

A top-down view of various keto-friendly foods arranged around a central text. The items include a white tray of almond flour cookies, a pile of almonds, a dark plate of bread, three brown eggs, a wooden cutting board with raw red meat, a jar of yellow oil, a block of Swiss cheese, fresh green basil, and a halved avocado. The background is a light-colored wooden surface.

KETO DIET

Issues and Concerns



Disclaimer:

This presentation is for educational purposes only. Please contact your health provider before utilizing any of the diets mentioned.

Overview

- 01 Weight Loss: Burning Fat vs. Water**
- 02 Health Effects of Keto**
- 03 Micronutrients**
- 04 Blood Sugars/Diabetes**
- 05 Gluten Free**
- 06 Good Carbs**

A collage of various keto-friendly foods including bread, meat, and vegetables. The background is a light beige color with a black border.

01. How do People Lose Weight on the Keto Diet?



DAY 1



DAY 38



DAY 85

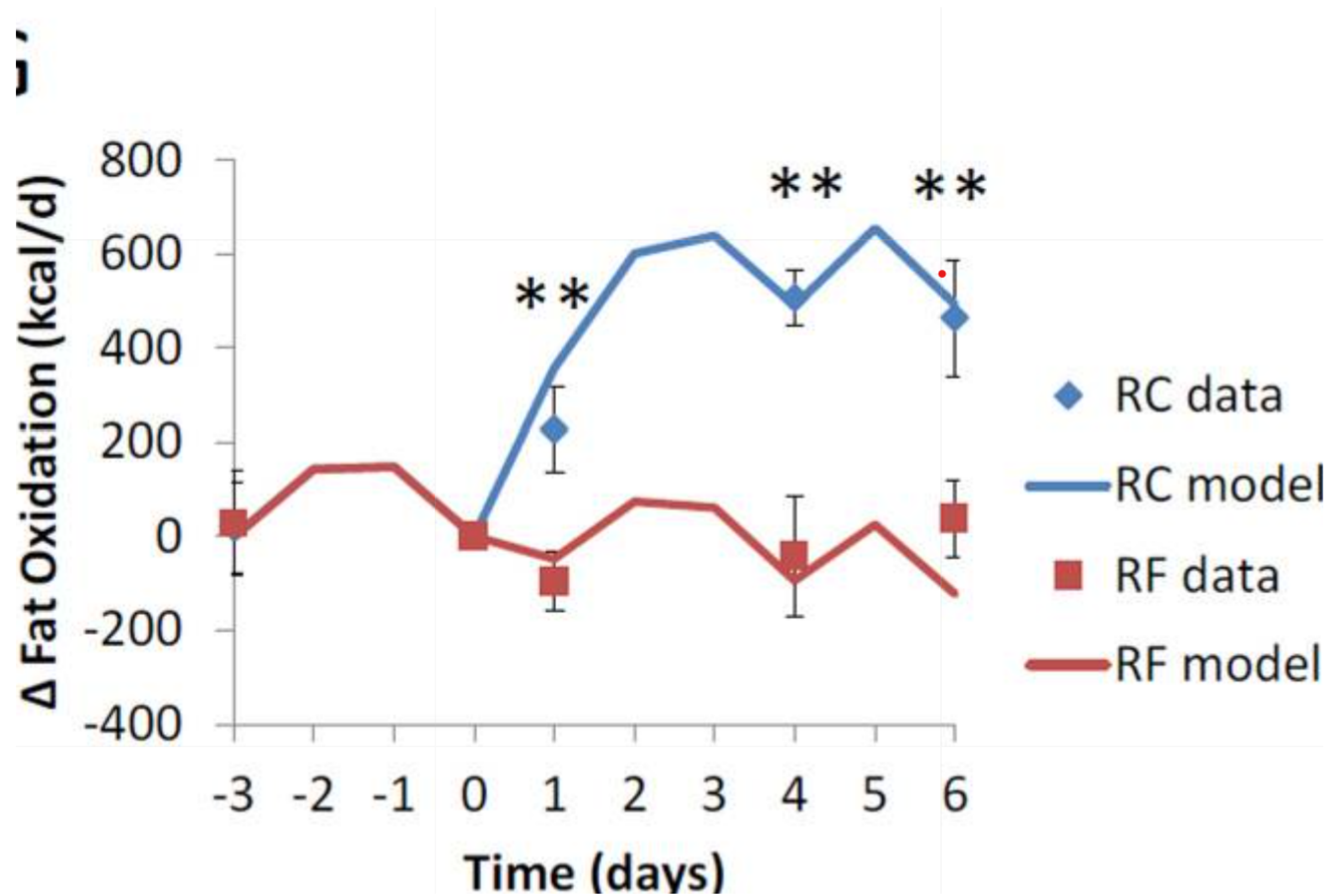
A collage of various food items including bread, meat, vegetables, and fruits. The background is a mix of textures and colors, with a central yellow box containing text.

02. How does burning Fat compare to burning Carbs?

BURNING SUGAR VS FAT



WHICH ONE
ARE YOU DOING?



The Three-Month Effects of a Ketogenic Diet on Body Composition, Blood Parameters, and Performance Metrics in CrossFit Trainees: A Pilot Study

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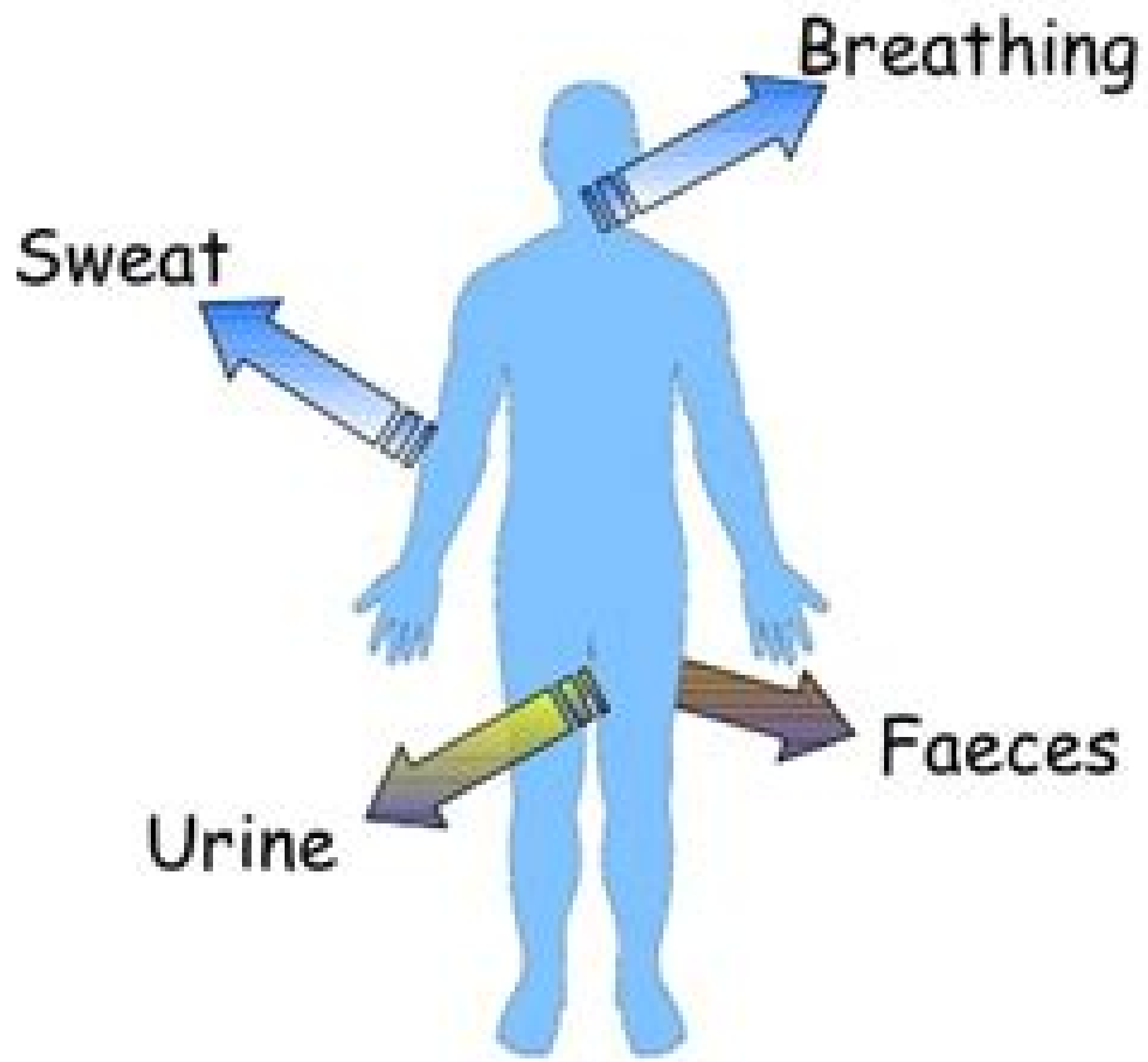
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[Abstract](#)

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Adopting low carbohydrate, ketogenic diets remains a controversial issue for individuals who resistance train given that this form of dieting has been speculated to reduce skeletal muscle glycogen levels and stifle muscle anabolism. We sought to characterize the effects of a 12-week

03. What are the long term concerns about weight loss on a Keto-Diet?



A collage of various foods including bread, meat, and vegetables. The background is a mix of textures and colors, with a central yellow box containing text.

04. What about micronutrients on the Keto-Diet?



A collage of various foods including bread, meat, and vegetables. The background is a mix of textures and colors, with a central yellow box containing text.

05. How does the Keto Diet Affect Blood Sugar/Diabetes?



MODERATE

LOW

HIGH

**GLUCOS
LEVELS**

A collage of various foods including bread, meat, and vegetables. The background is a mix of textures and colors, with a central yellow box containing text.

06. How does Keto claim to reverse diabetes?



5.5
mmol/L

A collage of various food items including bread, meat, and vegetables. The background is a mix of textures and colors, with a central yellow box containing text.

07. Should everyone be Gluten Free?

“All wheat flour is not best for a continuous diet. A mixture of wheat, oatmeal, and rye would be more nutritious than the wheat with the nutrifying properties separated from it.—Letter 91, 1898 - {CD 321.1}

**“There is real common sense in health reform. People cannot all eat the same things. Some articles of food that are wholesome and palatable to one person, may be hurtful to another. Some stomachs have become so sensitive that they cannot make use of the coarser kind of graham flour. So it is impossible to make an unvarying rule by which to regulate every one’s dietetic habits.” -
{CTBH 57.1}**

THANK YOU

Sources

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