Keto Diet Basics

Let's talk a little bit about the ketogenic diet. Again, this is not really anything that's new or cutting edge. This is, again, back to our primitive design and the way that God created us.

Or if you were to look at any of the, you know, prehistoric or early age civilizations, the greatest macronutrient that human beings consumed was fats.

Fats are arguably, actually I want to take that back, fats are the most important macro nutrient you should consume. When you eat a high fat, moderate protein, low carbohydrate diet, you could be paleo.

Ketosis and Fat Burning

But if you took it one step farther and brought your carbs down just a little lower, You could do a ketogenic or in a state of ketosis. I find this to be very beneficial for many health conditions and concerns, but it's not Maybe the most easily sustainable for most people.

So I try to live my personal life somewhere between keto and paleo. I stay predominantly high in my fats. Keep my proteins at an appropriate level and I keep my carbohydrates really, really low.

If I can keep carbohydrates sub 30 on a daily basis and stay there for a little bit, my body will get into ketosis, which is a state of fat burning versus fat storing.

But now let's say one day I want to have some toast with my eggs and bacon.

Balancing Keto and Paleo

Well, that level of toast intake may take me out of ketosis, but if I'm eating Ezekiel or spelt or sprouted, now I am staying in the paleo arena. So for me, I don't want be labeled to doing such a one of two diets because I do not want think of a diet.

I wanna think a lifestyle. So in the grand scheme of things, I would say the recipe for health could lie between keto and paleo, with the commonalities being the things that are the worst for you.

White flour, white sugar, processed chemicals, genetically modified food, things are sold in boxes and bags. If you avoid that, but live somewhere in an arena of paleoporosis or ketogenic, you can have wonderful health.