

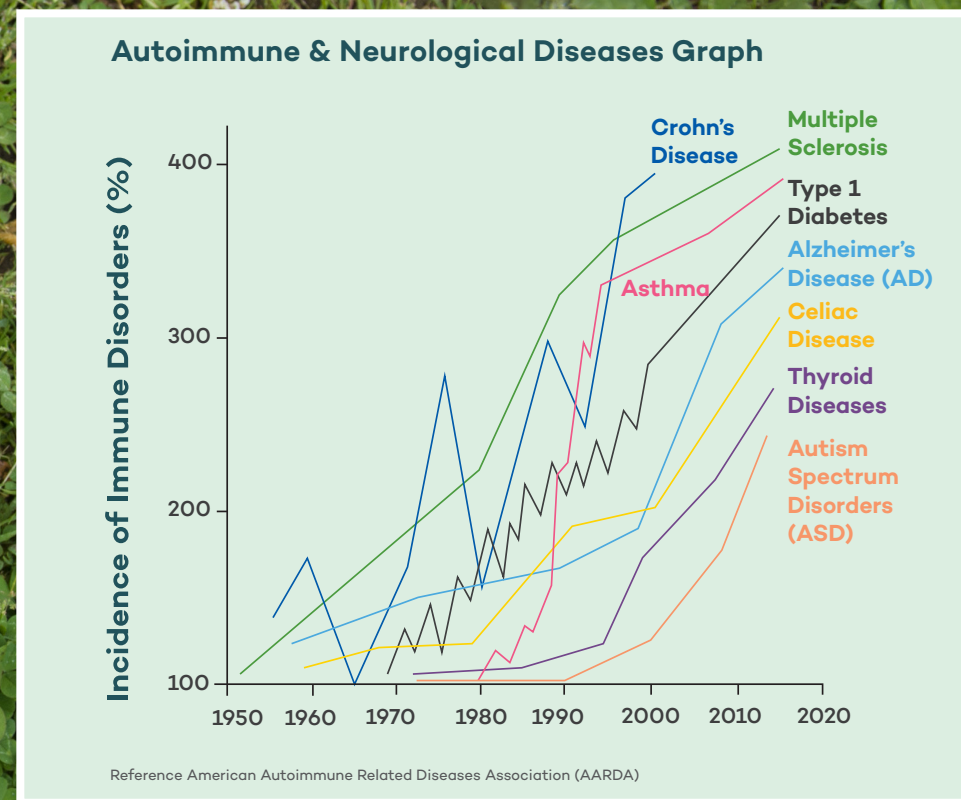
Dr. Kiltz's Keto Lifestyle



A
Health
and
Wellness
Guide
to

What You Put in
Your Mind,
Your Mouth, and
How to Move
Your Body

Dr. Robert Kiltz, MD



This is a Wake-Up Call...

WAKE UP!

Probably ten or so years ago, you didn't know anyone with or hear much about Crohn's Disease, Irritable Bowel (IBS), or similar diseases. You probably wouldn't have known what they were anyway. **Yet today, the NIH estimates that over 23 million Americans suffer from an autoimmune disease**, and that number grows every year with the greatest increases occurring in countries in the Northern and Western Hemispheres. These days you can hardly watch TV without seeing a pharmaceutical company promoting a new medicine to combat one of these ailments.

Why the growth? Primarily diet and likely a little bit of stress and probably some environmental factors as well. The most common symptom of an autoimmune disease is inflammation. This is why any recurring

tummy troubles and weird rashes that won't go away may point to an underlying autoimmune disease. The carb-heavy, heavily processed foods that many of us consume are largely responsible for this inflammation, and it's time we listened to what our bodies are trying to tell us.

You're valuable and irreplaceable. You're in charge of YOU. You have permission to be responsible for yourself whatever your age or stage of life. Take care of who you are. This starts with deciding what goes into your mouth and what goes into your mind every single day.

You can be a grazing pig eating vegetables and grass 3-6 times a day, or a majestic carnivore like

the mighty lion who hunts, feasts, and rests until it's time to hunt again. The choice is yours. **I choose Dr. Kiltz's Keto**, but there are many high fat/low carb food plans that fall under the "keto" heading, and there is one that is just right for you. Whether it's Dr. Kiltz's Keto, Maria Emmerich's Carnivore Keto, or a more conventional keto, there are lots of options that will work. Each of the lifestyles has its similarities and differences, and you'll need to determine what fits best with your beliefs and the way you live. Whatever food plan you choose, my advice is **KEEP IT SIMPLE**. Going keto doesn't mean following a huge book of crazy recipes or buying all kinds of whacky, expensive supplements. It's actually a way of simplifying what you eat and how you live.

Be mindful about what you're putting into your "bucket". **Our digestive tract – what I refer to as the "bucket"** –includes some of the most sensitive skin of the body. What's more, recent studies show that your brain affects your gut health, and your gut affects your brain health. Scientists have recently discovered that Parkinson's might originate in the gut and migrate to the brain and hearts of patients. Researchers studying rats saw harmful proteins make the move from the intestines to the brain. The gut

and its microbes also control inflammation and make many different compounds that can affect brain health. As they say, food for thought.

Today you have the choice to change what's going on in your life and your body! **Dr. Kiltz's Keto will increase your blood flow, your brain flow, your reproductive flow, your bowel flow, your muscle flow, the function of your nerves, joints, your everything.** Arthritis, dermatitis, bowel disorders, migraines, epilepsy, even ALS, MS, Ankylosing spondylitis (AS). So many things will be gone. If you don't believe me, start googling, listening, and learning, but don't believe them either.

DO IT YOURSELF!

God Bless,



The Human Ferrari

We seldom take the time to marvel at the incredible design and engineering of the human body. It is truly a wondrous thing. I call it the “human Ferrari” because like the much-revered Italian-designed sports car, our bodies are beautiful machines designed by **the Master Creator** to do marvelous things. They are exquisite in both their design and function.

It has been my experience, as both a physician and casual observer, that we humans show more appreciation and concern for the high-priced sports car than we do for our own bodies. Why is that? We treat the sports car with kid gloves, polishing it, giving it the best gas and oil, driving it carefully and cautiously. And we treat our human Ferraris like shit. We put the wrong food into our mouths—sugar, carbs, alcohol; the wrong ideas into our minds, and we literally wear them out with exercise and stress.

We’re treating these beautiful, expensive, irreplaceable, and amazing bodies like rental cars,

or worse, Yugos, that much maligned other Italian-designed automobile that was the butt of many jokes and generally regarded as THE lemon of the auto industry.

We have the ability to change all of this! We can treat our bodies like the impeccably designed and invaluable entities they are. I’ve seen hundreds of people take control of their health by shifting their food plan to a ketogenic lifestyle with a high fat, med to low protein, and low to no carbohydrate diet.

My analogy of the human Ferrari makes another important point that many of us fail to recognize.

We are ALL human Ferraris.

We ALL have the same exact blueprint and high-quality parts. There’s nothing stopping us from being a sleek, powerful machine but ourselves. I hear people blame genetics for everything under the sun: why they can’t lose weight, why they will likely become diabetic, get arthritis, etc. and I call bullshit.

We all have essentially the same genetics. If you put every cell of your body under a microscope and compared it to mine, they would not look no different. Yes, your DNA may code for different eye color, hair color, skin color, and height, but our blueprints are 99.9% the same. It’s what we are putting into our bodies that is making the difference and causing so many disorders and diseases. It’s our internal environment that matters.

You have the ability to change all that. I’ve seen so many people stop eating carbs and sugar and start eating fat. They are able to stop or reduce their insulin; stop the hypertension medicine; and stop the cholesterol meds. Irritable bowel goes away; eczema clears up and for the first time they feel clear, vibrant, free of medicines, and at home in their own bodies.

They finally begin to feel like a Ferrari again.



Dr. Kiltz giving his talk “The Human Ferrari” at TedXOCC in April 2018

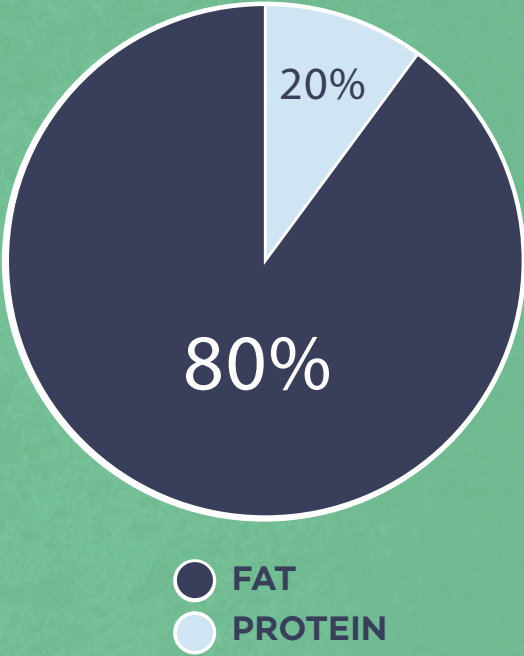
“We already are the human Ferrari. There’s nothing stopping us from being a healthy, powerful machine but ourselves.”



DON'T TRIM THE FAT, EAT IT! Or in the case of bacon, don't render it. When I say "Eat bacon", I'm not talking about crispy bacon where the fat has been completely liquified and tossed away. You need to eat the fat. And save any bacon drippings you have for future use! It's a great way to add fat and flavor to any meal.

And when you're eating a rib eye, don't trim away the delicious fat or feed it to your dog. If you do, you're giving away the best part!

Dr. Kiltz's Keto



THE B.E.B.B.I. DIET

The **ketogenic diet** or “keto” is a high-fat, adequate-protein, low-to no-carbohydrate diet that was first created back in the 1920s and 1930s as a treatment for epilepsy and diabetes. It was developed as an alternative to fasting, which had demonstrated success in controlling seizures. The later advancement of medications that could effectively control epilepsy saw the diet abandoned, but renewed interest in the mid-1990s sparked research into using it to treat other disorders, including heart disease, Parkinson’s, Alzheimer’s, ALS, diabetes, and a host of other medical conditions, including infertility.

Dr. Kiltz’s Keto takes things a step further. It combines a high fat (preferably animal fat) / low-protein diet with intermittent fasting. One meal per day at night is what I recommend. I often refer to it as the **B.E.B.B.I. Diet** (pronounced “baby”, because I am a fertility doctor after all) for its focus on bacon, eggs, butter, beef, and ice cream as its primary foods. The idea that **bacon, eggs, butter, beef, and ice cream** are good for us doesn’t make any sense to most of us, I know. We have been taught and repeatedly told that they are not good for us, but I’m betting a billion dollars the “experts” are wrong.

We use the term ketogenic to represent ketones. Ketones are supposedly built when the body burns fat instead of sugar, but I don’t believe we burn sugar and then convert to burning fat. I believe we are always burning fat (acetyl Co-A that comes from fatty acids) 24/7/365 regardless of what we’re eating. Our bodies can either make fat by converting carbohydrates in the liver, or use the animal fat we eat for fuel. Acetoacetate, beta-hydroxybutyrate, and acetone are ketone bodies that can be measured.

People perceive the elevated level of ketone bodies in the blood to be evidence of our bodies replacing glucose as a fuel source, but the presence of ketone bodies is really just a reflection of lower glucose levels. I believe they appear to be higher when glucose levels are lower. It’s simply a matter of ratios. An elevated level of ketone bodies in the blood, a state known as ketosis, leads to a reduction in inflammation throughout the entire body. Ketosis can make you feel less hungry, and it also helps you maintain muscle.

Most of us eating the Standard American Diet are almost always hyperglycemic because we consume a low-fat, high carb, high protein diet. By eating carbohydrates 3-6+ times throughout the day and little to no fat, glucose is constantly being secreted into the bloodstream requiring insulin to make fat in the liver. Because glucose levels are never allowed to drop, we end up with a hyperglycemic environment that causes glycation. This leads to cellular damage throughout our bodies. What's more, a high plant-based diet is putting a "compost heap" into the bucket that is your bowels, which ferments via the bacteria, yeast, and other microbes that love your bowels. What you get is simple: heat, gas, alcohol, and aldehydes, or the "ring of fire" as I refer to it. This causes further inflammation everywhere in our bodies.

It's simple. Inflammation then elicits an immune response which send our bodies into further turmoil. Immunologic dysfunction is a root cause of many diseases and can contribute to recurrent pregnancy

loss. **Eating fat is one of the easiest ways to reduce inflammation and improve immunologic function.**

Nutritionists frequently recommend complex carbs and foods with a low glycemic index. We are told these foods are better for us because they take longer for the body to break down. This is exactly the reason they are so dangerous. They are slowly digested and absorbed, which never allows glucose levels to drop.

The truth is we don't need very much food. By eating a very narrow diet of bacon, eggs, butter, beef, and full-fat ice cream and eliminating carbs, which include all fruits, vegetables, seeds, nuts, and fiber, you get rid of the "compost heap" in the belly and significantly reduce the resulting damage caused by glycation.

HEALTH CONDITIONS THAT MAY BENEFIT FROM THE KETOGENIC DIET:

- Hypertension
- Diabetes
- Crohn's Disease
- Irritable Bowel Syndrome
- Anxiety
- Depression
- Polycystic Ovarian Syndrome (PCOS)
- Colitis
- Asthma
- Migraine Headaches
- Dementia
- Multiple Sclerosis (MS)
- Epilepsy
- Metabolic Syndrome
- Some Cancers
- Autism
- Parkinson's Disease
- Alzheimer's Disease
- Nonalcoholic Fatty Liver Disease
- Infertility

“Eating fat is one of the easiest ways to reduce inflammation and improve immunologic function.”

You are a Lion/Lioness

The basis of Dr. Kiltz's Keto is eating like a lion or lioness—like the king of the jungle—not like a lowly pig or other herbivore that grazes throughout the day, eating 3-5 meals filled with grass, grain, fruits, vegetables, and fibers—the very things that inflame our bodies.

You need to eat like a lion. For humans, this means eating bacon, eggs, butter, beef, and (occasionally) full-fat ice cream. It also means spacing out your meals to give your body adequate time to digest. Lions are the ultimate hunters. They are built to fast and then feast.

“We came out of the trees not to eat the grass, but to eat the grass eaters!”

Most early humans lived amidst an abundance of wild game and food sources so there was no need to ration food, nor incentive to figure out how to preserve it. A hunt meant a feast where everything was eaten. Once the food was devoured, they hunted and gathered again. Acquiring food generally took place in the early part of the day, which meant that people didn't eat until later. The time between feasts marked periods of intermittent fasting.

Over hundreds of thousands of years of human evolution, the men and women whose brains and bodies functioned the best in fasted states were the best at hunting and gathering food, and therefore the best at surviving and reproducing.



Digestion 101

PROPER DIGESTION AND GUT HEALTH ARE CRITICAL TO YOUR HEALTH & WELLNESS

Over 2,000 years ago Hippocrates said, “**All disease begins in the gut.**” He also declared “**Let food be thy medicine and medicine be thy food.**” I see great truth in both statements. Scientists are starting to find hard evidence that what we eat has a profound effect upon our overall health—both mentally and physically. I’ve witnessed it personally in myself. Anything good or bad that is happening in the gut creates a domino effect throughout the body, and that includes the mind.

The digestive tract is an amazing machine that allows us to take in complex foods, plant material, animal material, and pretty much any material and break it down into the simple components of simple sugars, amino acids, and fatty acids.

Digestion involves many different organs, and the process begins even before we put anything into our mouths with our salivary glands that are activated by the sight or smell of food and begin to secrete saliva.

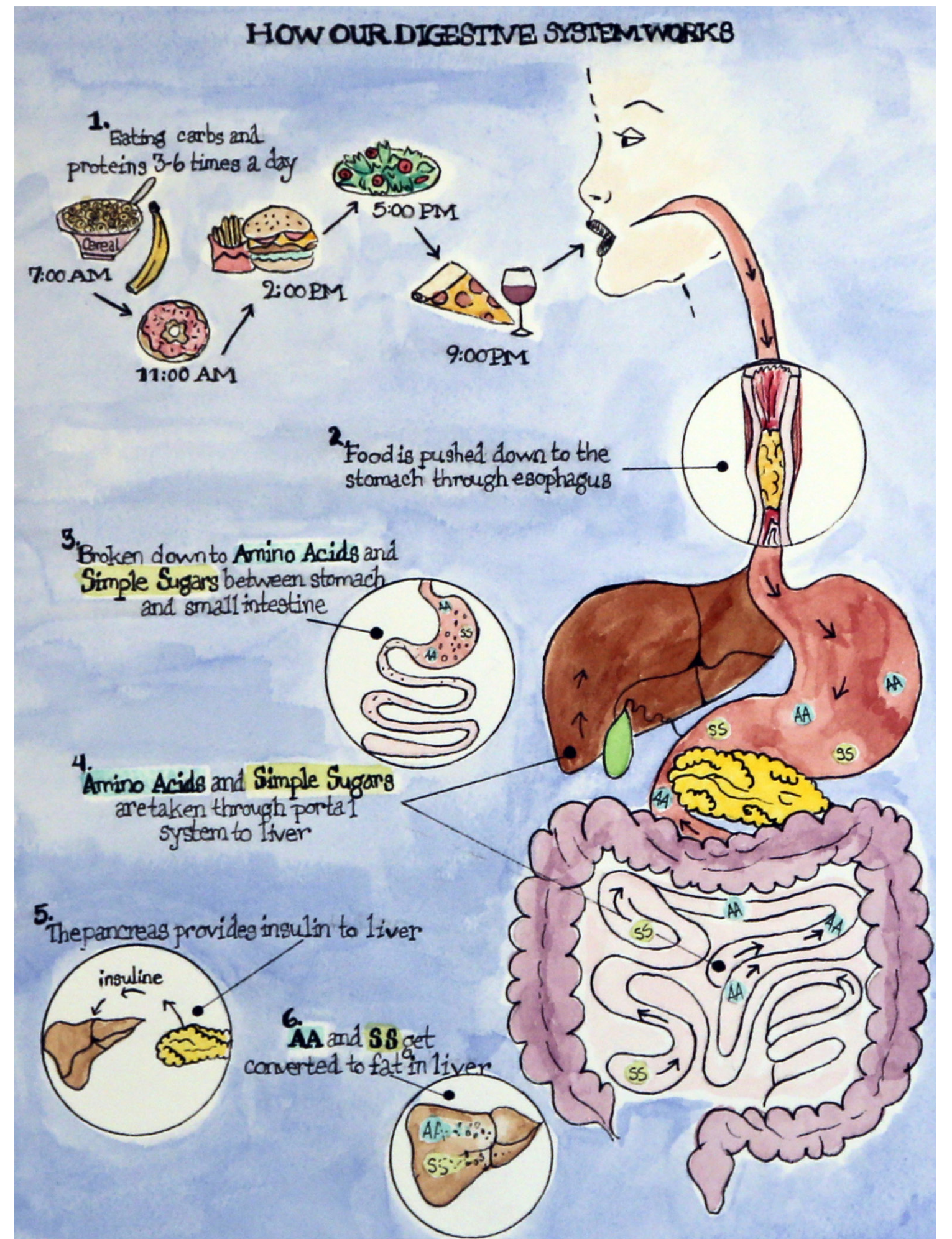
Food is manually broken down by our teeth and coated in saliva, which contains enzymes required for carbohydrate digestion.

The mechanical breakdown of food continues in the stomach where it is mixed with gastric juices and transformed into an acidic paste called chyme.

The small intestine then has a dual role as both a digestive organ and gland. The acidic pH of the chyme stimulates the production of messenger hormones that signal the pancreas and gallbladder. The pancreas is signaled to release bicarbonate (i.e., baking soda) to neutralize the chyme and pancreatic juice to help with digestion into the small intestine. The gallbladder is signaled to release bile, which emulsifies and absorbs fat.

Our bodies take the carbon particles from carbohydrates, break them down in the gut, and takes the micronized carbon particles that have been broken down from complex sugars to simple sugars and passes them in to the hepatic portal system where they’re shuttled off to the liver. In the liver, the sugars are converted to fat.

The large intestine recycles water, captures any lost nutrients that are still available (with the help of the bowel flora), converts the nutrients to Vitamins K/B1/B2/B12 and butyric acid (fatty acid), and forms and expels fecal waste.



The ability to make fat fast and burn it slow allows us to go days and weeks without food. We're a fat-making and fat-burning machine. We must convert all fuel (sugar and amino acids) in the liver. Fat is made in the liver via insulin that comes directly from the pancreas. If you don't have insulin or a liver, you can't make fat, and if you don't have fat, you die.

But if you eat real fat in the form of butter fat, cream fat, or animal fat, it's able to be absorbed via the chylomicrons that are developed in the GI tract from the secretion of bile into the gut, which is then taken up into the thoracic duct, the lymphatics of the GI tract. The fat helps absorb the dirt and the dust in the bowels, and likely bind the microorganisms in the gut and trap them in the chylomicrons, deliver them to the lymphatics (the thoracic duct), which delivers them to the filter system of the body which are the lymph nodes.

This is the way we capture them in the gut to send them to the thoracic duct/lymphatics to cleanse the real fuel of the body which is fat and deposit it in the outside periphery—the adipose tissue of the butt, the belly, the thighs, and the arms. This is the fuel tank for the Ferrari which allows you to go days, weeks, and even months without consuming food.

Ultimately all foods are used to produce ATP (Adenosine triphosphate), which is the necessary source of energy for every cell in our bodies.

Digestion is a parasympathetic process, which means the body must be in a relaxed state in order for things to work properly. This is why the **parasympathetic process** is also referred to as the body's "rest and digest" mode, while the **sympathetic mode** is known as the body's "fight or flight" mode.

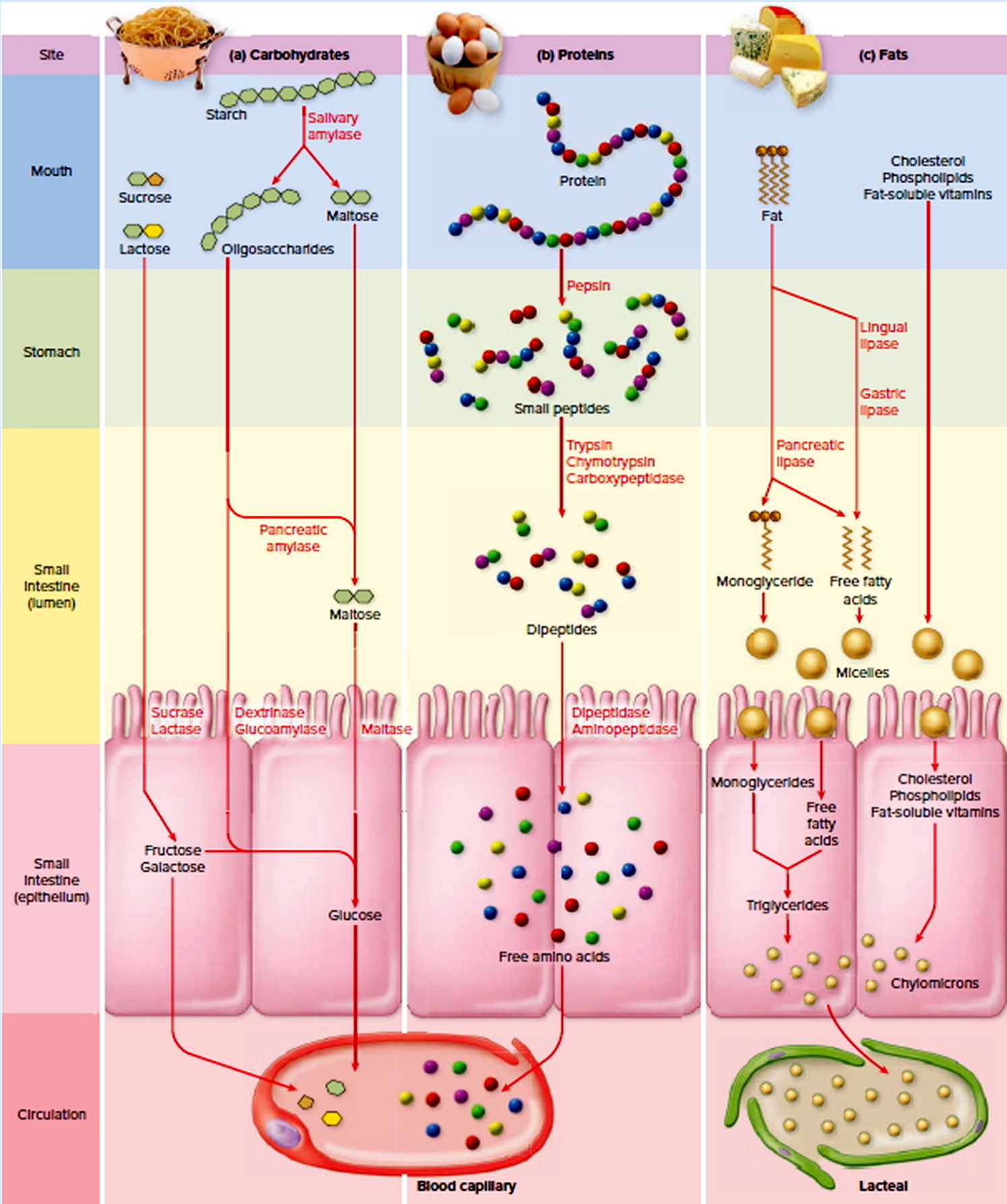
If you're exercising or stressed, the body de-prioritizes and begins to shut down aspects of digestion in order to provide blood flow to the muscles or other organs that require it more urgently. This is another reason I say, "One meal at night, then rest and digest."



THE GUT

- 70-80% of our immune system resides in the gut. Good gut health is necessary for a healthy immune system.
- If digestion is impaired, our bodies can't absorb nutrients properly.
- Chronic digestive issues create chronic inflammation and stress, which can wreak havoc on the body and lead to hormonal imbalances.
- The gut microbiome synthesizes short-chain fatty acids, which are healing, and a number of other key nutrients (including biotin and vitamin K2).
- The majority of the body's serotonin (a.k.a. the feel-good hormone) is produced in the gut. This is why the gut is often referred to as "the second brain" and is so intimately linked to mental health.

STAGES OF DIGESTION



What Does the Body Require?

AIR, WATER, FAT, AND AMINO ACIDS

That's it. We require no carbohydrates. We need a constant supply of oxygen; a little bit of water; and either fat stores or fat (animal fat) to eat. The fact that a hiker lost in the woods can survive for weeks and even months without food and just a water bottle that can be refilled from melting snow or a clean river is not an anomaly. It's by design.

Our DNA was raised on keto. Like our early ancestors, we're meant to get fat for survival, but the world we live in has changed. Prior to the development of large-scale agriculture and industrialized foods, early man's eating patterns were far different from how we eat today. Hunters and gatherers ate when they could find berries or kill a deer, and then they fasted (not necessarily by choice) until they could hunt and gather again. Depending on the season and resources, early man could go days and weeks between meals. Now with grocery stores and fast food available on every corner, it's difficult to fight the primal urge to refuel often and to excess.

The human body was built for survival, requiring fat and protein to provide the energy needed to bear the elements and go about the necessary functions of the day. We have the potential to eliminate our biggest health problems and concerns—including issues of fertility—by going back to a basic diet, the one man first followed when he hunted the earth for sustenance.

Food can be classified into three major categories: carbs, protein, and fat. This is it. There's nothing else. Out of all of the plants and animals we eat, these are the three macromolecules. Surprisingly, our body requires zero carbohydrates. There are no essential carbohydrates in the universe, but fatty

acids and amino acids are essential to our health and wellness. Just to be clear, the body does not require carbohydrates or sugar to be consumed EVER!

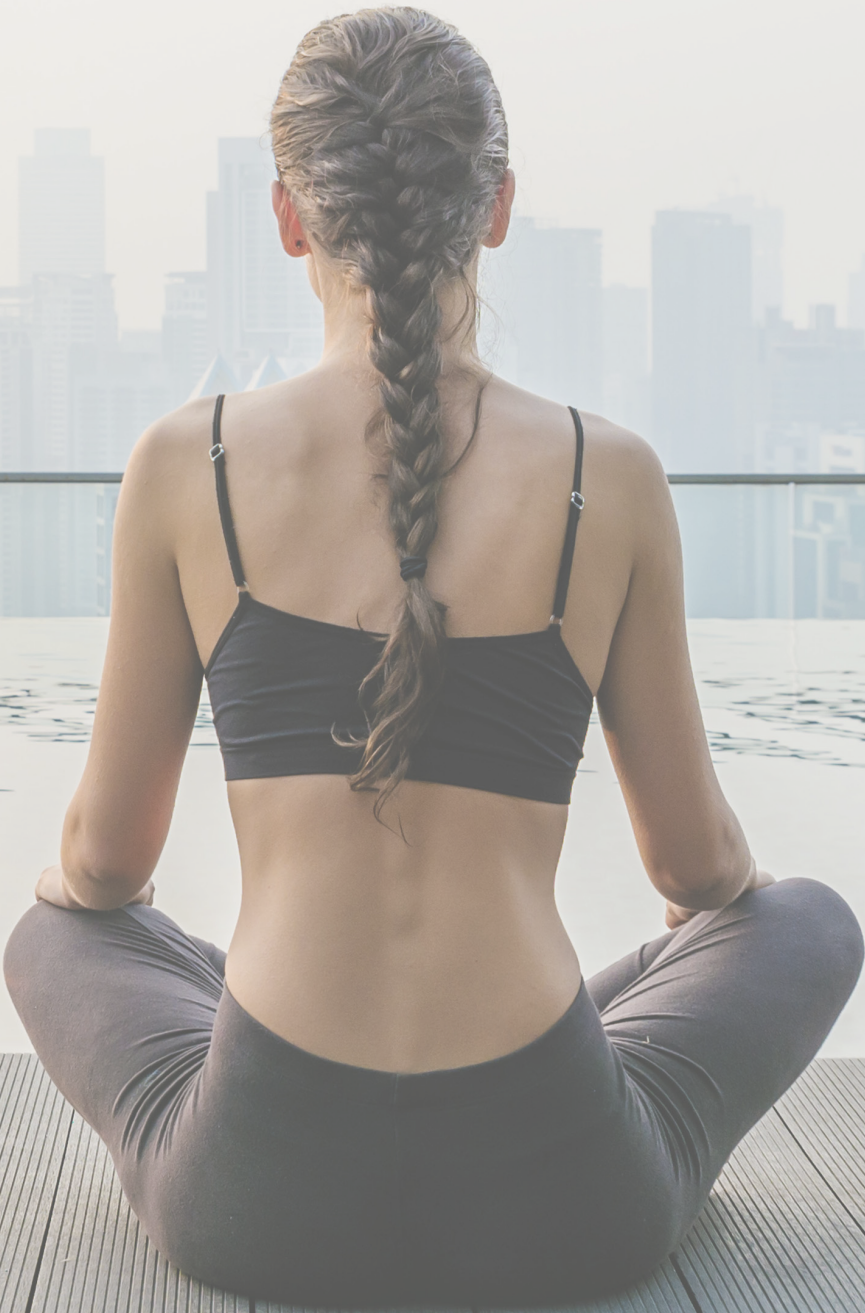
WHAT'S A CARB?

Carbon dioxide in the air plus sunlight and water make plants. This is the process that builds trees, vines, leaves, fruits, and roots (fiber). Most of us believe these to be "healthy" carbs, but in fact, our body can't tell the difference between a candy bar and an apple. Carbs and sugars have a very similar chemical makeup and get processed in the body the same way. **Every carb we eat is eventually broken down into sugar.**



Nature's Toilet Paper + Sugar

“There's no such thing as an essential carbohydrate. Our body requires that we consume fat and protein, nothing else.”



The Dangers of Complex & Simple Carbohydrates

IF WHAT YOU'RE EATING ISN'T EITHER FAT OR A PROTEIN, IT'S SUGAR.

The average American consumes a staggering 3 pounds of sugar each week, much of it “hidden” in processed foods, sauces, and drinks. Worldwide, most of us eat 500 extra calories a day just from sugar. It's quite common for food manufacturers to bump up the sugar for flavor when they make a product low-fat. And that fancy drink from the coffee shop or dressing on the “healthy” salad you had for lunch has a lot more sugar than you would guess.

When people hear the word “sugar”, they visualize the white granular stuff used for baking cakes. This type of sugar can be deadly, but **even more dangerous are the leafy greens, fruits, and vegetables**. They too are sugar, but they come with the added danger of plant antigens and phytochemicals. To this end, seeds and nuts are also harmful to your body despite what you may have heard.

Do we need to eat sugar? In a word, NO. We do not need to eat sugar. Ever. Just like your liver makes fat and cholesterol, it also makes glucose, which can be broken down and used for energy by every cell in the body.

Your liver can make all the glucose it needs from just about anything—protein, fat, or carbs. Contrary to what you might hear and think, sugar is a non-essential part of our diet. Sugar is a quick energy source and breaks down quickly, but fat is a much better fuel.

Sugar goes by over 60 different names: glucose, fructose, sucrose, maltose, just to name a few, but our body can't tell the difference between them, and they are all processed the same—sent to the liver to be converted into fat. Although we're told that lettuce, for example, is a “complex” carb, it's really full on glucose because every plant material we consume is sugar. Our body processes lettuce the same as it would table sugar.

HERE ARE SOME THINGS I'VE LEARNED ABOUT SUGAR:

Sugar is addictive. If you've ever felt like you might have a sugar addiction, you are likely closer to the truth than you imagined. When you eat sugar, you activate opiate and dopamine receptors in your brain. Ironically, these are the same “happy” chemicals that cause you to feel good when hanging out with loved ones and good friends. But with sugar, we get stuck in a compulsive loop of consumption despite the negative consequences like weight gain, hormone imbalances, and inflammation. Studies suggest that every time we eat sweets, we are reinforcing those neuropathways, causing the brain to become increasingly hardwired to crave sugar. The more sugar we eat, the more tolerance we build up, as with any other drug.

Sugar hides in many non-sugary foods. As I mentioned earlier, sugar is an ingredient in most packaged and processed foods even when they are

not necessarily what we think of as sweet. Ketchup, salad dressings, marinades, jarred tomato sauce, granola bars, yogurt, BBQ sauce, sports drinks, canned soups, cereal, breads, and bottled smoothies are some great examples of grocery items with hidden sugar. Take a look at the nutrition label on your favorite snack or condiment. You might be surprised! It's not enough to just avoid cookies, cakes, pastries, and the obvious suspects. This is one of the reasons I feel so strongly that people should avoid buying and eating anything processed and/or packaged. Natural is best, and prepare it yourself so you know exactly what you're eating.

Sugar has the same toxic effect on the liver as alcohol. There are lots of people who strongly feel that sugar should get the same type of warnings we see on alcohol. Why? Because there's evidence that fructose and glucose in excess quantities can have the same toxic effect on the liver as alcohol. Sugar also increases the risk for several of the same chronic conditions that alcohol causes. And being a healthy weight doesn't make you immune from liver damage caused by fructose. Studies show that liver damage can occur even without excess calories or weight gain.

Sugar may be aging your brain. All of that excess sugar you are eating might be accelerating the aging process. Scientists have discovered a positive relationship between glucose consumption and the aging of our cells. Aging cells can result in something as minor as wrinkles and as concerning as chronic disease. Excessive sugar consumption has also been linked to deficiencies in memory and overall cognitive health.

Sugar and carbs are making us fat. Fat is not making us fat. Because of its lack of nutrients, sugar makes it easy to consume lots of it and not fully understand the dangers. With no immediate negative physical effects to warn us of the perils, we keep on eating it. Fats and proteins offer a sense of fullness and satiation. Sugar gives you calories, but not the full feeling that you've had enough you get when you eat fat or protein. That's why you can eat an entire bag of candy at the movies and still be ready for dinner after the credits roll.

That fruits and vegetables are in fact sugar makes the recommendations by the American Diabetes Association and the American Heart Association so frustrating to me. I lost my beautiful sister, Maria Ann, to diabetes. She was diagnosed at age four. She died at 52 from heart disease and blindness as a result of diabetes. I now know that the diet recommended to her by her doctors was completely wrong.

Sugar comes from all plant material. Eating a diet rich in fresh fruits and vegetables, as they recommend, raises glucose levels in the body. In a diabetic, this expedites organ damage.

“ We do not need to eat sugar. *EVER.* ”

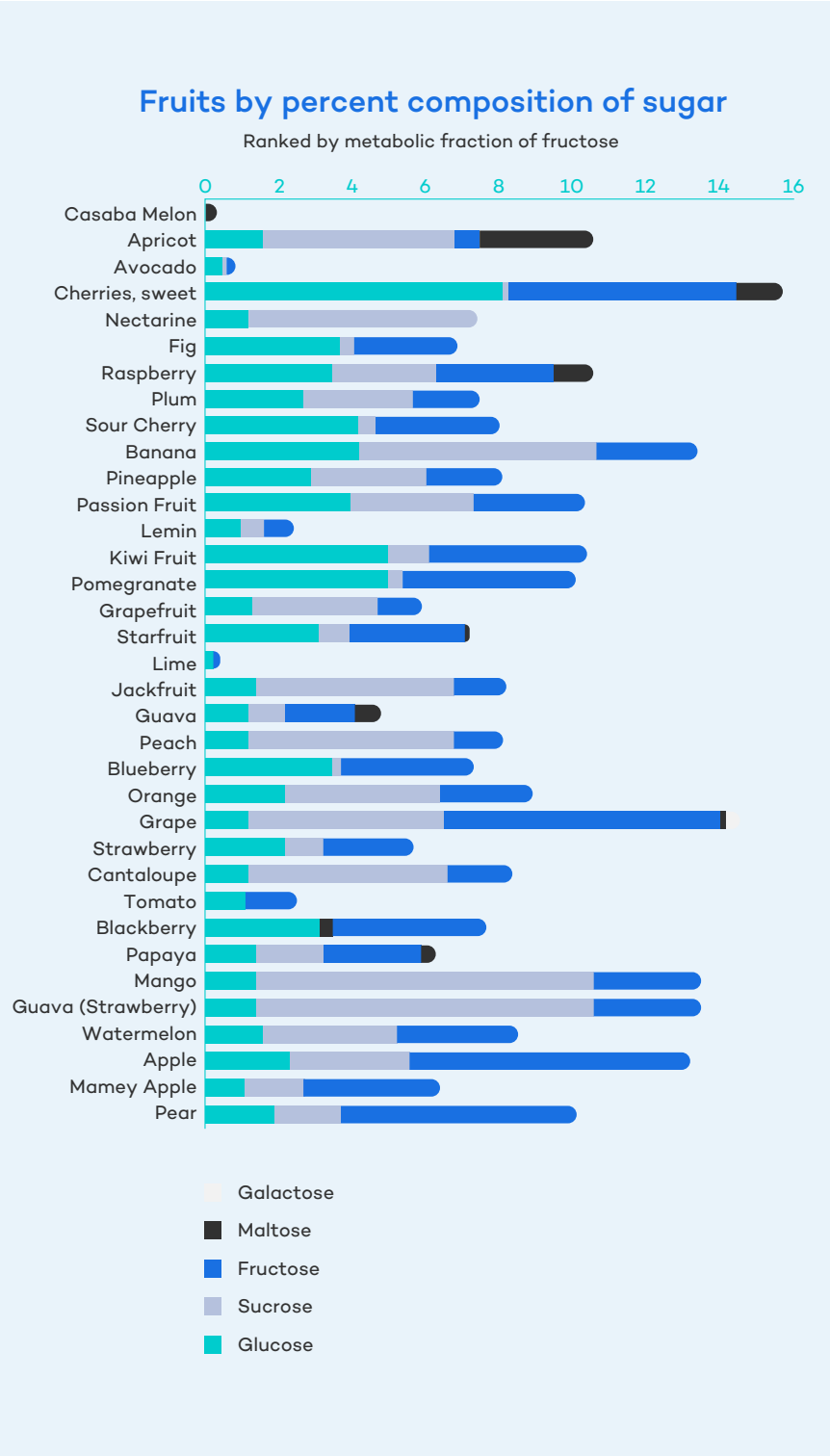
How Can Fruits & Vegetables Be Bad for Us?

- ✓ SUGARS CAUSE GLYCATION
- ✓ PHYTOCHEMICALS
- ✓ PLANT ANTIGENS
- ✓ BACTERIA/YEAST
- ✓ LECTINS

Vegetables are sugar. Whole grains (which come from plants) are sugar too. This is a simple yet difficult truth for many to accept. Other than the revelation that fat is actually good for us, the one component of Dr. Kiltz's Keto that is particularly surprising to anyone I talk to is the fact that I recommend little to no fruits, vegetables, and fiber to be consumed. For those who grew up with the idea that a big salad was the epitome of health, this is a direct challenge to all they know.

Fruits and vegetables are carbohydrates, and many of them contain high amounts of sugar (just check out the glycemic index on some of the more common fruits and vegetables you likely eat). They also contain a tremendous number of plant antigens and phytochemicals that can be dangerous and even deadly to our bodies. Phytochemicals are molecules that actually harm our bodies on a cellular level. They elicit immune reactions in our bodies that are damaging and deadly.

While our ancestors did eat some fruits and vegetables while they were ripe and in season (likely during summer months), the basis of their diet was animal meat. What's more, the fruits and veggies they did eat look NOTHING like what we're buying year-round from the produce section of our grocery stores. Scientists have hybridized and cultivated most produce to be bigger, sweeter, juicier, and available 365 days a year.



We humans eat every part of the plant, from seeds to roots, stems, leaves, and fruit. We eat it all! Whether it's in the form of chocolate chip cookies to that bowl of oatmeal with brown sugar and raisins, we are all consuming a plant-based diet. Oats are the seeds of a plant. Sugar comes from a plant. Raisins are fruit. Most of our "unhealthy" foods are simply derived from our "healthy" plant-based foods.

Why is that dangerous you might ask? Well, plants are very clever. Much like animals, they too are built for survival. Plants don't have the benefit of sharp teeth or talons to protect their leaves. While some may have thorns, frequently their tools of survival are invisible to humans and other predators. They're hidden and take the form of phytochemicals. Most plants pose no threat until they are ingested.

Lectins are one of the ways plants protect themselves and their seeds. Lectins are a protein

produced by plants as a natural insecticide. Humans have even genetically engineered some plants to produce extra lectins to ward off insects. Unfortunately, humans aren't immune to their damaging effect.

"Most of our 'unhealthy' foods are simply derived from our 'healthy' plant-based foods."

We can't digest many lectins, so some get into our G.I. tract completely intact where they can inflict damage by blocking various vitamins and nutrients and allowing bacteria into our blood stream creating an immune response that is inflammation. Lectins have the ability to disrupt communication between cells when one neuron is trying to relay a message to another neuron. This includes disrupting endocrine receptors and hormone function.

A lectin-free diet would basically eliminate all plant-based foods. In this light, it's not surprising that the Carnivore Diet is so effective at reducing inflammation.

Inflammation



THE CAUSE OF ALL DISEASE

In order to understand keto and why it works, you first must understand inflammation, what are its likely causes, and the havoc it wreaks on every organ and system in our bodies.

The body's immune response is a mysterious thing. When it functions properly, inflammation is a quick response that actually helps the body to heal. But when it doesn't turn off, inflammation simmers at a chronic level and begins to damage healthy cells instead of healing damaged cells, contributing to a long list of diseases.

Inflammation isn't always obvious. It can appear as joint pain or swelling, as well as gum disease, fatigue, headaches, unexplained rashes, and muscle stiffness. Sometimes inflammation goes unnoticed until a diagnosis of heart disease, diabetes, or an autoimmune condition (where the immune system mistakenly attacks your body) such as lupus, multiple sclerosis, and rheumatoid arthritis.


Inflammation is linked to nearly all of our diseases. Infertility is just one among a long list of diseases caused by acute and chronic inflammation due to infection from a microorganism, or glucose and glycation, or various phytochemicals and plant antigens—lectins and particles of plant material that actually elicit inflammatory responses from our own body.

Pinpointing exactly why it happens in the uterus, tubes, ovaries or in the male reproductive organs, we're not completely sure, but I believe it has to do with the blood flow that deposits these microorganisms and plant phytochemicals and antigens in those areas. Plus, it's secondary to the excessive heat in the G.I. tract—the colon and small intestines—and as the fermentation of these particles (fruits, fibers, vegetables) occurs, it creates an exothermic reaction that heats and damages the local organs and tissues.


Inflammation is the body's reaction to these insults. **You can work to prevent inflammation by reducing the quantity of plant molecules you put into your body** and reducing the heat in your body by slowing it down. Using products like low dose naltrexone, which also reduces inflammation, and CBD oil, along with acupuncture, massage, meditation, light therapy, and visualization can be very beneficial.

“ *Inflammation is linked to nearly all of our diseases.* ”


How Inflammation Affects the Body



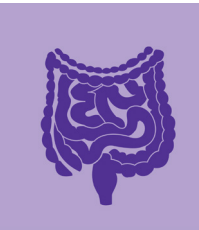
BRAIN
Pro-inflammatory cytokines cause autoimmune reactions in the brain, which can lead to depression, autism, poor memory, Alzheimer's disease and MS.



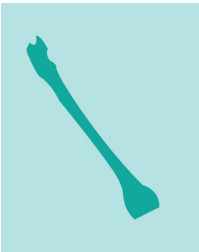
HEART
Inflammation in the heart & arterial & venous walls contributes to heart disease, strokes, high blood sugar (diabetes) and anemia.



LIVER
Build-up of inflammation leads to an enlarged liver or fatty liver disease. Increased toxic load build-up in the body.




GI TRACT
Chronic inflammation damages our intestinal lining and can result in issues like GERD, Crohn's disease and Celiac disease. and MS.



BONES
Inflammation interferes with the body's natural ability to repair bone mass, increasing the number of fractures & leading to conditions like osteoporosis.







THYROID
Autoimmunity as a result of inflammation can reduce total thyroid receptor count & disrupts thyroid hormone function.




SKIN
Chronic inflammation compromises the liver & kidneys, resulting in rashes, dermatitis, eczema, acne, psoriasis, wrinkles & fine lines.



MUSCLE
Pro-inflammatory cytokines cause autoimmune reactions in the brain, which can lead to depression, autism, poor memory, Alzheimer's disease and MS.



KIDNEYS
Inflammatory cytokines restrict blood flow to the kidneys. Complications like edema, hypertension, nephritis & kidney failure can result.



LUNGS
Inflammation induces autoimmune reactions against the linings of airways. Can result in allergies or asthma.

5

Causes of Inflammation & Disease



1. Glucose



2. Plant Antinutrients & Lectins



3. Plant Phytochemicals



4. Fiber + Bacteria + Yeast = Fermentation



5. Excessive Exercise





1. Glucose

Glucose is a tasty fuel that we're driven to consume and eat in abundance. The human body is really smart. It has happy little sensors that say, "Wow! This makes me feel good!" It knows how to get you to eat. It knows how to get you fat because you are meant to be fat. We're driven to eat all carbohydrates, and some are more sugary and sweet for a reason: to get us to consume them more often and in larger quantities.

If you're eating the standard diet, you're likely consuming 70% carbs, about 20% protein, and about 10% fat, including what we think of as healthy fats--olive oil, coconut oil, avocado oil, which are not really that healthy. They are industrialized, man-made oils, not nature's fat like that found on beef cattle or pigs. If this is how you're eating, you're producing a steady stream of glucose that is constantly fed into the blood stream and transported around the body.

When you have a continuous supply of sugar molecules in your system, they bombard the body's cells like a meteor shower—binding themselves to fats and proteins in a process known as glycation. This forms advanced glycation end products (commonly and appropriately known as AGEs), which cause protein fibers to become stiff and malformed. Much of what is known about glycation's destructive effects comes from diabetes research. AGEs affect just about every organ system in the body, most conspicuously the skin. Glucose can make cells abnormal and cause the mitochondria to die or convert to tumors or cancer cells.



WHEN YOU HAVE A
CONTINUOUS SUPPLY
OF SUGAR MOLECULES
IN YOUR SYSTEM, THEY
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SHOWER



Proteins found in the skin, namely collagen and elastin, are prone to glycation which results in discoloration, wrinkles, saggy skin, and a dull appearance that we frequently associate with aging.

Unfortunately, glycation is an inevitability. It happens to all of us, and its cumulative effect begins to show up around the age of 30-35. You can blame refined sugar, but it isn't the only culprit. Whole grains, fruits, and vegetables all turn to glucose when digested too, so they are also at fault.

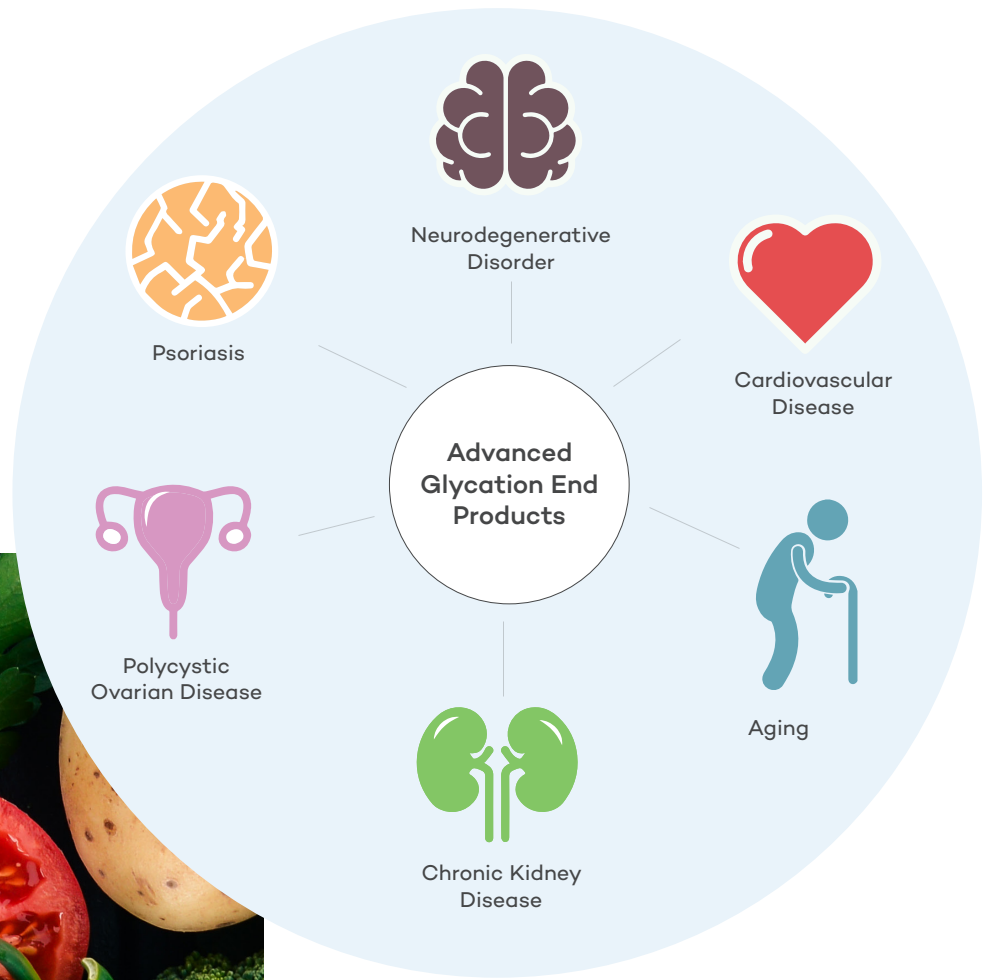
In short, glucose kills mitochondria. Mitochondria are the essential energy factories for our cells, like mini turbines. They produce the

energy that runs our cells. That energy is called ATP (Adenosine triphosphate).

When a person eats more food, generally they will produce more energy. **But with sugar, when you eat more, it actually slows the production of the energy, so it has an opposite effect.** You produce less energy, and you accumulate more fat. The more sugar you eat, the more damage is caused to the mitochondria. Over time, you may actually lose mitochondria. At that point, you are almost locked into a lower energy state. Unless you can stimulate the growth of more mitochondria to allow you to get back to your original energy level.

Fat is the fuel for the body. All sugar and amino acids must be taken to the liver and converted to fat via insulin in the liver cells. Without that conversion, we would not live. It is unlikely that our cells utilize glucose on a routine basis. It may be true when they're damaged or there's nothing else for a short amount of time—they're able to convert sugar to energy (ATP), but also other toxic products and lactic acid. Cancer cells thrive and survive on sugar, and likely sugar and other plant phytochemicals and antigens are the causes of cancer.

There's no way to completely stop glycation, but avoiding carbohydrates and sugars can help slow the process.





2. Plant Antinutrients & Lectins



Plant antinutrients are plant compounds that interfere with our ability to absorb vitamins and minerals and other nutrients, can damage our intestinal lining, and trigger inflammatory responses in the body. They are found in a variety of plant-based foods – particularly grains, beans, legume, nuts, and seeds. Antinutrients include things like phytic acid, leptins, and saponins.

You probably don't think of grains (wheat, barley, rye) as being seeds, but all grains are really the seeds of cereal grasses. Their antinutrients repel pests and bugs that can harm their development. They are part of the plant's immune system, but they also pose a problem for humans, making them unabsorbable.

Additionally, **the vitamins in the plants aren't nearly as bio-available as those in meats**, which means not as many nutrients are absorbed. Even some plants that are higher in nutrients (like spinach) don't result in that many nutrients being absorbed into the body due to the presence of antinutrients. Animal proteins don't have this problem. You are able to absorb almost all the nutrients.

If you choose to include seeds in your diet, it is best to soak, sprout, or ferment the seeds prior to consuming. This helps to reduce the concentration of antinutrients so they are less problematic. While the safest option is eliminating all plant-based foods altogether from your diet, I understand many are reluctant to draw that line. Second best would be eating locally grown, in season organic fruits that are ripe and focusing on seed-bearing fruits rather than eating the seeds themselves.

THE VITAMINS IN THE PLANTS AREN'T NEARLY AS BIO-AVAILABLE AS THOSE IN MEATS

10 ANTINUTRIENTS TO AVOID

1. Phytic Acid (also called Phytate)
2. Gluten
3. Tannins
4. Oxalates
5. Lectins
6. Saponins
7. Trypsin Inhibitors
8. Isoflavaones
9. Solanine
10. Chaconine

Lectins:

Particularly dangerous antinutrients are lectins. Lectins are a type of carbohydrate-binding protein that stick to cell membranes in the digestive tract. Humans are unable to digest lectins, so they travel through our gastrointestinal tract completely unchanged. **Foods high in lectins include nightshade vegetables (tomatoes, potatoes, goji berries, peppers, and eggplant), all legumes (lentils, beans, peanuts, and chickpeas), peanut-based products such as peanut butter and peanut oil, all grains and products made with grains or flour, and many dairy products including milk.** Cooking these foods can help to limit the effects of the lectins. Lectins are found in many foods, but nightshades, legumes, and grains are the biggest culprits. To add insult to injury, in our efforts to maximize crop yields, the agriculture industry has genetically

modified many fruits and vegetables, which has caused them to express even more lectins.

Cellular Disruption:

One of the most concerning aspects about lectins is that they can cause cellular disruption. They can block transmissions between cells disrupting communication and resulting in brain fog and decreased mental performance. Lectins can also block or alter the messaging between hormone receptors resulting in endocrine disruption.

Oxalates:

Oxalates can attach to cells throughout the body leading to the disruption of the normal function of nerves, glands, bones, and other cells. They are also known to prevent calcium absorption. Oxalates can become problematic if they over accumulate inside our body. The likely location for this overaccumulation is in our kidneys

which, given the right circumstances, can lead to the formation of kidney stones.

Foods with the highest concentration of oxalates include rhubarb, spinach, beet greens, almonds, Swiss chard, cashews, and peanuts. The leaves of plants almost always contain higher oxalate levels than the roots, stems, and stalks. And unfortunately, oxalates aren't easily "cooked out" of foods and there is little you can do to rid them from the fruits and vegetables in which they are contained.

When we blend up fruits and veggies to make those "healthy" green smoothies and shakes, the end result is an oxalate smoothie. Even though some of the green veggies have valuable nutrients, the oxalates prevent our bodies from absorbing them.

Masters of Disguise

Believe it. They are hiding in our midst, disguised as tasty produce we can't get enough of. Take the tomato—brightly colored, a summer farm stand favorite, and seemingly innocuous, but tomatoes are a member of the nightshade family. Nightshades are known to cause inflammation because of a compound called solanine, which can irritate the digestive tract and even cause a breakdown in red blood cells. Nightshades can worsen arthritis in many people, as well as exacerbate irritable bowel syndrome, heartburn, acid reflux, and other GI issues, and may even affect brain neurotransmitters like acetylcholine. Solanine is primarily found in potatoes, while the tomato version of this is called "**tomatine**".

Other nightshades include potatoes, peppers, and eggplant. It's important to note that while our ancestors may have eaten tomatoes, they likely only did so on a seasonal basis, consuming them for only the 2-3 months per year during which they naturally grew and ripened, not 12 months of the year like we do now. While tomatoes are heralded for their lycopene and several other beneficial nutrients, you have to take the good with the bad., so they are best eaten with limited frequency (or avoided altogether), particularly if you have arthritis, a digestive disorder or other autoimmune disease.





3. Plant Phytochemicals



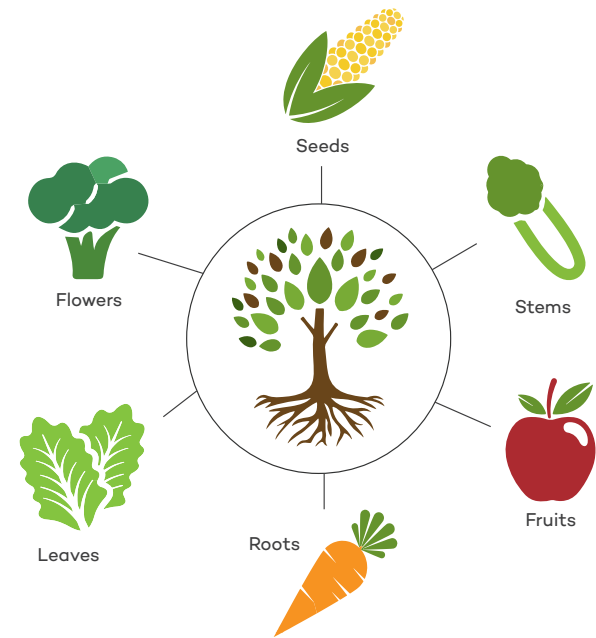
What are plant phytochemicals? These are the nutrients often concentrated in the skins of many fruits and vegetables that are responsible for their color, hue, scent, and flavor. **Examples of foods rich in phytochemicals include: tomatoes, red onions, green tea, grapes, red cabbages, sweet potatoes, broccoli, kale, parsley, spinach, blueberries, raspberries, blackberries, melons, garlic, and the list goes on.** Plants produce phytochemicals to protect themselves from insect attacks and plant diseases. These compounds belong to four major categories: alkaloids, glycosides, polyphenols, and terpenes. They are also referred to as phytonutrients and are frequently touted as being essential nutrients that help to optimize health and fight cancer.

These phytochemicals we’ve been using as herbs and medicines to heal for thousands of years or to hurt as poisons. Herbal medicine was just the earliest form of the pharmaceutical industry. Native Americans and tribes in the Amazon have relied on “Medicine Men” or shamans to find natural remedies among the indigenous trees and plants. From using the bark of a tree to create an anesthetic or cure for malaria to using flowers to prevent the growth of tumors.

Approximately 7,000 medical compounds prescribed by Western doctors are derived from plants. Now we’ve figured out how to take those pharmaceuticals and grind them down, process them, separate them into their entities. For as many phytochemicals that are curative, there are also many which are addictive and deadly, namely heroin and cocaine, even marijuana. Unfortunately, the good aspects of plants can’t always be isolated from the negative ones.

WHAT YOU DON'T KNOW ABOUT PLANTS:

- 99% of all plants in the world are inedible.
- Nearly 100% of animals are edible.
- Plants are designed for survival. We think we are using them, but they are really using us.
- 99.9% of all pesticides in our diets are natural chemicals in plants, produced to deter predators from eating them (including humans!), they’re not chemicals sprayed by farmers!



- Flowers:** cauliflower, broccoli, artichoke
- Seeds:** corn, peas, lima bean, string bean, legumes, peanuts, nuts
- Stems:** celery, asparagus, rhubarb
- Fruits:** pumpkin, cucumber, apple, tomato, eggplant, peppers, squash
- Roots:** carrots, radishes, potatoes, beets, turnips, sweet potatoes
- Leaves:** cabbage, lettuce, spinach

WHAT PART OF THE PLANT ARE YOU EATING?

Humans eat every part of plants from the seeds and roots to the stem and flowers. Many of us don’t know which is which or that each part of a plant comes with its own particular plant poisons. Seeds are some of the riskiest because they represent the reproductive capabilities of the plant so they have lots of mechanisms to help ensure the continuation of the species.

And surprising as it may be, any grains that you’re eating (wheat, corn, oats, and rice – pretty much any breakfast cereal) are the seeds of grasses. Nuts are the seeds of trees like walnuts, hazelnuts and pecans. And beans are the seeds of legumes like peas, lentils, soybeans, and chickpeas.



POISONOUS PLANTS

If you doubt the effects of phytochemicals are real, consider this example of sheep in Australia. Back in the 1940s, several farmers discovered “clover disease” in their populations of grazing sheep. Sheep who ate from fields of subterranean and red clover in turn developed infertility that caused lambing rates to drop by 60%–80%.

The clover species they were eating contained hormonally active phytochemicals (HAPs), particularly phytoestrogens. An ewe affected by clover disease can develop mammary gland hypertrophy, infertility, cervical deformities preventing conception, a prolapsed uterus (the uterus falls out through the vulva), or difficulty lambing.

TYPES OF PHYTOCHEMICALS

- Carotenoids
- Polyphenols
- Flavonoids
- Anthocyanins
- Lignans
- Indole-3-carbinol
- Isoflavones
- Resveratrol



4. Fiber + Bacteria + Yeast = Fermentation



Fibers are complex carbohydrates and strands of poorly or non-digestible carbs that essentially fuel the fire of the bowels. Fiber is like steel wool in our gastrointestinal tract and sandpaper in the gut. It damages and destroys the very sensitive mucosal lining of the gastrointestinal tract that is meant to be cared for in a delicate manner.

We have been given the recommendations to fill the gut with poorly or non-digestible fiber (carbohydrates) that add bulk to the diet, push along the bowels, and help improve the daily constitutional or elimination. But, in fact, fiber may be adding to the damage and disease by fueling the bacteria and yeast with the food they love, which ultimately breaks down to sugar. When you chew fiber, you simplify it and expose it to enzymes which break it down during the process of digestion. **But fiber creates heat, gas, aldehyde, alcohol, and methane.** It's bad for the bowels. It's pushing down to create hemorrhoids. It's pushing up to produce GERD, and eventually all of that inflammation causes disease.

The fiber gets down to the colon where it adds bulk to enlarge the feces in order to make it more difficult to get through the small exit portal. We have been given advice by health care practitioners and nutritionists to eat lots of fiber, but quite possibly (and likely) doing so is having the opposite effect on our health. Fiber fuels the fire of inflammation. Bacteria and yeast love it.

IF YOUR GUT IS OUT OF BALANCE, YOUR ENTIRE BODY HEALTH CAN GET OFF-BALANCE AS WELL.

Bacteria and yeast make heat, alcohol, and aldehydes that fuel the inflammatory processes in the body leading to colitis, irritable bowel, Crohn's, hemorrhoids, cancer, you name it. Gas is bad. Alcohol is made in the colon, the rectum, and the digestive tract, which basically travels to every cell of our body and damages the body even more.

The immense number of bowel surgeries and bowel problems people are experiencing as a result are overwhelming. A high vegan/vegetarian, plant-based diet sounds like it's the healthiest thing for us, but I believe it's likely doing more harm than good. There's an increasing body of research studying the Gut-Brain Axis. The gut is sometimes referred to as the body's "second brain" as it controls about 70% of your body's immune response. If your gut is out of balance, your entire body health can get off-balance as well.

My general recommendation is to eliminate all fruits, fiber, and vegetables. After reading Fiber Menace by Konstantin Monastyrsky, I had a better understanding of the danger of fiber. I didn't believe it until I eliminated the fruits and vegetables I thought were healthy, and my bowels became the best ever.

Our bodies are remarkable and amazing. Healing is their nature, but we can't heal if we're constantly feeding them inflammatory products (alcohol, fruits, fibers, vegetable) and a lack of fat.

FIBER IS LIKE STEEL WOOL IN OUR GASTROINTESTINAL TRACT AND SANDPAPER IN THE GUT.



Fiber & Gas= Bloating & Disease



5. Excessive Exercise

EXERCISE = INFLAMMATION

Lots of us use exercise as a way to de-stress (and an opportunity to show off our strong bodies and abilities to create and protect like a mating call). That post-work run or spin class makes us feel good, productive, and provides an outlet for working out frustration with our boss, our spouse, or life in general. The endorphin rush feels great, so we put on our work out gear, lace up our sneakers, and hit the treadmill day after day.

Americans in particular seem trapped in a vicious cycle of eating way too much and then working out way too hard to burn all of the extra calories they’ve consumed. **We are a society of excesses for sure.** The common belief about exercise is that if a little is good, a lot must be great. Not so, unfortunately. When you exercise, you are heating up your body causing DNA and protein degradation, pain, swelling, friction, and more heat. It stimulates epinephrine and cortisol and steals blood flow from the core central organs. The kidneys and digestive track take a huge hit! Exercise and digestion tend to be mutually exclusive activities. When you exercise, your body doesn’t use its energy for digestion. Instead, it slows any digestion currently taking place so it can divert as much blood as it can to feed your muscles and your lungs.

During exercise, the perfusion of blood increases to the lungs, myocardium, and skeletal muscles as it’s re-routed from the kidneys and digestive tract. **Repetitive exercise increases the destruction of our bodies causing rapid damage and dysfunction.** Repetitive motion injuries are yet another concern – tennis elbow, runner’s knee, tendonitis, just to name a few.



MY ADVICE:

SLOW IT DOWN. I say this to my clients, co-workers, and friends like a broken record. Get off the hamster wheel (my name for the treadmill), elliptical, and racing bike. Exercise raises ketones, which is good, so don’t sit still, but you don’t have to be so intense with the exercise.

Walk instead of run. Remember the tortoise and the hare? Slow and steady may not win every race, but who wants to get to life’s finish line first? The average life span of a tortoise is over 100 years with some species living almost twice that. Coincidence? I think not.

High impact exercise on a regular basis is bad for you. I’m not suggesting you sit still and become a couch potato. Intentional movement is important. **But there are other ways to de-stress that are less harmful to your body: yoga, meditation, Tai Chi, walking, and light motion activity that is simple, easy, and regenerative.** Go for a walk in the woods and connect with nature. Walk with a friend to catch up and reconnect. Do something creative that uses your mind and your body. Paint. Make pottery. Make jewelry. Write. Sing. Dance. Do something that inspires you every day, These types of activities allow the flow of blood to the core, brain, and bowels where it’s needed and don’t create an immune reaction that is more damaging and destructive. A 2017 study from Alimentary Pharmacology and Therapeutics found that as exercise intensity and duration rise, the likelihood of intestinal injury increases.

WHEN YOU EXERCISE, YOU ARE HEATING UP YOUR BODY CAUSING DNA AND PROTEIN DEGRADATION, PAIN, SWELLING, FRICTION, AND MORE HEAT.


Believe it or not, dancing is a great choice and can reverse the signs of aging on the brain and improve physical health. On top of strengthening the area of your brain involved with memory (hippocampus), dancing also improves endurance, flexibility, balance and body coordination—all great things especially in an aging population.

Again, we need to take our cue from the king of the jungle. Lions don’t exercise! Yes, they move a little bit. They hunt. They feast, feed, and reproduce. All animals do. We’ve got to get back to the fact that we are a human animal that requires breathing, eating, drinking, and reproducing. And we require the protection and presence of the herd and connections to others. These connections vibrate in a positive way.

Good Exercise	Bad Exercise
Yoga Tai Chi Pilates Barre Walking Casual Bike Ride Gentle Weights Resistance Bands	Treadmill Spinning Class Speedwork on Track Heavy Weightlifting Cross-Fit Endurance Training

“Exercise causes heat in the gut. It robs the blood flow from our core where it’s needed, sending it to the arms and legs, and taking it away from the brain. It puts the adrenals into super-drive and constricts our blood vessels.”





*“Almost no food today is free from the impact of the
Agricultural, Industrial, and Technological Revolutions.
Eliminating the 3 biggest offenders will go a long way.
Get rid of grains, vegetable oils, and sugar. Soy is a close
4th. And an interesting thing happens when you do this. You
start eating a meat-based diet. A healthy diet
is one build around meat.”*

– Dr. Kevin Stock, Strict Carnivore & Researcher

Super Foods Have Us Super Fooled, NOT Super Fueled

NUTRIENTS IN SUPERFOODS COMPARED TO ANIMAL PROTEIN

Per Serving	Apples	Blueberries	Kale	Beef	Beef Liver
Calcium (mg)	9.1	4.5	63.4	11	11
Magnesium (mg)	7.3	4.5	15.0	19	18
Phosphorus (mg)	20.0	9.0	24.6	175	387
Potassium (mg)	163.8	57.8	200.6	370	380
Iron (mg)	0.2	0.2	0.8	3.3	8.8
Zinc (mg)	0.2	0.2	0.2	4.5	4
Selenium (mcg)	0.0	0.1	0.4	14.2	39.7
Vitamin A (IU)	69.2	40.5	13530.9	40	53,400
Vitamin B6 (mg)	0.0	0.1	0.1	0.4	1.1
Vitamin B12 (mcg)	0.0	0.0	0.0	2	11
Vitamin C (mg)	7.3	7.3	36.1	2	27
Vitamin D (IU)	0.0	0.0	0.0	7	19
Vitamin E (mg)	0.2	0.5	0.8	1.7	0.63
Niacin (mg)	0.2	0.3	0.4	4.8	17
Folate (mcg)	0.0	4.5	11.4	6	145

Chart Source: Keto: The Complete Guide to Success on The Ketogenic Diet, including Simplified Science and No-cook Meal Plans.

There are lots of health food buzz words out there: antioxidants, super foods, multi-grain, GMO-free, artisanal, organic, all-natural, pro-biotic, but what do they really mean? We are told they pack a nutritional wallop, and we should pack them in our carts every chance we get. A year or two ago, everything was KALE. Kale chips, kale salads, kale smoothies. And before that, it was blueberries.

They sure sound good, but do they really do everything we’re told they do? If they did, I think we’d all be a whole lot healthier and taking fewer prescription drugs. If you asked 50 people to answer “What’s healthy for us?”, you would likely get 50 different answers, but the majority of them would be greatly influenced by food marketing and advertising. We believe the hype and believe what we read on the packaging and hear in commercials.

There is nothing that comes in a box or a bag that is any better for our bodies than animal fat and protein. And to keto naysayers who think meat cannot provide all of the vitamins found in fruits and vegetables . . . think again!

Good Fats vs. Bad Fats

It goes without saying, but not all fats are created equal. We see lots of lists of “Good Fats” and “Bad Fats” but even those labels are misleading. And can fat really come from a vegetable? Not without a lot of help from humans to extract it. Any oil that isn’t solid at room temperature should be avoided, in my opinion. Vegetable oils are extracted from seeds and nuts which carry a host of harmful plant antigens and phytochemicals. So, while we might think of them as “heart healthy”, they are certainly not immune-friendly.

ALL PLANT BASED OILS = INDUSTRIAL PRODUCTS

To help protect against heart disease, you want to increase your intake of fat, particularly saturated fatty acids (SFAs). Fat in its best and purest, most natural form comes from animals (lard, tallow, butter, ghee, duck fat). Secondly, there are several fruits and vegetables that are high in fat, like coconut oil, cocoa butter, and hemp seed oil. They protect against oxidation and inflammation and have many other important health benefits.

Stay away from vegetable oils like soybean, canola, vegetable, sunflower, and corn oil. They lower your good LDL. The higher the saturated fat content, the better:

FATS TO AVOID

All plant oils are industrial oils that are not good for us. Animal fats are much healthier. If you choose to use plant oils, I recommend coconut oil.



Oil Type	PUFA	SFA
Coconut Oil	1.9%	92.0%
Palm Oil	2.0%	82.0%
Cocoa Butter	3.0%	60.0%
Beef Tallow	3.1%	49.8%
Ghee	4.0%	48.0%
Butter	3.4%	50.0%
High Oleic Sunflower Oil	9.0%	
Macadamia Oil	10.0%	15.0%
Avocado Oil	10.0%	11.0%
Lard	12.0%	41.0%
Duck Fat	13.0%	25.0%
Hazelnut Oil	14.0%	10.0%
Almond Oil	17.0%	8.20%
Olive Oil	9.90%	14.0%

Source: mariamindbodyhealth.com
*Don't use olive oil for cooking. Heating it will cause oxidation. Only use in dressings.

Why We Need FAT



FAT IS HEALING. FAT IS THE BUILDING BLOCK OF EVERY CELL IN OUR BODIES. FAT CAN REDUCE INFLAMMATION AND HELP OUR BODY TO REPAIR ITSELF.

Our bodies are made of mostly fat—lipoproteins—and require fat for the survival, growth, and the reproduction of cells. Cells require fat as fuel. In order to be used as energy, all food must first be converted into fat in the liver. **Without fat, we die.** All carbs and all amino acids (amino acids come from protein) must be converted into fat in order to be utilized as energy. Everything we consume—proteins, carbs, sugars, fruits, vegetables, fiber—must go from the stomach, to the liver, where they are converted into fat in the form of Acetyl CoA, which is the energy for the mitochondria that will then make ATP (Adenosine triphosphate) in order to maintain the body's cellular function and structure.

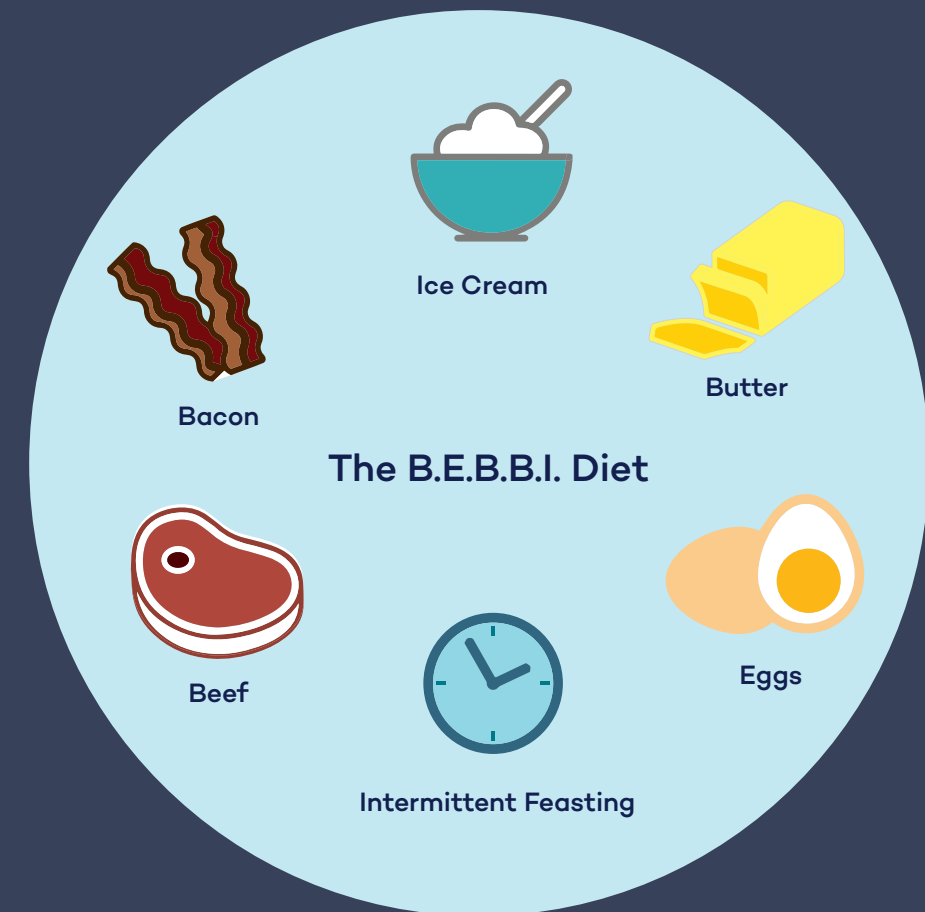
“We are built to get fat.”

You do not convert the fat to sugar and then burn the sugar as energy. You convert all sugar into fat in the liver. When you eat fat, it does not go to the liver. It goes directly to the lymphatics to be distributed via the heart to every cell, nook and cranny of your body. It can be stored, so you can go days, if not weeks, without food. Your body was designed to store fat in anticipation of a famine that, in our present day, is not likely to happen.

The common misconception that is perpetuated by doctors and nutritionists everywhere is that fat is the enemy of a heart-healthy diet. **Saturated fats are not the enemy**, and they play a vital role in our body chemistry and total body health.

1. **Our bodies are made of fat.** Saturated fatty acids make up around 50% of our cell membranes. Fat is what creates the necessary stiffness and integrity in cell walls.
2. **Bone health depends upon fat.** In order for calcium to be effectively incorporated into our skeletal structure, it's necessary that at least 50% of our dietary fat intake be saturated.
3. **Saturated fats help protect the liver from alcohol and other toxins**, such as Tylenol and metals.
4. **Saturated fats help our immune system** to function correctly.
5. **Saturated fats have antimicrobial properties** that help protect us from harmful microorganisms in the digestive tract.
6. **A number of vitamins – A, D, E, and K**, for example—must have fat to dissolve so your body can absorb them,

Dr. Kiltz's B.E.B.B.I. Diet



Reduce Inflammation, Eat Fat, Get Fertile

“Fat is our energy. Without it, we die.”

Remember:

Heart disease is caused by glycation, plant antigens and phytochemicals.

Everyone blames fat, but obesity causes NO diseases. It's nothing more than a sign that you're a high carb eater. Obesity is a result of the Standard American Diet.

Fat doesn't make you fat; carbs make you fat.

Cholesterol Phobia:



Cholesterol is Not Your Enemy

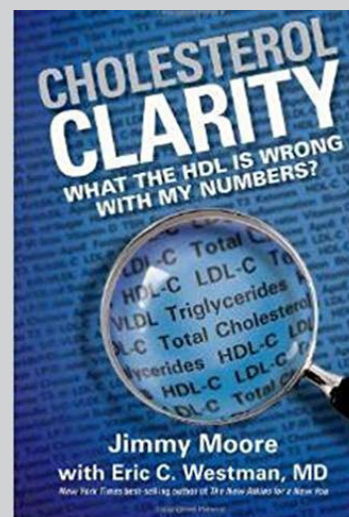
There's a lot of misinformation about cholesterol in the medical community and popular press. Cholesterol is not a good metric for overall health, nor is it a good marker for coronary artery disease. A better indicator is the Coronary Artery Calcium Score (CAC test). It's an MRI scan of your coronary arteries that scans for tiny specks of calcium on the walls of the arteries that supply blood to the heart (coronary arteries).

Your doctor will refer to these specks as calcifications or plaque. In healthy people, there should be no sign of calcifications. If there is, it is considered one of the early signs of coronary heart disease. Scores can range from 0-XX. A score of zero is normal. In general, the higher your score, the more likely you are to have heart disease. If your score is high, your doctor may recommend more tests. Unfortunately, cholesterol levels really give you no idea of what the level of plaque is in your arteries.

Inflammation is a much better predictor of heart disease than cholesterol. Another good test is a hsCRP or high-sensitivity C-reactive protein. CRP is a biomarker for inflammation. The liver makes it when there is inflammation present in the body. A higher

hsCRP is indicative of a higher risk of heart disease. A score of < 1.0 m.g. indicates a low risk, while a score of > 3.0 m.g. indicates a higher risk.

Although most Americans fear high cholesterol readings, the truth is that low cholesterol is far worse than high cholesterol.



Check out Jimmy Moore's Cholesterol Clarity for a lot more info on cholesterol myths and what all of your numbers mean (and don't mean).

My advice: focus on reducing inflammation and don't worry so much about cholesterol.



“Inflammation is a much better predictor of heart disease than cholesterol.”

Benefits of Cholesterol

Over the past several decades, cholesterol has gotten a bad rap. Fear of high cholesterol levels on bloodwork panels during annual physicals steered us away from eating too many eggs and fatty meats and toward lean proteins and man-made fats like margarine and vegetable oil. In truth, eggs, fatty meats, and butter don't raise cholesterol levels in our bodies. It's really eating diets high in sugar and carbs. Our bodies need cholesterol to function correctly. **Cholesterol helps us to maintain proper hormone function and fight inflammation.** The liver makes about 75% of the cholesterol we need, but we need to take in the remaining 25% through our diet. And the primary source for this additional cholesterol is animal fats.

Cholesterol is a necessary building block of **growth and development**, so important that breast milk from a healthy mother has about 50 to 60 percent of its energy (kilocalories) as fat. The cholesterol in breast milk supplies an infant with close to six times the amount most adults consume. This is especially important during infancy-- the most rapid period of growth and development we experience as humans.

- 1 Cholesterol, along with saturated fats, **gives our cells required stiffness and stability.** When the diet contains an excess of polyunsaturated fats (vegetable oils or omega-6) instead of saturated fats in the cell membrane, the cell walls become flabby. If this happens, cholesterol from the blood drives into the tissues to give them structural integrity. This is why serum cholesterol levels may go down temporarily when we replace saturated fats with polyunsaturated fats in the diet.
- 2 **Cholesterol is vital for production and function of serotonin receptors in the brain.** Serotonin is the body's "feel-good" chemical. Low cholesterol levels have been linked to depression and aggression. Anti-depressants often don't work for patients who are eating a vegetarian diet.
- 3 **Mother's milk is VERY high in cholesterol** and has an important enzyme that assists the baby in using this nutrient. Babies and children need foods high in cholesterol to guarantee proper development of the brain and nervous system (BUT we also need these as adults!!!)
- 4 Cholesterol acts as a precursor to important hormones that **help us deal with stress and protect the body against cancer and heart disease.** It is also important to our sex hormones like androgen, testosterone, estrogen and progesterone. Which is why women trying to get pregnant have more success on a high saturated fat diet!
- 5 Cholesterol is necessary for us to use vitamin D; which is an essential fat-soluble vitamin needed for healthy bones and nervous system, insulin production, reproduction and immune system function, proper growth, mineral metabolism, and muscle tone.
- 6 Bile is vital for digestion and assimilation of fats in the diet; which is made from cholesterol that we eat.
- 7 Current studies are now showing that **cholesterol performs as an antioxidant**, which is why cholesterol levels go up with age. As an antioxidant, it protects us against free radical damage that leads to heart disease and cancer.
- 8 **Dietary cholesterol helps maintain the health of the intestinal wall.** People on low-cholesterol vegetarian diets often develop leaky gut syndrome and other intestinal disorders.

“ Your body is a fat-making and fat-burning machine. ”



Cholesterol can become damaged by exposure to heat and oxygen. This oxidized cholesterol tends to promote damage to the arterial cells and cause buildup of plaque in the arteries. Damaged cholesterol is found in powdered milk; which is added to reduced-fat milks to give them body. That is why I NEVER suggest drinking skim milk! It is also found in powdered eggs and in meats that have been heated to high temperatures in frying and other high-temperature processes. So fast food items come into play here.

Hypothyroidism can result in high cholesterol levels. When thyroid function is poor, usually due to a diet low in usable iodine, fat-soluble vitamins and high in sugar, the blood gets filled with cholesterol as a protective mechanism, providing a large amount of minerals needed to heal tissues. Hypothyroid individuals are particularly susceptible to infections, heart disease and cancer.

Source: Maria Emmerich

My advice:

STOP TRYING TO REDUCE YOUR CHOLESTEROL INTAKE. It does NOT cause disease. Your body is made of cholesterol. Your body is a fat-making and fat-burning machine.



IF YOU SOMEHOW REMOVED ALL CHOLESTEROL, THE BODY WOULD MELT AND DISAPPEAR. THE BRAIN IS MADE OF FAT AND CHOLESTEROL.



The Incredible Keto Edible Egg

WHY EGGS ARE THE PERFECT KETO FOOD


Egg yolks got a bad rap for quite a while. Health conscious consumers ditched them and put egg white omelets on breakfast tables and in restaurants around the country. While egg whites are a great source of protein, if you're just eating the white, you're missing out. Here's why: egg yolks contain other essential nutrients like Vitamin A, D, E, K, B12, folate, choline and even the beneficial antioxidant lutein. Eggs are the perfect blend of low carb, high fat, high protein, and they are so versatile. Fried, scrambled, hard boiled, soft boiled, poached, in egg salad, omelets, and frittatas. Breakfast, lunch, and dinner,

eggs provide the nutrients you need in a perfect little package that's super affordable too. A large egg contains less than 1 gram of carbs, 5 grams of fat, and approximately 6 grams of protein—ideal for keto.

You could say that eggs are the new apples . . . an egg a day will keep the doctor away and with none of the sugar!

NUTRITIONAL VALUES COMPARISON CHART (100g each)- Egg with vegetables

Nutrients	Egg	Potato	Spinach	Cauliflower	Green Peas	Tomato	Brinjal
Choline (mg)	294	12.1	19.3	44.3	28.4	6.7	6.9
Iron (mg)	1.75	0.78	2.71	0.42	1.47	0.27	0.24
E.A.A (gm)	5.6	0.6	1.11	0.75	1.4	0.17	0.33
Protein (gm)	12.6	2	2.86	1.92	5.4	0.88	1
Folic Acid (mcg)	47	16	194	57	65	15	22
Zn (mg)	1.29	0.29	0.53	0.27	1.24	0.17	0.16
Calories (Kcal)	63	77	23	25	83	18	24
Vit. A (IU)	540	2	9377	absent	765	833	27
Vit. E (mg)	1.05	0.01	2.03	0.08	0.13	0.54	0.3
Phosporus (mg)	198	57	49	44	108	24	25
Good Fat (gm)	5.6	0.045	0.175	0.017	0.22	0.114	0.092
Calcium (mg)	56	12	22	22	25	10	9



“An egg a day will keep the doctor away –with none of the sugar!”

The Lymphatics

When we talk about health and wellness, people don't spend much time discussing the lymphatic system, yet it is critical to maintaining optimal health. When we eat fat, it lubricates the lymphatics, and acts like a solvent within the gut to micronize, capture and filter (via the lymph nodes) the waste residue that is brought in through the foods we eat. If we don't eat fat, many of those antigens get stuck in your gut where they can get into the submucosal layer and interstitial layer of the GI tract leading to inflammation.

While other antigens are delivered to the liver where they interfere with the blood system and pollute every nook and cranny of our bodies. This is an essential part of why a high carbohydrate / low fat diet is deadly. **Sugar causes glycation in the lymph system.** And since the lymph system does not have smooth muscle to help propel the lymphatic fluid, it relies on the natural flow and pressure of a system that's intact and lubricated by quality fat. Lymphangitis, lymph node swelling, lymphomas, and leukemia are rampant worldwide because of a low fat / high carb diet filled with excessive frequency, volume, and variety of sugar and carbohydrates.

Amazingly, the entire intrabdominal cavity, the left side of the chest, the left side of the face, and the lower extremities all dump into the thoracic duct. It's a huge collector of fluid and fat that needs to circulate and return back to your blood system.

Meanwhile, the lymphatic tissue is sent through lymph nodes that employ a filter system and immunologic system with white blood cells that identify the foreign particles and make antibodies against the antigens so that your body can react against them, clean them up, and be ready for the next barrage.

All of the fat in the GI tract goes to the lymphatics and the thoracic duct. The majority of the antigens and dirt dissolve in the fat.

When you eat the fat, it lubricates the lymphatics and filters out the pathogens you bring into your body with the food you eat.

Our bodies need natural fats—butter, cream, and animal fats to keep the lymphatic system running strong.



“Our bodies need natural fats—butter, cream, and animal fats.”

Can I Go Keto If I'm . . .



VEGAN/VEGETARIAN?

Yes, but I recommend cooking the vegetables down to reduce the effects of phytochemicals and add the fat. The key is to simplify the carbs and cook the vegetables down with some avocado oil, hemp seed oil, or coconut oil. Don't consume them in the raw form. Raw fruits and vegetables contain lots of bacteria, yeast, and plant antigens which are dangerous. Vegetarians will have an easier time doing this if they're still consuming eggs, butter, and cream. **Vegan is a little harder.** Look to add more fat. Ideally butter fat and cream are best, but avocado oil and coconut oil can work. Really separate out the meals to one every 12-24 hours. We're not a grazing animal. Limit the greens, fruits, and vegetables, and keep variety to a minimum.

Make sure you're getting enough protein from eggs (if vegetarian) or soy/beans or vegan-friendly protein powder (if vegan). You might need to consider supplements for vitamins you're not getting from meat.



PESCETARIAN?

Focus on fatty fish like salmon, mackerel, and herring that are high in omega-3s, known to be anti-inflammatory. Be careful about eating too many varieties with high mercury levels (swordfish and Ahi tuna). Salmon, anchovies, and sardines canned in oil are a great source of fat, tasty right from the can, and provide on-the-go protein.

DIABETIC?

Before starting a keto diet, it's best to have a conversation with your doctor and continue to maintain your diabetes management plan prior to making any dietary changes. The keto diet can be very helpful for people with are prediabetic or have type 1 or 2 diabetes by decreasing the body's demand for insulin and helping to keep blood glucose levels at a low yet healthy level. Many diabetics who switched to a keto diet found they were able to reduce their medications because they were consuming far less sugar and carbohydrates.



Tips for Vegetarians/Vegans Who Want to Eat Keto

Can vegans and vegetarians still reap the benefits of keto? They can, but it takes a little more work when you're not eating animal proteins and fat. Because of this, there is a tendency to feel hungry more often and there's the potential for deficiencies in some essential fats, vitamins, and minerals. The more restrictive your diet, the better the chances of deficiencies.

Watch Your Carbs: Vegans or vegetarians who want to eat keto still need to be cognizant of their carb intake or they'll never get into ketosis. Make sure the fruits and vegetables you choose to eat are low in carbs. We suggest including: spinach, zucchini, avocado, Brussels sprouts, and cauliflower, all of which have lower carbs.

Eat Enough Protein: While fruits and vegetables provide some protein, it usually isn't enough. You'll need to make sure you consume higher sources of protein, which include eggs, Greek yogurt, hemp seeds, cottage cheese, parmesan or romano cheeses, other hard and soft cheeses (Swiss, feta, blue, brie, cheddar), peanut or almond butter.

Use Healthy Fats & Oils: Stay away from highly processed oils such as sunflower and canola. Stick to butter, ghee, coconut oil, olive oil, and avocado oil for meal prep and at the table.

NUTRIENT-DENSE VEGETARIAN OPTIONS

Nuts and Seeds	Vegetables
Almonds Chia Seeds Flax Seeds Hemp Seeds Pumpkin Seeds Walnuts 100% Dark Chocolate Unsweetened Cocoa	Artichokes Broccoli Brussels Sprouts Kale Mushrooms Spinach Swiss Chard
Fruits	Dairy
Avocado Olives	Plain Greek Yoghurt Cheese

Keto Goat Cheese and Mushroom Frittata

FRITTATA INGREDIENTS:

- 5 oz. mushrooms

3 oz. fresh spinach

2 oz. scallions

2 oz. butter

6 eggs
- 4 oz. goat cheese

Salt and pepper

For serving:

5 oz. leafy greens

2 tbsp olive oil

INSTRUCTIONS:

1. Preheat the oven to 350°F (175°C).

2. Crack eggs into mixing bowl and whisk. Grate or crumble cheese and add to mixture. Season with salt and pepper to taste.

3. Cut the mushrooms into wedges. Chop the scallions.

4. Melt the butter in an oven-proof skillet and cook the mushrooms and scallions over medium heat for 5-10 minutes or until golden brown.

5. Add spinach to pan and sauté for another 1-2 minutes. Season with salt and pepper.

6. Pour the egg mixture into the skillet. Place skillet, uncovered, in the oven and bake for about 20 minutes or until golden brown and set in the middle.

Recipes and Photos Courtesy of DietDoctor.com



Keto Cauliflower Hash with Eggs and Poblano Peppers

INGREDIENTS:

- 1 lb grated cauliflower

3 oz. butter

salt and pepper

4 eggs

1 tsp olive oil
- 3 oz. pimientos de padron or poblano peppers

½ cup mayonnaise

1 tsp garlic powder or onion powder (optional)

INSTRUCTIONS:

1. Mix mayonnaise and garlic or onion powder in a small bowl and set aside.

2. Grate the cauliflower, including the stem; either use a grater or chop into rough but fairly small pieces in a food processor.

3. Fry grated cauliflower for about five minutes in a generous amount of butter or oil. Season with salt and pepper to taste.

4. Brush some oil on the poblanos. Fry or grill until the skin starts to bubble a little bit.

5. Fry the eggs as you like them. Season with salt and pepper to taste. Serve directly with the roasted poblanos and cauliflower hash. Top with a nice dollop of the seasoned mayo.

Recipes and Photos Courtesy of DietDoctor.com



Creamy Low-Carb Broccoli and Leek Soup

INSTRUCTIONS:

1. Rinse the leek thoroughly and chop finely, both the green and the white parts. Cut off the core of the broccoli and slice thinly. Divide the rest of the broccoli into smaller florets, and reserve.
2. Place the leek and the sliced broccoli core in a pot and cover with water. Add bouillon cube. Season with salt, and bring to a boil for a few minutes on high heat until the broccoli stem is just easily pierced with a knife.
3. Add the broccoli florets. Lower the heat and simmer for a few minutes, until the broccoli is bright green and tender. Add cream cheese, cream, freshly ground pepper, basil and garlic.
4. Blend with an immersion blender until desired consistency.

Notes: If the soup is too thick, thin it out with water. If you'd like it to have a slightly thicker consistency, add a touch of heavy cream.

CHEESE CHIPS INSTRUCTIONS:

Fit a large, rimmed baking sheet with parchment paper. Grate the cheese, and place mounds by the tablespoon on the parchment. Leave 1 inch between the cheese mounds.

Top each cheese mound with paprika.

Bake in oven at 400°F (200°C) until the cheese has melted, about 5-6 minutes. Enjoy with a soup or as a snack.



SOUP INGREDIENTS:

- 1 leek
- 2/3 lb broccoli
- 2 cups water
- 1 vegetable bouillon cube
- 7 oz. cream cheese
- 1 cup heavy whipping cream
- ½ tsp ground black pepper
- ½ cup fresh basil
- 1 garlic clove, pressed
- Salt

CHEESE CHIPS:

- 4½ oz. cheddar cheese or edam cheese
- ½ tsp paprika powder
- Salt and pepper

Recipes and Photos Courtesy of DietDoctor.com

“What makes us fat- the quality of carbohydrates we consume- also makes us sick”

—Gary Taubes, Why We Get Fat: And What to Do About It



Should You Go Dairy-free as Well?



Most of us lived through a childhood bombarded by commercials and jingles telling us to drink our milk and how good it was for our health and development. Remember the ad campaign where lots of famous people sported milk mustaches? “Milk, it does the body good” was a popular slogan, but does it?

Many people have trouble processing dairy. In fact, about 75% of the world’s population suffers from lactose intolerance—a genetic inability to properly digest milk and other dairy products. Common sense would tell us this isn’t surprising given that we are humans, NOT cows. What’s more, between the ages of 2 and 5 (weaning age) , the majority of humans naturally stop producing lactase, the enzyme required to properly metabolize lactose—the sugar found in milk.

Some of us don’t even know we have a dairy intolerance until we give it up for a period of time and are amazed at the changes we experience.

My advice:

Try giving up all dairy. That means eliminating ALL milk, cheese, yogurt, and ice cream for two weeks and see if you feel better. You may notice improvements with your sinuses, post-nasal drip, headaches, irritable bowel syndrome, energy, and weight. Then start eating dairy again and see how you feel. If you feel worse, consider adopting a dairy-free diet.

While dairy products are a good source of protein and fat (especially full fat cream), the decision to consume/ not to consume really must be made on an individual basis.

How Do I Get Started?

It’s helpful to “buddy up” when starting Keto. Adopting the Keto lifestyle with a partner or friend allows you to share, learn from and support each other. Many of our client couples go Keto together and find they are both happier and healthier. When it comes to fertility, both the man’s and woman’s health are important and play a role in conception.

And you don’t have to go 100% Keto cold turkey. It’s okay to take baby-steps and gradually incorporate the Keto lifestyle into your everyday living. Start by decreasing your carb intake and cutting out sugar. Consider eliminating all processed foods from your diet. If it comes in a bag or a box, it’s processed.

A good pantry and refrigerator clean-out can help reduce temptation. Donate unopened boxes and bags to your local food pantry. Then re-stock your refrigerator with real food, the way nature made it: fatty meats, poultry, and seafoods. Avoid foods with preservatives and coloring, both of which can be detrimental to our health. Buy organic when possible and grass-fed beef. Farmers markets are a great place to find locally grown/raised foods.

And don’t expect to be perfect. None of us is. You will have days when you don’t stick to your goals and you make bad food choices—you have a glass of wine with a friend or eat a couple French fries. That’s okay. Just get back on track and stay focused.

The good news is that a keto diet is generally more fulfilling than one heavy in carbs and sugar.

Fats are filling. Even though you are eating less, you will feel fuller faster and not get hungry as fast because your sugar levels aren’t on a roller coaster anymore.

GETTING STARTED ON DR. KILTZ’S KETO:

1. Get rid of all sugar—any type.
2. Get rid of all grains —wheat, corn, rice, oats.
3. Get rid of all hydrogenated or partially hydrogenated oils (e.g. vegetable oils)—canola oil, grapeseed oil, corn or sunflower oil, and most vegetable oils contain Polyunsaturated fatty acids (PUFAs) and are very inflammatory. These should be eliminated (or kept to a minimum like peanut or sesame oil).
4. Get rid of all fruits, vegetables, and fiber.
5. Practice intermittent fasting — (1-2 meals per day spaced out)



CREAM IS THE NEW ORANGE JUICE.

Adding **full-fat** heavy cream to your coffee or tea is an easy way to add fat back in to your diet, and it tastes great too! Give up the non-dairy creamers, sugary flavored mix-ins, almond or soy milk. Go with full-fat heavy cream to fight inflammation.



Find the FAT

MAKE BACON, EGGS, BUTTER, BEEF, & ICE CREAM
THE MAINSTAYS OF YOUR REGULAR DIET

Anyone who has spoken to me has heard me repeat these five foods like a mantra. They are the basis of Dr. Kiltz's Keto Cure. **They point back to this simple truth: Our bodies require fat for energy. If we can't eat fat or make fat, we die.** Unfortunately, the majority of fat we consume is industrial, man-made fat. What we really need to be eating is nature's fat—that stuff that surrounds the animal or is intertwined and marbled in every nook and cranny of the meat.

Stay away from lean meats and try to choose grass-fed, all-natural meats. You want to consume fatty meats like a rib-eye steak, not lean, fat-free chicken breast. You need to eat the fat. By adding fat, cream, butter, and eggs, you reduce inflammation, you reduce your appetite, you reduce your glucose levels, and your energy is so much better. All of the bowel problems go away, the skin problems and the joint problems are gone.

Minimize the variety and simplify your meals. Eliminate pasta, bread, yogurt, milk, seeds, and nuts. Plant oils which harden when exposed to oxygen likely contain a multitude of plant antigens, which are harmful.

Eating fat in its purest form is the simplest energy source for our bodies. There are a lot of different food plans out there that focus on high fat / med-low protein / low carbs. They are pretty similar, but tend to differentiate themselves by their recommended fat and carb consumption. Paleo is about 20% protein, 70% fat, 10% carbs. **Dr. Kiltz's Keto is 80% fat, 20% protein, zero carbs.** This is the key to health and wellness. Any combination of bacon, eggs, butter, and beef (or fatty meat) is crucial to reducing inflammation. We call this **The Lion King Plan**. To eat like the king of the jungle means eliminating all fruits and vegetables that produce sugar and phytochemicals, and focusing only on high quality, high fat foods. A nice, fatty rib-eye is a mainstay in Dr. Kiltz's Keto.



THINGS TO AVOID:

- Sugar
- Carbohydrates
- Alcohol
- High-intensity exercise
- Probiotics
- Fiber
- Seeds & nuts



Keto Sustainability

Patients and friends ask me all the time whether keto is a sustainable way of life. People are so convinced they cannot live without sugar, bread, and various fruits and vegetables that they refuse to accept any reality where those things aren't required.

Because of the proliferation of alternative sweeteners like Stevia and flour substitutes, one can be keto and enjoy some facsimile of sugar and bread should you require it in your life. But the truth is, you don't need any of it. **You can absolutely live without sugar or bread.** I eat sweet stuff (Kiltz's Keto Ice Cream) and occasionally French fries dipped in mayo. But, I don't need it, and it's not really necessary.

The question of sustainability assumes the crap that is making people fat and sick is required for some kind of quality of life. It's not.

Only you can determine what is sustainable. Keto is for me. It's healthy. It's easy. It's simple. I know people like Maria Emmerich who have lived keto for the majority of their lives, raised their kids on it, and eat keto as a family. She has cook book after cook book with recipes that are flavorful and satisfying. It's a change in mindset for sure, but the results are undeniable.

People have the impression that being a vegetarian or vegan is so healthy. I'm not knocking the decision to be either, but the reality is that neither of these lifestyles would work without grocery stores to provide enough food and calories to satisfy your nutritional needs. Animal fat and protein is a lot for efficient and satiating then any leaf, flower, seed or nut.

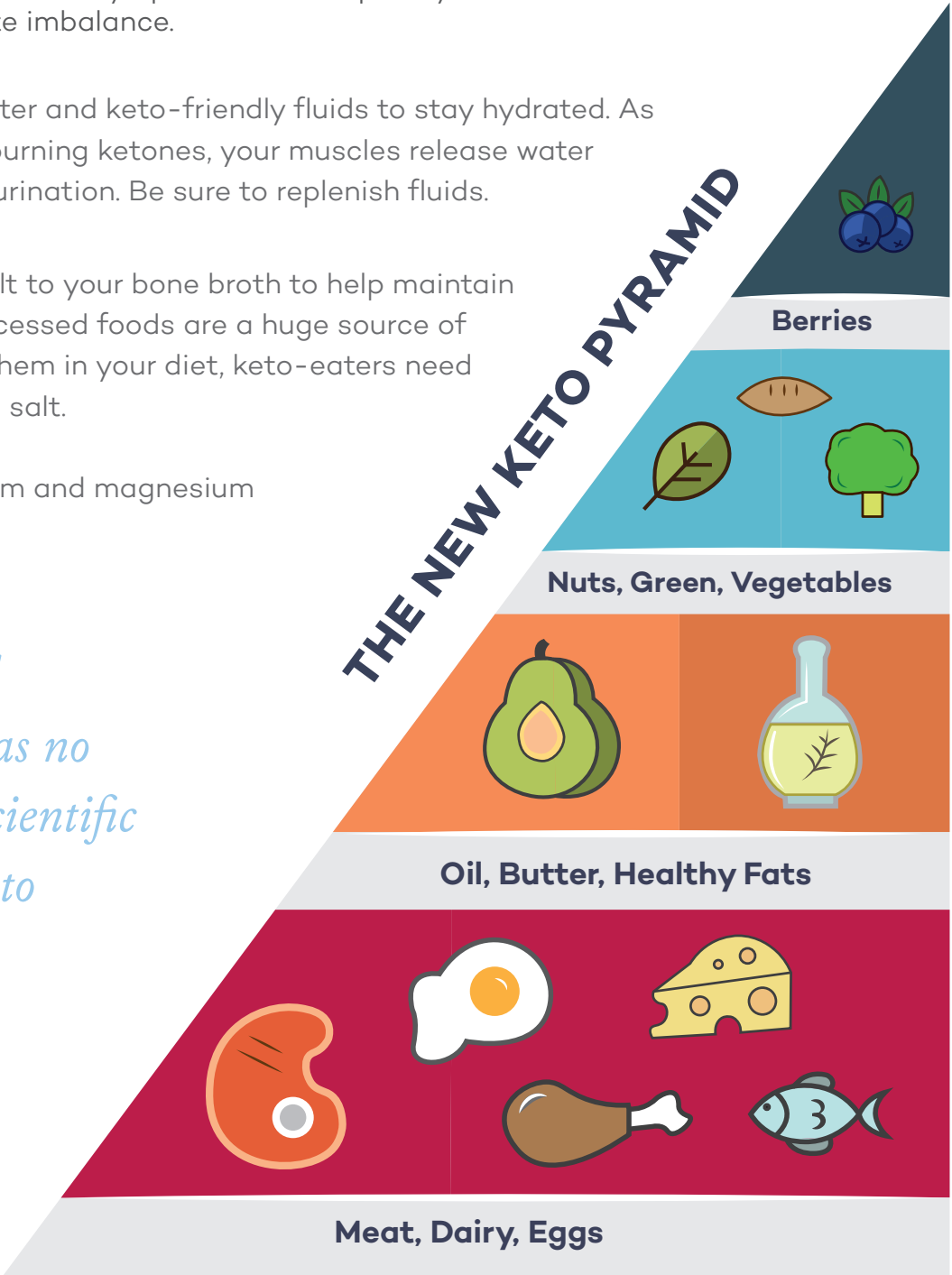
KETO IS FOR LIFE!

Tips for Avoiding the Keto Flu

You may have heard people talk about the “keto flu” like it’s an unavoidable rite of passage. It’s not, and the symptoms are completely avoidable and the result of an electrolyte imbalance.

- 1 Drink plenty of water and keto-friendly fluids to stay hydrated. As you transition to burning ketones, your muscles release water causing frequent urination. Be sure to replenish fluids.
- 2 Add a little sea salt to your bone broth to help maintain sodium levels. Processed foods are a huge source of sodium. Without them in your diet, keto-eaters need to add back in the salt.
- 3 Consider potassium and magnesium supplements.

“The USDA Food Guide Pyramid has no connection with scientific facts. The new Keto pyramid turns it on its head.”



Kiltz's Keto Ice Cream

In **Dr. Kiltz's Keto**, even “treats” are full fat, that includes my guilt-free ice cream which can be enjoyed as a treat or actually as an entire meal. Yes, there's a little bit of sugar in there, but that small amount of pure cane sugar in that much heavy cream isn't a concern, even on the keto diet. This is the most delicious ice cream you can imagine and it's packed with all of that healthy fat your body needs.

What you'll need:

- 1 Pint of High-Quality Heavy Cream (preferably grass-fed)
- 2 TBSP of granulated pure cane sugar
- 2 TBSP pure vanilla extract (can use vanilla bean scraped as well)
- 1 egg (organic preferred) (optional)

Note: Recipe can be doubled depending on the capacity of your ice cream maker

Directions: Shake cream and pour into a large bowl. Add sugar, eggs, and vanilla extract. Whisk until well combined and frothy. Pour into ice cream machine and follow manufacturer's instructions.

*“Eating fat in its purest form
is the simplest energy source
for our bodies.”*



Intermittent Feasting:

TRUE FASTING: EAT ONCE PER DAY

Fasting between meals gives your body time to rest and digest and allows the glucose levels in the bloodstream and throughout the body to go down. Some refer to this as “intermittent fasting”, but I find the term “intermittent feasting” to be more accurate. I believe your best health comes from eating one meal a day in the evening and giving the body time to rest and digest during sleep (allowing 12-24 hours between feedings). This is in line with how prehistoric man lived: going for days to weeks without eating, not knowing where or when his next meal was coming, feasting and then fasting, fasting, fasting while on the hunt for food.

Our bodies were not designed to eat 3-5 meals a day with snacks in between like a grazing animal. Eating several meals a day fills the gut with fiber and carbs that ferment and feed the bacteria and yeast causing more disease. The more we eat, the more we fill “the bucket” that is our digestive system. We fuel the fire of inflammation; we fill our intestines, never allowing them to diminish their contents because of the continuous supply of food.

Intermittent feasting allows time for digestion, reduces glucose and insulin levels in the bloodstream, thereby reducing the damage that causes foggy brain, digestive issues, and aches and pains throughout the body.

Our bodies are well- designed to go without food, yet most of us consume more calories than we could ever burn through in a day. This adds fat to our bodies. Fat is meant to be there to help ensure our survival during times of famine and drought.

Dr. Jason Fung has a lot of good information on incorporating intermittent fasting into your lifestyle.

“**Carbo-caine**” When I talk to patients or friends about eating bacon, eggs, butter, and beef and removing carbohydrates and sugar from their diets, most worry they won’t be able to do it. Carbs and sugar have a real grip on most of us, you’re not imagining it. I actually call carbs “carbo-caine”. Like cocaine, they are addictive. Eating carbs affects the pleasure centers in the brain just like a drug. High carb consumption spikes insulin which allows tryptophan to enter the brain and make serotonin, the feel-good neurotransmitter.

Eating carbs quite literally makes us happy, but only temporarily. A steady diet of high carbs and sugar will create a host of problems that affect your daily enjoyment of life and can shorten your lifespan.



WHAT TO DRINK:

Water, Coffee, Tea. Copious amounts of water are not required. Have a cup of coffee or tea (with added cream or butter, if you like) and a glass of water (still or bubbly with no added sugar) when you are thirsty. The whole 8 glasses of water a day mandate is overkill. Over-drinking of water likely robs our bodies of essential minerals that are inadvertently flushed out.

Avoid alcohol in all forms. Alcohol is toxic to your body and fuels the fire of inflammation in the gut.

HOW MUCH TO EAT:

Frequency is more harmful than intermittent abundance. With intermittent feasting, your allowed to feast since you’re only eating one meal per day. But you will find that eating fatty meats or adding fat to your food is more filling than eating lean meats. You will likely feel full before you finish your meal.

When you eat lean meats, your body must convert them to amino acids which are then converted to sugar in the liver and finally into fat. CUT OUT THE MIDDLE MAN! Choosing to eat natural animal fats allows your body to send fat right to the lymphatics.

NARROW AS AN ARROW: Variety, spices, and sides are deadly. Stick to bacon, eggs, butter, beef, and Kiltz’s ice cream. Skip the spices and the sides dishes.

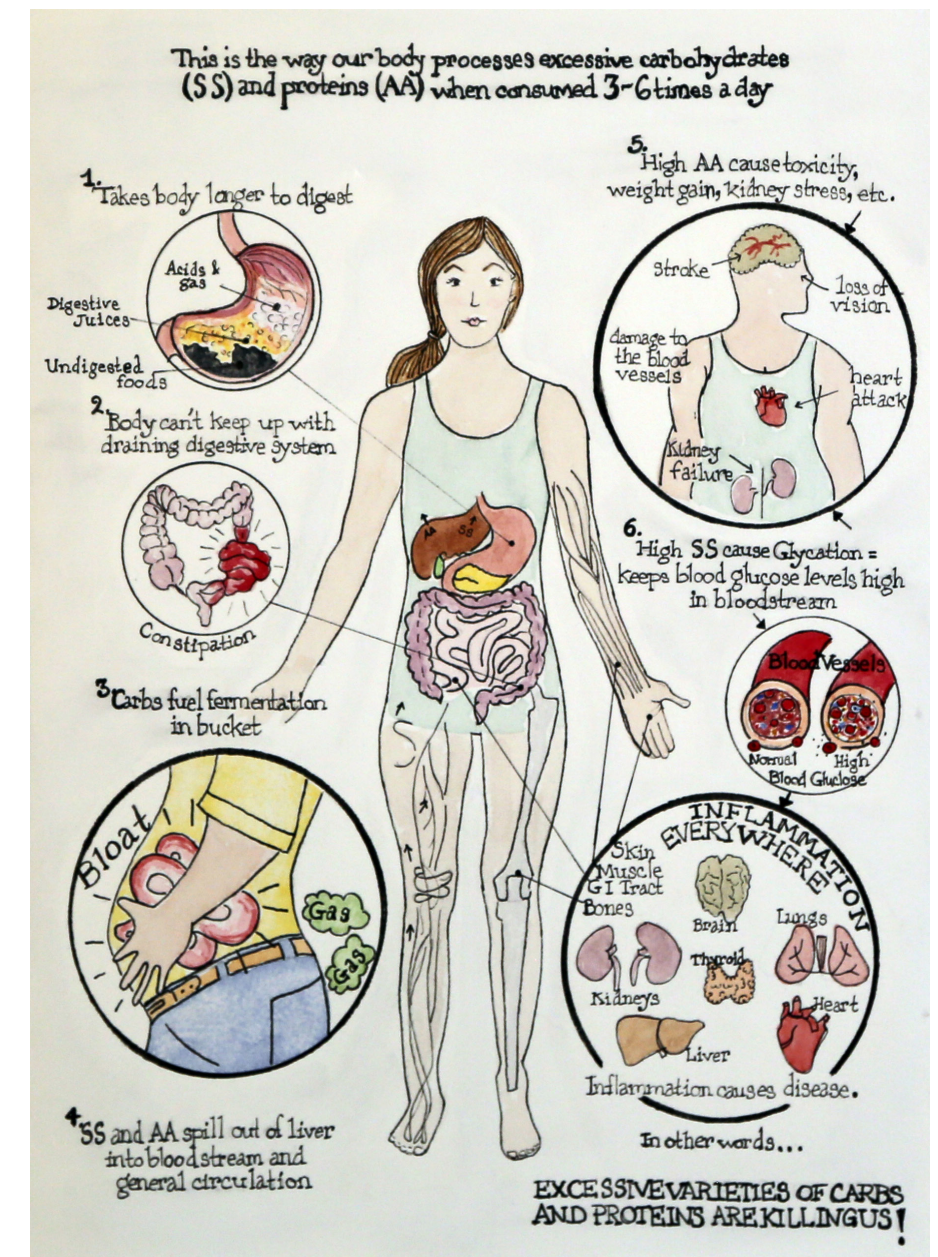


Illustration by: Melissa Nograsek

“Your best health comes from eating one meal a day in the evening and giving your body time to rest and digest.”

Fatty, Flavorful, and Filling

WHY RIB-EYE STEAK IS THE PERFECT KETO MEAL

Consider a rib-eye steak to be the perfect keto meal, and it's one I eat quite often. [Here's why:](#) A rib-eye steak is cut from the rib section of beef cattle. Known for their tenderness, rib-eyes also have a high fat content. Generally, the higher the grade of meat, the more fat it contains. It's half fat and half protein in a delicious package and contains no carbohydrates, sugar, or fiber.

All that beautiful marbling in a rib eye means fat—great for flavor and your body.

General Nutrition

A 242-gram serving, or about 8.5 ounces, of grilled, boneless, choice rib eye steak with its fat trimmed contains 520 calories, 133 percent of the recommended daily intake of protein, 44 percent of the fat and 6 percent of the sodium. I recommend you don't trim the fat and eat it instead.

Protein

Protein makes up about half of the calories in rib eye steak. Your body breaks proteins down into amino acids. Amino acids are essential to the creation, repair and maintenance of cells. There are three types of amino acids: nonessential, conditional, essential. Your body can produce nonessential amino acids and conditional amino acids, but may need supplemental sources in times of illness or stress. Your body cannot make essential amino acids, which come only from the food you eat. Rib eye steak offers both conditional and essential amino acids.

Fat

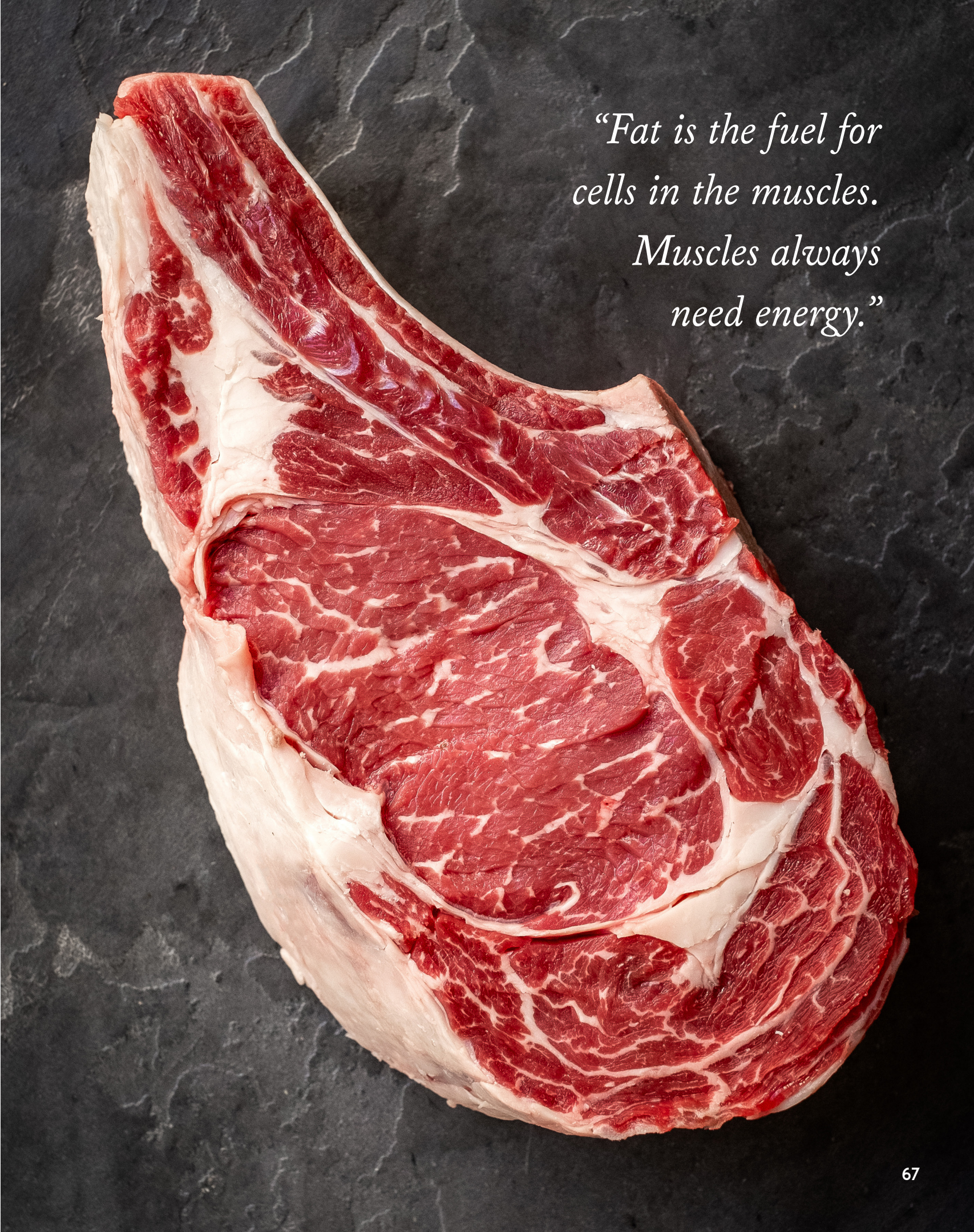
Fat comprises the other half of rib eye steak's calories. About 40 percent of that fat comes from saturated fat. The body needs dietary fat for energy and for the essential fatty acids it contains that the body can't produce. These fatty acids reduce inflammation, control blood clotting and aid in brain function. Fat also allows the body to absorb vitamins A, D, E and K.

Vitamins

A serving of rib eye steak offers 239% of the recommended daily intake of vitamin B12 for an adult male. Vitamin B12 helps red blood cell formation, neurological health, DNA synthesis, and may play a role in reducing the risks of dementia and age-related cognitive decline. A rib eye also provides 84% of daily recommended intake of niacin, which helps in red blood cell formation, neurological function and maintaining healthy digestion, skin and nerves.

Minerals

An 8.5-ounce serving of rib eye supplies 153% of the daily need for zinc. Zinc is integral to energy production, protein and nucleic acid synthesis, healthy immune function and cell division. The same serving of rib eye has 145% of the daily requirement for selenium. Selenium combines with proteins to form antioxidant selenoproteins that help prevent cellular damage from free radicals, which may help lower cancer and heart disease risks. Selenium may also play a role in alleviating arthritis.



“Fat is the fuel for cells in the muscles. Muscles always need energy.”

Dining out on Keto

Many people do well sticking to keto when they are preparing meals themselves from their keto-equipped pantries and kitchens. It's another story entirely when traveling for work or meeting friends for dinner at a restaurant.

Between the bread basket in the center of the table and a long list of tempting (but not keto-friendly) appetizers to share, it can be a struggle to stick with the plan. The good news is that as keto has become more popular, many restaurants have adapted their menus and even note keto-friendly options.

TIPS TO HELP YOU STAY KETO EVEN WHEN YOU'RE DINING OUT:

- If you have a say about where you'll be eating, your best bet is a steak house, seafood restaurant, Greek or Middle Eastern restaurant, or Chinese. Some BBQ places can work as well. Try to steer clear of pizza joints and smaller Mexican or Italian restaurants which may be limited to carb-heavy options.
- **Take a look at the menu in advance.** Most restaurants post their menus online so you can review your options without stress.
- **Don't be afraid to ask questions.** You may need to ask how something is cooked or prepared to find out if it's really a good choice.
- **Avoid dressings and sauces** or ask for them on the side. They contain lots of hidden sugar. Oil and vinegar are your best bet for dressing a salad.
- **Grab a snack beforehand** so you're not starving once you get to the restaurant—a fat bomb or some chunks of parmesan cheese. The basket of bread is a whole lot more tempting when your stomach is grumbling.

KETO OPTIONS WHEN DINING OUT

- Burger without a bun (but skip the fries)
- Chicken wings (most restaurants have these on the appetizer menu)
- Meat, chicken, or fatty fish that isn't breaded or fried. Ask for a side of butter to help add the fat
- When all else fails, a cup of coffee with heavy cream is a readily available on-the-go filler until you find a better option

Alcohol: Many people like to share a bottle of wine or grab a beer over dinner. I generally warn against alcohol. It's toxic and fuels inflammation in the gut. Most wines and mixed drinks have lots of sugar (and phytochemicals). And there's a reason we don't allow kids to drink. But even I, from time to time, have something alcoholic to drink while socializing. When I do, it's a very dirty martini with a couple blue cheese stuffed olives.

Remember: If you have a bite of dessert or steal a fry from a friend's plate, it's not the end of the world and certainly not worth beating yourself up over. Do the best you can to make smart keto choices and move on from there.

“Many restaurants have adapted their menus and even note keto-friendly options.”



Bone Broth: Why You Should Be Drinking It Too

Have you seen the term “bone broth” popping up on keto blogs and recipes? You may have seen it on the shelves of your local grocery store or Trader Joe’s and wondered what it was. So, what is it and why should you be jumping on the bandwagon?

Bone broth is exactly what its name implies. **It’s a broth made from cooking down animal bones and other connective tissue** (feet, beaks, spines, gizzard, legs, hooves, hocks, or even the whole carcass) with water and adding an acid like vinegar or lemon juice to help break down the collagen. It can be made from chicken, turkey, lamb, pig, beef, fish, and other wild game. Many people roast the bones first for a richer, deeper flavored broth.

Bones contain lots of nutrients which provide some pretty impressive health benefits. It’s high in various minerals, collagen, glycine, glucosamine and chondroitin.

Bone: The bone itself yields minerals like calcium and phosphorus. Sodium, magnesium, potassium, sulfur and silicon are also present.

Marrow: Bone marrow gives you vitamin A, vitamin K2, omega-3s, omega-6s and minerals like iron, zinc, selenium, boron and manganese. Marrow from beef and lamb also contains CLA.

Connective Tissue: This tissue provides glucosamine and chondroitin, which are popular dietary supplements for arthritis and joint pain.

While it can be used as an ingredient in soups and sauces, many people drink a cup as part of their regular daily routine. It’s a great snack and a soothing way to start or end the day. Adding a bit of extra sea salt to your bone broth and drinking it in the early stages of transitioning to keto can help ward off the keto flu. When you stop eating so many processed foods, you take in a lot less sodium, some of which your body needs. This is one way to add it back.

POTENTIAL HEALTH BENEFITS INCLUDE:

- **Anti-inflammatory:** The glycine may have some anti-inflammatory and antioxidant effects.
- **Weight Loss:** It’s low in calories and sugar-free, but still helps you feel full. This may be due to its gelatin content, which can promote satiety.
- **Joint Health:** Glucosamine and chondroitin improve joint health and reduce symptoms of osteoarthritis.
- **Bone Health:** Calcium, magnesium and phosphorus all promote good bone health.
- **Sleep and Brain Function:** Glycine taken before bed has been shown to improve sleep and brain function.

Whether you buy it or make it, **the health and flavor of the bone broth is ultimately dependent on the quality of the ingredients:** where did the bones come from? What did the animals eat? How long was it cooked? If you don’t have the time to make it yourself, be sure to read the ingredients of various bone broths before you settle on one to try. Kettle & Fire makes a good one, but there are other quality bone broths out there.

If you make it right, you’ll see bits of “jelly” in your broth. Bones, marrow and connective tissue are all largely made up of collagen, which turns into gelatin when cooked.

SIMPLE BONE BROTH RECIPE

INGREDIENTS

- 2–3 pounds of beef bones.
- 4 liters (1 gallon) of water.
- 2 tablespoons apple cider vinegar.
- 1 onion (optional).
- 4 garlic cloves (optional).
- 1 teaspoon of salt and/or pepper (optional).

DIRECTIONS

Put bones and vegetables in a big, stainless steel pot*.

Pour cold water into the pot so it covers the contents. Add the vinegar, and then raise the temperature to bring to a boil.

Reduce heat, add salt and pepper, and then let simmer for 4–24 hours (the longer it simmers, the tastier and more nutrient-dense it will be).

Allow the broth to cool, and then strain the solids out.

Now it’s ready.

You can also add other meat, veggies or spices to your broth. Popular additions include parsley, bay leaves, carrots, celery, ginger, lemon rinds and liver, but they are not required.

Broth may be stored in an airtight container in the refrigerator for up to 5 days, or in the freezer for up to 3 months.

For those who prefer to multi-task (cook and sleep), you may also want to use a pressure cooker, slow cooker or Crock-Pot. You can use a Crock-Pot to make bone broth overnight.

***For extra flavor, roast the bones before adding to pot. Preheat oven to 450°. Roast bones on a parchment-lined rimmed baking sheet for 30 minutes.**

Wine or Water: Which Do You Choose?

Alcohol in any form is deadly. There's a reason we don't advise kids or pregnant women to consume alcohol. If it's not good for them, why would it be good for any of us?

Wine also comes with a lot of sugar, yeast, tannins, and sulfates that don't do our bodies any favors. And though the opioid epidemic and other prescription pills steal the spotlight on the nightly news, alcohol is a deadlier drug. Here's why:

- Alcohol is socially acceptable and easily accessible
- Alcohol kills more people than all other drugs combined
- Alcohol is three times as harmful as cocaine or tobacco
- Alcohol directly causes a variety of diseases

Just because cocaine and heroin are illegal doesn't make them more dangerous than alcohol. The World Health Organization estimates risks linked to alcohol cause 2.5 million deaths worldwide each year from heart and liver disease, road accidents, suicides, and cancer. On the scale given by the scientists, alcohol received a score of 72 out of 100. Heroin received a 55, while crack received a 54.

Alcohol is the direct cause of 7 forms of cancer. Even light to moderate drinkers are at risk. The study, published in the journal *Addiction*, provided evidence that alcohol is the direct cause of breast, liver, colon, esophagus, and other types of cancer. Researchers have found growing evidence that alcohol causes skin, prostate, and pancreatic cancer. Alcohol also causes fatty liver disease, cirrhosis of the liver, and alcohol hepatitis. These conditions can kill

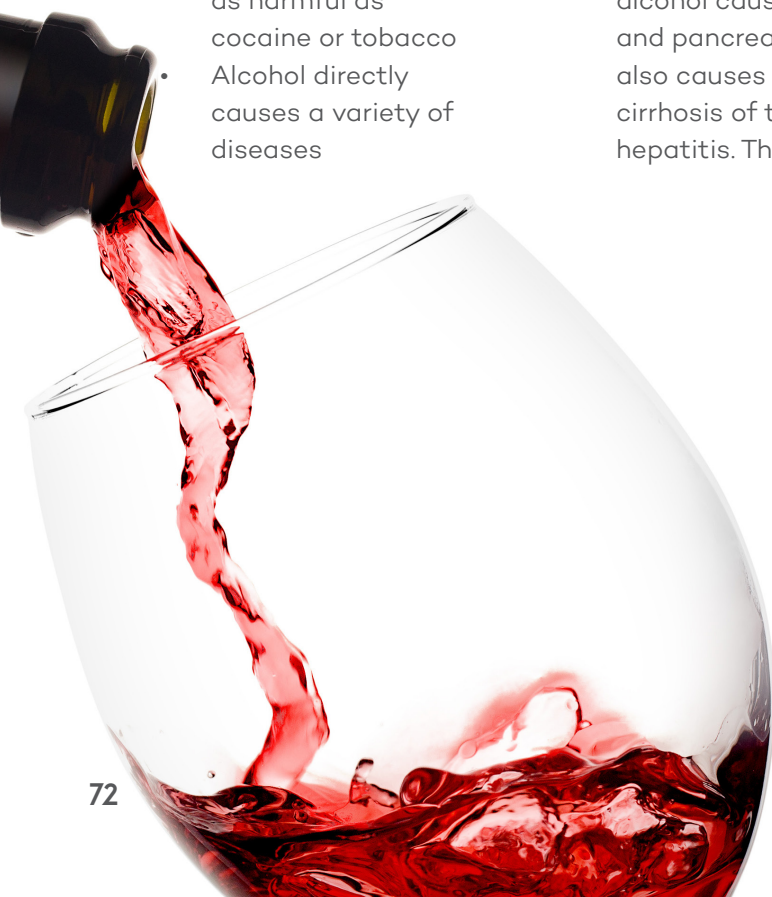


drinkers slowly. **Any drinking can weaken the heart and affect how oxygen and nutrients are delivered to certain organs in your body.**

Prolonged and excessive alcohol use can also interfere with brain function and structure. Not to mention the secondhand events that occur like car accidents, DUI's, drunken injuries, toxic relationships, and destruction of property.

The truth is alcohol is the deadliest drug and the research and statistics prove this.

"The truth is alcohol is the deadliest drug and the research and statistics prove this."



Drugs & Hallucinogens Are Plant-Based Too!

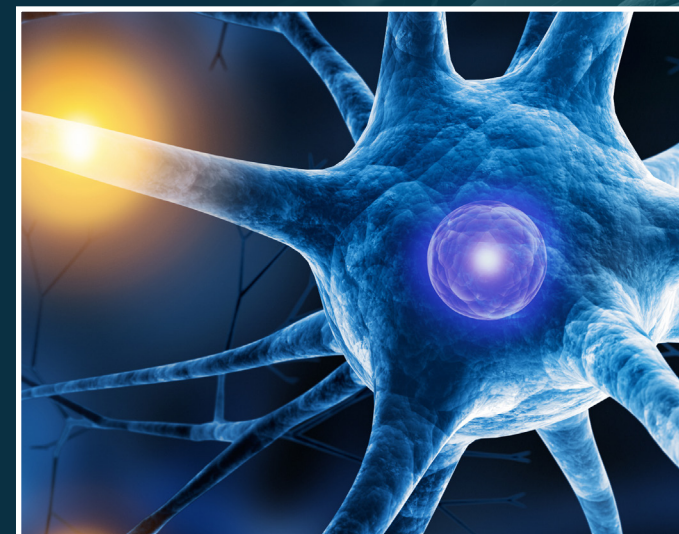
We don't often take the time to think about where drugs like heroin, cocaine, and marijuana come from . . . PLANTS!

Opium, morphine, codeine, and heroin are all derived from the milky latex found in the poppy plant's unripe seed capsule.

Anyone who's seen the news knows the heroin is highly addictive. It can change how your brain functions, your emotions, and your physical appearance—none for the better!

Long-term use has a very long list of effects on every part of your body.

It is best not to use any of these drugs recreationally. They affect your brain chemistry, even if only temporarily, and wreak havoc on other systems throughout the body, particularly with repeated use.



*"All dope can do for
you is kill you— and
kill you the long,
slow, hard way."*

—Billie Holiday



Kiltz's Keto Kitchen

HERE'S WHAT DR. KILTZ IS EATING FOR DINNER



Salmon



76 Rib eye steak



Salami & Cheese- Great Snack!



Duck



Bunless hamburger



Pork Belly



Chicken Thighs



Deviled Eggs



Steak and Butter



Steak and Eggs



Dr. Kiltz in his Kitchen

The Gratitude Attitude



There's no better way to set the tone for your day by waking up and greeting the day "Thank you, God, for this awesome and amazing day you have gifted me." This is how I start my day every day. I speak these words out loud and my day begins from there.

Gratitude has been found to be one of the strongest positive emotions and is often linked to happiness.

Most of us are confused when it comes to gratitude. We think we need to achieve certain goals or get to a certain place in our lives before we take a breath and express appreciation for all that we have. In fact, happiness isn't what brings you gratitude, gratitude is what brings you happiness!

Some people find it helpful to make gratitude part of their family dinner, going around the table with each person sharing something good that happened to them that day and/or why they are thankful. Teaching the next generation that there is good in every day is an important lesson to pass along and will be the building blocks for happiness.

Gratitude has physical, psychological, and social benefits. The practice of gratitude has been shown to improve your immune system, regulate blood pressure, reduce aches and pains, and help with sleep. Gratitude can help achieve higher levels of joy and allows those who practice it to feel less lonely and more optimistic.

The mind-body connection is very real and should not be ignored when it comes to health and wellness.

Part of the gratitude attitude is being kind to others and to yourself. I firmly believe that kindness begins with the person in the mirror. Make sure you are saying positive and uplifting things to yourself when you look in the mirror. **Love thyself first.**



"Thank you, God, for this awesome and amazing day you have gifted me."

Nourish Your Mind & Feed Your Soul

As medical professionals, we spend a lot of talking about what you should be eating or what medicines you should be taking (as few as possible), but not as much time discussing how important what you put into your mind is as well.

I've spent a lot of time reading the works of great philosophers and spiritual leaders, both past and present, and can tell you that the phrase "food for thought" hits the mark. As much as you worry about what and how you to eat, you need to think carefully about what you're listening too and reading. What are you filling your conscious and subconscious mind with every day? Is it positive, amazing things that expand your mind and make you feel good or negative self-thought that brings you down?

There are so many wonderful books out there and some really smart, insightful people to learn from. Learning is a life-long pursuit. It shouldn't stop the day you get your high school, college, grad school, or even medical school diploma. We all have lots to learn and that means making a concerted effort to expose yourself to ancient texts (the Bible, the Koran, the Bhagavad Gita), the writings of Buddha, Lao Tzu, and newer books by present-day thinkers who were inspired by ancient healers and philosophers.

Share what you're learning and thinking about. Whether it's a tweet, a vlog, a Facebook/Instagram post, or an email to friends. Pass along those surprising/insightful/moving "nuggets" that you're absorbing from whatever you're reading or listening to.



“What you put into your mouth and your mind matters most”



SLOW IT DOWN & BREATHE! Practice daily meditation, prayer, and visualization.

We need to slow it down and focus on the beauty of the universe and the creativity that we've all been given. The gift is life.

MEDITATIVE BREATHING: 5-6-7 Breathe in Through the Nose and Out Through the Smile

I do this meditative breathing practice several times a day. You breathe in through the nose for 5 seconds; you hold it for 6; and you breathe out through the mouth for 7. I say, "In through the nose, out through the smile."

You can practice this 24/7/365, anytime of the day or night. The 5-6-7 rule is a meditative practice. You don't need to be sitting in a lotus position or at an ashram or the yoga studio. Right where you're sitting, standing, lying, resting, or relaxing is just fine.

Just stop what you're doing and focus on your breathing.

Come visit DoctorKiltz.com for more inspiration and ideas on how you can take your health and wellness to the next level and improve your Mindy, Body, and Smile.



Try Something New



CREATE, BUILD SOMETHING, MAKE SOME MISTAKES

Studies link being open to new experiences with lower levels of inflammation. Get out there and try something new. It will benefit your mind and your body. If you've wanted to learn how to paint, knit, make pottery, master calligraphy, write a poem, learn an instrument, plant a garden, go do it!



I took up flying and earned my pilot's license in my mid-50s. Talk about stepping out of your comfort zone! Hitting the skyways at 10,000 feet behind the yoke with just you and the clouds is literally out of most of our comfort zones, but it's tremendously empowering. I'm now working toward getting certified to fly a jet. But trying something new doesn't have to be an expensive, dangerous new hobby. I'm not suggesting we all start free-climbing on weekends

(although try it if it's always been your dream, just be safe and get the proper training!).

Trying something new doesn't have to be a grand gesture. It can be as simple as taking a new route on your drive home from work so that you see different landmarks along the way and you get a new perspective.

It can mean pushing yourself creatively. Write something every day. It doesn't have to be a three-act play or short story. It can just be a few words about your day in a journal that you keep by your bed. Put pen to paper and write-out in long hand a couple of sentences or helpful reminders to yourself about how you're feeling and your goals. Or keep a digital diary on your phone if you want to be more high-tech.

For me, painting and potting have always been a creative outlet. I started working with pottery when I was in high school. Mrs. Wong in my ceramics class in the 10th or 11th grade at John Marshall High School in Los Angeles inspired me through pottery and clay. I enjoy working in my pottery studio making pots and throwing on the wheel, making slab pieces. Small pieces and big pieces, medium pieces, and pieces that end up in the bucket or on the floor. I make lots of mistakes, but I take something and do it and then do it again. The beauty of clay is that it is actually

re-useable and moldable and changeable. I guess it's kind of like the human being. It doesn't matter where you've been. It is possible to reshape yourself in a new way, and learn to do things differently. Tapping into that creative part of my brain does wonders for stress and helps me feel connected to a higher power and the bigger picture.

I've since learned to paint, make jewelry, operate, learn new ideas of health and wellness, **but ultimately it comes down to sticking to the loving, living, and learning.**

FERTILIZE THE UNIVERSE: MAKE SOME MISTAKES

Fear of failure shouldn't hold you back. If you're not making mistakes, then you're not trying anything new. I like to say that mistakes are fertilizer. Fertilizer is a good for the soil. It gives renewed growing power and strength to the seedlings that grow out of it. Failure is much the same. Failing makes us stronger, smarter, and more driven. Instead of saying, "I failed," say "I fertilized." There's a lot more truth to the latter.

When I first took up painting, my daughter told me I wasn't very good (and frankly, she was right), but that didn't stop me from trying. I worked at it and over time saw great improvement and found much joy in the act of painting itself.

FIND INSPIRATION ANYWHERE & EVERYWHERE

I'm inspired by others. **That's really what life is all about: finding inspiration.** Whoever you're around, begin to learn and listen. If you want to learn to build and do something, spend time around those successful people who have learned to build and grow something. You are as capable as any other human being. Your past doesn't matter or your physical capabilities. Mentally we are all capable. All of us, in one way or another, are capable of shifting and creating and making change, building on the old and building anew.





Are You Getting Enough Sleep?



The Power of Laughter & Kindness

The act of laughing decreases the secretion of epinephrine and cortisol. It reduces stress, promotes relaxation, and improves circulation. Deep belly laughter is positively linked to the lymphatic and immune systems.

And if you're holding onto anger, the opposite is true. Just thinking about an angry situation from the past can cause a six-hour dip in levels of the antibody immunoglobulin A. These are the cells that form the first line of the defense against infection, thereby weakening the immune system, even in healthy people!

“One minute of anger weakens the immune system for 4-5 hours. One minute of laughter boosts the immune system for 24 hours.”

If you're like 35% of Americans, you're not getting enough rest. Between job stress, family stress, blue light, and occasional Netflix binge watching, more and more adults don't get the recommended 7-9 hours of sleep each night. We're trying to fit it all in, and our sleep suffers. Most people don't recognize the long-term effects of night after night, year after year of sleep deficiency. Many people cut their rest short to do something else they think is healthy—early morning exercise. **But getting less than about 6 hours of sleep has real health consequences, including a higher risk for memory problems, obesity, heart disease, diabetes, infections, and depression.** If you're focused on your health (and you should be), you need to make sleep a priority.

- **Get on a regular schedule and commit to a bedtime** that gives you 6+ hours of sleep. Work back from your wake-up time and stick to your plan! That means no late nights on weekends either. It's better for your body to maintain a consistent schedule 7 days a week. Big swings can make it difficult to fall sleep.
- **Embrace naps!** If you can't get to bed on time or get a bad night's sleep, going to bed earlier the next night isn't the fix. Fit in a short 20-30 minute nap, but make sure you do it before 4:00 pm or it will affect your ability to go to sleep at your regular bedtime.

- **Prepare for bedtime.** Give your body and your mind time to wind down. Take a warm bath or shower. Dim the lights and stay off your tablet or laptop. A little yoga or stretching before bed is a great idea.
- **Turn off all electronics 15-20 minutes prior to lights out.** It's a good idea to keep all electronics out of the bedroom to decrease temptation and eliminate interruptions.
- **Invest in your sleep space.** Buy a comfortable mattress, light blocking curtains or shades, comfortable sheets, and keep the thermostat low. Studies have found that the optimal temperature for sleep is quite cool, around 60° to 68° F. Temperatures in this range help to decrease core body temperature that in turn initiates sleepiness.



CBD OIL

WHAT EXACTLY IS CBD?

CBD, or cannabidiol, is a chemical compound found in hemp and marijuana (cannabis) plants. The cannabis plant contains around 100 different chemical compounds called cannabinoids. THC, or tetrahydrocannabinol, is the most well-known as the one that gets you high. The second best known extract is CBD, which by itself, will not get you high. The same species that is used for THC and marijuana has also been used for thousands of years to make clothing, rope, plastics, fuel, and medicinals.

REDUCE INFLAMMATION

Beyond diet, which is the easiest change to make, we're always looking for ways to reduce inflammation. We use aspirin, NSAIDs, steroids, antibiotics, and more recently, I've been recommending CBD oil, or Cannabidiol. **Cannabidiol has recently been touted as the "go to" herbal medicine for reducing inflammation** and you can find it in a wide range of products from lip balms and lotions to cocktails and coffee.

HOW DOES IT WORK?

There is evidence that it reduces the reactions of the white blood cells and other inflammatory markers on a local and systemic level. CBD works with the body's endocannabinoid system, or EC, which is a network of receptors that power the immune system and regulate hormones and a variety of brain functions, like recognizing and responding to pain. CBD binds to various ECS receptors and activates them, thereby producing a therapeutic effect, like lowering anxiety and decreasing inflammation. CBD can also "unlock" certain chemicals and block others to create a calming effect.

THE BENEFITS OF CBD

CBD can help with aches, pains, skin issues, and digestion. It has also been found to help with depression, anxiety, and epilepsy, and may even help with certain metabolic disorders, like diabetes. From a fertility perspective, CBD is thought to improve sperm and egg quality. But be mindful of the fact that everyone responds differently to CBD depending on the specific product they are using and their own unique body chemistry. And CBD is not known to be addictive. The World Health Organization reports that "CBD exhibits no effects indicative of any abuse or dependence potential."

WHAT YOU NEED TO KNOW

CBD products labeled "full spectrum" can include less than 0.3 percent levels of THC (not enough to get you high, but enough to have an effect) while products noted "broad-spectrum" do not contain any THC at all. Be prepared to experiment and be patient! The single use of a CBD salve on your painful neck may not alleviate the pain overnight, or it might. **You may need to try the combination of taking CBD orally and topically to achieve the desired results.** Be prepared for some trial and error before you find the formula that works best for you.

Whether you take it as a vapor, an oil under the tongue, rubbed on the skin, in tablet form, or baked in something, the choices seem unending. 15 mg of CBD 1-2 times per day is a good starting point for many, although the exact dose has not been determined and can vary from person to person. Different varieties have been mixed with MCT oil, olive oil, or hemp seed oil in order to dilute the concentration of the CBD oil.

The intent here is not to create a high or a buzz. There may be side effects, so everyone must be cautious in deciding whether to use it. Certainly, if you are pregnant, we currently recommend against using CBD.

Your decision to use CBD must be based on some of your own research.

WHERE TO BUY:

CNY Fertility has an assortment of high-quality CBD tinctures, gummies, and salves available with or without THC for purchase online at:

<https://shop.cnyfertility.com/>



Other Ways to Reduce Inflammation:

INCORPORATE EASTERN THERAPIES.

We have also found integrating eastern therapies into your health and wellness routine to be helpful in reducing inflammation. Yoga, meditation, prayer, acupuncture, regular massage, and light therapy are all good options. Inflammation is triggered in response to stress. The more you can do to reduce stress, the less likely you are to become inflamed. It's important to try various options in order to find the one (or two or three) that work best for you personally. You might love Tai Chi but you might find acupuncture is not for you.

INTEGRATING EASTERN THERAPIES INTO YOUR HEALTH AND WELLNESS ROUTINE TO BE HELPFUL IN REDUCING INFLAMMATION.

MAKE SLEEP A PRIORITY.

Sleep time is absolutely necessary for your body to heal from the physical and mental traumas of the day. If you're not getting uninterrupted or enough sleep, your body isn't healing the way it should be. Find a way to get on a regular sleep schedule. Invest



in a quality mattress. Remove distractions from your room--no buzzing cell phones or TV.

CUT OUT CHEMICALS.

Exposure to pesticides and preservatives can cause inflammation by invading cells and destroying tissue.

Chemicals are in everything from processed foods, food containers, and home cleaning products to cosmetics, shampoo, and other personal care items. Learn how to read an ingredient label and make sure you know what's okay and what isn't. Avoid phthalates and parabens as much as possible.

"Omega-3 fatty acids are very important for your health and considered essential because they cannot be made by the body."



LOW DOSE NALTREXONE (LDN):

LDN is a therapy that has shown promise in treating a variety of health issues. It was originally developed decades ago for the treatment of heroin/opioid addiction because of its ability to bind with opioid receptors in the brain, thereby blocking the effects of the drugs. It was discovered that in very low doses, naltrexone is also helpful in treating autoimmune disorders, HIV/AIDS, cancer, and central nervous system disorders. Because it can balance and regulate the immune system without over-stimulating it, any condition that involves immune dysregulation may benefit from LDN.

In lower doses, naltrexone still causes a very mild blockage of endorphin receptors throughout the body. The body's response to this binding is to compensate by increasing production of endorphins and enkephalins (our natural opioids). The brief blockage every night appears to be enough to effect a prolonged change in many aspects of the immune system and increases the body's ability to heal itself. In addition to treating Lyme disease, fibromyalgia, chronic fatigue syndrome, multiple sclerosis, Parkinson's, Hashimoto's thyroiditis, Crohn's disease, autism, and rheumatoid arthritis, LDN can also be helpful for depression because of its endorphin-boosting effect.

LDN makes the immune system begin working at optimum levels which helps to correct many of the body's imbalances.

OMEGA-3 FATTY ACIDS:

Omega-3 fatty acids are very important for your health and considered essential because they cannot be made by the body and must be consumed through food or supplements. The three types of omega-3s include ALA, DHA, and EPA. ALA is found in plant foods such as flaxseed, walnuts, and soybeans. DHA and EPA are found in certain types of cold water fish, such as pollock, salmon, herring, sardines, albacore tuna, and mackerel. All omega-3s are considered healthy fats, but EPA and DHA from fish oil have been the most studied and have shown beneficial effects for a variety of conditions.

Omega-3s have been shown to support a healthy immune system and triglyceride levels, promote joint health and mobility, and promote heart, brain, prostate, and eye health. Healthy individuals who eat fatty fish more than twice a week may not need a daily supplement. Those who don't eat fish often may want to consider taking a supplement. We recommend TherOmega® Omega 3 Fish Oil by Theralogix, which contains EPA and DHA, two of the key omega-3 fatty acids in fish. But you should always consult with your healthcare provider to determine the amount of EPA/DHA that is best for you.

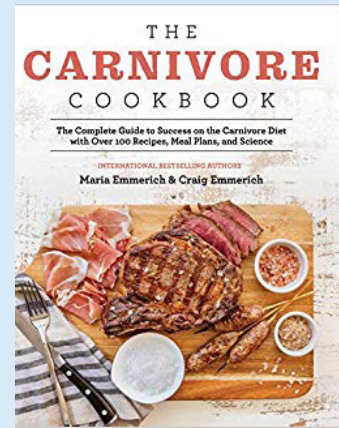
Keto Resources

Making the decision to go keto can seem overwhelming at first. You wonder, “Where do I even begin?” Fortunately, there are lots of resources to reference: websites, articles, books, cookbooks, etc. At CNY Fertility, we are very fortunate to have Keto-experts Maria and Craig Emmerich as a CNY Fertility special consultants. Their books, website, blogs, and seminars are a priceless resource for anyone wishing to boost fertility and achieve countless other health benefits by going keto.



MARIA EMMERICH is a wellness expert in nutrition and exercise physiology. She has a passion for helping others reach their goals of optimal health. She struggled with her own weight throughout childhood and decided enough was enough. She decided to study health and wellness so she could help herself and others stop wasting time feeling discouraged with their outward appearance and not feeling their best mentally. Maria is an international and best-selling author of several books and cookbooks. She understands the connection between food and how it makes us all feel on the inside and out and shares answers to lots of nutrition questions at her website www.mariamindbodyhealth.com.

READ MARIA & CRAIG’S NEWEST BOOK



Our diets have drastically changed due to the invention of agriculture around 7,000 years ago. Carnivore Cookbook explores what our bodies were really designed to digest and gives compelling evidence that we were designed to be primarily meat-eaters.

You’ll learn why all plants come with a downside. Antinutrients are chemicals and compounds that act as natural pesticides or defenses for the plants against being eaten. Maria explains how antinutrients can rob your body of minerals and other nutrients and lead to autoimmune issues and leaky gut. There is even a protocol for healing autoimmune issues called the Carnivore Autoimmune Protocol: a detailed system for stepping you through the various levels of carnivorous eating to find the point where your body responds best and is symptom free. You will also learn which foods are the highest in nutrient density to help your body heal.

Maria’s Books

Other Resources:

Dietdoctor.com

Livinglavidalowcarb.com

Kendberrynd.com

carnivorearelius.com

kevinstock.io

shawn-baker.com

“When you feed your brain and body properly, they will respond by functioning at their best.”
— Dr. Georgia Ede,
Nutritional Psychiatrist



Success Story

STEPHANIE ARANA: KETO + IUI



Hector was being sent overseas to Korea that October. So, we started trying right away for family. Knowing it would be an issue, we started seeing Dr. Kiltz.

Before my husband left the country, we stored 6 vials of sperm in hopes that I could keep trying for pregnancy while he was gone and knowing it would take a while. In

November 2016, we were keeping an eye on a cyst I had on my ovary when we tried our first IUI. It resulted in a pregnancy that was quickly lost. I went back again for 4 more IUIs, all with negative results. With 1 vial left of sperm and after consulting with the Dr. Kiltz, we decided to take the leap and move to IVF. In March of 2017, after a couple weeks of stimulation, we had a lot of eggs to retrieve.

Recovery from retrieval was difficult, but we ended up with 7 beautiful embryos that we froze. In April, we prepared and did our first frozen transfer of 2 embryos. It was an exciting and scary time, hoping and praying all that work and money would pay off. It was a negative result. And again, in May and June, both times transferring 2 embryos. All failed attempts. My final embryo was transferred in July 2017 and resulted in pregnancy, which I lost 9 weeks later. I was left with no embryos and no baby. I consulted again with Dr. Kiltz, and since my husband wouldn't be home from Korea until that November, we took this opportunity to take a break for 4 months during which

I finally listened to Dr. Kiltz's suggestion to try Keto. I figured what would it hurt? After being on so many medicines and supplements and it not working, why not give this a shot?

In July, the week after my loss, I started and never looked back. **I had my ratios at 75% fat, 20% protein, and 5% carbs.** I was consuming less than 20 grams of carbs a day. I would say the first 2 weeks of switching was the most difficult. My body craved the sugar, but I never gave in. After breaking through the cravings, I had a crazy amount of energy and mental clarity. I never felt better! **The first month I was keto, I lost 30 pounds.** The second month another 20, and after that 10 to 15. In October 2017, I had laparoscopic surgery to remove the large cyst still on my ovary. I was upset because this was the 3rd time I had to have a cyst removed due to the PCOS. But after that surgery, I never had another cyst form. And even during that 4-month break from fertility treatments, my cycles regulated themselves. In November, when my husband returned, we took that month and tried on our own hoping for a miracle. Unfortunately, it didn't work, so in December, we decided to just go back to Dr. Kiltz and keep trying IUIs along with timed intercourse.

At that time, **my husband also decided to go Keto with me** so I wouldn't be tempted by other foods. He didn't need to lose weight, but just for the health benefits he tried it. He ended up losing 30 pounds and felt amazing. We continued to eat dairy because of the added protein. The instant energy and

feel good boost were enough to keep us going. Add in the amazing weight loss, and how could we stop? In December, we tried an IUI, which was unsuccessful; January and February, too. In March, we had a positive pregnancy, but unfortunately lost that too. I was so discouraged, but tried once more in April. By then, I had lost 80 pounds. That IUI was the miracle we'd been hoping for.

Unfortunately, I couldn't stick with Keto during pregnancy no matter how hard I tried. The high fats were hard on my stomach. I have definitely been feeling the difference not being on Keto, and I plan on starting Keto again the moment our little boy is born in a couple weeks. I'm hoping the weight I've gained during pregnancy will fall back off and keto will also give me the energy I need for a newborn!



I'm now 35 weeks pregnant. In 2 weeks, I'll be getting induced because of some blood pressure concerns. I know for a fact that had we not stuck with Keto, we wouldn't be where we are today. Not only did I lose 80 pounds, but my cholesterol dropped 40 points and after being on Zoloft for anxiety for 14 years, I was able to stop taking it. I was having such great mental clarity that my doctor didn't see a need for me to be on it anymore. I also feel that the medication could have been complicating things for us.

My advice: For anyone trying Keto is NEVER give up on it; diligence is key, never have a cheat day, it takes too long that way to get your body back into ketosis. Also, meal prep is important and try intermittent fasting. It works and is so worth the hard work of this diet. There are also big support networks out there with advice, recipes and others going through the same process. Use these resources, you won't regret this decision, especially when the end result is a baby!

IN HER OWN WORDS:

"For anyone trying keto, you won't regret this decision, especially when the end result is a baby!"

-Stephanie Arana

Success Story

OUR MIRACLE BABY THANKS TO KETO-ANONYMOUS

I had been trying to conceive for over 4 years. I can remember going to the store to get pregnancy sticks and looking down to notice it was negative numerous times. Finally, I decided to go see a doctor who tried to help by saying let's check your hormone levels, then check to see if your ovaries are blocked along with your tubes. Those results all came back normal.

But I just knew something was off! I was diagnosed with endometriosis. Finally, I found a doctor who decided to do surgery in my belly to take a look around. He found a huge 4.5 cm cyst on my left ovary that was filled with hard stuff—kind of like a chocolate cyst, but not. We did the surgery, and he removed 45% of my left ovary! That was life changing. Three months later, I got pregnant, and it was a miracle, but then we lost the baby. This happened a few more times. We didn't know why, and **then I saw Dr. Kiltz who LITERALLY WAS A MIRACLE MAN!!!**

We did the Keto diet, and I was able to maintain this current pregnancy!! It was all due to my diet and keeping down the inflammation!! I've suffered from inflammatory disease called RA my whole life, and now it was causing infertility-- until I met Dr. Kiltz who literally saved me. I feel without his knowledge or practice, my baby wouldn't have survived!! We're happily 34 weeks pregnant and our baby is very strong! I believe in the Keto diet and CNY Fertility. Love this man!!! I would tell other women to talk and be open. Knowledge is POWER!! It helped me a lot to talk about my story with other women every day, everywhere. That's how I healed: talking and knowledge. So, thank you to Dr. Kiltz and his team. I would recommend any woman to go here! The staff is amazing and very professional!



“We did the Keto diet, and I was able to maintain this current pregnancy!! It was all due to my diet and keeping down the inflammation!!”

MY SIZE . . . RESILIENT!-ANONYMOUS

I've always been chubby. Since college, I've been overweight. Self-esteem has never come easily to me. Whenever I look at my adorable baby pictures, I feel a disconnect. Sometimes it's hard to associate that precious child with the woman I see in the mirror.

Despite my continuous battle with self-esteem, not even middle school bullies could compare to the blow that infertility dealt to my self-image. The strongest word I can associate with my body's struggle to conceive is defective. That's how I've felt since I realized I wasn't going to get pregnant without reproductive assistance. Being pregnant is an expectation for my gender. Bearing a child is supposed to be natural for a woman. Even if you don't want children, the ability to carry one is an innate part of your makeup.

So, what happens when your body refuses to perform as expected? I can answer that. Your self-worth crashes. Realizing that I had PCOS and would need help to conceive was a lot to handle. At first, my natural optimism helped me deal with needing fertility treatments, but, as the bumps in the road got bigger and bigger, my positive outlook melted away. My body seemed to be constantly betraying me, and each negative pregnancy test chipped away a little more at my self-esteem.

The harsh truth is that infertility gives you a whole new list of reasons to hate your body. It is so hard to watch an ultrasound on that little screen, hear that your follicles are great, be told that the sperm is excellent, and then get another “no pregnancy” phone call. Each failed cycle wheelies away at your self-image and makes you feel like your body is broken. It was very difficult to make myself see past the fact that nothing seemed to be working. Sometimes hope felt too far away to grasp.

One of my strongest recollections of my time with CNY Fertility was a meeting that Chuck and I had with Dr. Kiltz. We knew that we needed to change our treatment plan because we'd done several failed IUI cycles. I can still hear Dr. Kiltz saying “you're beautiful” at the beginning of that meeting. I smile every time I think of that moment. He also said that I didn't need to change anything about myself, but, if I was willing, I should try the Keto Diet. Chuck and I were already committed to losing weight together, so starting Keto made sense. Between that meeting and our successful embryo transfer—about three months—I lost thirty pounds.

I'm not suggesting that you need to lose weight to get pregnant. I'm also not implying that you need to lose weight to feel good about yourself. But, if you've read anything about the emotional side of infertility, you know that mindset matters. Losing that weight made me feel good. It



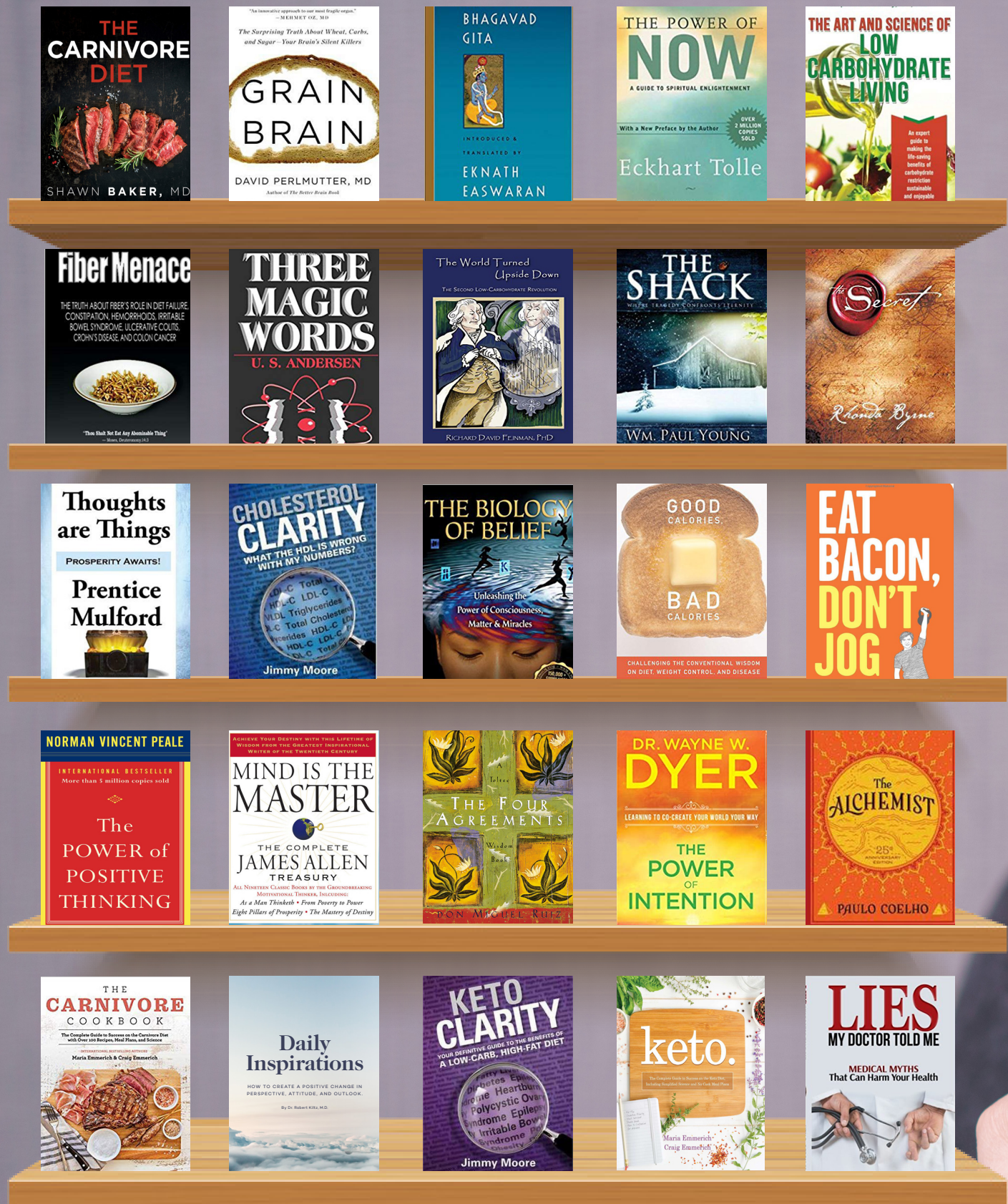
helped me get my head in a better place. I have no doubt that increased self-esteem was a factor in our ability to finally—after almost five years—achieve a pregnancy. For you, losing weight may not be the key, but there is something you can do to make yourself feel more fabulous.

Losing thirty pounds on Keto was amazing, but I want to make something clear. I wasn't skinny. According to the BMI calculator, I was still overweight, not even close to “normal” at my new weight of just over 200 pounds (I'm 5'11”). **The big difference was that I was doing something super positive for my body. I was getting healthier and lowering the inflammation in my body (one of the main reasons why Dr. Kiltz supports Keto).** Before the diet, I had been at my emotional low, almost to the point of believing that we would never have children. **With my weight loss, my attitude evolved, and I was finally able to make the life-changing decision to try IVF.**

“The big difference was that I was doing something super positive for my body. I was getting healthier and lowering the inflammation in my body.”

To read this success story in its entirety, visit:
<https://www.cnyfertility.com/blog/fertility-101/this-is-infertility/my-size-resilient/>

DR. KILTZ'S Learning Library



*“Read something
positive or listen to
something positive
every day.
Get inspired!”*

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