

Ketogenic diet

## Description

To Jesus:

You can save this to a “Health” folder for easy access later. Use this as a starting point for your own research and share with your doctor as appropriate.

You can use [drugs.com](https://www.drugs.com) or other trusted health websites to look up the latest information on prescription & herbal drugs possible side & interaction effects. Typing in the name of two medications or a medication & an herb in a search bar of most browsers will bring up results with their interaction effects.

Here’s some certifications or registrations to look for on supplements & herbs:

USP may be best because they buy products in stores & test 6x a year

<http://www.usp.org/usp-verification-services/usp-verified-dietary-supplements/verified-supplements/participating-companies>

Quality Supplements

GMP includes testing for professional sports banned lists

Certifications

NSF

Listing Category Search Page

UL

Consumerlab has testing available to review by prescription

ConsumerLab.com – independent tests and reviews of vitamin, mineral, and herbal supplements | Consumerlab.com

Pharmaceutical grade is a higher level of purity & review in manufacturing as well.

US manufacturing & processing may have better supervision even of pharmaceutical grade

<https://www.consumerreports.org/supplements/how-to-choose-supplements-wisely>

Ketogenic diet

The ketogenic diet, like the carnivore diet & the lion diet, appears to reduce diabetes, heart disease, cancer, seizures by 70% & ~~depression/bipolar depression & mania, anxiety, schizophrenia &~~

autism by up to/around 50%. With people with autism the benefit appears to be that it avoids wheat, corn & soy, which along with dairy, eggs & chocolate appear to be the biggest autoimmune triggers that reduce social understanding & increase sensory processing problems. Modern wheat is up to ten times more inflammatory than older version of wheat like organic spelt, & getting off gluten (wheat) & dairy also appears to help schizophrenia & possibly bipolar disorder.

Much of the other benefits may be in avoiding all the grains that are doused with Roundup/glyphosate, paraquat or diquat before harvesting that appear to shut down dopamine & increase Parkinson's disorder as well as (with Roundup/glyphosate) diabetes, heart disease, cancer & obesity in part by killing the good bacteria in the stomach. Lowering dopamine increases depression, anxiety & drug addiction. Going all organic may provide many of these benefits as well by avoiding these herbicides.

Part of the reason Roundup/glyphosate is so deadly is because it is an antibiotic used as an herbicide. Antibiotics are given to cattle to increase their weight by hundreds of pounds, & Roundup/glyphosate causes many people a large increase in weight as well.

### Ketones

The key feature is that people burn fat ketones all day long & the diet doesn't increase blood sugar that shuts down fat ketone production & burning. At the end is how people can also stay in ketosis with a diet that is all vegan & that incorporates higher carbohydrate foods.

### Lion diet

Ruminant animals- eating cattle (beef), sheep (mutton), deer, goats only with mineral salt (Celtic, Himalayan & Real Salt) & water alone appear to be sufficient for all nutrients for most people who've tried it. They don't crave other foods & have no observable nutritional deficits even after years of improved health & losing & keeping off

extra weight.

Carnivore diet-

\

Carnivore diets use only animal products, often mostly beef, butter, bacon, eggs. The health benefits & permanent weightloss appear as strong as strict ketogenic. If other meats half may need to come from a ruminant animal.

Meat

Uncured bacon, sausages, hot dogs, canned meat, salami, deli meat (roast beef, ham, turkey or chicken) are healthier because nitrites in cured/processed meats may cause extra health problems. People switching from high carb & highly processed foods still have a big drop in cancer, diabetes & heart disease on the ketogenic diet or carnivore diet or lion diet even if still eating cured & processed meats, but they are less safe if also eating highly processed & nonorganic foods, especially grains & high carbohydrate foods.

Fish

All wild fish except mercury laden- tuna, swordfish, tilefish, and king mackerel appear safe. Fish that have eaten spirulina & astaxanthin like krill appear to be the best for human consumption when eaten in a meal with a vegetable (for enzymes to break down spirulina). Taking spirulina with a vegetable and/or astaxanthin as supplements are far cheaper than through eating fish that ate them.

Dairy

Ghee, butter, lard, cheese (raw & grass fed A2 milk protein like from France, Italy, Switzerland or goats/sheep appears best by far), full fat no sugar yogurt, raw full fat grassfed A2 milk (nonfat appears to increase fat). May be best to go no dairy at first to see if sensitive, then cheese, then yogurt, then raw E2 milk to see if allergy.

Eggs appear ok unless autistic

Oils

When everyone used mostly butter/ghee/lard from grassfed animals, diabetes & heart disease were nearly nonexistent & cancer rare.

Partially hydrogenated oils (Crisco) were introduced & sold to the public as safe & that saturated fats were bad. Partially hydrogenated oils are now banned after being recognized as causing hundreds of millions of deaths from diabetes, heart disease & cancer.

Now highly polyunsaturated fat oils doused in Roundup/glyphosate are touted as safe for cooking. Polyunsaturated fats turn into formaldehyde when heated/refined & have toxins added like mercury added in refining & appear to increase a lot of diseases like diabetes, heart disease, cancer, obesity, depression, anxiety & may increase bipolar manic/depression, schizophrenia, & autism.

Safest appears to be to only cook with organic unrefined coconut oil, grassfed butter/ghee (unless autistic), or lard. They have little or no polyunsaturated fat that turns to formaldehyde when heated or Roundup/glyphosate or diquat or paraquat to cause diabetes, heart disease, cancer, depression & anxiety.

Any other organic (to avoid Roundup/glyphosate & paraquat & diquat & mercury & other added toxins), unrefined, cold pressed oils can be added right before serving as long as they are not heated. Organic olives (not California black) are 4x more effective against heart disease than olive oil, which is often cut with refined polyunsaturated oils. Organic extra virgin olive oil from one country only appears to be the least faked.

Black seed oil is a major antibacterial, antiseizure

Adding organic avocados instead of avocado oils also have better health outcomes.

MCT oil (fractionated coconut oil) is the only known fat that is easier to burn as energy than store as fat. It has a low smoke point so should not be cooked, only heated right before serving at most.

MCT oil keeps people in ketosis & when taken at 1/4th teaspoon & higher every four hours with food or under the tongue gives a lot of mental & physical energy all day long.

When MCT is used exclusively as a substitute for other oils, people see weight loss, decreased hunger, & increased energy. People

---

cook with water then add the MCT oil before serving to avoid heating it too much. It is not as delicate as polyunsaturated fat but it still has a low smoke point.

Vegetables- in order of health benefits

Almost all are fine except starchy root vegetables.

Organic kale (low in oxylates) has 2x more nutrients than almost any other vegetable, 50% more than spinach (which has damaging high oxylates) or organic baby greens important for nutrients (white lettuce/greens little nutrients).

If very sensitive to oxylates, arugula has the least of all the cruciferous lettuces.

Broccoli sprouts have many times the nutrients of full broccoli & up to 40x more sulforaphane for reduced cancer, respiratory infections, autistic symptoms.

Medicinal mushroom mix (cancer)

Celery (may be healthiest vegetable)

Garlic (& onions & leeks- anti-infectious)

Italian seasonings- oregano, thyme, parsley, rosemary, sage

Seaweed for iodine

Cauliflower

Cucumber

Asparagus

Green Beans

Zucchini

Cabbage

Tomatoes, Eggplant, Peppers are fine unless autoimmune, like

Russet potato skins they have alkaloid which increases autoimmune symptoms

Whole fruits (the low sugar ones, no juices)

Strawberries

Grapefruit increases weightloss (can affect medications)

Apricots

Lemons

Kiwis

Oranges

Mulberries

Raspberries

Nuts & seeds are great

Drinks

Stir water before drinking, any other liquids no calorie, carbonated & hydrogen water extra benefits

Tea- grounds free

Coffee- make sure is mold & grounds free

Caloric sweeteners- raw honey

In a meta-analysis of all studies, raw honey doesn't appear to increase diabetes or weight, unlike all other caloric sweeteners. It raises blood sugar less than sucrose & for less time & is sweeter, needing less for the same taste. Maple syrup & molasses appear to cause less diabetes than other sugars, especially the worst- high fructose corn syrup.

[alienherbalist.com/sweeteners](http://alienherbalist.com/sweeteners)

Non caloric sweeteners

Stevia & monk fruit from plants & allulose (fruit sugar that LOWERS blood sugar, very ketogenic) appear safest of all the no calorie sweeteners. Erythritol needs some more research. Any sweetener may increase carb cravings if the meal does not have enough fat, especially MCT oil.

Nutrasweet/aspartame/Equal/Neotame appear to cause dementia, blindness, seizures, depression, diabetes, heart disease, cancer, obesity & more neurological & physical health problems than all other food additives combined as reported to the FDA by doctors.

Splenda/sucralose appears to cause seizures, diabetes, heart disease, cancer & obesity.

Acesulfame potassium (Ace-K) appears to increase cancers.

Dark chocolate (unless autistic)

Cocoa with stevia/monk fruit/allulose or raw honey can be drank/sipped all day without weight gain as it helps satisfy the cravings for sweets while cleaning out the arteries. Baker's chocolate melted in a double boiler then mixed with stevia/monk fruit/allulose or raw honey added then frozen in a small ice cube tray can be eaten through the day. Indulging much lower carb chocolate can reduce people's desire for high carb sweets. Freezing the chocolate usually makes it take a lot longer to eat.

Herbs, spices, and condiments

Vinegar, berberine, ceylon cinnamon, ginger, turmeric w/a little black pepper, fenugreek, hibiscus tea can lower blood sugar to keep people in ketosis even after moderate carb ingestion (at the end of a meal)

Garlic, leeks, onions & Italian seasonings (anti-infective)

Carb friendly keto diet

When can carbs be eaten?

Any higher carb foods appear better if eaten later in the day (dinner) & at end of meal with MCT oil & strength training or exercise/walk immediately afterwards to stay in ketosis.

People get & stay in ketosis when they eat much more protein & fat than carbohydrates, & after they eat carbohydrates (especially with fat like MCT oil added) & exercise (like walking).

[healthline.com/nutrition/healthy-low-carb-foods#vegetables](https://www.healthline.com/nutrition/healthy-low-carb-foods#vegetables)

Snacks:

Nuts



Honey sweetened cocoa (nonalkalized, nonDutched) & bakers chocolate (no sugar) with allulose/stevia/monk fruit added.

Olives (not California black)

Avocado

Ketogenic diet in 16 weeks reverses diabetes fully in almost half of people in study

Yancy WS Jr, Foy M, Chalecki AM, Vernon MC, Westman EC. A low-carbohydrate, ketogenic diet to treat type 2 diabetes. *Nutr Metab (Lond)*. 2005 Dec 1;2:34. doi: 10.1186/1743-7075-2-34. PMID: 16318637; PMCID: PMC1325029.

Ketogenic diet vs seizures & cancer (35-65% reduction for mice)  
Zhou W, Mukherjee P, Kiebish MA, Markis WT, Mantis JG, Seyfried TN. The calorically restricted ketogenic diet, an effective alternative therapy for malignant brain cancer. *Nutr Metab (Lond)*. 2007 Feb 21;4:5. doi: 10.1186/1743-7075-4-5. PMID: 17313687; PMCID: PMC1819381.

Even high sugar milk chocolate eaten first thing in the morning within an hour of wakeup or right at bedtime didn't cause weight gain  
The FASEB Journal

Timing of chocolate intake affects hunger, substrate oxidation, and microbiota: A randomized controlled trial

Teresa Hernández-González, Rocío González-Barrio, Carolina Escobar, Juan Antonio Madrid, Maria Jesús Periago, Maria Carmen Collado, Frank A. J. L. Scheer, Marta Garaulet 23 June 2021  
<https://doi.org/10.1096/fj.202002770RR>

[npr.org/sections/health-shots/2024/01/27/1227062470/keto-ketogenic-diet-mental-illness-bipolar-depression](https://www.npr.org/sections/health-shots/2024/01/27/1227062470/keto-ketogenic-diet-mental-illness-bipolar-depression)

Vegan ketogenic

Like the lion diet & the carnivore diet, people on the ketogenic diet don't get heavy carb cravings if they eat enough protein & fat. We appear to need 1 gram of protein for every pound in the weight we are targeting to be at. So someone at 400lbs who wants to weight 200lbs appears to need 200g of protein daily. People who eat

---

vegan usually get their full protein needs met by mixing a grain & a legume like rice (appears that brown rice is healthy if soaked & boiled twice, white rice increases early death) & kidney, black, navy, pinto, white northern, & a few other beans or organic corn & beans or organic spelt (healthy wheat) bread with peanut butter.

People can try each bean out individually to see which ones they do well with. Soaking beans for 12-24 hours then pressure cooking them makes them much more digestible, as does soaking brown rice for 4+ hours, cooking them to boil & draining then to boil again for 10 minutes or pressure cooking to reduce arsenic by over 80%. The key is eating the low calorie vegetables at the beginning of the meal with vinegar, the protein (beans) next, then organic brown rice (especially with the blood sugar lowering spices) or organic corn or spelt bread at the end of the meal with MCT oil & exercising/walking (preferably strength training) immediately to go back into ketosis. Walking stairs increases longevity by improving leg muscle strength & balance. Best if done with two hands on rails on way up & people can sometimes then progress to hiking multilevel trails. The blood sugar rise can be used to lift more weight & improve strength greater than if no high carb food is eaten before a workout & increase metabolism & fat loss.

What is essential in the vegan ketogenic diet?

In the lion diet, meat from ruminant animals like cattle & mineral salt & water appears sufficient for all nutrient needs. What besides (as large a variety that works with each individual) organic beans & organic brown rice or wheat & peanut butter & mineral salt are needed for a vegan ketogenic diet? Organic sweet potatoes & organic dark leafy greens (like a baby greens mix) may be almost sufficient.

Vitamin B12 in methocobalamin form is necessary as its mostly in animal products, & a sustained release vitamin B complex taken after breakfast may be best.

If using frozen/freshly ground organic flaxseed we may make some EPA & DHA omega3 fatty acids from the ALA we ingest, but it's far better to take 500mg-8g spirulina-the source of all EPA & DHA fatty acids in fish oil (taken in a meal with a vegetable, a necessity to break it down). EPA & DHA omega3 fatty acids are essential for brain functioning, mood, concentration, heart health, liver health & more. Vitamin D3 from the sun is essential daily, & weekly supplementation of 1.25mg of vitamin D3 (under the tongue 2x better, needs a fatty meal if swallowed instead) in the fall & spring & biweekly in the winter. If autoimmune people usually see a 95% drop in symptoms if taking 1.25mg daily & natto or vitamin K2 daily at the dosage that keeps calcium safe. High vitamin D3 increases calcium absorption from foods, vitamin K2 moves it away from the arteries to the bones to increase bone density & reverse osteoporosis.

### Category

1. Uncategorized

### Date Created

June 2023

### Author

biggs