

# **Ketogenic Diet Truths**

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A Simple Breakdown of Some Fundamental Truths

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# Ketogenic Diet Truths

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If you've heard about the ketogenic diet you may have heard that it's the "bacon and butter diet" - a diet where you can eat copious amounts of fat and still lose weight. Depending on what you've heard from the media growing up about saturated fat, and what you've been told about nutrition, you'll likely have one of two responses:

1. YOLO - I'm just gonna live on bacon and fatty steak and it'll be a no brainer
2. There's no way that can actually be healthy - doesn't fat clog your arteries?

Honestly, I don't blame you. Education on nutrition, especially if your source has been the traditional education system or mainstream media is severely lacking. Unfortunately this isn't just limited to our media. A [horrifying study](#) published in 2010 showed that only 25% of medical schools surveyed required a dedicated nutrition course as a condition of earning a **doctorate**. Many others showed similar results.

Yet the prevalence of chronic disease, metabolic dysfunction, and diet related diseases persist at staggering rates in some of the most affluent locales - places where food insecurity is non-existent. There's plenty of choice, an abundance of options, and widespread access.

What's lacking is *knowledge*.

Because it isn't sexy... Knowing about metabolic flexibility, oxidative stress, and free radicals doesn't sell newspapers.

But you know what is **sexy**?

- Having a 6 pack is sexy
- Living until 100 is sexy
- Having energy to play with your kids is sexy
- Avoiding diabetes, heart disease, and chronic health conditions is sexy
- **Being healthy... is sexy**

...and knowledge is the weapon.

So here are some **facts** about what the ketogenic diet IS, what it ISN'T, and some of it's effects on the human body.

1. The ketogenic diet improves insulin sensitivity, resulting in radically improved health markers
2. Ketogenic diets rapidly improve mitochondrial function (the powerhouse of the cell!) and restore metabolic flexibility
3. Keto optimizes hormones, stabilizes appetite, and radically reduces inflammation.

Some facts about ketogenic diets:

Topic	Description
What a Ketogenic Diet IS	A ketogenic diet is one where dietary carbohydrates are reduced to the point that the body begins to utilize fat as a primary fuel source.
Keto and Weight Management	Ketogenic diets are effective for most at reducing body fat, managing weight, and reducing hunger due to the appetite suppressive effects of ketones.
Mental Effects	Ketogenic diets have overwhelmingly positive benefits on cognition, as well as mood and emotional regulation. Subjective reports of feelings of "calm", "deep inner peace", and "clarity" are widespread.
The Keto "Flu"	The Keto "flu" is real and can be uncomfortable. It is not an actual flu - but a state of temporary dehydration and electrolyte imbalance. With the proper strategies it can often be avoided entirely or easily managed and short lived.
Keto Sustainability	Ketogenic diets have been followed successfully for long periods of time by an enormous number of humans (almost certainly billions). Keto is safe and can be healthy and sustainable when done properly.

You may have also heard some of these myths about the ketogenic like:

1. Keto puts the body in starvation mode
2. Keto is dangerous and unsustainable
3. Saturated fat causes heart disease
4. Your brain needs carbs to function

All false. Perhaps stemming from well intended concerns... but ultimately incorrect.

I want you to be one of the few who truly understand this stuff. One of the folks who can educate and help others, who can be a leader in your community and more importantly...

**I want you to be healthy.**

I want you to experience the health outcomes you dream of, and avoid all the ones you don't. I want your success, and I want you to win.

I hope you know you deserve the same.

If you want the full guide, [find it here](#) and use code **10FORYOUFRIEND** for 10% off.

You can also [check out the Life Force Health YouTube channel](#) for some more helpful content in the meantime.

Grateful for your time and interest in becoming healthier, and more awesome. Stoked to be in this thing with you.