

## *Side Effects of Going Keto*

Here is the good, the bad and the ugly of going Keto. BUT when we do it the lady way we rarely experience this!!!

### *THE BAD*

- Flu like symptoms
- Constipation
- Diarrhea
- Frequent urination
- Muscle cramps
- Low blood sugar/hypoglycemia
- Sugar cravings first 2 -3 days
- Keto breath or fruity breath
- Heart palpitations
- Poor focus
- Nausea
- Decrease in strength & physical performance

### *THE UGLY*

- Hair loss
- Sleep problems

### *THE GOOD*

- Minimal to no sugar cravings
- Weight loss
- Increased mental clarity
- Decrease pain
- Decrease inflammation
- Increased energy
- Better sleep
- Body uses FAT as fuel
- Anti-aging
- Decrease risk of type 2 diabetes

- Cancer protective
- Helps in neurological disorders & brain disease (ADD, ADHD, Alzheimer's, Parkinson's, epilepsy)
- Improved quality of life

*You can relieve the symptoms of the keto flu by doing the following:*

- Drink more water
- Drink bone broth daily with a dash of salt
- Increase your intake of sodium, potassium, and magnesium by taking minerals
- Eat more fat (especially MCTs)
- Go for a walk every morning
- Meditate every day
- Make sleep a top priority
- Increase your carbs by 20 grams
- Take minerals
- Eat a variety of vegetables

When we do Keto the lady way we usually don't have the following symptoms as we transition into a lower carb way of eating instead of starting low carb. You will learn your carb tolerance once you get fat adapted and many women still do well at 50-75 grams of carbs.