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Controlling and Pacing the Effects of Ketosis Is Critical for Long Term Health

Therese Morris February 01, 2018

Engaging in any high protein diet requires diligence and care to ensure the body is adapting to such dietary changes with relative ease.

(Newswire.net -- February 1, 2018) Cheyenne, Wyoming -- Diets to induce ketosis are hinged on the consumption of meat. Red meat, white meat, it doesn’t matter, the most important thing is filling up on protein. Animal protein is the backbone of this diet but plant proteins are also essential for a nutritional balance. After millions of years of being hunters and gatherers, early man eventually understood the value of dietary balance. The main purpose of the modern keto diet is for weight loss so this induced state of ketosis provides the body minimal access to carbs and an abundance of protein for the production of ketones which burn fat for energy. So while ketosis, accidental or not, is a deep part of human’s evolutionary history, controlling and pacing its effects is critical for long term health.

“The scientists, medical professionals, and athletes on the ground floor of the keto movement can barely contain their excitement over its power to reliably reduce excess body fat, enhance neurological function, protect against diseases of cognitive decline, and slow the rate of inflammation and oxidative damage that are the essence of the (accelerated) aging process,” informs MindBodyGreen.com. “Research has suggested it's also able to help prevent seizures, halt the growth of cancerous tumors, and improve athletic performance for all types of athletes.”

Outside of high performance athletics, regular exercise serves well to the lame-man for optimal results on the keto diet but even exercise should not be overdone else it can be counterproductive. High intensity workout routines help move glucose about the liver and muscle tissues, however, pushing the body too far during exercise can cause a boost in stress hormone production which affects blood sugar levels and kicks the body out of ketosis. As with everything in life, moderation is key. While undertaking the keto diet, insulin levels are also influenced.

“When we are on a low carbohydrate, ketogenic diet, we have lower insulin levels and therefore, our kidneys excrete more sodium which can lead to a lower sodium/potassium ratio and a greater need for sodium in the diet,” says David Jockers, doctor of natural medicine, functional nutritionist and corrective care chiropractor. “On a low-carb diet you should look to get an additional 3-5 grams of sodium from natural foods and through the use of a pink salt like Himalayan sea salt. 1 tsp of pink salt is equivalent to 2 grams of sodium.”

With that said, the keto diet isn’t something to maintain indefinitely, the prolonged strain on the body can do more harm than good. It’s advised to consume greater amounts of carbs just before exercising.

“In essence, ketogenic eating allows you to benefit from the extraordinary (and scientifically validated) metabolic efficiency, general health, and longevity benefits of fasting—without having to starve yourself,” says Mark Sisson, author of The Keto Reset Diet. “When you’re starving, engaging in a purposeful fast, or adhering to a nutritional ketosis eating pattern, your cells prefer to burn fat and produce ketones. Ketones burn efficiently and quickly in the body.”

It’s important to be mindful of ketones level while on the keto diet. Tracking just how much ketones the body is producing can inform if a healthy state of ketosis is being maintained or if adjustments are needed. Using test strips like the HealthyWiser™ Ketone Reagent Strips for Urinalysis is one of the many available tools available, and this particularly brand is known to deliver results with 99% accuracy within seconds to help one reliably find out their ketosis status in the comfort of one’s home.
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