widespread campaigns, more than ever before, towards obesity awareness and its adverse effects. Low carb diets have been part of dietary plans for a very long time and most people who go on a diet choose to cut their carb intake first amongst all the other food groups because carbs are one of the biggest culprits in weight gain.

So if you are thinking about getting fit and losing some of the excess pounds and are highly considering a low carb diet, you might as well check in with the effects of cutting down your carb intake. Although you will most likely shed some pounds since your carb intake will be lessened, it's also important that you consult your doctor about this new endeavor. Especially if you're undertaking medications that may be affected by cutting down your sugar level.

"And you thought it was good, until your insulin went crazy."

Some people who cut down their carb consumption have been known to get inverse effects that instead of getting lower insulin levels; the low carb diet rather ups the level of sugar in their blood as a side effect. If this happens to you, best talk to your doctor about how to adjust your insulin intake and other medications.

"One thing is for sure; altering your diet won't be a walk in the park."

If you're just starting with the low carb diet plan, you'll recognize that the first few weeks of adjustment is the hardest. The side effect can range from dizziness, to more cravings and lack of energy. You can always get by if you stay focused by keeping your goal in mind. Other things you can do is substitute your unhealthy cravings with the healthy ones and by constantly drinking a lot of water, rest when you feel the need to and never let yourself starve. If you feel like you need to munch on something, do so. Just keep everything in moderation.

Before you start cutting down on your carb intake, it's best to transition slowly. Start with easy changes so that your body can accommodate the changes and see if the plan actually works for you. You've probably done some form of dieting in the past and it's a good way to look back on

what worked for you. Diet plans may vary in results depending on the person and it's advisable that you carefully study the plan first before you start applying it.

"What will I have to give up if I want to pursue a low carb diet? Should I say goodbye to butter?"

No, butter is not a carb. However, cutting down on the carb by going on a low carb diet, will also lessen your consumption of other products that can be found in most carbohydrate based foods. Generally, going on low carb diets will lessen your carbohydrate intake, sugar intake and other oils and fats. Just keep in mind that balance is the key to a healthy and well designed diet. Once you cut down on your regular consumption of these products, your body will slowly adjust to it but if you feel weak or your energy levels are always low, better check back on that diet plan since something is obviously going wrong.

"Everything seems going awesome until side effects kicked in."

Glucose intolerance or carb cravings highly affect people who are not accustomed to low carbohydrate diets. So, if you're already starting your diet but feel cravings for carbohydrate based foods, this can be a bad side effect of your low carb diet.

Always keep in mind that a good and healthy low carb diet starts with the question "How driven are you to be fit and healthy?" and "What are you willing to do to achieve that goal?" It's also advisable that no matter what low carb diet plan you're going to go through; be well informed.

CHAPTER FOUR

MANAGING ILLNESSES WITH THE KETOGENIC DIET

Ketones happen as a result of the body burning fat for energy versus glucose. A ketogenic diet refers to one that is low in carbohydrates, which will allow the body to break down fat faster in order to metabolize ketones.

Foods or ingredients that allow the body to make ketones are medium-chain triglycerides like: MCT oil, Grass-fed, butter and Coconut oil

MANAGING MIGRAINES WITH KETOGENIC DIET

The important factor about ketones is that they help rid you of migraines. Here are the top seven ways ketones squash migraines:

1: Decreased Migraine Frequency

In recent studies, scientists have found that the ketogenic diet significantly reduced the frequency of migraines in 90% of patients. This completely dwarfs the effects of migraine drugs.

2: Glutamate Inhibition

Glutamate is found in both epilepsy and migraine patients. Medications that work in epilepsy (anti-seizure drugs) also block glutamate production. These drugs have been used to treat migraines as well. Since about 500 BC, ketones have worked to help prevent seizures, but the ketogenic diet has only been popular for the last century.

3: Processed Food

I have said many times that processed foods are bad for you, especially if you suffer with migraine. "Food-like products" are filled with preservatives, chemicals, and other triggers that could be affecting your migraine symptoms. Any diet that removes those processed foods, including the ketogenic diet, would be a good step to controlling migraine symptoms.

4: Saturated Fats

Several studies have debunked the great saturated fat myth. There are plenty of saturated fats (and other healthy fats) in a ketogenic diet, which has been found to reduce bad cholesterol and help the body produce serotonin and vitamin D, both of which help prevent migraines.

5: Hunger vs. Weight Management

Hunger is a major migraine trigger, so is weight gain/obesity. Some studies have found that weight gain and/or obesity increases the risk of migraines by 81%. Ketones help reduce hunger, while controlling insulin problems, promoting weight loss, and regulating glucose levels in the blood. Weight loss and sugar control are well-known benefits to adding MCT or coconut oil to your diet. Now, as you can see, they will help control migraines by helping you feel nutritionally satisfied, more energetic, improve cognitive functioning, and lose fat.

6: Oxidative Stress

A recent study found that oxidative stress is tied to migraine triggers. In response to these findings, a new migraine medication has come out which blocks the peptide released during oxidative stress. This drug also prevents glutamate release, another migraine trigger. You don't need to depend on medication, however. A ketogenic diet will do both for you, which indicates that ketones can not only treat migraine symptoms, but also

determine the root cause

KETOGENIC DIET

7: MCT Oil

Research has found that Alzheimer's patients respond favorably to MCT (medium-chain triglyceride) oil, especially with regard to memory recall. Like Alzheimer's, migraine patients have white-matter brain lesions on their scans. Research in both diseases has found that ketones may help increase metabolism in the brain, even when oxidative stress and glucose intolerance is present.

Our minds and bodies need glucose and/or ketones to function and survive. We store about 24 hours' worth of sugar in our bodies, but we'd all die of hypoglycemia if not for the ketones. Metabolizing ketones from fat leaves our body in a healthy state of ketosis.

Migraines indicate that the brain is not metabolizing glucose into energy properly, so the logical response would be to add ketones. In addition to migraine pain symptoms, the ketogenic diet can help reduce:

Brain fog ,Oxidative stress, Brain lesions .A ketogenic diet can also help:

Block glutamate (a major trigger) ,Eliminate processed foods (a major trigger) ,Add more saturated and healthy fats to your diet ,Control your weight,Reduce oxidative stress,Improve cognitive functioning

Chronic migraine headaches can TOTALLY control your life. The pain can be unbearable, relentless and incredibly overwhelming leaving you depressed, scared and many times, alone.

MANAGING EPILEPSY WITH KETOGENIC DIET

This type of diet is a treatment that can be used as an alternative for epilepsy. It has proven to be very useful in the case of the kids who cannot take multiple medications against seizures. This diet is connected to many theories that have their roots in the ancient medicine, which promotes the advantages of starvation. These theories stand as a basis to the evolution of the ketogenic diet that developed starting with the 1920s at the Johns Hopkins Hospital. Lots of hospitals offer their patients the possibility to follow this diet.

The evolution of the anti-convulsant medicines prevented this diet from evolving. Because most people prefer the pills, the diet started to lose its popularity. But due to the film starring Meryl Streep (First Do No Harm), this diet got back into the game.

Normally, this diet relies on calorie composition. Most of the calories ingested come from fat. Thus, the body burns fat for extra energy. This way the body gets into a ketosis state and it manages to stop convulsions.

However, it is important to remember that those who adopt this diet have to control their eating habits strictly. If they do this, they can keep it for many years. Like in any other situation, people have different opinions when it comes to this diet. There are cases when 30% of the people registered fewer seizures, 30% stopped registering seizures at all while, the others were not affected in any way by this diet.

In the situation of the children who do not eat every type of food, these restrictions might be a bit too much. On the other hand, others believe that this diet is easy to follow. The fans of this diet say that this new lifestyle can help them more than they thought. This happens especially for those who have their kids on this diet: they've noticed that the little ones are more alert (attention because this can also be an effect of the interruption of the medication).

The rich medical evidence states that this diet functions for more than a 1/3 of the patients who suffer from epilepsy. But it's important to keep in mind that this diet also has a few side effects. Followers have to add a couple of supplements because the diet doesn't include so many vegetables and fruit. This increases the risk of pancreatitis development. Most women can register menstrual disruptions.

This diet might appear very interesting to lots of persons, but they have to understand that they shouldn't start this diet without professional advice. The problem of side effects is real, but you should remember that there are lots of hospitals who offer courses in this direction and who monitor people on the diet. If you ever want to start this diet, this is the best way to do it. Good luck!

MANAGING TYPE 2 DIABETES WITH KETOGENIC DIET

Besides helping people lose weight, ketone has also been found to help fight type 2 diabetes. This is because it helps inhibit the release of glucose into the bloodstream after a person's meal. It has also been found to work as an antioxidant, which means that it helps get rid of free radicals that cause serious health problems such as Alzheimer's disease, cardiovascular disease, and cancer.

Ketogenic diets have been in use since 1924 in pediatrics as a treatment for epilepsy. A ketogenic (keto) diet is one that is high in fat and low in carbs. The design of the ketogenic diet is to shift the body's metabolic fuel from burning carbohydrates to fats. With the keto diet, the body metabolizes fat, instead of sugar, into energy. Ketones are a byproduct of that process.

Over the years, ketogenic diets have been used to treat diabetes. One justification was that it treats diabetes at its root cause by lowering carbohydrate intake leading to lower blood sugar, which in turn, lowers the need for insulin which minimizes insulin resistance and associated metabolic syndrome. In this way, a ketogenic diet may improve blood glucose (sugar) levels

while at the same time reducing the need for insulin. This point of view presents keto diets as a much safer and more effective plan than injecting insulin to counteract the consumption of high carbohydrate foods.

A keto diet is actually a very restrictive diet. In the classic keto diet for example, one gets about 80 percent of caloric requirements from fat and 20 percent from proteins and carbohydrates. This is a marked departure from the norm where the body runs on energy from sugar derived from carbohydrate digestion but by severely limiting carbohydrates, the body is forced to use fat instead.

A ketogenic diet requires healthy food intake from beneficial fats, such as coconut oil, grass-pastured butter, organic pastured eggs, avocado, fish such as salmon, cottage cheese, avocado, almond butter and raw nuts (raw pecans and macadamia). People on ketogenic diets avoid all bread, rice, potatoes, pasta, flour, starchy vegetables, and dairy. The diet is low in vitamins, minerals, and nutrients and require supplementation.

Low carbohydrate diet is frequently recommended for people with type 2 diabetes because carbohydrates turn to blood sugar which in large quantities cause blood sugar to spike. Thus, for a diabetic who already has high blood sugar, eating additional sugar producing foods is like courting danger. By switching the focus from sugar to fat, some patients can experience reduced blood sugar.

Changing the body's primary energy source from carbohydrates to fat leaves behind the byproduct of fat metabolism, ketones in the blood. For some diabetic patients, this can be dangerous as a buildup of ketones may create a risk for developing diabetic ketoacidosis (DKA). DKA is a medical emergency requiring the immediate of a physician. DKA signs include consistently high blood sugar, dry mouth, polyuria, nausea, breath that has a fruit-like odor and breathing difficulties. Complications can lead to diabetic coma.

CHAPTER FIVE

PLANNING FOR SUCCESS

What if I told you that you could eat your way skinny? You'd probably think I was crazy or assumed it had something to do with ingesting spaghetti made from tapeworms. Either way you'd be wrong. The fact is there is a way that you could eat your way to significant and long term fat loss results. It's called ketogenics.

Ketogenics is a term that's simply refers to the process required for your body to enter a state called ketosis. Ketosis occurs when your body begins using fat as its main source of energy above all other types of energy sources including proteins and carbohydrates. Once your body enters this state it becomes much easier for your body to utilize stored fat deposits for energy thus resulting in automatic and ongoing fat loss.

So, if ketogenics is so incredible and can be your answer to fat loss and why haven't you heard of it? Well, you probably have. Ketosis is at the core of many fat loss programs and diets including the incredibly popular Atkins program. Some people fear this diet because it touts ingesting large amounts of fatty foods which some believe could be extremely harmful to your body. The fact of the matter is that when your body enters the state of ketosis it will burn most if not all of these fats for energy so very little will be stored in the body or broken down and result in fat in the blood stream.

To understand why this ketogenic diet can be so effective at burning fat you have to look at how your body normally operates. The body's preferred source of fuel is carbohydrates and is very effective at metabolizing carbohydrates to use for fuel. Because of this fact your body actually craves carbohydrates on a regular basis which usually leads to us over eating them. When the body eats too many carbohydrates than it can process and use, it breaks them down, converts

them and stores some of them as fat for later use. If your body does not have a source of carbohydrates to use for energy, it will utilize the next available source. If you severely limit the amount of carbohydrates that you eat and instead replace them with fat, your body will go through a process and adjustment that will allow it to metabolize the fat for energy as well. In addition, once the body begins to use fat as fuel it will be much easier for it to metabolize stored fat as fuel thereby helping to speed up existing fat loss.

Although nowhere near as popular as they were in the 90's when the Atkins diet was seemingly omnipresent, low-carbohydrate ketogenic diets are still very highly regarded in many circles as effective, maintainable weight loss diets. Below are a few tips to maximize your success on a ketogenic diet.

1.) Drink tons of water.

While on a ketogenic diet, your body has a hard time retaining as much water as it needs, so staying properly hydrated is absolutely essential. Many experts recommend that men intake a minimum of 3 liters of beverages each day, while the figure for women is 2.2 liters daily. A good indicator of proper hydration is the color of your urine. If your urine is clear or light yellow, you're most likely properly hydrated. Keep a bottle of water with you everywhere you go!

2.) Don't forget the fat!

Simply put, our bodies need fuel to function. When we limit our carbohydrate intake, especially to levels that induce ketosis, our bodies need an alternate fuel source. Since protein is not an efficient source of energy, our bodies turn to fat. Any fat you eat while in ketosis is used for energy, making it very difficult to store fat while in ketosis. Choose healthy, unsaturated fats as often as possible: foods like avocados, olives, nuts, and seeds are ideal.

3.) Find your carb limit.

All of our bodies are different. Some dieters will need to adhere to a strict low-carbohydrate diet that entails consuming less than 20 grams per day of carbs. Other dieters will find that they can comfortably stay in ketosis while consuming 50, 75, or 100 grams of carbohydrates. The only way to know for sure is trial and error. Purchase Ketostix or any brand of ketone urinalysis strips and find out your carbohydrate limit. If you find that you have a bit of wiggle room, it will make sticking to your diet that much easier.

4.) Be smart about liquor.

One of the great aspects of the ketogenic diet is that you can drink liquor while on it without throwing your weight loss too far off course. You can drink unsweetened liquors like vodka, rum, tequila, gin, whiskey, scotch, cognac, and brandy, along with the occasional low-carb beer. Use low-carb mixers and drink plenty of water to stay hydrated, as hangovers are notoriously bad while in ketosis. And remember, calories still count, so don't go overboard. All things in moderation.

5.) Be patient.

While the ketogenic diet is known for rapid weight loss, especially in the early stages of the diet, weight loss is always a slow, time-consuming process. Don't freak out if the scale doesn't show weight loss, or shows slight weight increases, for a few days. Your weight varies day-to-day (and throughout the day) based upon a number of factors. Don't forget to use metrics like how your clothes fit or body measurements to see progress beyond what the scale shows.

CHAPTER SIX

TOP 5 MISTAKES AND HOW TO AVOID THEM

We must all now be familiar with the Atkins Diet. Of all of the 'trend' diets that move through our popular culture, none has caused as much interest or controversy. Put forward by the late Dr. Robert Atkins in the 70's, the diet that has caused a storm is continuing to acquire both dedicated followers and severe opponents both within and without the medical community.

The Atkins diet itself is only the most popular of an approach usually called low-carb diets because of the primary interest in restricting consumption of Carbohydrates. Since the entire spectrum of our food is drawn from proteins, fats, carbohydrates or water, severe restriction of one group is seen by many as an arbitrary and possibly even dangerous step.

Most of the controversy surrounding low-carb approaches is not that they lie about weight-loss (studies continue to show marked weight-loss in many who use the diets) but the disturbing mistakes that cutting the carbs out of your diet just isn't healthy. After all, what good is a diet that slims you down only to clog up your arteries and kill you? We've heard many arguments both for and against the use of low-carbohydrate diets, this article asks a radical question: Can going Low-Carb actually be healthy?

WHY SHOULD I LIMIT SUGAR & GRAINS?

The first and most obvious carbohydrate group and one we rarely have much argument about reducing is sugar. Sugar is a catch all term for a number of simple carbohydrates including fructose (fruit sugar), Galactose (milk sugar), sucrose (table sugar) and glucose (simple sugars such as blood sugar). Sugar consumption has been on the increase for decades and, despite the

numerous campaigns against saturated fats, is certainly the biggest contributing factor to the increasing obesity epidemic.

Eating sugar causes a number of physiological effects in the body. The most striking of these is the sudden and marked increase in blood insulin. Insulin is the hormone in our body responsible for 'taxiing' the food broken down in our stomach to the various parts of our body that require these substances, although it has numerous uses. First, and most importantly, sugar, as glucose levels in our blood is extremely toxic. Left in our bloodstream without control elevated sugar levels would kill us quickly, so the powerful release of insulin helps keep our blood cleared of excess glucose. Unfortunately insulin is a double-edged sword. Excess sugar in our body cannot be disposed of in an unlimited number of ways. With our increasing sedentary lifestyles refusing to burn off much of this sudden and quick release of carbohydrate as we consume, sugar is rapidly converted to the same saturated fats we are constantly warned about. (As you can see, limiting saturated fat in the diet does not prevent us from accumulating fat in our bodies).

Sugar has other unpleasant side effects. The constantly elevated insulin levels can eventually lead to decreased insulin sensitivity (Syndrome X) and another case of Type II diabetes. Sugar also has an effect on cortisol and our adrenal glands. It causes an excess of these hormones leading to symptoms of stress and fatigue. Sugar also competes with the glucose carriers in our blood, which work with vitamins like Vitamin C, causing disruption to our precious balanced immune system and causing premature ageing of the skin.

Sugar can be thought of as nitro-fuel for the body. It releases a very quick but harsh burst of artificial energy. In active individuals requiring peak performance from athletic pursuits, simple carbohydrates can be a useful tool, especially in the area of pre and post workout drinks. Much like a drag-racer using nitro fuel, this substance can be used to replace muscle glycogen and spare muscle wastage due to overtraining effects. Unfortunately few of us use sugar in this careful and controlled manner and are attempting to drive the finely balanced engines of our bodies on a fuel which causes too much stress and strain on a system that was never designed to handle the excess we provide.

So since low-carb diets almost completely eliminate sugar from our diets, we have already found one significant health benefit.

GRAIN CONTROVERSY

Most of our Western Governments offer health guidelines which ask us to base our food intake almost universally around grain-type carbohydrates, what were once grouped as starches. We know these most commonly as rice, pasta, potatoes and breads. These types of food appear to have been staples of our western diets since time immemorial (they're not, but that's another story). We are often told that eating these foods will leave us full, satisfied and full of a slow releasing stream of energy that is healthy and safe. Unfortunately, at least for human beings, this doesn't always appear to be the case.

Not all grains are created equal for a start and this can be where grain advocates purposely or accidentally mislead. For instance most rice, particularly white rice, will convert to sugar almost immediately in our system and we've already seen some of the devastating effects of excess sugar consumption. Grains, no matter what source they come from will cause elevated insulin levels. For the very healthy amongst us, who have extremely sensitive insulin (either through good genetics, regular exercise or a combination of both) may be able to carefully use small quantities of grains to fuel their bodies through the periods of high activity. However for the vast majority of people, the excess of grains will result in almost all the same problems as sugar consumption. Many low-carb exponents are suspicious of medical advice to eat grains, many citing Government subsidies of mass agriculture. Eating grains is a very cheap and simple way of providing food, but cheap and simple is rarely the same as healthy and good.

Low carb diets are one of the more popular diets that you can follow. A number of people have had great success with these types of diets and have managed to lose a lot of weight. In this article, I will give you the top four mistakes that people make when they decide to follow a low

carb diet. By knowing these mistakes, you will be able to avoid them and have a better chance of succeeding with one of these diets.

Mistake 1: Not doing the research

Research is a critical aspect to success. You need to find and then focus on one type of low carb diet. Otherwise, you will end up trying to follow contradictory advice. You may wish to purchase a book outlining what you need to eat and when, or there are a number of websites on the internet that can outline what you need to know. The library can also be a handy resource.

Mistake 2: Not having a plan

What foods will you be eating and when? How will you setup up your home and work environment to ensure that you eat the right foods? These are the types of things you need to think about and put a plan in place to ensure that you follow your diet correctly. It will also make the changes to your lifestyle that much easier.

Mistake 3: Trying too much, too fast

Low carb diets can be hard to follow, especially at first. It is usually a good idea to make the required changes slowly than rush in head first. This ensures that you ease your way into the diet and see if this type of diet is the right one for you to follow.

Mistake 4: Not having any support

If you don't have your friends and family on board then they will simply make it difficult for you. You should speak to them beforehand to ask for their support and tell them what they can do to help.

Mistake 5: Not drinking a lot of water

The mistake that these dieters generally make is not drinking enough water when starting the low carb diet. This is also true of low carb diets that work. Dieters **MUST** drink at least 8, full glasses of water daily, to curtail fluid retention.

OKAY, SO ARE THERE ANY GOOD CARBOHYDRATES??

The good news for carbohydrates is that they can claim the **HEALTHIEST** of foodstuffs amongst their number. Here is where a simple view of the Atkins diet and other strict no or low carb diets flounder. Not all carbs are created equal as we know and the carb group that is utterly essential to our survival?

VEGETABLES!

Low carb diets have often been seen as lacking in vegetables as people carefully trim away all excess carbohydrates, effectively throwing the baby out with the dirty bathwater. On the subject of vegetables you won't find much dissension amongst medical experts of any standpoint. These wonderful foodstuffs not only contain a plethora of vitamins and minerals, but also are often chock-full of fibre, water and a host of exotic cancer-fighting substances unique to vegetables.

The important thing about vegetables is that they are nutrient dense and calorie sparse. In plain English, they contain a lot of good stuff in a very small package. You can eat virtually enough

vegetables to fill you up and still have eaten only a tiny percentage of the calories a normal diet would confer.

One of the arguments for regular grain consumption is the necessary vitamins and minerals they contain, not to mention the essential fibre for our digestive tract. But guess what? Vegetables make grains seem pretty redundant. A small handful of organic vegetables will contain more vitamins and minerals than virtually a day's worth of grains, all in an easier to digest package, with extra water and no danger of insulin overload.

Even on a low-carb diet you can stuff yourself silly with vegetables without fear. The primary advantage of a low-carb diet is insulin control and vegetables won't interfere with that. Remember organic vegetables have a much higher vitamin and mineral content, also the darker green or red a vegetable the higher the amount of beneficial Chlorophyll inside the plant. Try to eat your veggies raw and fresh and often. A regular supply of varied veggies is like nature's most perfect multivitamin pill.

OKAY, SO WE EAT VEGGIES BUT WHAT ABOUT ALL THE OTHER FOODS YOU NEED?

So low-carb dieters are shedding the pounds by avoiding the insulin spiking grains and sugars. In the process they're moving over to eating other stuff though right? You stop eating bread and pasta and you've got to eat something! We see Atkins dieters especially loading up proteins and fats, burgers, sausages, bacon, full double cream, fried eggs and a host of other tasty but controversial foods. So, fine, we can accept that somehow these people still seem to shed weight much faster and more consistently than their carbohydrate munching friends but surely, surely, that can't be HEALTHY?

Too good to be true? Some Doctors definitely believe so. We've been warned about saturated fat and our rising cholesterol problem for a number of years. Suddenly a diet comes along that seems to throw all that conventional wisdom out of the window.

As it happens, the American Medical Association was forced to declare the Atkins diet 'heart-healthy' after a number of university studies came up with the surprising findings that Atkins dieters were actually lowering their blood fat deposits and sparing the hearts much more than those on a regular higher carb diet. That being said, the heart isn't the only thing we have to keep healthy, so is there a third option? A kind of best of all worlds diet? A low-carb plan that works for your health as well as your waistline? You bet!

First we know the basis of that diet is our good friend, the organic vegetable. But moving on, it seems our bodies were designed for a much greater range of essential nutrients than those found in vegetables alone. First up Fats. Yes, it may have finally begun to infiltrate the mainstream press but its old news to many of us. Fat is essential! We need to eat fat. There's no getting around it, our bodies don't merely tolerate the stuff, they absolutely need it to function. When you remember that our brains are over sixty percent fat, our organs require it and our very nerves are built from it, you begin to see how important it is. However much like our friend the Carbohydrate, all fats are not created equal either. Our bodies need a small group of fats that we call 'Essential Fatty Acids'. Our body cannot produce these from any other substances and needs a regular supply or it begins to see shortcomings in its internal workings. We can get by for a while on diminished supplies but our health begins to suffer greatly in the long run.

These healthy fats come in the form of the well-publicised fish and cod-liver oils, flax and various other nut oils and foods like avocado. (Although not essential organic coconut oil has a host of special benefits) Simply by ensuring that a large percentage of our daily fat intake comes from clean, healthy oils will go a long way to improving our health, from defending our brain against degenerative diseases to protecting our skin from the harmful rays of the sun. To be a healthy low carber you need to investigate healthy fats a little more and remember that high quality, preferably organic oils are a better choice than others.

There are a host of books on this

KETOGENIC DIET

subject and a host of great products out there. Unfortunately due to the mass pollution of the seas, fish may no longer be the healthiest option, although carefully filtrated fish-oils (by Companies who are clued up on the science of keeping these oils in a health-giving state) are widely available and a must-buy for everyone.

Protein covers the widest range of foods left to us. Protein, which makes up our body's muscles, can be found from the flesh of other animals as well as from milks, beans and lentils. Much like fat, our body requires protein. How much is open to debate. Active individuals, particularly those who require larger muscles, will have a much higher protein need than a sedentary individual but sufficed to say, excess protein intake (although feared by many mainstream nutritionists) has none of the dangers that excess grain or sugar consumption does.

That said, we could always make healthier choices. Although the Atkins diet may allow us to eat burgers and bacon all day long, this may not be the ideal choice. When considering meat products we have to remember what state the animal it came from was in when it was slaughtered. Most animals in large factory farming business are over-fed, over medicated cripples and surely this meat can't be entirely healthy. Foods like bacon also contain a large number of hazardous preservative chemicals that sap at our besieged immune systems. Once again, not all proteins are created equal. Choosing organic fresh meats from leaner animals is a wise choice when considering health. Chicken and Turkey, from good organic sources is a lean and easy to use protein source. Animals such as bison (buffalo) and Ostrich may sound like exotic food sources to many, but their meat is almost entirely free from chemicals and their natural diets of grass and other non-artificial feeds leaves them with a low-fat content of good, healthy fats. High quality protein is essential to your health and survival. Eating lower-quality meats may allow you to stay trim (since protein consumption appears to regulate our appetite much better than grains ever could) but investing in higher quality meats will mean you can claim the health benefits as well.

APPROACH TO AVOID THE HEALTHY MISTAKES OF LOW CARB

As many low-carb dieters have pointed out, most humans were never designed to live on a high carbohydrate content in their diets. As hunter-gatherers we consisted mostly on animals that roamed wild and on fresh vegetables and berries we could find in our local habitat. Although our societies may have advanced enough to let us devise sustained agriculture, our genes are still locked in a hundred thousand-year-old struggle for survival. Our bodies recognise the nutrients available from clean meats, healthy fats and fresh vegetables. They have substantial trouble coping with the sudden influx of excess energy and too quickly absorbed carbohydrates in the form of grains and sugars.

Restricting the intake of grains and sugars makes a fairly quick and positive change towards a healthier life. However, it may be that in our urge to shed the pounds with as little pain as possible, the lower carb diets we choose are tilted towards the proteins and fats we don't really need and attention to vegetables is ignored. With a few minor modifications we can find a lower- carbohydrate approach that not only helps us maintain a normalised body-weight and fat mass but also helps us be an all round healthier individual. There are a hundred other points towards improving health but all these changes make an admirable start.

BULLET-POINTS AND OTHER HINTS FOR A HEALTHY STARTER APPROACH TO LOW-CARB LIFESTYLES

EAT YOUR VEGGIES! (They're the good carbs and won't interfere with your low carb benefits)

CHOOSE LEAN MEATS & EGGS (Eggs are a great source of protein as is grass-fed organic meat)

CHOOSE BETTER FATS (Make sure you eat a regular supply of Omega 3 fats amongst your other daily intakes. Saturated fat in moderation is not the danger. Sugar is)

STAY AWAY FROM SUGARS AND GRAINS! (Low carbohydrate is less about maligning one particular food group and more about staying away from those sources which your body can't handle in large amounts. Athletes and healthy individuals may be able to use limited sugar and/or grains to improve performance but the same basic rules apply elsewhere)

DRINK LOTS OF WATER (We often argue over what groups of food are essential or not but one we can all agree on is water. You need it and lots of it. Forgot food, without water you die fast!)

BE WARY OF SPECIAL LOW-CARB FOODS (There are a great number of healthy choices here, Athletes especially will enjoy easy-to-mix carb free protein drinks etc but as low-carb diets have hit certain food industries hard, expect lots of products that may be lower carb choices but are not healthy. Always remember the low-fat craze where manufacturers swapped saturated fat for lots of sugar...)

MIX YOUR FOOD CHOICES (Restricting grains and sugars is a great start but don't fall into the trap of just surviving on the same meat diet day in and day out. Mix your proteins and fats and vegetables offer a wide variety of healthy options)

ENJOY THE DIET! (Just because you stopped eating chips and bread with your meals doesn't mean you have to get bored! There is a limitless supply of sauces, seasonings, meats, eggs and vegetables that don't require high carb sugar and corn syrup additives to make great tasting meals. Get fitter and healthier and enjoy your food while you do! Enjoying bacon once in a while poses little threat. Compare this to downing a fizzy drink with eight spoons of addictive, toxic sugar and you see the advantages already)

CONCLUSION

Ketogenic diets offer a host of unique benefits that cannot be ignored if you are chasing the ultimate, low bodyfat figure or physique. However, they are not the most user friendly of diets and any 'middle ground' compromise you might prefer will be just the worst of all worlds. Your choice is to do them right or not at all.

The book states clearly that the Ketogenic Diet cannot be approached lightly. It requires total commitment and discipline of the parents. The meal preparation needs are time consuming, precise and constant. It must be the joy of success and the evidence of regained developmental loss that fuels the parents determination along this difficult path of strictly adhering to the Ketogenic diet.

Just about everyone can accomplish a ketogenic diet with enough persistence and effort. In addition, we can moderate a number of bodily conditions naturally with keto. Insulin resistance, elevated blood sugar, inflammation, obesity, type-2 diabetes are some health conditions that keto can help to stabilize. Each of these unhealthy conditions will reduce and normalize for the victim who follows a healthy ketogenic diet. Low-carb, high-fat and moderate protein whole foods provide the life-changing health benefits of this diet.

By increasing the production of B and T cells, raspberry ketone also plays an important role in strengthening the immune system. Furthermore, it nourishes the body with micronutrients like vitamin B, vitamin C, iron, copper, manganese and magnesium. In a nutshell, raspberry ketones truly have the power to reduce weight and that too without any damaging side effects.

Finally, It is essential to have the Ketogenic Diet managed and supervised by a neurologist and dietician, because despite the amazingly positive outcomes for 60% of people using the diet, significantly children, there are potentially serious side affects which need regular and constant monitoring.

THANKS FOR READING!!!

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