



Keto and Intermittent Fasting (IF) Resources

"If the world had never invented cigarettes, lung cancer would be a rare disease. Likewise, if we didn't eat high-carb diets, obesity would be a rare condition."

Grain Brain, Dr. David Perlmutter

Benefits of Low Carb Lifestyle: say good-bye to brain fog & the hangries; more energy; reduce insulin resistance & inflammation; improve brain function and memory

What are the 3 Macros?: Carbohydrates; Fat; Protein

Keto Diet: Low Carb (<50 g), High Fat. VS **Standard American Diet:** (High Carb, Low Fat)

Stay away from sugars, grains, and seed oils (creates inflammation with lots of Omega-6).

Macro Recording Tools

Track what you eat to stay within your macro limits.

1. **Carb Manager** App for phone; FREE version has everything you need to get started.
2. **Cronometer** - Another popular option that lets you track micronutrients also. It requires paid upgrade to group by meals. I have not used this. Recommended by many doctors.

Ketone and Glucose Monitoring Tool

1. Keto-Mojo+ - test your blood at home. keto-mojo.com

Books:

1. **The Obesity Code** by Dr. Jason Fung (Unlocking the Secrets of Weight Loss)
2. **Grain Brain** by David Perlmutter, MD (The Surprising Truth about Wheat, Carbs and Sugar -- Your Brain's Silent Killers)
3. **Ketofast** by Dr. Joseph Mercola (Rejuvenate Your Health with a Step-by-Step Guide to Timing Your Ketogenic Meals)

4. **Primal Blueprint** by Mark Sisson (also www.MarksDailyApple.com)
5. **The Keto Reset Diet Book** by Mark Sisson (Reboot your Metabolism in 21 Days and Burn Fat Forever)
6. **Rocco's Keto Comfort Food Diet** by Rocko DiSpirito

YouTube Doctors/Experts

1. **Dr. Ken D Berry:** (KenDBerryMD) (Keto / Paleo / IF) Family Physician
2. **Dr. David Perlmutter:** (DavidPerlmutterMD) Neurologist
3. **Dr. Jason Fung:** Nephrologist
4. **Dr. Cywes #CarbAddictionDoc,** (Healthy Lifestyle) Bariatric Surgeon
5. **Dr. Mindy Pelz** (intermittent fasting (IF)) Chiropractor / Wellness
6. **Dr. Becky Gillaspay** - (low carb and IF) Chiropractor / Wellness
7. **Dave Feldman** (software engineer) - <https://www.youtube.com/watch?v=jZu52dulqno>
8. **Low Carb Downunder (Denver 2020 Keto Convention)**
 - a. **Dr. Paul Mason** - <https://www.youtube.com/watch?v=DXKJaQeteE0>

Motivations to Change (taken from Grain Brain, by Dr. David Perlmutter)

1. The origins of brain disease is in many cases predominantly dietary. View Alzheimer's within the context of a type of diabetes (aka Type 3 Diabetes) triggered by diet alone. Gluten and a high-carb diet are among the most prominent stimulators of inflammatory pathways that reach the brain.
2. In the US today, 11 million (age 65+) have Type 2 Diabetes. This is expected to go to 100 Million by 2050 when you consider the diagnosed and undiagnosed people with pre-diabetes today (aka insulin resistance).
3. Diabetes is a risk factor for cognitive decline. People with diabetes are at least twice as likely to develop Alzheimer's.

Almond Ricotta Cookies

Makes 24. Calories per serving 105. Total fat 9g. Total carbs 2g. Fiber 1g. Net carbs 1g. Protein 3g.

2 cups almond flour 1 teaspoon baking powder ½ teaspoon baking soda ½ cup finely chopped almonds ½ cup butter ⅔ cup monk fruit sweetener 1 egg ⅔ cup full fat ricotta cheese 1 teaspoon almond extract	350 F degree oven Line a baking sheet with parchment paper. Mix together the wet ingredients In a separate bowl, combine all of the dry ingredients. Slowly add the dry to the wet until a dough forms. Drop spoonfuls of cookie dough on the baking sheet. Bake 15-18 minutes until lightly browned.
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