Understanding Fasting Versus Diabetic Ketoacidosis

Therese Morris March 13, 2018

Dieting or fasting are healthy ways to burn fat naturally by inducing the production of ketones, through a process known as ketosis.

High levels of ketones can be a very good thing for the body once strategically monitored for a specific purpose, but for diabetics, it's a bad sign.

(Newswire.net -- March 13, 2018) Cheyenne, Wyoming -- Dieting to lose weight isn't anything new and over the years, there have been a number of fad diets floating about. The keto diet has become one of the most common novelties and it seems to be taking a strong foot hold on the health and fitness scene. It is based on a principle quite similar to fasting that starves the body of the carbohydrates it needs to produce insulin which would normally convert sugar compounds to energy.

"When your body can't make insulin, your cells don't receive the glucose they need for fuel. To compensate, your body switches to plan B: burning fat," explains Healthline.com. "Burning fat instead of sugar produces ketones, which build up in your blood and urine. Ketones can also be produced when you're fasting or if you're on a high-protein, low-carbohydrate diet, although not to the same level as they are in diabetic ketoacidosis. When ketones rise to unsafe levels, you're at risk of a dangerous condition called diabetic ketoacidosis (DKA)."

So, dieting and fasting are healthy ways to burn fat naturally by inducing the production of ketones, through a process known as ketosis. This is a perfectly acceptable approach but just like anything else in life moderation is essential. Diabetic ketoacidosis typically affects persons with Type 1 diabetes.

"In the Type 1 diabetic, the absence of insulin leads to a toxic build-up of blood glucose and an extreme break-down of fat and muscle tissue," informs Lindora Clinic. "This condition doesn't occur in individuals who have even a small amount of insulin, whether from natural production or from it being artificially administered. Dietary ketosis, however, is a natural adjustment to the body's reduced intake of carbohydrates as the body shifts its primary source of energy from carbohydrates to stored fat."

Insulin can be produced and is still being produced in those who elect to be in a moderate state of ketosis as the insulin provides a balance and keeps ketone production under control. Fasting doesn't mean not eating anything forever. It's simply about strategic periods without food or selected types of food. Meanwhile, dieting is more of a long term, sustainable approach to restricted eating, both of which are safe means of losing weight.

"In fact, you may have already experienced a very mild level of ketosis if you ever skipped a meal or two, didn't eat many carbs during the day or exercised for longer than an hour," says Ruled.me. "By doing one of these three things, you can initiate the process of ketosis."

While some levels of ketones are normal, it's important to keep tabs on exactly how much is being produced by testing urine samples on a regular basis. So before attempting any low carb/high protein diets or fasting, it's well advised that urinalysis preparations are made. The HealthyWiser™ Ketone Reagent Strips for Urinalysis are worth investing in to ensure health and safe levels of ketones are maintained, whether it's for weight loss efforts or monitoring diabetic conditions.

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