



*Inspiring, motivating and challenging audiences of all ages to "shift the default mind"*

## Keto Notes

Please Note\*\*\*

None of this information is intended to be medical advice and does not reflect the opinions or beliefs of Loblaws™ Inc. This is informational in nature from Jenn Bruer and you should always check in with your health care provider before changing your diet or any practices related to health and wellbeing.

- ⇒ Ketosis means you are in a state of “fat burning”
- ⇒ Keto is very healing to the brain and in fact was discovered because it helps mitigate seizures in epileptics.
- ⇒ Keto is considered a very low carb VLC approach (there are alternatives such as a low carb approach that does not induce a state of ketosis and can at times be less intense for some people)
- ⇒ When you burn fat as an alternative fuel source to sugar the body breaks down that fat into something called a ketone
- ⇒ Under 20g of carbs per day will elicit a ketogenic response in about 72 hours but this response can differ for each person. Some people will even go into ketosis at 50g of carbs per day depending on metabolic rate, muscle mass, and exercise intake
- ⇒ Ketones can be measured by ketone sticks sold at your local pharmacy- it’s a fun way to confirm the state of ketosis
- ⇒ Once into ketosis the less fat you eat the more fat will be burned off of the body! Be careful not to go too low-fat though because fat will keep you compliant since it’s so satiating
- ⇒ Two main side effects:
  1. Dizziness (usually mitigated by taking exogenous electrolytes like VEGA from Bulk Barn) A little salt under the tongue often helps with dizziness too

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2. Constipation (eating more veggies, a fish oil supplement, drinking plenty of water and taking additional vitamin C often helps, after some time the body tends to correct this on it's own)
- ⇒ Never should carbs be from starchy sources on a keto approach, ANY carbs ingested should be from carb complaint non-starchy veggies like cabbage, cauliflower, bok choy, leafy greens and limited quantities tomatoes.
  - ⇒ Corn, Peas, potatoes, sweet potatoes, rice and grains, quinoa, and other starchier veggies and grains should be avoided.
  - ⇒ Carrots are something that you can get away with in very small quantities, just be sure to count.
  - ⇒ My Fitness Pal is a great app that helps to keep people compliant in their macro intakes
  - ⇒ Difference between keto VLC and low carb
  - ⇒ Average American man consumes nearly 300 grams of carbs and the average woman nearly 224 carbs per day
  - ⇒ Those taking insulin should be very cautious with this diet, although some experts suggest type 2 diabetes is reversible, once on insulin you must proceed under medical supervision.
  - ⇒ In rare cases, not eating carbohydrates while breastfeeding can possibly lead to a dangerous condition called ketoacidosis. VLC is not recommended for breastfeeding mothers. Ketoacidosis is dangerously high levels of ketones and is not an issue for people who are not breastfeeding unless they have a medical condition that makes them susceptible.
  - ⇒ While the ketogenic diet has many proven benefits, it's still controversial.

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