

HOW KETOSIS WORKS!

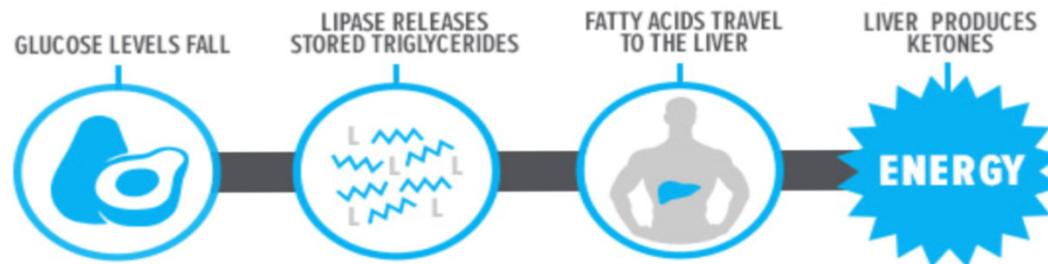


HOW DOES KETOSIS WORK?

TRADITIONAL DIET: HIGHER CARB



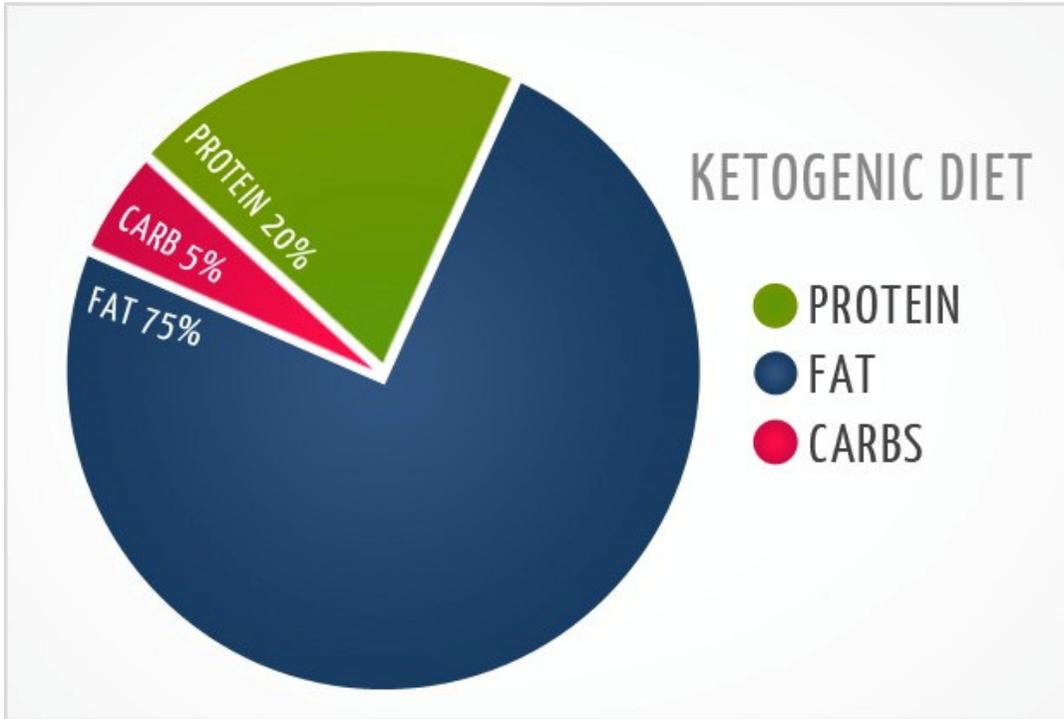
KETO DIET: HIGHER FAT



Reduce, not eliminate, carbohydrate choices, both simple (sugars) and complex (starches) = lower blood glucose.

With less insulin secretion, the body is forced into drawing energy from stored fat.

The fat 'burning off' process produces significantly less stress on collective health than carbohydrate burning.



Fat Metabolism

- ▶ The concentration of glucose in your blood determines the *switch* that places your body into a “fat-storing” or “fat-burning” state.
- ▶ The metabolic efficiency of either state—and the time it takes to get into one from the other—depends on a large variety of factors such as food and drink volume and composition, vitamin and mineral balances, stress, hydration, liver and pancreas function, insulin sensitivity, exercise, mental health, and sleep.
- ▶ Carbohydrates you eat, with the exception of indigestible forms like most fibres, eventually become glucose in your blood. Assuming your metabolism is functioning normally, if the switch is *on* you will store fat. If the switch is *off*, you will burn fat.
- ▶ Therefore, all things being equal, “diets” are just ways of hacking your body into a sufficiently low-glycaemic state to trigger the release of a variety of hormones that, in turn, result in a net loss of fat from long-term storage.
- ▶ That’s it!

Again, please do not consider the 'Keto Diet' as purely a weight loss diet. However, if you want to lose weight from fat cells, those cells need to store fewer calories than they release. What most people do not understand, however, is that this is not as simple as "calories consumed" vs. "calories burned"; a low amount of carb consumption (~25g/day) makes absolute caloric intake less relevant to fat loss.

Furthermore, as long as protein-intake is high enough, your body will not burn a significant amount of muscle protein (i.e. you won't lose muscle mass, but you will lose body fat).