

Science behind ketogenic

Ketosis is a state that encourages the use of ketones and fat to fuel the brain and body instead of from glycogen which the body converts from Glucose. Fat therefore replaces glycogen to become the main source of energy to replace carbs. In order for this to happen, a restricted no-carb diet has to be maintained for the body to enter full Ketosis. The Ketogenic diet has grown in popularity because of the fact that Ketosis can significantly lower insulin and blood sugar levels, improve your entire blood panel and provide consistent energy levels. The classic ketogenic diet is a high-fat diet, but good fat, including the saturated fats that mainly come from animal sources. This tends to be fats that are associated with delicious and satisfying foods. But you should avoid fats that come from animal sources that are not grass fed, and fats that are processed from vegetable sources which are highly inflammatory. And worst of all avoid all trans-fats, which are those industrially produced spreads produced by heating vegetable oil in the presence of hydrogen. They are pure poison.

The ketogenic diet also completely bans sweets such as candy, cookies, and any kinds of sweetened desserts, but also other carbohydrate rich foods such as any grain-based food, bread, potatoes, rice, cereals, and pasta are not allowed. Most people do not realise that even wholemeal bread converts to glucose in the bloodstream even faster than does pure sugar.

The ketogenic diet consists of a ratio of 70% healthy fats to 5% complex carbohydrates and 25% protein.

The prostate-specific paleo/keto diet contains basically 3

elements: healthy fats, protein and just a small amount of carbohydrates. Foods should ideally be organic and any food that is processed and packaged should be avoided. The red meat that you eat should also be grass-fed. The consumption of the carbohydrates for the first 2 weeks is less than 20g a day, and because of that the body responds by becoming ketogenic. Maintenance of the ketosis later on is about 35-40g of carbohydrates.

When you eat refined carbohydrates, it is quite clear those sources of food are actually alien to us. They do not and have never existed in nature. They are junk foods. When you eat those foods, the first thing that happens is that you crave more of them, so you are constantly hungry. The result of that is that you eat even more refined carbohydrates. And that doesn't just cause you to gain weight, which it certainly does. It also causes you to stress your pancreas to produce evermore insulin and have constantly high levels of glucose and insulin in your bloodstream.

The prostate-specific paleo/keto diet is your best option. It is also important that you also exercise regularly and take the right supplements. You will see results and improvement in your quality of life. In my next video I talk about the importance of keeping your gut healthy and how you can do this.