

# KETO FACT VS FICTION

1

## KETO IS ONLY GOOD FOR WEIGHT LOSS

Keto is excellent for weight loss. In addition, some of the benefits include: hormone regulation, blood sugar normalization, improved cognitive functioning, improved digestive health, reducing the risk of diabetes, heart disease, and much more!

2

## IT IS A MEAT BASED DIET

Nope. Keto is about 75% fat, only 20% protein, & 5% carbs. So, fat is by far the largest part of the diet, & this includes coconut products, avocados, nuts, oils, and animal products. Protein plays a much smaller role in the Ketogenic Diet.

3

## IT IS BAD FOR THYROID AND ADRENALS

Keto can actually benefit thyroid & adrenal function because it significantly lowers inflammation and improves mitochondrial function. For those with a pre-existing thyroid or adrenal gland problem, Cyclical Keto may help.

4

## IT IS RESTRICTIVE & HARD TO FOLLOW LONG-TERM

Keto is only restrictive if you are used to eating mostly processed foods like pastas, breads, and packaged snacks. If you eat a whole food diet or a paleo diet, then Keto is not that different and easy to adjust to.

5

## CARBS ARE AN ESSENTIAL PART OF A HEALTHY DIET

There are essential proteins, and essential fatty acids, but there is no such thing as an essential carb. The body can actually produce the glucose it needs from glycogen or even from protein.

6

## FATS & CHOLESTEROL ARE FATTENING & CAUSE HEART DISEASE

This is the biggest myth in all of nutrition history. Natural, healthy fats are part of a healthy diet. Cholesterol is healthy and you want to have high HDL, high large LDL & a small amount of low, dense LDL particles. Triglycerides are the link to heart disease.

7

## YOU CAN'T EXERCISE ON KETO

While your body transitions into Ketosis, you may have less energy, but after you are fat-adapted, you will actually have a drastic increase in energy. Some of the world's best athletes follow a Keto Lifestyle.

8

## YOU WILL LOSE MUSCLE MASS

Nope. As long as you are getting adequate protein, you will not lose muscle mass. In fact, combining the keto diet with strength training can lead to an increase in muscle mass and strength.

9

## YOU SHOULD ONLY STAY ON KETO FOR SHORT PERIODS OF TIME

There is no evidence that staying in Ketosis long-term is harmful at all. There are many people who spend years in Ketosis who have excellent health markers.

10

## YOU CAN'T DRINK ALCOHOL ON KETO

Many red wines, hard liquors, and low-carb beers are actually fine on the Keto Diet. Just make sure you consume alcohol in moderation, & with a healthy meal. Just avoid high sugar/carb mixed drinks.