



**DIET**

**EMT KETOGENIC**

# WHAT IS...



*A keto diet is a diet where you basically cut out carbs and sugar from your diet, and use fat for energy instead. Few things are as well established in nutrition science as the immense health benefits of ketogenic diets.*

*When you eat something high in carbs, your body will produce glucose and insulin. Since the glucose is being used as a primary energy, your fats are not needed and are therefore stored. Typically on a normal, higher carbohydrate diet, the body will use glucose as the main form of energy. By drastically lowering the intake of carbs, the body is induced into a state known as ketosis.*

*Ketosis is a natural process the body initiates to help us survive when food intake is low. During this state, we produce ketones, which are produced from the breakdown of fats in the liver. The end goal of a properly maintained keto diet is to force your body into this metabolic state. We don't do this through starvation of calories but starvation of carbohydrates and sugar. In the absence of carbs and sugar, the body produces ketones in the liver to be used as energy.*

# BENEFITS

## WEIGHT LOSS

Not all body fat is equal however, in general around the gut is bad and around the organs is good, the keto diet gets rid of the bad baggage around your tummy.

## MAINTAIN MUSCLE

Not only fat loss but also muscle maintenance, this through reducing blood sugar and regulating hormones (great for diabetes reduction or control). This additionally means that hunger pangs are a thing of the past, in fact your appetite is reduced. After long periods you know you're hungry but we no longer get HANGRY (hungry and angry).

## MENTAL CLARITY

Ketones allow the brain to perform better. The exact mechanism is still to be discovered but ketogenic diets are therapeutic for several brain disorders. We have felt first hand more focus, concentration, less fatigue and more sharpness of mind.

## REDUCED INFLAMMATION

Inflammation is massively reduced. Apart from being the precursor to all disease (!), inflammation makes your face look swollen! Say goodbye to your puffy face and body. We can't emphasize the importance in reducing inflammation for well being.

## LOWERED BLOOD PRESSURE

Studies show that reducing carbs leads to a significant reduction in blood pressure, which should lead to a reduced risk of many common diseases.

## CHOLESTEROL BALANCE

Good and bad cholesterol (defining them this way is somewhat of a misnomer but let's ignore that for now). Keto diets tend to be high in fat, which leads to an impressive increase in blood levels of HDL, often referred to as the "good" cholesterol related to a reduction in heart disease. Now for the 'bad cholesterol'...When you eat a keto diet, your LDL particles (actually a protein not cholesterol at all) change from small (bad) LDL to large LDL - which is benign. Cutting carbs may also reduce the number of LDL particles floating around in the bloodstream. It is known that people who have high (small) LDL are much more likely to have heart attacks.

# HOW TO KETO

There are more benefits being discovered all the time, but those mentioned above really should be enough to spike your interest. Both Paul and Mauri, the head instructors at Everest, really have felt all these benefits during their last few years of experimentation with this diet and watched it work miracles on those willing to give it a go. We only give you information that we know works first hand. Again, hard to follow but it really does amazing advantages once you get into it. So how do we do it?

Here are some great tips to start from Dave Asprey's (entrepreneur and founder of bulletproof) perspective of the ketogenic diet...

## ELMINATE SUGAR

Eliminate sugar. Sugar comes in many forms, including fruit juice, sports drinks, sauces and dressing!. Even naturally-derived sweeteners like honey, maple syrup, etc.

## REPLACE SUGAR WITH FAT

Replace sugar with the right fats. Replacing sweeteners with healthy fats like grass-fed butter, ghee, Brain Octane Oil, XCT Oil, cocoa butter, and coconut oil reduces cravings and gives you more energy. Avoid bad fats like corn, soy, and canola oil and unstable polyunsaturated fats like walnut, flax, and peanut oil.

## QUALITY MEAT AND FISH

Switch to grass-fed meat and wild caught seafood. The quality of your food matters. Choose pastured, grass-fed meat like beef, lamb, and bison. Pastured eggs, pork, chicken, turkey, and duck also make good clean sources of protein.

## REMOVE GRAINS

Remove grains and gluten. Wheat is a particularly important grain to avoid because of the many negative effects of gluten, a protein found in wheat and other grains. But this category also includes corn, oats, barley, and other cereal grains.

## NO ADDITIVES

Eliminate all synthetic additives, colorings, and flavorings. This includes aspartame, MSG, dyes, and artificial flavorings.

## ELMINATE LEGUMES

Eliminate legumes such as peanuts, beans, and lentils. If you must have beans, soak, sprout (or ferment), and cook them yourself.

## NO PROCESSED DAIRY

Remove all processed, homogenized, and pasteurized dairy. Most dairy products contain casein and lactose, two compounds that cause inflammation and digestive distress in many people. Grass-fed butter has much lower levels of casein and lactose because of the churning process, which removes the buttermilk from the butterfat. Most people feel a lot better removing milk, cheese, and other dairy products entirely, but if you want to keep some dairy products, opt for full-fat, raw dairy from grass-fed cows.

## ORGANIC

Switch to organic fruits and vegetables.

## COOK RIGHT

Cook your food gently, if at all. Smoking, frying, and grilling can damage the proteins in your meat and produce carcinogens that adhere to the surface. Best to cook your food slow and low, at or under about 320°F. Do not use microwaves or fry your food.

## LIMIT FRUIT

Limit fruit consumption to 1-2 servings per day. Fruits are not vegetables. Favor low fructose-containing fruits like berries and lemons over higher sugar fruits like watermelon and apples.

*The above are just guidelines, talking from experience eating that way can be complicated and costly. So don't just give up on the whole diet because you ate non organic broccoli or because you fried some veggies instead of steaming. The most important part to remember is that that keto is high in fat, moderate in protein, and very low in carbs; around 70% fats, 25% protein, and 5% carbohydrate. It's like meditation, when we mess up we smile and start again. A common error is people eating too much protein, excess protein will convert to glucose and knock you out of ketosis...no good.*

# TAKE IT EASY

The good thing about this diet is no calorie counting, as long as you are eating the percentages mentioned above you can eat as much as you like and should be on the right path. We can provide ketostix for you. These are used to measure ketones to verify if one has reached a state of ketosis.

In summary, this can be quite a hard transition from a 'normal' diet, in fact the transition can be so disagreeable it has been termed the 'keto flu';

<https://ketodietapp.com/Blog/post/2013/04/16/Keto-flu-and-Sufficient-Intake-of-Electrolytes>

This feeling however is passing and can be mitigated following the advice in the link above, the results are worth it...keep going!