

TOP 10 REASONS
why you should
give this a go!



Focusing the brain (increased memory, cognition, clarity, & less migraines).



Preventing Heart Disease (lower blood pressure, lower 'bad' triglycerides, better cholesterol profiles).

Behavioural change towards appealing 'default' poor food choices.

Studies indicate individuals genetically pre-disposed to carbohydrate intolerance are more inclined to be drawn towards food choices driving higher spikes in insulin. These foods are high in simple & complex carbohydrates. These health sabotaging food choices are heavily promoted and accessible.

Keto principles take 'self-discipline' out of the game. Healthy ketosis will influence the balance of hunger and more importantly lowering the interest for poor food choices. This is a significant benefit.



4. Decreasing inflammation (which improves acne, arthritis, eczema, psoriasis, IBS, pain, etc...).

Researchers found that “the anti-inflammatory effects of ketogenic diets may be linked to BHB (beta-hydroxybutyrate) mediated inhibition.

This means, the key component in inflammatory diseases is suppressed by BHB, which is one of the main ketones produced from a ketogenic diet.

The result is reduced pain & discomfort.

Improving sustained waking energy levels and driving quality 5-phase sleep.

By day 4 or 5 on a ketogenic diet, most people report an increase in general energy levels and a lack of cravings for carbs. Commonly most people feel they can now power through their entire day free of lulls.

Sleep improvements are a bit more of a mystery. Studies show the ketogenic diet improves sleep by decreasing REM and increasing slow-wave sleep patterns.

* It is common for sleep volume be initially reduced, usually in the adapting phase (Days 4-8).

96% of genuine Keto-model consumers will be lead towards their ideal weight!

As nature intended!

6

A decorative graphic on the right side of the slide. It features a complex arrangement of overlapping green triangles and polygons in various shades of green, from light to dark. A prominent hexagon in the upper right contains the white number '6'. A thin white line extends from the bottom left towards the center of the graphic.

7. Assisting Women's Health (increased fertility, stabilizing hormones).

An extensive review in 2013 looked at the research and evidence of ketogenic diets enhancing fertility (long story short, it looks promising). Studies also show that Polycystic Ovary Syndrome (PCOS) can be treated effectively with low-carb dieting, which reduces or eliminates symptoms such as infrequent or prolonged menstrual periods, acne, and obesity.

Overall, keeping blood sugar levels low and stable, which results in lower overall levels of insulin in the blood, helps stabilise others hormones in woman. This naturally has downstream benefits on a wide variety of metabolic pathways, such as hunger and energy utilisation.

Gaining muscle and improving endurance.

8

BHB, specifically, has been shown to promote muscle gain. Combined with tons of anecdotal evidence over the years, there is an entire movement behind bodybuilders using a ketogenic approach to gain more muscle and less fat (typically muscle gain also comes with fat gain, so there's understandable attention being given toward preventing this).

The main reason I found Keto principles, was through Dr. Stephen Phinney and Dr. Jeff Volek. They clearly showed the enduring benefits for longer distance athletes. Basically, keto principles (along with appropriate & timely sugars) allow for longer and faster movement. Physical and mental benefits are obvious.

Keeping uric acid levels in check (helping kidney function and preventing gout).

Assisting gastrointestinal and gallbladder health (less heartburn and acid reflux, less risk for gallstones, improved digestion, less gas and bloating).

