



# About us

We are a community of scientists, doctors, nurses, nutritionists, and regular citizens on a mission to help you change your life and change your health through a Proper Human Diet.

## Who to follow to find more information

Dr Ken and Neisha Berry  
Dr Benjamin Bikman  
Dr Eric Westman  
Dr Philip Ovadia  
Dr Paul Mason  
Dr Christopher Palmer  
Dr Robert Cywes  
Nina Teicholz  
Gary Taubes  
Kelly Hogan

# What you Need to know

Critics of low carbohydrate diets will try to give you misinformation regarding ketosis vs ketoacidosis, claiming they are one and the same. They are not. Read on to learn more.

## Need help?

### Community

<https://phdhealth.community>



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# Ketosis!



||  
Isn't that  
dangerous?



# Despite what you've heard...

...Ketosis is not the same as  
ketoacidosis.

Ketosis is the metabolic state where the body has switched from burning glucose for fuel to burning fat for fuel. When fat is broken down for fuel in the body, the resulting fuel is ketone bodies. These ketone bodies are then utilized as a fuel source. This metabolic change is present in the absence of dietary carbohydrates and in states of fasting. The blood levels of ketosis from low carbohydrate diets range from 0.5 to 10mmol. This has been clinically proven to be completely safe.

Ketoacidosis is associated with insulin insufficiency, which is present in Type 1 Diabetes not sufficiently supplemented with exogenous insulin administration, and very advanced, uncontrolled Type 2 Diabetes. As long as a person continues to make insulin, the levels of blood ketones will remain balanced with a low carbohydrate diet and it's subsequent production of ketone bodies. Ketoacidosis is characterized by blood ketone levels above 20mmol, which is much higher than ketosis, and is dangerous.



## IMPORTANT

If you are thinking of starting a ketogenic diet and have Diabetes, whether Type 1 or Type 2, it is important that you regularly follow up with your physician for medication management. Many Type 2 diabetics are able to wean off their current diabetic medications, some being able to stop all diabetes medications, but this requires the assistance of your personal physician.

Ketogenic diets are a safe and effective way for management of metabolic disorders and illnesses, and have assisted many people to lose weight, reverse type 2 diabetes, assist with mental health issues, and autoimmune conditions.

If you are taking medications or have chronic conditions, always consult with your medical provider when starting a new diet or fitness plan. This brochure is for information only and does not constitute as medical advice.

# We want to help!

