



EatRight-LiveWell™

Yeah Buts

...Lose Excuses, Be Ageless & Vibrant with *The Villager* Nutritionist, Tam John

Is Keto the New Atkins? Considerations before you embark on a keto diet

Ketogenic dieting was developed in the 1920s for the treatment of epilepsy. It has also been popular for the treatment of cancer perhaps because elimination of sugar is supportive to squelch cancer growth and inflammation. The basic premise of ketogenic (keto) dieting is to shift the body's energy sources to burn fat rather than sugar.

The keto diet is a high fat (up to 80% of daily caloric input), and very low (about 5%) carbohydrate diet. Food consumption as keto suggests causes the liver to convert fat to ketones as an energy source as opposed to creating glucose for energy. Then the body shifts to a state of metabolism called ketosis. As wonderful as it sounds to burn fat in ketosis, high levels of ketones can lead to dehydration and change chemical balance in your blood.

Initial weight loss associated with keto dieting is often water weight because complex carbohydrates contain a lot of water. Since water is a macronutrient for the body, a deficiency of H2O has serious repercussions.

Keto diets are generally low in minerals, vitamins A, E, B6, antioxidants and micronutrients obtained from eating a wide variety of veggies. Learn to balance macronutrients in line with your unique bio-chemistry and energetic needs to

receive a full nutritional complement.

Digestion is paramount to assimilate the fat consumption keto implies. If upstream gut function isn't working well, neither will nutrient absorption nor downstream elimination be optimal. Learn what aspect of your Gut Health system would benefit from personally aligned choices to feel your best.

If you are intent on 'going keto', work with someone who specializes in ketogenic plans and isn't focused on selling you a product. Floating in and out of ketosis can be burdensome for your body. Plus you need support for the likelihood of the 'keto flu'.

Diets by their very nature imply deprivation. Ask Tam how the EatRight-LiveWell™ holistic system will guide you with its Zero Deprivation Promise. You'll receive a Personalized Wellness Plan designed to guide you to reach your wellness wishes and make it last a lifetime.

Schedule a complimentary conversation via web or call Tam on 720.318.9121. Ask your Qs and find out if the EatRight-LiveWell™ holistic system for smarter self care is a fit for you.



Tam John



Free Event: All are welcome May 19 1-4:00 pm: Montana Salon and EatRight-LiveWell™ join forces for Beauty and Smarter Self Care to benefit Western Resource Advocates (#ProtectTheWest) at Montana Salon in the Belleview Promenade. Details for this fun free event @ TamJohnNutritionist on Instagram or call Tam.

This article is for informational purposes and not intended as medical advice.

ALL RIGHTS RESERVED © 2019 EatRight-LiveWell™ & Tam John