

THE KETOGENIC

DIET

for a vibrant, healthy, + cancer-free life!



What is a ketogenic diet?

The ketogenic diet is a high-fat, adequate-protein, low-carbohydrate diet. It compels the body to burn fats, rather than carbohydrates, thereby effectively changing the way energy is used in the body.



Who can it help?

The ketogenic diet is highly effective for:

- Fighting and preventing cancer!
- Maintaining healthy body weight
- Managing epilepsy + diabetes
- Brain health (Alzheimer's, Parkinson's, brain trauma, MS, depression, migraines, autism)
- Reaching highest athletic potential + optimum body build



What are the benefits?

- Endless energy
- Stabilized blood sugar + restored insulin sensitivity
- Improved BP
- Reduced inflammation
- Improved cholesterol levels
- Reduced C Reactive Protein and HbA1c levels
- Improved brain function
- Weight loss
- Slows aging process
- Reduced joint pain and arthritis
- Improved sleep
- Safely controls appetite

HIGH-FAT

ADEQUATE-PROTEIN

LOW-CARBS



BETH WINTER, MNT

Master Nutrition
Therapist

CONTACT

801-597-0386
beth@vitalnutritionforh
ealth.com

OFFICE

2627 East Parley's
Way Salt Lake City,
Utah 84109

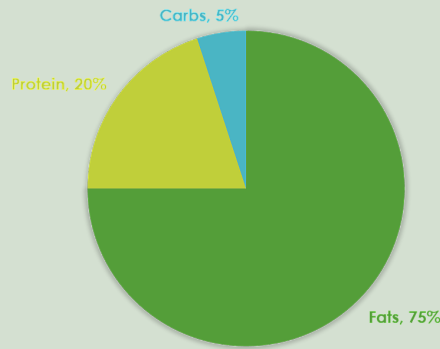
vital
nutrition for health
Health & healing start here.

The amazing + effective

KETOGENIC DIET

How can a ketogenic diet help prevent and treat cancer?

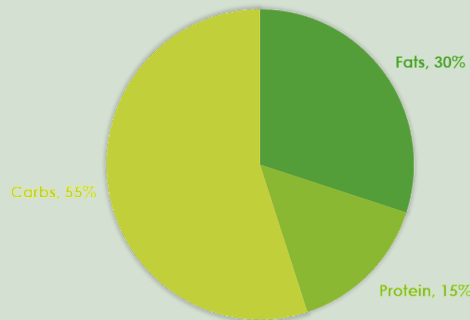
Healthy cells can use blood glucose OR ketones for fuel- they have a flexible metabolism. Cancer cells can ONLY use glucose. By severely restricting carbohydrate intake (one of the cornerstones of the ketogenic diet) blood-glucose levels are significantly reduced. In the absence of high levels of glucose, the cancer cells "starve."



Ketogenic Diet



Conventional Western Diet



Key-togenic Concepts

- Ketosis is a natural metabolic state.
- A ketogenic diet can help prevent and treat cancer.
- Ketones are the "preferred" source of fuel for the muscles, heart, liver and brain.
- The ketogenic diet is safe- and can be life-saving!



BETH WINTER, MNT	CONTACT	OFFICE
Master Nutrition Therapist	801-597-0386 beth@vitalnutritionforhealth.com	2627 East Parley's Way Salt Lake City, Utah 84109