

# Nutritional Ketogenic Diet

It is easy to follow and makes you feel full despite having fewer calories while providing you with more energy.

Over 20 peer-reviewed studies show that this type of plan can help you lose weight and improve your health. The ketogenic program involves drastically reducing carbohydrate intake and replacing it with fat. The reduction in carbs puts your body into a metabolic state called ketosis, and when this happens, your body becomes incredibly efficient at breaking down and burning fat for energy. Byproducts of this fat breakdown are called ketones. It's important to monitor ketones, and our medical staff will assist you with the process of measuring the level of ketones in your urine and in your blood to determine if you are in ketosis.

One of the biggest benefits of the plan is that it promotes fullness. Carbohydrates are metabolized through the body in 2-4 hours while protein and fat take 4-8 hours. This means that you will have fewer cravings and feelings of deprivation.

A very low-carb program lowers your levels of the fat-storing hormone insulin, allowing your fat deposits to shrink and release their stored energy. This process causes you to want to consume fewer calories than you expend – without hunger – and lose weight.

From our Nutritional Ketogenic Program, you may see:\*

- Weight Loss
- Lack of hunger
- Lower blood pressure
- Drop in cholesterol
- Increase in HDL
- Drop in triglycerides
- Drop in fasting blood sugar and fasting insulin levels
- Decrease in A1C

- Decrease in joint pain
- Clearer thinking
- Better digestion and gut health
- Mood stabilization

*\*Individual results may vary.*