

A GUIDE

TO THE KETO LIFESTYLE

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The information in this paper is to help you understand the keto style of eating and is not meant to provide medical advice. You should always consult your doctor or health care professional about any health problems.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Ketogenic diets are associated with many health benefits, which include reduction of risk of diseases. Descriptions of products in this presentation are not intended to suggest that the products reduce the risk, treat, cure or prevent any disease.

What Is Keto?

Keto is a process where your body is able to burn stored energy in the form of body fat and ketones, and you are no longer dependent on your regular high-carbohydrate meals to give you energy and brain support.

Being in ketosis means burning ketones for energy and pursuing a fat and keto-adapted state.

Ketoacidosis is not ketosis; it refers to diabetic ketoacidosis (DKA), a complication of Type 1 diabetes mellitus. It's a life-threatening condition resulting from high levels of ketones and blood sugar. This combination makes your blood too acidic, which can change the normal functioning of internal organs such as the liver and kidneys. It occurs in people with Type 1 diabetes whose bodies do not produce any insulin.

What Is Ketosis?

Ketosis is the presence of ketones. It's not harmful. You can be in ketosis if you're on a low-carbohydrate diet. You can also be in ketosis by consuming too much alcohol, which is not recommended. If you have ketosis, you have a higher level of ketones in your blood or urine, but not high enough to cause acidosis. Ketones are a chemical your body produces when burning stored fat.

Advantages of Ketogenic Eating:

- Helps protect the body against all eight classes of inflammatory modulators
- Ketones deliver an anti-inflammatory effect more potent than most drugs. Its anti-inflammatory effect can benefit age-related chronic diseases and autoimmune conditions.
- Keto burning upregulates the production of internal antioxidant enzymes like glutathione and superoxide dismutase (SOD).
- Improves the immune system
- Helps the brain and reduces cognitive decline (promotes autophagy repairs and the detoxification process)
- Brain function– Ketones cross the blood-brain barrier and become a highly efficient energy source for the brain.
- Minimizes the risk of heart disease
- Helps prevent Type 2 diabetes
- Helps the body to utilize its stored fat
- Lower in carbohydrates and lower in glycemic load, thereby supporting blood-sugar balance.

Keto Calculations

Maintaining keto is clearly getting most of your calories from fat. The ideal ratio is 75 percent fat, 15 percent protein and 10 percent carbs.

Protein

It is important to control the right amount of protein and higher amounts of fats. Fats have little effect on blood sugar and insulin levels. Protein does affect both blood sugar and insulin, if large quantities are consumed. If you overeat protein, about 56% of any excess protein will be converted to glucose (sugar) in the body and that extra glucose will increase insulin, which interferes with the body's ability to burn fatty acids.

Do not overdo protein supplements. Make sure you choose one that maintains the correct ratio and does not contain the bad sugars. I recommend **Nature's Plus KetoLiving LCHF Vanilla Shake** and **KetoLiving LCHF Chocolate Shake**. Both shakes feature 20 g of healthy fats (medium-chain triglycerides [MCTs]), 9 g of healthy, high-quality whey protein). These shakes meet all the requirements of the keto lifestyle. Eating too much protein can be just as harmful as having too many carbs (which was a problem with most programs).

Protein is the primary building block of all tissues in our bodies. In the process of digestion, the peptide changes of protein are broken down into individual amino acids, which are used to help our bodies repair DNA and aid in the development of new cell growth. We require complete proteins for optimal health; the proteins must contain all nine essential amino acids. Our bodies cannot produce them so we must obtain them from a good, healthy source. Proteins help us feel full and help our bodies maintain sugar balance. They do a much better job than carbohydrates, which cause us to store fat. Most foods contain some proteins.

Some Sources of Complete Protein Include:

- Meat (grass-fed and hormonal free)
- Poultry (free-range and hormonal free)
- Eggs (organic)
- Seafood (avoid larger fish like king mackerel, shark, swordfish and tilefish. This is due to higher levels of mercury.)
- Eat fish high in omega-3 fats like sardines.
- Limit your consumption of tuna (it can be high in mercury because it is a larger fish).

Choose High-Fat Animal Foods

As an example, choose ground beef, which has the highest fat content. Eat chicken with its skin. Cook the entire chicken. You can also make bone broth from the carcass. (It is very important to use only high-quality, range-fed chicken that has not been fed food containing high amounts of hormonal or GMO-based grains. Heavy metals collect in the bones of animals.)

Fatter cuts of meat are better because they contain less protein and more fat. Websites such as www.eatwild.com or www.localharvest.org can point you to local sources of clean, grass-fed meats and poultry. It is important to choose clean sources of protein for your low-carb program.

It is important to maintain proper nutrition while on your Keto journey, so I would recommend **Keto Living Daily Multi** to support your nutrient requirements.

Calculating the Proper Amount of Protein

The proper amount should be a target of 0.7 grams of protein per pound of lean mass per day. (If you are inactive, it should be lowered to 0.5 grams, which no one should be on because you need to exercise.)

Take your total body weight _____.

Estimated body fat percentage _____ Calculate body fat percentage X body weight: _____.

Calculate lean body mass or fat weight minus total body weight, which gives you a total lean body weight _____.

Now multiply your total lean body weight by 0.7 _____. Daily protein calories are (grams x 4): _____.

Here Are Some Examples

For a person weighing 200 lbs. with 32% body fat:

200 total weight x .32 percent body fat = 64 lbs. of fat. 64 lbs. - 200 lbs. Total body weight equals 136 pounds of lean mass. 136 pounds x 0.7 = 95.2 grams of protein per day or 380 calories.

For a person weighing 180 lbs. with 25% body fat:

180 total weight x 25% body fat. 180 x .25 = 45lbs. 45lbs - 180lbs = 135 x 0.7 = 94.5 grams of protein. 94.5 x 4 = 378 calories.

For a person weighing 150 lbs. with 22% body fat:

150 total weight x 22% body fat. 150 x .22 = 33lbs. 33lbs - 150lbs = 117 x 0.7 = 81.9 grams of protein. 81.9 x 4 = 327 calories.

For a person weighing 100 lbs. with 28% body fat:

100 total weight x 28% body fat. 100 x .28lbs = 28 lbs. 28lbs - 100lbs = 72lbs lean body weight. 72 x 0.7 = 50.4 grams of protein or 201.6 calories.

How to Get Started

If you have never been on a Keto lifestyle, I recommend getting the book *The Keto Reset Diet: Reboot Your Metabolism in 21 Days and Burn Fat Forever* By Mark Sission. *The Keto Reset Diet* is going to help you reprogram your genes back to the original setting of being *fat and keto adapted*. (*The Keto Reset Diet Is Not a Shortcut Program*.)

There are some very important steps you must take. First are your Diet, Stress, Sleep and Exercise. All these steps are very important to your success in becoming keto adapted.

Diet

You need to eliminate all the bad foods from your diet. There are no exceptions if you are going to be successful and change your lifestyle. These are processed foods, all bad oils, grains, most dairy, hormone-loaded meats, all types of sugar and low-fat products.

Going Keto

- It will eliminate hunger.
- It will make you metabolically more efficient so that you can thrive on fewer calories.
- It will build a faster metabolism.
- You will be able to burn stored fat.

What are the first things you must do to change the way you eat? You Must Eliminate Grains

Grains Are Directly Linked To:

- Inflammation
- Gastrointestinal disorders
- Non-alcoholic fatty-liver disease
- Higher blood-sugar levels
- Neurological dysfunction
- Autoimmune diseases
- Adverse iron metabolism
- Leaky gut leading to immune dysfunction
- Impaired metabolism
- Excess, inflammatory body fat

Grains and products that contain them must be eliminated. They consist of wheat, corn, rice, oats, barley, grits, millet, rye and products that contain them.

Next Is Trans Fats

Trans-Fats Sources Include:

- Hydrogenated vegetable oil
- Partially hydrogenated vegetable oil
- Shortening
- Margarine
- Deep-fried foods

Industrial Seed Oils

Vegetable and seed oils high in polyunsaturated fats have been subjected to destructive high-temperature processing methods, along with the inclusion of chemical solvents.

Excess Omega-6 is a major inflammatory problem in the lipid layer of the cells because of all the vegetable oils in the American diet.

The critical Omega-6/ Omega-3 ratio in a research paper published in *The American Journal of Clinical Nutrition*, by Loren Cordain, MD et al, believes that the ratio is as high as 16:1, and some doctors claim it is as high as 30:1. Going keto changes it to a healthier ratio of 1:1.

All of these oils must be eliminated from your diet before going keto.

Avoid These Industrial Seed Oils:

- Corn
- Canola
- Cottonseed
- Hydrogenated vegetable
- Partially hydrogenated vegetable
- Peanut
- Rice bran
- Safflower
- Soybean
- Vegetable
- Vegetable shortening

Good Oils That Can Be Used

All of the good oils have one thing in common: they are all cold-pressed. No heat is used in the process, unlike the other plant oils where heat and solvents are used in the process. The following is a list of good oils:

- Avocado oil (can be heated to high temperatures)
- Almond oil
- Beef tallow, preferably from grass-fed cattle
- Butter: only use organic sources
- Organic chicken fat (grass-fed or organic)
- Ghee
- Lard (make sure it is NOT hydrogenated)
- Macadamia nuts
- Macadamia oil
- Mayonnaise (most has carbs, so count them. Duke's brand is sugar free.)
(Chosen Foods Avocado Oil Mayo 0 carbohydrates)
- Olives
- Olive oil, organic (do not use extra-virgin olive oil for high-temperature cooking; it is better to use plain olive oil)
- Organic coconut oil, coconut butter and coconut cream concentrate
- Organic red palm oil
- Seed and most nut oils: Sesame oil, flaxseed oil, etc. These are higher in inflammatory Omega-6 fats, so limit amounts and don't heat them.
- 85%–90% dark chocolate can be used in small amounts.

Fresh Vegetables

Vegetables that are grown above ground are lower in carbs. It is important to get enough in your diet because you will be getting less fiber in your diet going low carb. Limit vegetables that are grown in the ground, especially when you are in ketosis.

- Alfalfa sprouts
- Any leafy green vegetable
- Asparagus
- Avocado (is a Fruit)
- Bamboo shoots
- Beet greens
- Bok Choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Celery root
- Chard
- Chives
- Collard greens
- Cucumbers
- Dandelion greens
- Dill pickles
- Garlic
- Kale
- Leeks
- Lettuces and salad greens (arugula, Bok Choy, Boston lettuce, chicory, endive, escarole, fennel, Mache, radicchio, romaine, sorrel)
- Mushrooms
- Olives
- Onions (limited amounts, as they are higher in sugar)
- Spinach
- Swiss chard

Dairy

Most people who have bad reactions to milk aren't allergic to it, but rather are intolerant to lactose (the sugar found in milk).

The Worst of Dairy:

- Low-fat milk and cheese
- Low-fat yogurt
- Ice cream
- Frozen yogurt

Dairy That Is Better:

Raw milk products are preferable. Choose organic if raw products are not available:

- Heavy whipping cream
- Full-fat yogurt
- Raw milk
- Dairy kefir
- Sour cream (full-fat sour cream-check labels for added fillers. A good brand, for example, is Daisy.)
- Full-fat cottage cheese
- High-quality cheese
- Whey
- Butter (grass-fed or organic)
- Ghee

Eliminate all low-fat and non-fat dairy, ice cream, processed cheese and yogurts with fruity flavors.

Nuts and Seeds

Nuts and seeds are best-soaked and roasted to remove anti-nutrients. Avoid peanuts, as they are actually legumes.

- Nuts: macadamias, pecans, almonds and walnuts are the lowest in net carbs and can be eaten in small amounts. Cashews, pistachios and chestnuts are higher in carbs, so track carefully to avoid going over carb limits. Nuts are also higher in Omega-6 fats, which are inflammatory; so don't rely on nuts as your main protein source.
- Nut flours, such as almond flour. I include this because a low-carb food list shouldn't completely exclude baking. Almond flour is a great flour substitute. See the recipe page at ketogenic-diet-resource.com for ideas on how to use it with the foods on this low-carb food list.

Beverages

Eliminate all soft drinks: including diet soda, energy and sport performance drinks like Red Bull, Gatorade and vitamin water and bottled, fresh-squeezed and refrigerated juice of any type or brand, including all health food brands. No blended smoothies, sweetened teas like Snapple, Arizona or premium brands. All those sweetened coffee drinks like Starbucks. Most kombucha and similar fermented probiotic drinks. All sweetened drinks are the worst offenders because of their concentrated levels of carbohydrates that won't fill you up.

Replacements:

- Water
- Coffee
- Tea (unsweetened)
- Herbal tea (unsweetened)
- Flavored seltzer water (unsweetened)
- Lemon and Lime Juice (fresh squeezed)
- Some Kombucha that are low carb (check labels)

Sweeteners

Eliminate: all sweet foods, candy, baked goods, syrup, donuts, ice cream, milk chocolate, agave, artificial sweeteners, brown sugar, cane sugar, honey, molasses, powdered sugar and any processed sweets.

Replacements

- Stevia, liquid preferred as the powdered usually has maltodextrin in it.
- Erythritol
- Xylitol (keep any food with this sweetener in it away from dogs)
- I would recommend **Nature's Plus KetoLiving Sugar Control** to help you with your craving for sugar and starches.

Stress

It is very important to control your stressful lifestyle behaviors; today our high-tech, modern lifestyle has created more stress. Our jobs are more stressful than ever and our striving to get ahead and gain more also creates more of the stress. This affects our eating habits, along with all the energy drinks we consume, which only stresses our bodies even more. Today, we may be too far over in the fast lane to strive for a mellow lifestyle. We are spending too much time in our digital environment with Facebook, Twitter, Instagram, Messenger, Pinterest and others, and less personal face time with friends and family.

Stress Relief and Management

- Learn to Meditate. It is one of the best ways to relieve stress (*Getting in the Gap* by Dr. Wayne W. Dyer is one of the best tools to teach you how to do it correctly.)
- One of the best supplements for stress relief is **Nature's Plus HempCeutix Stress**. It is one of the most effective tools in helping the body overcome stress.
- Reduce your use of technology so that it makes your life easier and more efficient. Do not become a slave to the entire digital environment.
- Take care of yourself by taking a 10-minute break for every two hours of work during the day. Get outdoors into the sunlight and fresh air and move around. It helps with de-stressing and gives you a better perspective and ability to problem solve.
- Be thankful for the good you have. Take some time to list all the good in your life or add it to your meditation.
- Stop and enjoy your life by slowing down the pace and relaxing more. Stop and smell the roses, life is short; making it fun makes it better.

Sleep

I cannot stress enough the importance of good sleep, which is the time the body has a chance to regenerate itself. Our bedrooms have become places of digital stimulation with all the light illuminated for our devices that are charging or that never get turned off, and we constantly get interrupted by sounds of email or other information going to the devices. Our delicate circadian hormonal process has been synchronized with the rising and setting of the sun. We have been hardwired from the beginning to wind down, start to feel sleepy in a few hours, and slowly transition to a full night's sleep. We have interrupted this cycle and need to reverse it if we are to stay healthy. One study showed that just two weeks of sleep deprivation results in a 50 percent increase in insulin resistance.

Correcting Sleep Problems

- First, minimize the amount of artificial light and digital stimulation after dark. Shut off smart phones, tablets, TVs, etc., 30 minutes before going to sleep.
- Create an environment that minimizes bedroom clutter no electronics or stimulation that tends to interrupt sleep.
- Meditation is also a way of helping to get rid of stress and relaxes you so you can get a good night's sleep. In fact, 20 minutes of this will allow you to sleep better.
- If needed, take good supplements that will support sleep, like **Nature's Plus HempCeutix Sleep**, which promotes the onset and maintenance of restful sleep.

Exercise

One of the keys to proper long-term health (health span) is a proper workout program. Whatever program you choose, it should be safe, effective and efficient. Many popular exercise programs are insufficient. What good is an exercise program that gets you extremely fit in your twenties or thirties that creates long-term damage to your body? When you are fifty or sixty you may have damaged your knees, hips, spine, shoulders, etc. because of the improper exercise program and are unable to stay fit or even enjoy so many of the activities you enjoyed before. This will cause a rapid decline in your health and quality of life.

The workout should be time efficient. You do not have to live in a gym. You should not “live to work out” but work out to live better. Exercise is no different than taking medicine. There is a proper dose to take. If a doctor prescribes a medicine for a condition and says take two a day, and you approach it like many do exercise, you may think “I will take this to the next level and take 12 a day!” That would be considered foolhardy and dangerous. Too much of almost anything is not beneficial. A High-Intensity Training (HIT) workout will always be completed in less than 20 minutes once a week, although some do it twice a week. Twice a week is unnecessary if the intensity is high enough.

Benefits of HIT

As a High-Intensity Trainer (HIT), I recommend a HIT program as the cornerstone of your workout endeavors. It will increase your lean mass while helping to reduce body fat, if you follow proper eating and get proper rest and recovery. It will help you remain strong and vibrant. It will help increase the hormones we need to stay youthful. It will make your mitochondria denser, instead of deteriorating quickly without resistance training. It will make you less likely to be insulin resistant. You will have better cognitive skills too. If you do any activity such as golf, tennis or other active program, having more muscle will aid you in those activities and help reduce injuries while doing those activities.

A proper HIT program will also strengthen your whole cardiovascular system while you add muscle. I urge anyone wanting to do this to buy Dr. Doug McGuff's book, *Body By Science*, for more information. At the *Body By Science* website they have a database of HIT trainers. If no trainer is near you, world-renowned HIT trainer Drew Baye has lots of great information at baye.com and has many books and offers online training. Arjan Meijer has many great HIT training videos on YouTube that can help. It is much better to have a personal HIT trainer to guide you through a proper workout in a safe and efficient way. (It is very difficult to push yourself to full intensity on your own.)

For those who want to add even more or who do not want to use resistance training (I beg you to reconsider) and would rather do a cardio type of workout, here are some things to consider.

Steady-state cardio, whether or not it is on a treadmill, elliptical, cardio, kickboxing, jogging or running, is an inefficient way to achieve few results that can damage your joints. A great alternative is High-Intensity Interval Training (HIIT). It is safe, much more efficient and effective. Some research shows 4 minutes of HIIT is equal to 30 minutes of steady-state cardio. Basically you go all out for 20 to 30 seconds or so and do active recovery/rest for 60 to 90 seconds. So with sprint intervals you would sprint as fast as you can for 20 to 30 seconds and then walk for 60 to 90 seconds and do 3 to 6 cycles of this. This can be done once to 3 times per week. This can be performed on a treadmill, elliptical, etc. There are apps to guide you in proper HIIT. There are many YouTube videos on HIIT.

Attaining or maintaining your fitness level is vital for your long-term health, also known as your health span. If you have not addressed this properly, your quality of life could deteriorate much sooner than expected. So you have the power to change your destiny.

To Your Health Span
Mark W. Strough
High-Intensity Trainer

Chronic exercise is stressful and depletes the advantage of this type of program. In fact, it has the reverse effect; it prompts you to consume additional carbohydrates. This drives excess insulin production, which drives excess fat storage.

Keto is the key to healthy living whether for weight loss, blood sugar control or overall health; millions of people have adopted a low-carbohydrate, low-glycemic lifestyle. Scientific research suggests that eating a ketogenic diet could represent one of the greatest nutritional breakthroughs. It is not a fad and it's becoming a good lifestyle change. Good health to everyone who takes this journey.

I would like to thank everyone who helped with this information.

Ian Shipman
Ozark Herb and Spice

Mark W. Strough
Mark of Health
High-Intensity Trainer

MEAL TRACKER

Day _____.

BREAKFAST

LUNCH

DINNER

Day _____.

BREAKFAST

LUNCH

DINNER

Recommended Books

I highly recommend *The Keto Reset Diet* by Mark Sisson with Brad Kearns. It will help you reboot your metabolism in 21 days and burn fat forever. It is one of the best books and will help you through your keto lifestyle.

Cookbooks

The Keto Diet, the Complete Guide Instant Pot Cookbook by Eva La Rouge.

Keto Diet Instant Pot Cookbook by Frank Donald has a great and quick low-carb, ketogenic diet. It is easy to follow and everything was great.

The Complete Ketogenic Diet for Beginners, Your Essential Guide to Living the Keto Lifestyle by Amy Ramos.

The Keto Crock Pot Cookbook by Lauren Warren. (Top 60 Easy To Prepare Keto Recipes For Your Crockpot.)

The Frugal Paleo Cookbook by Ciarra Hannah. (Affordable, Easy and Delicious Paleo Cooking.)

1,001 Low-Carb Recipes: Hundreds of Delicious Recipes from Dinner to Dessert That Let You Live Your Low- Carb Lifestyle and Never Look Back by Dana Carpenter.

Exercise Book

High-Intensity Training Q&A by Drew Baye. (High-Intensity Training and Nutrition for Bodybuilding, Fitness and Health.)

Meditation Book

Getting in the Gap by Dr. Wayne W. Dyer.

Recommended Apps

For Tracking

Lose It! – Calorie Counter Weight Loss Tracker.

MyFitnessPal Calorie Counter and Diet Tracker (myfitnesspal.com).

FitDay-Free Diet and Weight Loss Journal (fitday.com).

Other Apps

EWG's Healthy Living (www.ewg.org/foodnew/summary.php) (recommended by Dr. Daniel G. Amen).

Think Dirty – Shop Clean, Learn Beauty Ingredients (recommended by Dr. Daniel G. Amen).

Dirty Dozen (recommended by Dr. Daniel G. Amen).