

Keto Crash Course

A Quick-Start Guide to Burn Fat and Revitalize Your Health

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Background in nutrition

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Keto

Short for a diet that supports ketosis

Dieters eat high quantities of fat and very low carbohydrates

Goal is to lose body fat

Irony? Eat more fat to lose fat

Goes against many dietary guidelines that have been in place since the 1980s.

Why Do People Choose Keto?

Weight loss

New

Trendy

?



Ketosis vs. Ketoacidosis

Ketosis

When cells burn fat (instead of sugar)

Ketoacidosis

Uncommon: usually only occurs when type 1 diabetics have uncontrolled blood sugar.

Why do we burn sugar instead of fat?



Sugar is primary fuel body reaches for because it requires less energy to utilize

Our modern diets are

- Seasonally un-diverse

- High in calories

- High in carbohydrates

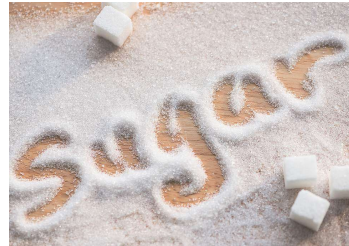
- Full of chemicals that can change the way our bodies work

Modern Sugar Addicts

Human diets used to change with the seasons

Processed food, available year-round

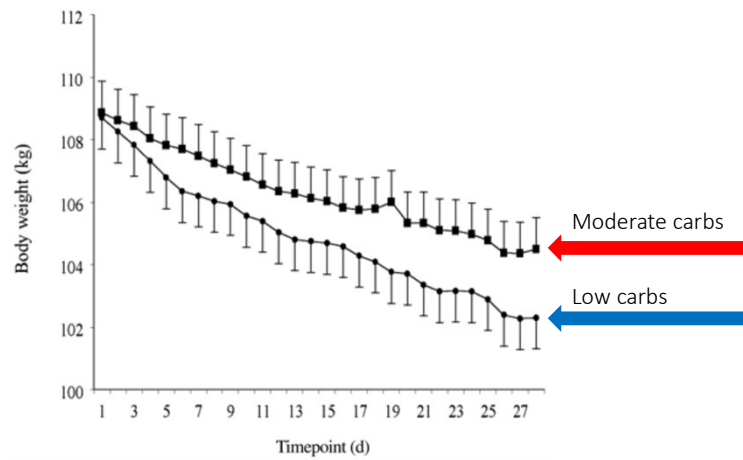
Many unlikely foods have sugar added. **Why is this?**



Fat Adaptation



Effects of a high-protein ketogenic diet on hunger, appetite, and weight loss in obese men feeding ad libitum



Am J Clin Nutr. 2008;87(1):44-55. doi:10.1093/ajcn/87.1.44
Am J Clin Nutr | © 2008 American Society for Clinical Nutrition

Benefits of Ketosis

- Improved cholesterol levels
- Reduced blood sugar
- Reduced body weight
- Reduced BMI

“The present study shows the beneficial effects of a long-term[24 week] ketogenic diet. It significantly reduced the body weight and body mass index of the patients. Furthermore, it decreased the level of triglycerides, LDL cholesterol and blood glucose, and increased the level of HDL cholesterol.”

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2716748/>

The Positive Aspects of Ketosis



- Weight loss
- Lower/balanced blood sugar
- Improved cholesterol labs
- Appetite in control
- Eliminate or drastically reduce food cravings

Additional Benefits of Ketosis

“Bad” DNA gets turned off: we have control over our genetics!

Inflammation is reduced, therefore pain is reduced

Catabolic actions of ketosis mean: cysts, moles, skin tags, tumors, fibroids can shrink or disappear

Remember: Keto is only a method of getting into ketosis.

Questions?



Ready to Start? Begin With Intention

Add more organic veggies (cooked and raw) into your diet

Don't binge before – remember you can't cheat on keto!

LISTEN TO YOUR BODY

Choices Now = Habits Later

Begin with intention
Step by step
Build a plan
If you need help, ask

Do Your Homework

Have a plan
Know what foods to avoid
Stock up on foods that benefit your body

Locate Reliable Food Sources

Don't give yourself an option to fail

1. Food co-op
2. Health food store
3. Costco
4. Chain grocery with well-stocked organic section
5. Amazon
6. Thrive market

PALATABILITY OF THE [KETO] DIET

"Hunger, or at least motivation to eat, is influenced by the palatability of the diet, which is an important determinant of intake, both in short-term and longer-term trials. Indeed, it has been suggested that lower energy intakes with LC diets are due to a lower palatability, or greater monotony, of the diet. This possibility is not supported by the current study, in which there was no significant difference between the 2 diets. Others also failed to show a lower palatability of their LC diets. In the current study, the subjects were provided a wide variety of both savory and sweet palatable foods. **In real life, dieters may, by default, adopt more limited diet choice because their nutritional knowledge is less than that of dietetic professionals. Were the study conducted over a longer time, palatability ratings may gradually decrease, because desire for even a favorite food will wane if the food is offered repeatedly**" (emphasis mine)

<https://academic.oup.com/ajcn/article/87/1/44/4633256>

Role of Carbohydrates in Keto

- Limited intake necessary
- No empty calories
- Must be nutrient-dense
- Choose carefully
- Only fresh vegetables
- Nutrition
- Phytonutrients

Foods That Work Against Ketosis



Breads
Cereals
Cookies
Crackers
Tortillas
Chips
Potatoes
Sugar
Honey
Syrup
Most fruits



Snack foods
Most prepared meals
Rice
Starchy veggies
Peas
Corn
Carrots
Lentils
Beans
Lean meat (in excess)

Foods That Support Ketosis



Coconut oil
Lard
Tallow
Avocados
Full fat cheese
Heavy whipping cream
Raw or sprouted nuts
(macadamia = highest fat)
Seeds
Coconut milk or cream
Pastured Egg yolks



Pastured butter
Nut oils
Olive oil
Olives
Pastured, uncured bacon
Fatty meats
Leafy greens
Cruciferous vegetables
Fatty wild-caught fish (salmon)
Organic, raw, unfiltered apple
cider vinegar

Ketosis isn't always right for everyone

CLEARLY
NOT FOR EVERYONE



Keto Fat Intake Ratio Table

Fat (grams)	Protein + Carbohydrates (grams)
100 g fat	60 g protein + 40 g carbs =100 g

Important!
Ratio 1:1 for health and/or maintenance
For weight loss strive for 2:1
If sick, ratio is 4:1

Take your health 1 step further

Back to Basics Nutrition Boot Camp

<https://coursecraft.net/courses/z93VP?code=KETO20>

Fasting for Beginners

<https://coursecraft.net/courses/z93Xs?code=KETOTHANKS>

You receive 20% the course price of \$97 off with these links!