



KetoWellness

USING A KETOGENIC LIFESTYLE TO REGAIN AND MAINTAIN
LIFELONG HEALTH AND WELLNESS

Low Carb, High Fat

How low is too low?

When you embark on a low carb, high fat program you are bound to feel better. You will probably lose weight, notice clearer skin, have less hormonal swings, experience less anxiety, depression and brain fog. You don't necessarily need to go into ketosis to get these benefits. That is, unless you are insulin-resistant, addicted to sugar or fighting candida (a yeast overgrowth). In that case, you may not find the relief you are looking for until you have been in ketosis for weeks or months. This is not always a quick fix. So, start with what is comfortable yet a significant change and do it for a while. If you are getting the results you are looking for you just keep swimming. If you don't, consider taking on a ketogenic program.

Keto

When we switch from getting energy from burning glucose to getting energy from burning ketone bodies we have entered a biochemical process called ketosis. We do this without even thinking about it. Our bodies are brilliant and when it needs energy, it will find it or create it. What we don't want to do, is metabolize the protein in our muscles for energy but that is what happens when we go on a calorie restrictive diet (think, 500 calories a day on an HCG diet). Our brilliant bodies, in the absence of carbohydrates, can convert fat into ketone bodies to use as energy.

What keto is not

Some people hear the word ketosis and get all up in arms thinking that it's the same as ketoacidosis. It's not. Nutritional ketosis is a naturally occurring process that a healthy body does and is completely capable of doing, without causing the body any harm. Diabetic ketoacidosis on the other hand is when the body goes into a life threatening situation because the pancreas is damaged and cannot produce insulin, as in Type 1 or Type 1.5 diabetics. This does not happen if you are not Type 1 or Type 1.5 diabetic. **If you are a Type 1 or Type 1.5 diabetic, do not do a ketogenic program.**

Keto key tips

(Credit goes to Sarah Givens. Please purchase her very short and easy to read book, *Ketogenic Diet: Mistakes You Need to Know*)

1. Know your macros. Know the percentage of fat, protein and carbs that you are using for your program and use <http://keto-calculator.ankerl.com/> and www.myfitnesspal.com to determine the amount of grams of fat, protein and carbs that would serve you best. Calories do matter, so keep track of your food intake so you can be honest with yourself if you are not seeing the results you want.
2. Don't be surprised to see that your clothes fit looser even though the numbers on the scale haven't budged. Muscle weighs more than fat so if you are exercising while on this program your increase in muscle might be the cause of your lack of weight loss. Remember that muscle is metabolically active tissue, it allows you to burn calories when you are sitting on your duff, so go lift something heavy.
3. Plateaus happen. Don't panic. It may take a tweak or two to get things moving again. A slight increase in carbs, fasting for a day or taking on intermittent fasting can be ways to regain your momentum.
4. Know the signs of ketosis: the good and the bad. Loss of food cravings, increased mental clarity, a sense of wellbeing, reduced appetite and more energy are the typical benefits of a ketogenic lifestyle. Some people may experience a bad taste in their mouths, bad breath, body odor and increased thirst. This usually goes away but in the meantime, you can use parsley capsules, chew gum or chew on mint leaves and drink lots of water.
5. Don't bother measuring ketones. It's expensive, not very accurate and you are micromanaging your life plenty without adding this.
6. 15-25 grams of carbohydrates a day should promote ketosis. You may be able to get away with more but this is a healthy place to be, allowing for nutrient-rich vegetables and an occasional sprinkling of berries. The fiber of fruits and vegetables is not digestible so when counting carbohydrates some people will subtract the amount of fiber to get "net carbs". You can start this way, but if you are not seeing the results you are looking for you might choose to count total carbs. You will be getting enough fiber if you are eating green leafy vegetables, avocados and other low carb vegetables. This should eliminate any constipation issues.
7. Know your foods. Instead of dwelling on what you can't eat, enjoy what you can. Red cabbage, bok choy, celery, cucumbers, zucchini, endive, kale,

- jjicama, romaine, spinach, broccoli, cauliflower and asparagus are great carb choices. Berries in small amounts are good if you can keep from overindulging.
8. 25% of your daily food intake should be protein. That's approximately 0.7-0.9 grams per pound of body weight. You need protein to build muscle which is metabolically active tissue, as we said earlier, and is important for your bones and your immune system. If you don't eat enough protein your body will break down your muscle tissue. On the other hand, eating too much protein can be a problem. We don't always realize how much protein we are ingesting so make sure to track your nutrients until you get a sense of how much is too much. Most people don't realize that through a process called gluconeogenesis, a portion of extra protein will convert to glucose. This is why, when you are choosing your protein source, it's good to choose a higher fat protein like salmon or add a fat to your protein like butter on chicken breast. Remember to choose grass-fed meats and wild-caught fish to limit your intake of toxins.
 9. Eat fat! Seriously, if you are going to pick a program that is called low carb high fat, you have to get over the fear of eating fat. We now know the dangers of a low fat, high carb diet, mainly diabetes and heart disease. If, every time you see a burning house you also see a big, long red truck in front of it, you might mistakenly believe that the big red fire truck causes the fire. When we found cholesterol in the blood vessels we had previously thought that eating fat caused plaque to build in the blood vessels. What we know now is that an overload of poor quality carbohydrates like grains and refined sugar actually cause damage to the blood vessel walls and cholesterol goes to the area to repair it. We manufacture our sex hormones and our stress hormones from cholesterol. When we drive our cholesterol too low (especially with statin drugs) we risk impotence, anxiety, depression and even death. When fat is 65-75% of the daily food intake, we see a drop in anxiety, brain fog and even improvements in those diagnosed bipolar. Avoid vegetable oils like corn, canola and soy, and avoid trans fats like margarine. Bottom line is, enjoy your whole eggs, your lamb chops, your avocado and your macadamia nuts. A specifically important fat that often gets overlooked is called medium chain triglycerides or MCTs. These fats are not digested, they are converted to ketone bodies to be used for energy. This quick energy formation is called ketosis. They are found in coconut oil, palm oil and clarified butter, or ghee. No wonder coconut oil is all the rage!

10. Eat your veggies. When I said this is a micromanaged program, this is what I was talking about. Many fruits and sweeter vegetables that have the nutrients we need are so high in carbs that it would blow the daily allotment for carbs. This is why you must make a point to eat high quality, organic, nutrient rich vegetables daily. Red cabbage, bok choy, endive, jicama, broccoli, cauliflower, Brussels sprouts, asparagus, artichokes, romaine, berries, lemons and limes are great choices. Fiber is important. Attempt to get between 15 and 25 grams a day. See chart below.
11. Don't get bamboozled by "low carb" marketing. The processed food industry knows that low carb works and has plastered the label low carb on practically everything. Keep away from food that comes from boxes or bags. These are typically processed foods not real, from-the-earth food.
12. Drink water, eat salt. Carbohydrates tend to cause water retention. When you decrease your carbohydrate intake you are going to stop retaining water and when you release that water you will send important minerals such as calcium, magnesium, potassium and sodium (electrolytes) with it. Drink a quart of water (4 cups) upon waking and another quart before lunch so get in at least 2 quarts. Then continue to drink water throughout the day especially if you are also exercising or drinking caffeine. Without adding in electrolytes you will experience muscle cramps, especially leg cramps at night, headache or nausea. It's easy to just put a teaspoon of Celtic sea salt in a baggie in the morning and consume it throughout the day. You can alternatively, take a supplement or drink a few cups of homemade bone broth.
13. Don't freak. Some people, during their transition from being a sugar burner to a fat burner, experience some flu-like symptoms. This is typically from not getting enough minerals which you would normally get if you ate enough sea salt and avocado while transitioning. Also, remember to drink 2-3 quarts of water a day.
14. There is no cheating. It's just a decision you make in the moment, you can always choose differently next time. What are you committed to? Do not make yourself wrong, just notice what circumstances may have allowed for that decision. Besides, there are plenty of keto desserts out there to keep you satisfied. It's a journey, don't forget it.
15. Get your "zen" on. Take up yoga, meditation or deep breathing to help lower the stress hormone cortisol. Cortisol lowers your ability to burn fat. Getting good sleep is important because that is when you produce the hormone leptin which suppresses appetite and loss of sleep will increase a hormone called ghrelin which stimulates hunger.

16. Fats are healthy. To keep them healthy you have to respect their heating abilities or the health can go down the drain. Heating an oil too high for its capacity can cause oxidation to occur, which in the body can contribute to heart disease and other nasties. If you are using high heat for frying use ghee (clarified butter) which has a smoke point of 400-500 degrees Fahrenheit. If you are heating an oil for a stir-fry or the like use butter (325-375) or coconut oil (350). The data on olive oil or avocado oil is conflicting so to be safe don't heat them, use these oils to make salad dressings.

Fiber

FOOD	TOTAL CARBS	FIBER	NET CARBS
Avocado ½	9g	7g	2g
Avocado ½	9g	7g	2g
Cucumber ½ C slices	2g	1g	1g
Celery 3 stalks	2g	1g	1g
Cauliflower 1C	5g	3g	2g
Broccoli 1C	4g	2g	2g
Romaine 1C	2g	1g	1g
Zucchini 1C	3g	1g	2g
Jicama 1C	4g	4g	0g
Baby Bok Choy	2g	1g	1g
Asparagus 1C	5g	3g	2g
Artichoke hearts ½ C	6g	4g	2g
Green Beans 1C	8g	4g	4g
Spinach 1C	4g	0g	4g
Kale 1C raw	6g	1g	5g

Now that you know

Now that you know you can go from wherever your starting point is and choose real food, remove food that doesn't serve you, increase what does and take it to a higher level you can create your path. Allow your body to be brilliant!

Dr. Stacey