

THE KETO DIET

The Keto diet is the most optimal diet for muscle growth, losing weight and it helps you maintain a beneficial and healthy lifestyle.

What is a “Ketogenic Diet”, It is a diet that the keto, in a ketogenic diet comes from the fact that it allows the body to produce small fuel molecules called “ketones”.

This is an alternative fuel source for the body, used when blood sugar (glucose) is in short supply. Ketones become produced if you have consumed very few carbs, they are quickly broken down into blood sugar. The liver then produces ketones from fat, thus meaning these set ketones work as a fuel source throughout the body. Being most beneficial for the brain, the brain needs to consume energy every day so it is a very hungry organ and it can't just run on fat. Coming directly it can only run on glucose or ketones. If you are on a Keto diet, your entire body switches its fuel supply to run on fat thus you are burning fat 24/7.

The keto diet benefits people who are trying to lose weight. The main effects of the keto diet are to use fat to fuel the body and doing so the body burns fat 24/7, being on the diet makes your insulin levels very low thus making burning fat increase dramatically.

The main part of the keto diet is to avoid certain foods. Losing weight is about diet and the foods that the keto diet restricts you from eating, are the foods that consist of common fats or sugars.

Such as soda, too many carbs foods with starch donuts, pizza, junk food, candy, rice and processed foods. Furthermore, the food should primarily be high in fat, and only slightly high in

protein, as excess protein can be converted to blood sugar in the body. Also being on the diet has its own recipes you follow, and those recipes also maintain your health and help you lose weight over time. There also have been valid claims that over 30 factual scientific studies, proved that compared to any other diet, the keto diet results in a more effective weight loss. Not only does the keto diet help weight loss, its the fact that anyone can lose weight. Being on the keto diet you maintain control of your appetite because on the diet your body is burning fat 24/7, it has a large storage supply of energy for weeks thus making a reduced feeling of hunger. While you are on the diet you have more energy to work out or perform better so while you lose weight you have better performance from your body to lose more and stay in healthy shape.

Additionally, pros from the keto diet offer weight loss, and after losing all excess weight and you're on a balanced diet and weight the keto diet helps you excel in muscle growth.

The main parts of the keto diet are essentially making you store all your energy and if you are in a gym working out you get more energy, such as amplified energy from being on the diet. While you are practically cutting carbs out of your diet, consuming protein will be transferred into your muscles faster on the diet. Supplementing creatine makes your water weight and turns it into muscle while it mixes with the proteins you consume, thus doing all of these things muscle growth comes quickly and the results of a cut body and low body fat percentage show you are at the most fit you can be. Also, the diet shows that a certain protein intake doesn't differ for muscle growth on the keto diet than others because on the diet, consuming 20-30 grams of protein per meal can supply the body with leucine to trigger mTOR, making the body to encourage protein synthesis. Thus muscle recovery is speeded up after a workout making it easier if you are on the

keto diet. For the average time for a person to recover, the muscle tissues after a work out can take 3-4 days but on the keto diet, half of that time is needed and not only does it recover muscles you conserve energy for the next workout and keep going to the gym and achieving optimal muscle growth.

Furthermore, the keto diet has many pros and cons and the list goes on and on. But some of the most important parts of the diet that are pros, are of course already mentioned that the diet helps weight loss. Also, this diet helps reset insulin sensitivity, people who have diabetes and low blood sugar have a tough time with coping and maintaining a diet that helps them be healthy. The keto diet is very beneficial to people who have this diagnosis. The diet also is recommended to people who have epilepsy it can help reduce seizures. The diet can also potentially lower cholesterol, reduce blood pressure, lower risk of heart disease and improves your mental focus. The keto diet has shown us many pros but however, the diet may potentially have some cons, such as the keto flu. The keto flu can occur when several days after starting the diet people can start to get sick, during this sickness there can be vomiting, gastral issues and fatigue, but this flu passes over quite shortly after the phase of ketosis is reached. The keto diet is also not for everyone, people who are world-class athletes such as swimmers, bikers or high endurance type activities the keto diet is not suitable for them. The diet can help improve a average person lifestyle.

Contrary to the keto diet, the foods that you can eat on the keto diet has certain foods you can and can not eat. One of the most important things on the diet is that you must try to avoid carbohydrates, you need to keep to a minimal amount of under 50 grams per day. Other than that

you are free to eat things such as meat, poultry and fish. Having dairy products are good as well. Only vegetables are allowed on the keto diet but fruits are excluded, except for berries. Nuts are also good for the keto diet. And as for drinks water tea and coffee are fine. Now for the foods that are not apart of the keto diet are mostly carbs so foods such as sugar, starch margarine and beer.

In conclusion, The Keto diet is the most optimal diet for muscle growth, losing weight and it helps you maintain a beneficial and healthy lifestyle. The diet has shown that it can increase muscle growth better on the keto diet, the keto diet also has demonstrated amazing results for weight loss and most importantly that the keto diet is the most optimal diet for maintaining a healthy lifestyle due to the many beneficial parts of the keto diet. I would recommend the diet to the appropriate person, I believe the keto diet is the most optimal in regarding health. This food movement is positive it is a hot topic at this current date and time and it is seemed to help society achieve a healthy lifestyle.