

8

## INCREDIBLE BENEFITS OF

# KETOSIS

## BY MILLENNIAL METHODS



### **LOSE WEIGHT**

This is the most widely known benefit. There have been many studies performed on weight loss and the ketogenic diet. The initial weight loss is due to water weight and less bloating, and long-term weight loss comes from the loss of body fat.



### **LOWER BLOOD SUGAR**

### **& IMPROVE TYPE II DIABETES**

Studies confirm that a group of diabetic volunteers were able to reduce or entirely stop their use of diabetes medications following a 6-month ketogenic diet protocol. Many people also report better blood sugar on the ketogenic diet.



### **IMPROVE CHOLESTEROL**

### **& REDUCE TRIGLYCERIDES**

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.



### **REDUCE RISK OF HEART**

### **DISEASE**

A meta-analysis of many clinical trials found that a ketogenic diet results in beneficial effects on various cardiovascular risk factors.



### **INCREASE COGNITIVE**

### **PERFORMANCE**

Not only does ketosis improve brain function in the mentally impaired, but it also enhances brain function in health individuals by increasing efficiency and energy production of the mitochondria in the brain.



### **PREVENT**

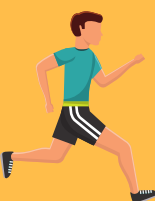
### **NEURODEGENERATION**

Studies have found that this diet helps increase the production of BDNF (brain-derived neurotrophic factor), which helps improve synaptic plasticity, and make your brain function better.



### **HELP TREAT CANCER**

Several studies have found that Keto can help enhance the effects of traditional cancer treatments. Keto may even potentially prevent certain types of cancers.



### **BECOME A BETTER ATHLETE**

Studies have found that the Ketogenic Diet can actually enhance many metabolic functions and markers, as well as enhance physical output, especially for endurance athletes.