

Your Free Keto Cure Me Ketogenic Fact Sheet



Thank you for downloading your free Ketogenic info guide. This free PDF was created to give you information about how a Ketogenic diet works with your body.

So what is a Ketogenic Diet?

A Ketogenic diet is a High Fat (the good ones), Moderate Protein, Low Carbohydrate Diet.

Ketogenic diets have been highly successful in treating epilepsy in children and adults as well as obesity related chronic diseases such as type two diabetes and mental and neurological health disorders. Ketogenic diets are an excellent preventative method of reducing the risk of metabolic syndrome, heart disease diabetes and cancer.

What is Ketosis?

When you reduce your carbohydrate intake to below 20 grams per day, your body will move into a state of ketosis. This is where your body and brain starts to use fat as a fuel source instead of relying on glucose from ingested higher carbohydrate foods.

When you move into ketosis by lowering your carb intake, your liver will start producing ketones. Your body's metabolism will shift from using glucose (sugar) for fuel to using fat as fuel. By placing your body into a state of ketosis, your body will adapt to burning fat when it requires energy.

Ketosis is safe and normal process and is how our bodies are supposed to function. Before grain based diets became a large part of global food culture, ketosis was how we provided our bodies with **energy**.

NB: Ketosis is never to be confused with ketoacidosis.

Ketoacidosis is a condition that can affect people who are type one diabetics. It is not ketosis.

Ketosis is very effective in controlling your blood sugars. It works like this: When you eat carbohydrates (particularly processed carbs like bread cakes and pasta), your body has to produce a lot more insulin to bring your blood sugar back down to normal levels.

Our bodies already have loads of converted carbohydrates stored as fuel in our fat cells and if you load up on processed carbs you will simply store them as fat as well. The body couldn't possibly use them all as fuel. That's why we become obese.

When you reduce your carb intake, less insulin is required to level out your blood sugar. Your very smart body will use fat as fuel for your organs and brain.

By reducing your carb intake and by eating good protein and fats, your hunger and cravings will dissipate, your blood sugar will stabilise and your weight will start to come down. You will also experience more energy and greater mental clarity.

Won't I get fat eating fat?

By eating good healthy animal fats like grass fed butter, cream, olive oil, unprocessed meat and good fat from fruit like avocados, you are allowing your body to do what it was always suppose to. This means your body will start to repair the damage done by the over consumption of heavily processed foods like breads full of wheat, sugar and seed oils. Your hormonal health is guided by the proper consumption of healthy fats. So if you are having problems with your hormones (not just women), a Ketogenic diet may improve your health and set you on the path towards recovery.

Common questions asked about Keto

Do I have to give up carbs?

The Ketogenic diet has carbs, they are just the good ones, the complex carbohydrates not the heavily processed ones that have made you unwell and cause chronic inflammation and other chronic illness like diabetes and cancer.

Once you have begun your Ketogenic diet you won't be craving food like you use to. Most of the cravings you have are because your body wants more sugar by way of processed carbs. You won't have the highs and lows that come from ingesting sugary, carb laden, and chemically treated foods. My sense of taste changed when I started eating a Ketogenic diet, I no longer crave bread or refined sugars like I used to, sometimes I even have to remember to eat!

Low carb sounds strict, how many carbs do I get to eat?

For most people starting on a Ketogenic diet you would start at 50 grams of carbs per day and gradually move towards 20 grams per day. Just by doing this you will be eliminating most of the processed carbs you may have been eating. Also fibre is not counted, only net carbs. If you think that doesn't sound like much, you may be surprised at how much food that can be. You can start straight away on 20 grams, as you will still have plenty to eat.

On a Ketogenic diet you would be eating carbs in the form of vegetables like broccoli, cauliflower and green leafy salad vegetables, real food that you would normally eat on any other sensible weight loss diet. There are plenty of other types of vegetables to choose from. There are also other foods like nuts that to include in your plan in small quantities.

What about potatoes?

Starchy food like potatoes are very high in carbohydrates and will be converted to sugar via process called gluconeogenesis. Potatoes do not fit into the Ketogenic diet. You will be unable to move into a state of ketosis if you eat these types of starches.

What about sweet potatoes, aren't they better than potatoes?

Yes they are better than potatoes, but not by much. Sweet potatoes are still starches and are high in carbs. They are best left until you are in the maintenance phase of weight loss. You will show much better progress if you restrict or remove these types of carbs from your diet. Even sweet potatoes can kick you out of ketosis. Best to eliminate these starches or keep them for very special occasions. If you are carrying a lot of excess weight, high carb rich foods are the usual suspects.

Making the change to a low carbohydrate-eating plan will benefit you in so many ways: weight loss, reduced risk of chronic disease, improvements in your health in dramatic ways such as mental clarity, decreased depression and in many cases complete recovery from conditions like Epilepsy and Bipolar Disorder.

If you need a visual idea of how many carbs constitutes 20 grams, one way would be to visualise 20 cups of green leafy vegetables, there is no way you will be starving and that's not even including the delicious and hunger busting proteins you will include in your daily food allowances. The Ketogenic diet is globally known as the No Hunger Diet for a really good reason.

Can I eat loads of protein?

Protein is kept to a moderate level, (not all you can eat buffet style such as the Atkins diet). This is a very important aspect of staying in ketosis. A Ketogenic diet is a muscle sparing way of eating. It is anabolic not catabolic.

Is a Ketogenic diet like the Atkins diet?

A Ketogenic diet differs greatly from the Atkins diet, which allows the individual to eat large amounts of protein. Unfortunately when you consume a large amount of protein you will cause your body to use the excess protein to be converted into sugars via a process called gluconeogenesis. This sugar is then stored as fat.

Moderate protein consists of approximately 70-100 grams for women and approximately 100-120 grams for men per day. This is the difference between a true Ketogenic diet and Atkins diet.

What type of proteins can I eat?

Eggs, beef, pork, chicken, bacon, ground beef (mince), seafood including tuna, salmon, prawns, tuna in oil or water, crab scallops, turkey, ribs.... And many more, the list is huge...Check out the Keto Cure Me website for more foods you can eat on a Ketogenic diet.

What about Fats and dairy foods? You can certainly eat some dairy foods, except milk and cottage cheese are not included as it contains high amounts of sugar and lactose and will stop you from moving or staying in ketosis. You can however have macadamia milk, almond milk & cashew milk, but only in small quantities due to the high levels of carbs in them.

It's important to know the difference between good and bad fats. Mono-unsaturated and saturated fats are used as fuel for your brain and body instead of sugar and processed carbs (butter, olive oil, coconut oil). It is very important to exclude polyunsaturated sources (soy, corn, cottonseed), as they are akin to poison to your body. They are created using seed oils which are chemically extracted and are not good to say the least. An example of this is vegetable oil. You think you are buying something made from vegetables but you are not.

You are encouraged to eat delicious and healthy grass fed (pasture) cream, butter and cheeses, both soft and hard. Butter, Greek yoghurt (plain full fat, with a carb count of less than 7grams) sour cream, double cream. Everything tastes good with cream & butter. It's natural and has been proven to not cause heart disease.

What about Nuts and seeds?

Almonds, macadamia's, pecans, walnuts and hazelnuts can be eaten sparingly as they attract higher carbs if eaten in excess. Nuts are very rarely eaten sparingly and it can be hard to control yourself. Best to keep for the odd occasion.

A special word about Fruit

Our whole lives we have been taught that fruit is essential to good health. This is reinforced by high-end marketing campaigns and juice bars promoting the health effects of fruit.

In truth, the biggest problem with fruits is that they contain loads and loads of sugar. In fact there is the same amount of sugar in a can of juice as there is in a can of coke. (10 tsp).

Many people ask me "aren't fruits healthy"? The nutrients your body receives from sugar-laden fruits can be sourced from your green leafy and cruciferous vegetables and won't cause your body to release high levels of insulin to try to lower your blood sugar. Avocados are included and can be eaten as often as you need to. The fat in avos is the good type. Tomatoes are a fruit (not a veg) and do contain sugars. You can include tomatoes but try not to go overboard. Tinned tomatoes contain added sugar so fresh is best.

You can choose to have small amounts of berries from time to time, but you will need to keep them as a special treat. For some people even eating small amounts of fruit will be enough to kick you out of ketosis.

What about juicing?

Fruit juice is full of sugar and drinking a glass of fruit juice is akin to eating several pieces of fruit or as I said above a can of soft drink. You will knock your self out of ketosis if you indulge in fruit juices. Fruit juice is one of the leading causes of weight gain and is detrimental to your health and your teeth.

If you do indulge in fruit, make sure you use cream on it, as this will slow down your insulin spike and keep your blood sugar more stable.

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Most of your meals would consist of protein and some cruciferous vegetables, all of which can be cooked in lovely butter, cream or coconut oil to name a few. Cooking spinach and other salad greens is a great way to eat if you are fancying a hot meal instead of cold salad. Keto Cure Me has loads of great recipes to help you plan your meals for yourself and your family. Mine don't even know half the time they are eating Keto!

What's even better is the delicious sauces you can create and pour over your eggs and other proteins such as Hollandaise sauce or by using cream or coconut cream and butter and of course cheese which has almost no carbs at all.

I've heard about macronutrients, what are they?

In a Ketogenic diet you break down how much protein, fat and carbs you eat into percentages. In my own plan I have up to 100grams of protein, up to 20 grams of carbs and as much fat as I like. I don't count calories. In terms of macronutrients, ideally you would be consuming 30% of calories come from protein, 5% from carbs and 65 % of calories from good fats

Remember protein and fat stop the hunger and allow you to stop focusing on food so much. Everyone is different and your macros may differ according to how you feel. This is where a consult with a Keto Cure Me coach can help you to work out what's right for you and your family.

I've heard about Keto Flu, what is it and how long does it last?

When you start a Ketogenic diet your body will use up your existing glycogen stores that you have built up with the all of the sugar and processed carbs you have been consuming. This is what your body has been using to try to keep up with everything you do on a day-to-day basis.

When you begin to change from being a sugar burner to a fat burner, you will go through a short period of fatigue, a foggy brain and you maybe light headed. For me it was about day three and I had very little energy for two days. I rested as much as I could and generally took it easy. After those two days I had loads of energy for about three days and then I got tired again for another day or so.

I got the Keto flu just like everyone does. Once I got passed it I had so much energy and I kid you not, I had mental clarity that I had not had in years. It is a small price to pay for how I feel now.

When you go through this period of feeling rather ordinary, try and hang in there, it's really worth it. Trying to work out during this period isn't a good idea as you will be exhausted. Rest, drink water and let your body make the transition gently. Drinking broths will ease the transition and provide you with the electrolytes you will lose in the first days. The weight loss you will see is mostly water weight and the broth has the salts to stop you feeling so rough. Rink the water as you will be flushing out fat and ketones.

How do I know if I am in Ketosis?

If you want to know if you are indeed going into ketosis you can purchase ketostix cheaply from your pharmacy. A better method is to get a glucometer (also from pharmacy) and test using the electronic ketone sticks. It's a more accurate way of testing and the ketones in your urine are going to be less than in your blood. You will move into ketosis just by eating less than 20 grams of carbs per day.

I hope you have found the Keto Cure Me starter guide helpful.

The information provided here is basic information and its application is meant to be broad and not specific to anyone person. We all have differing needs and require a more tailored approach, particularly if you have a chronic health condition or weight issue.

The information provided here is not designed to replace a doctor's advice. Please consult your doctor if you have any concerns about starting a Ketogenic diet.

If you would like to progress further and have a consultation to refine a Ketogenic plan to suit you as an individual or as a group please feel free to contact me via the Keto Cure me website.

Michelle Turnbull is a Registered Nurse and Diabetes Educator; Michelle is the Director of the Keto Cure Me website / health and wellness consultancy / resource portal.

Disclaimer: The advice listed here does not replace the advice of your doctor. Please consult your doctor before starting any new diet.

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