

**EPISODE 273****[INTRODUCTION]**

**[00:00:19] AVH:** Hey, everybody, welcome to Paleo Magazine Radio. I'm your host, Ashleigh VanHouten, and it's time for another short, sweet, but I'm hoping, very helpful episode. This one is called 'Keto 101' and it's kind of a back to the basics simple, clear overview about what the heck keto even is. And if you try to understand it based on social media alone, you might think that keto is basically just eating avocado, maybe some bacon and cheese every once in a while, fasting a lot, maybe drinking some weird ketone drinks, testing your blood a lot.

Maybe you've heard a lot about super quick fat loss. Maybe you've heard about the lack of cravings, improved blood markers, improvement in some chronic diseases. Maybe it seems a little intimidating or restrictive. All of these things are okay. But what I'm trying to do with this episode is just kind of give you a good, rational basis for what the ketogenic diet actually is at its most basic, how it works and whether or not it may be right for you.

So you can take this information and kind of run with it if you want to. And this is put together by Paleo Magazine, and it actually refers to a special issue that we did all about keto, which was really popular because it was just full of resources and recipes and information and you can actually still get that if you want. If you go to [paleomagazine.com](http://paleomagazine.com) and head to our store, you can get yourself a copy of the Keto Special issue.

And I also want to mention another similar recent episode I did it's Episode 269. That was actually Paleo 101. You can kind of put these two together. They're both short and pretty easy to understand. You can take some notes, maybe decide which one's better for you, how to combine them, whether one might be better for you at a particular time, depending on what else you have going on in life. You can, of course, do a paleo keto approach, because keto isn't necessarily paleo, but it can be.

Maybe you could send this to someone else who's, I don't know, interested in keto, or maybe thinks it's crazy. Or maybe just wants to learn a little bit more about low carb diets this is really non-frightening, I think intro into it and then that that quick paleo intro is well in Episode 269

would also be helpful to refer back to, I think. And before we get into it. I also just wanted to mention a few key to related episodes that I've already done that I think we're really, really interesting.

And if you do want to go down a research rabbit hole and really kind of dig deep into this stuff, these are great places to start because I have interviewed some of the biggest names in keto who are really doing the groundbreaking work in the research. So if you listen to any of these and they piqued your interest, you can then go on and check out these individuals. Maybe they have some research they've put out, or books or podcasts or whatever. You can kind of just go from there, so I'm gonna put all of this in the show notes.

But some of the episodes that I think you should start with after this one are — so it's Episode 246, which is Studying Physical and Mental Resilience and Diet with Dr Dom D'Agostino, and you've probably heard his name many times before. He is truly on authority and an O. G in the ketogenic diet world, and he is a really big deal, so you should check him out.

**[00:03:20] AVH:** Episode 240. Learning About Metabolic Health and Nutritional Cancer Therapy with Victoria Field. She's one of the founders of the Metabolic Health Summit, which talks a lot more about therapeutic keto, so less about eat bacon to lose weight and more about Eva ketogenic diet to help with chronic disease. There's Episode 233 which is with Perfect Keto founder, Anthony Gustin. He talks about doing sort of some experimentation with keto for yourself, and then how to play with things and how to learn how your body reacts to things.

There's Episode 226, Exploring Plant Based Keto with ketotarian author Dr Will Cole. That's a whole different ball game, so if you want to be more plant based, if you're a vegetarian, you still want to try this high fat thing, Dr. Will Cole can help you with that. And then there is Episode 218. What it Means to be Fat Adapted with Dr Ryan Lowery, and he is the author of *The Ketogenic Bible*, so you probably get a sense that he knows what he's talking about. But these are all great, helpful episodes, and you should definitely check them out. And that's it.

Before we get into our Keto 101 one class, I just gotta tell you about her show sponsor, and it is Paleo Powder. So these guys make really, really high quality spices that are helpful for people who have to be very specific about the food and the additives that they put into their food. So if

you have auto immune issues, if you follow in AIP, diet, spices or bad ones can actually be may be problematic for you. So these guys have developed a number of options. They have AIP friendly spices. They have FODMAP friendly spices. They're all organic.

My favorite is just the regular, basic best selling one, which is the Paleo Powder Pink, and that's just their original blend of spices with pink Himalayan sea salt and no joke, I use it basically every day on eggs or chicken thighs or whatever animal I'm consuming, but they're a fantastic company. They're really filling a need in the industry because people, you know, we got some people really need to worry about the details. Right?

So they're sponsoring us, I'm pumped about that. They're giving a very generous discount to my listeners of 25% off your entire order if you use the code 'paleomag' a checkout, so go to [paleopowderseasoning.com](http://paleopowderseasoning.com), pick yourself up some healthy spices, maybe some for a friend. Treat yourself and that's it.

On to Keto 101 with me. Professor Van Houten.

**[00:05:39] AVH:** Paleo Magazine Guide to Keto.

Ketosis, ketogenic, ketones. Keto, You've probably heard some or all of these words recently in various contexts. But what do they mean? What is ketosis? And what exactly is the ketogenic or keto diet? What are the benefits of ketosis? Is the ketogenic diet for you? Is it interchangeable with paleo?

With all the buzz from the paleo community regarding keto in recent years, we wouldn't fault you if you assumed that keto was paleo 2.0. Put simply, a ketogenic diet is a high fat, moderate to low protein, very low carbohydrate diet. More specifically, the technical ketogenic diet is composed of a 4 to 1 ratio by weight of fat to protein plus carbohydrates. To put that into perspective, someone consuming 2000 calories a day would need 200 grams of fat and 50 grams of a combination of protein and a small amount of fibrous carbohydrates.

This macronutrient combination is used for the primary goal of entering the metabolic state of ketosis. Defined as a rise in blood ketones. This state mimics many aspects of fasting, where

glucose intake is limited and insulin release is decreased. Insulin is a powerful anabolic hormone that acts as a metabolic switch. A sustained suppression of insulin release can flip the switch from glucose metabolism towards fatty acid and ketone metabolism, causing ketosis, leading to effortless weight loss, improved cognitive function and numerous disease fighting benefits.

It's important to note that ketosis is not the same as ketoacidosis, which is a dangerous complication of type one diabetes. But of course, like all things diet and health related, there's so much more to keto than just a strict definition. That's why we have Keto - The Definitive Guide, a Paleo Magazine special issue, and that is something that you can now buy on our website, if you go to [paleomagazine.com](http://paleomagazine.com) and head to the store, you can buy either a digital or hard copy of the special issue.

Which explores every facet of keto, including how ketosis works, what to eat on the ketogenic diet, how to modify keto for your circumstances, whether you're pregnant and athlete, vegetarian or some other specific need, and how to harness the power of ketosis for weight loss, performance, brain health and cancer treatment.

In addition to in depth articles from the world's preeminent experts on ketosis, including Dr Dom D'Agostino, Chris Kelly, Dr Tommy Wood, Mark Sison, Dr Sarah Ballentine, Dr Joseph Mercola, Robb Wolf and more, This issue contains detailed charts, infographics product reviews and more than 20 beautifully photographed keto recipes.

Okay, moving on. What is the ketogenic diet? It's a food regimen that shifts the body from burning carbohydrate based fuel to burning fat based fuel, and it comes with a surprising number of health benefits. Over all, the food eaten a keto diet is very low in carbs and high and fats. They'll this easily overlaps with paleo it is distinctly different.

Decreasing carbs until your body burns fat or going keto, maybe the newest nutrition trend, but its history dates back to the 1920s. Fasting had long been a treatment for seizures in early medical practice, but it was the introduction of a nutrition plan that mimics the effects of fasting that had the most influential and long lasting effect on seizure frequency. How does this fasting with food protocol work?

**[00:08:53] AVH:** So the ketogenic diet shifts the substrate for the bodies daily metabolic processes. The human body typically uses carbohydrate, specifically glucose, as its primary source of fuel. This is glaringly obvious in the case of the sugar and grand filled standard American diet. But a paleo diet does not automatically align with the ketogenic diet either.

No matter whether your day begins with bagels or frappuccinos or a homemade sweet potato frittata, a diet that includes simple carbohydrates is not ketogenic. A ketogenic diet may be adopted for a variety of nutritional and chronic needs as well as a variety of diet approaches. So whether you your preferred method of eating is intuitive or by the numbers, the ketogenic diet can be crafted to fit your physiology and your personality.

The ketogenic diet is built upon a foundation of dietary fat with protein and carbohydrate filling in calorie and macro nutrient needs depending on the individual. When administered as part of a medical nutrition therapy protocol, most ketogenic diets maintained that 4 to 1 ratio of fat calories to combine protein and carbohydrate calories.

This makes for a strict, very high fat, very low carb diet plan, where 80% of the calories come from fat, protein calories are calculated using body weight and carbohydrate basically fills in the remaining calorie requirements. One method that is gaining popularity in the clinical setting is a modified Atkins approach, in which calories are not restricted or measured, and carbohydrates are limited to 10 to 20 grams per day.

The ratio of fat to combined protein in carbohydrate calories is approximately one the one, making this approach more manageable for populations who aren't accustomed, to weighing and measuring foods. When fat replaces glucose as the primary fuel source, the body produces ketone bodies. This occurs in the Krebs cycle, also known as the citric acid cycle, an energy generating process that occurs in the mitochondria of cells.

The switch from erratic sugar based energy to steadier slow burning fat based energy sources has myriad benefits, balanced blood sugar levels, sustained energy, improved cognitive function, mood regulation and increased efficiency in heart and brain tissue. Research has observed that ketone bodies offer therapeutic benefits too damaged or diseased brains.

Okay, so why go keto? Shifting to ketosis has myriad of surprising benefits on the body's health. Pursuing ketosis may be beneficial for populations struggling with blood sugar regulation, insulin resistance or metabolic syndrome. Anecdotal evidence suggests polycystic ovarian syndrome may also be improved by a ketogenic protocol and current medical research is investigating the impact of the ketogenic diet on neurological disorders like Alzheimer's disease, Parkinson's disease and traumatic brain injury.

There are a few people, however, who should not attempt a ketogenic diet. Patients with inborn errors of fat metabolism should strictly avoid ketosis. Pregnant women have altered macro nutrient metabolism during gestation and as such, should not attempt a keto protocol. Breastfeeding women may experience reduced lactation on a ketogenic diet and may want to avoid ketosis or consider supplementing with larger doses of starchy carbs while breastfeeding.

And underweight women may experience adverse hormonal or fertility related effects, and a ketogenic diet should not be undertaken until a healthy, stable weight has been achieved. As always, if you have a chronic disease and think you may benefit from a keto diet, it's best to attempt protocol under the supervision of a trained clinician.

**[00:12:12] AVH:** Alright, what to eat on a paleo-friendly ketogenic diet. At its most basic, the diet should be made up of ample sources of fat, moderate amounts of protein and a sprinkling of carbohydrates. So fat, this makes up the majority of the diet, including not and seed butters like coconut butter. Cacao. Macadamia. Sunflower seed. Animal fats like ghee, schmaltz, tallow and lard. Plant oils like cold pressed olive oil, coconut oil and responsibly sourced palm oil. Plus olives, coconut milk or cream and whole nuts and seeds.

Protein, consumed in moderation with enough for growth and or lean body mass maintenance and repair, this includes grass fed or pastured cuts of beef, lamb or pork, free range eggs and poultry, sugar-free bacon and other cured products. Wild caught fish and fish, eggs and grass fed or pastured organ meats.

Preferred method of calculating protein needs, follows the one gram per kilogram of body weight rule, and this should be adjusted for individual growth or recovery needs. It's important to

balance protein with carbohydrate to prevent gluconeogenesis, which depletes the body's muscle and other tissues when carbs are low. And carbohydrate, included in small doses, to add fiber and to aid in digestion. This includes non starchy vegetables like leafy greens, broccoli, cauliflower, cabbage, garlic, onions, leeks, celery, asparagus and so on. In addition to low sugar fruits like berries, citrus and avocado.

And also functional foods. So these items offer benefits that go beyond calorie and macro nutrient needs. A holistic ketogenic diet can include bone broth, which is a rich source of collagen, gelatin and electrolytes, as well as low carbohydrate food based probiotic like that from coconut water kefir or traditional lacto fermented condiments like kimchi, pickles or sauerkraut. And low carbohydrate sources of soluble and insoluble fiber to nourish intestinal bacteria and promote motility.

Okay, thanks everyone for joining me, I hope this was helpful. If it was, please share it with someone else who you think might find it helpful. That's the greatest gift that you can give to me or to anyone else, really, I think, is the gift of knowledge and caring and information.

So that's that. Thank you again to our show sponsor, Paleo Powder. Get your hands on some of their super high quality AIP and FODMAP friendly spices. Get yourself a 25% discount because you're smart enough to listen a Paleo Magazine Radio. Use the code 'paleomag' at checkout when you go to [paleopowderseasoning.com](http://paleopowderseasoning.com). And, as always, I welcome your feedback and ideas.

Please send me a message on instagram personally @themusclemaven or you can reach out to us on any platform @paleomagazine and that's it.

Join me next week for more fun and adventure and have a great day.

[OUTRO]

**[0:14:47.8] AV:** The intro music for Paleo Magazine Radio is a song called Stronger performed by Alter Ego and I hope you love it.

[END]