

Keto (nkörper) - wie Gold für das Gehirn



Problem 1



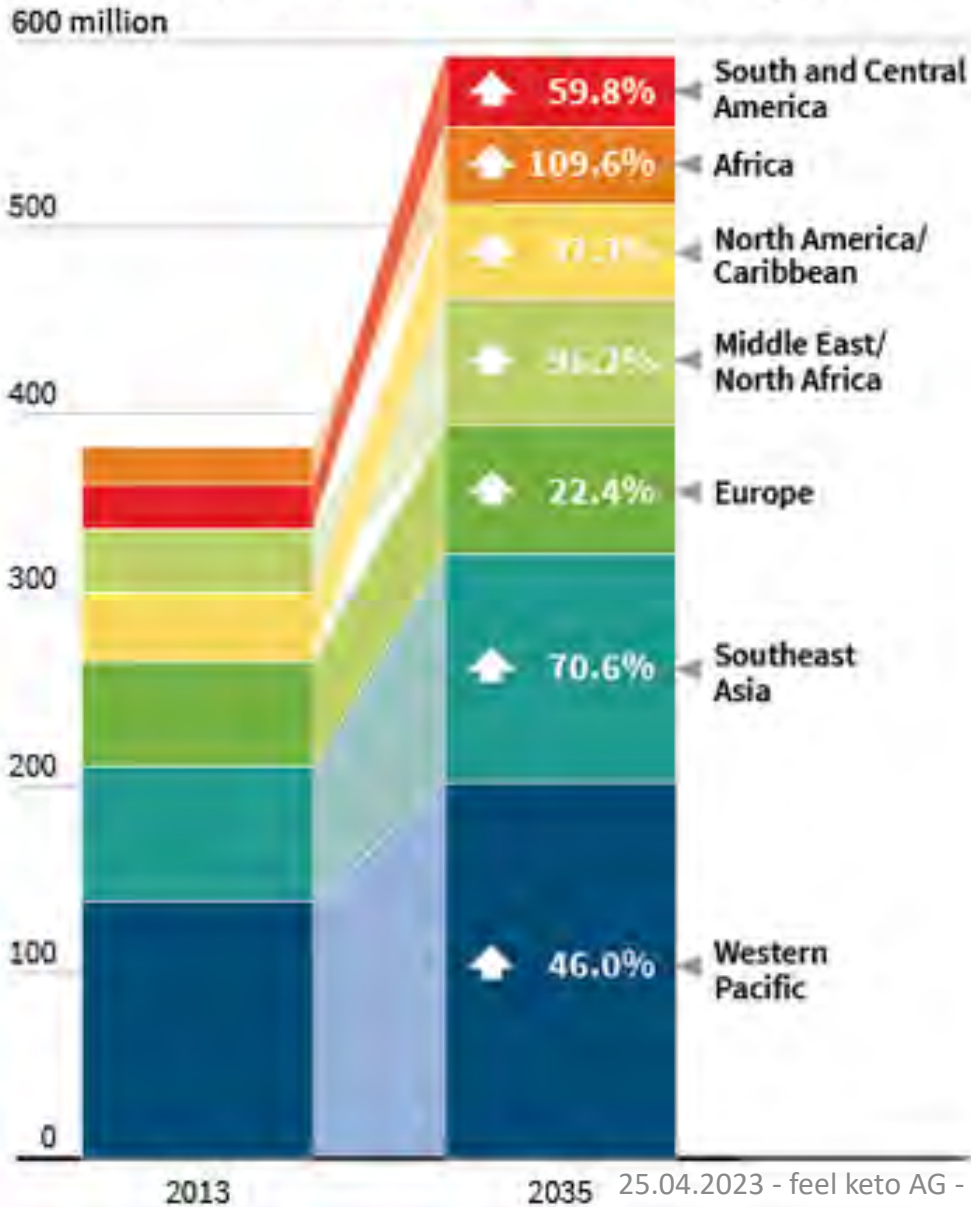
2'000'000'000 BMI > 25 overweight
650'000'000 BMI > 30 obese

2017: 124'000'000
1975: 010'000'000

2022 UK: Ein Drittel der Kinder sind nach
Abschluss der Primarstufe FETTLEIBIG

Problem 2

Current and projected cases of diabetes by region



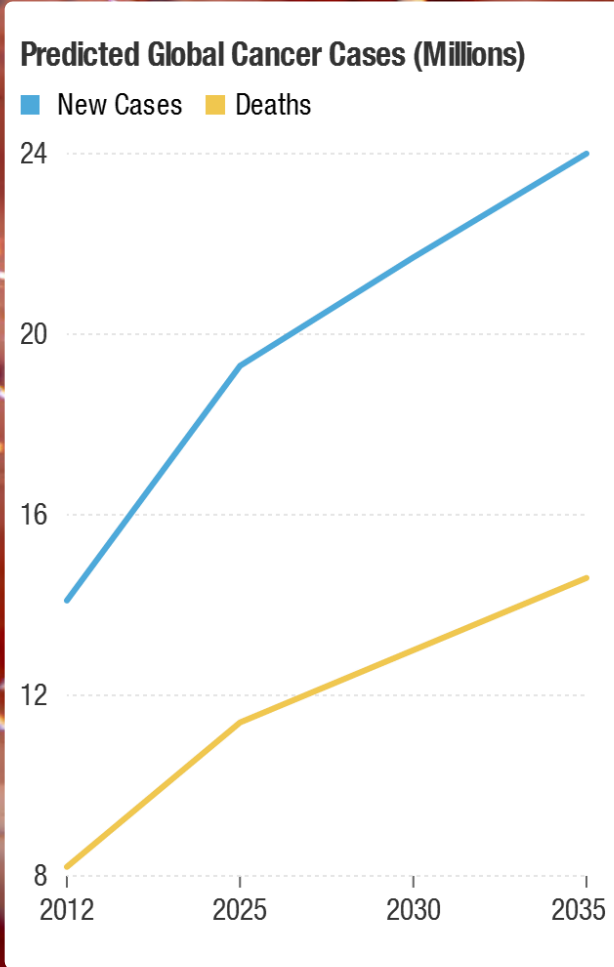
Top 10 countries with diabetes

Problem 3 with



More than 50% of people with Diabetes II who survive this get Diabetes III aka Alzheimer! Cost?

Cancer cells like carbs

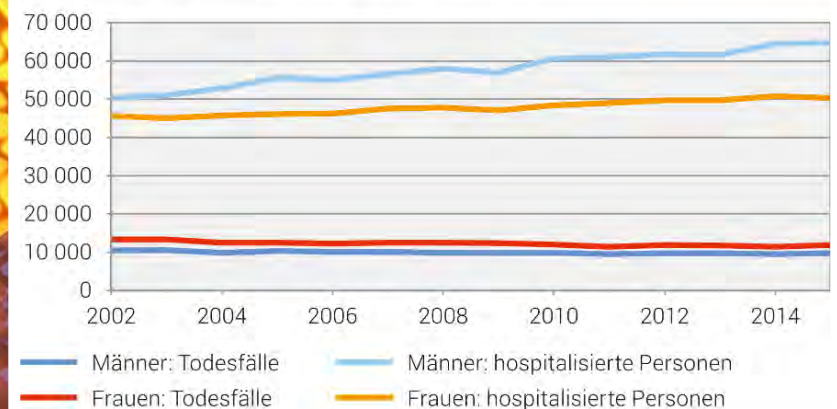


Problem 4

Trigger: blood sugar, not cholesterol!

Problem 5

Todesfälle und Hospitalisierungen aufgrund von Herz-Kreislauf-Erkrankungen



Quelle: BFS – Todesursachenstatistik (CoD) und Medizinische Statistik der Krankenhäuser (MS)

© BFS 2017

Problem 6



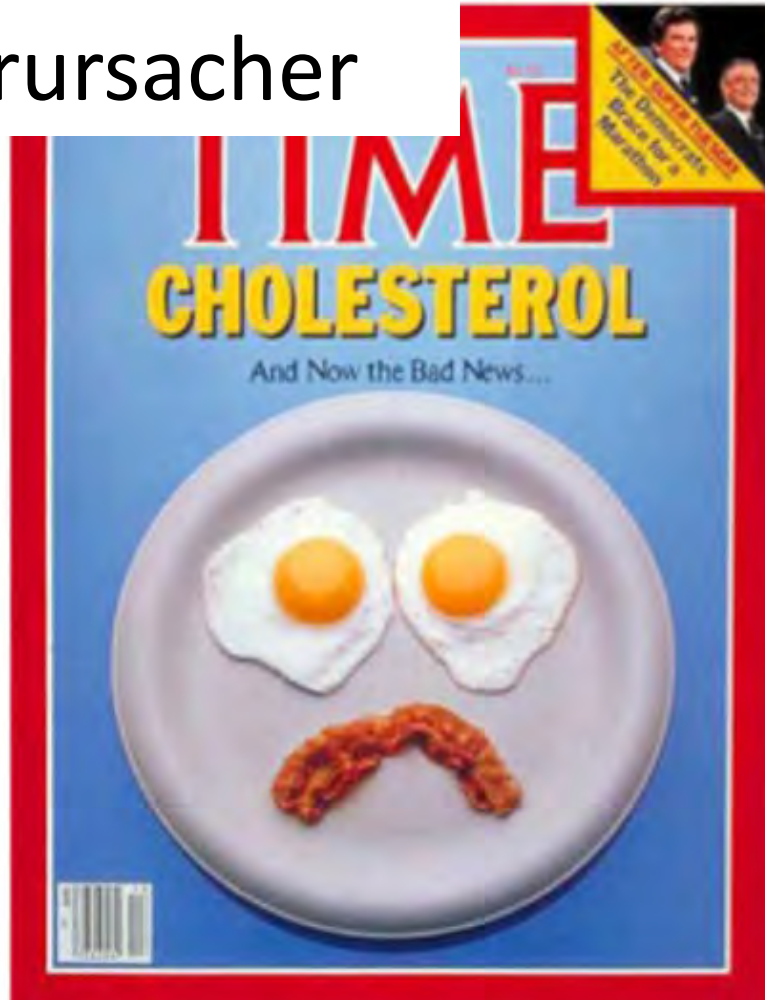
In the end it's the brain
not the weight!

«Why makes the noodle dumb?»



1984

Verursacher



2014



späte Reue

Die Problemlöser

Low carb experts

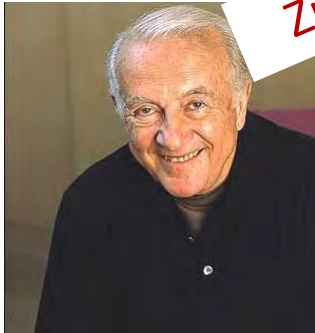
1863



Banting

Zuviel Eiweiss

1970



Atkins



Yudkin

Quick learn:

Dr. Andreas Eenfeldt ([youtube 45 min](#))

Dr. Jason Fung ([youtube 35 min](#))

2018



Strunz



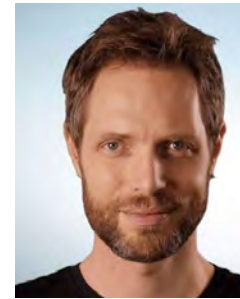
Westman



Noakes



Kruse



Eenfeldt



Fung

Pacemaker United States



Low Carb Denver 2023

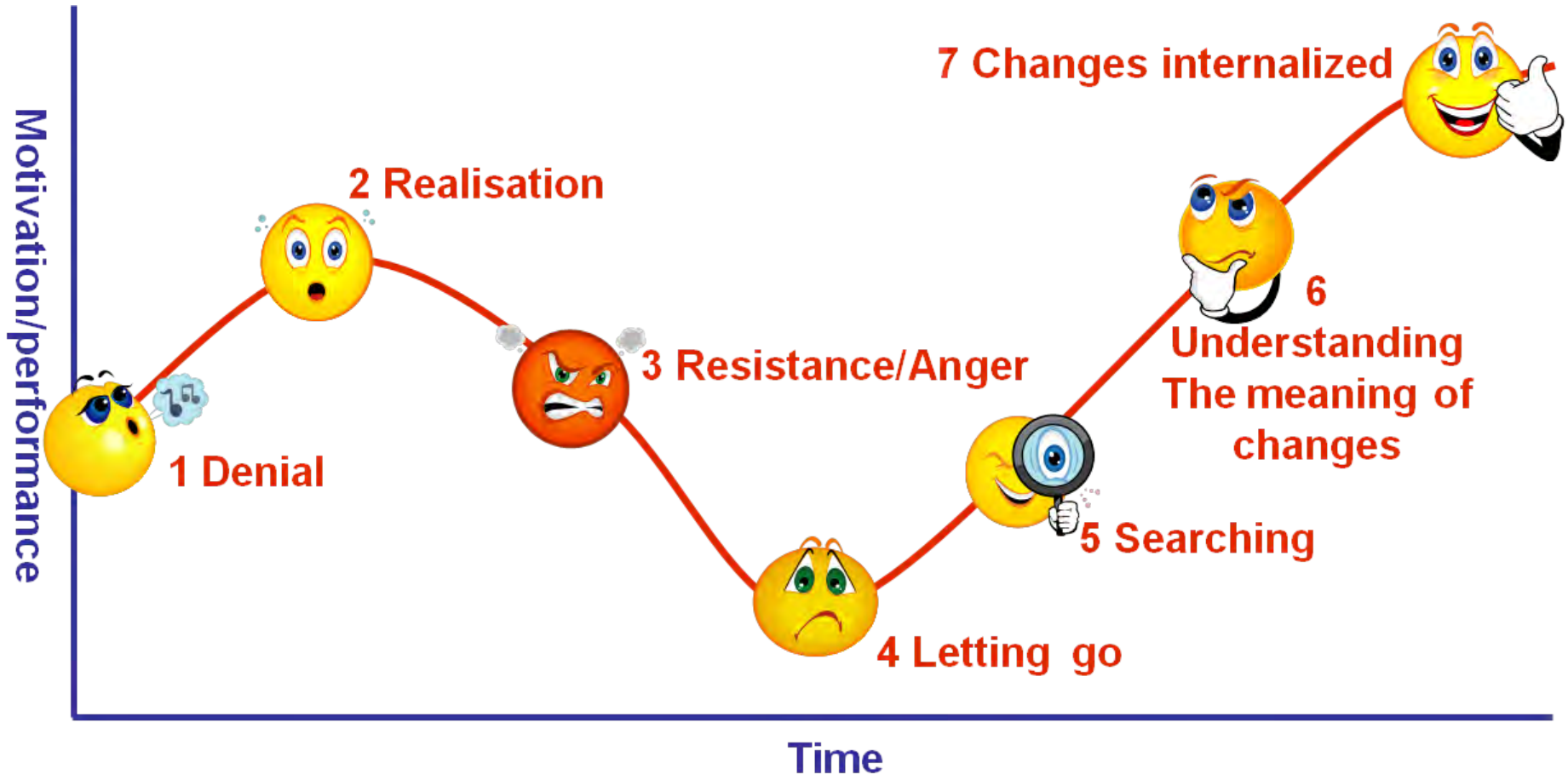
Health & Nutrition Conference

Low Carb Denver ist die grösste Gesundheits- und Ernährungskonferenz und eine einzigartige Bildungsmöglichkeit für alle, die sich mit den neuesten Wissenschafts- und Ernährungsansätzen befasst, darunter **Low Carb, Keto, Low Carb Mediterranean, High Protein, Carnivore, Intermittent Fasting, Low Carb Vegetarisch** und Nährstoffdichte.

Wohin geht die Ernährung, ist unser Thema für 2023?

Ein weiterer Schwerpunkt liegt auf **Diabetes, Herzkrankheiten, Fettleibigkeit, chronischen Krankheiten** und der Rolle der Ernährung in Bezug auf Management, Behandlung und Prävention. Eine Vielzahl von weltweiten Low-Carb-Führungskräften wird zusammenkommen, um Präsentationen zu halten, darunter Ärzte, Forscher, Wissenschaftler, Ernährungswissenschaftler und Fitnesstrainer, um nur einige zu nennen.

«carbs» industry in phase 1?





The global ketogenic diet market size was valued at USD 9.57 billion in 2019 and is expected to expand at a compound annual growth rate (CAGR) of 5.5% from 2020 to 2027.

	Markt	Mio Ew.	BMI > 30	ü30 Mio	%	% kum.
1	USA	333.3	33.7%	112.3	33.5%	33.5%
2	Russland	144.3	24.1%	34.8	10.4%	43.8%
3	Türkei	84.8	29.5%	25.0	7.5%	51.3%
4	Iran	87.9	26.1%	22.9	6.8%	58.1%
5	UK	67.6	28.1%	19.0	5.7%	63.8%
6	Deutschland	83.3	20.1%	16.7	5.0%	68.7%
7	Frankreich	65.8	23.9%	15.7	4.7%	73.4%
8	Italien	58.9	21.0%	12.4	3.7%	77.1%
9	Spanien	47.4	23.7%	11.2	3.3%	80.5%
10	Polen	38.0	28.0%	10.6	3.2%	83.6%
11	Canada	38.3	23.0%	8.8	2.6%	86.2%
12	Australien	25.7	28.6%	7.4	2.2%	88.4%
13	Rumänien	19.0	21.7%	4.1	1.2%	89.7%
14	Niederlande	17.7	19.8%	3.5	1.0%	90.7%
15	Emirate	9.3	37.2%	3.5	1.0%	91.7%
16	Israel	9.3	25.3%	2.4	0.7%	92.4%
17	Belgien	11.6	20.2%	2.3	0.7%	93.1%
18	Ungarn	9.7	24.0%	2.3	0.7%	93.8%
19	Schweden	10.5	20.5%	2.2	0.6%	94.5%
20	Portugal	10.3	20.1%	2.1	0.6%	95.1%
21	Schweiz	8.8	19.4%	1.7	0.5%	95.6%
22	Österreich	9.0	18.4%	1.7	0.5%	96.1%
23	Bulgarien	6.8	23.2%	1.6	0.5%	96.6%
24	Neuseeland	5.1	29.2%	1.5	0.4%	97.0%
25	Slowakei	5.4	25.7%	1.4	0.4%	97.4%
26	Serbien	6.8	19.5%	1.3	0.4%	97.8%
27	Irland	5.1	25.6%	1.3	0.4%	98.2%
28	Norwegen	5.4	23.1%	1.2	0.4%	98.6%
29	Finnland	5.6	20.6%	1.2	0.3%	98.9%
30	Dänemark	5.9	19.3%	1.1	0.3%	99.3%
31	Katar	2.6	42.3%	1.1	0.3%	99.6%
32	Kroatien	3.8	23.3%	0.9	0.3%	99.8%
33	Slowenien	2.1	25.1%	0.5	0.2%	100.0%
	Total	1'245.1		335.8		

33 Länder

335'000'000 Fettleibige

Schlaraffenland für:

- Die Pharma
- Keto Branche 😊

Sisyphusarbeit für:

- die Aerzte

FEEL KETO und verbrenne Fett



22 Vorteile der Ketogenen Ernährung



Die ketogene Ernährung ist seit wenigen Jahren auch in Deutschland zur Berühmtheit geworden und wird vielerorts als neue Wunder-Diät angepriesen. Die Versprechungen und Vorteile der ketogenen Ernährung, aber auch Kritiken und Nachteile scheinen sich täglich die Klinke zu geben.

Die Anwendung hingegen, also die Umsetzung durch uns und unsere Klienten zeigt wieder und wieder, dass die ketogene Ernährung über einige unschlagbare Vorteile verfügt.

Eine richtig durchgeführte ketogene Ernährung hat Vorteile, die nicht von der Hand zu weisen sind. Daher möchten wir dir heute die Vorteile der ketogenen Ernährung im Überblick aufzeigen und dich von den einzigartigen Wirkungen überzeugen.

Was ist die ketogene Ernährung?

Die **ketogene Ernährung** zielt darauf ab, dass der Körper **“in der Ketose”** ist. Die Ketose (auch bekannt als modifizierte Atkins Diät) ist ein Stoffwechszustand, bei dem das **Gehirn** und andere Gewebetypen im Körper nicht auf Glukose (**Traubenzucker**) als primäre Energiequelle zurückgreifen, sondern auf sogenannte Ketone.

Während der Ketose geschieht dann

Folgendes: Die Leber beginnt, aus Fetten Ketone zu bilden. **Ketone** kannst du dir als sehr kleine, geringfügig veränderte Fette vorstellen, die im gesamten Körper, besonders aber im Gehirn verteilt werden.

Normalerweise sind die Nervenzellen im Gehirn auf Glukose als Treibstoff angewiesen, in Zeiten der Nahrungsknappheit wird jedoch auf Ketone zurückgegriffen.¹²

Die **Ketose** ist der Stoffwechszustand, bei dem genau das passiert. Rein biochemisch betrachtet imitiert er das **Fasten**.

Damit der Zustand der Ketose zustande kommt, müssen folgende Faktoren gewährleistet werden:

- Hoher Fettgehalt in der Nahrung (ca. 80 % der Gesamt-Nahrungskalorien)
- Sehr geringer Kohlenhydrat-Gehalt der Nahrung (maximal 20-30 g täglich)
- Moderater Proteinverzehr (0,8-1,2 g **Protein** pro kg Körpergewicht täglich)
- Hoher Ballaststoff-Verzehr (um die **Darmflora** zu nähren)
- Stressreduzierter Lebensstil (chronischer Alltagsstress und **Schlafmangel** sabotieren die Ketose)

Alle Vorteile der ketogenen Ernährung auf einen Blick

With that little introduction and now that we are all familiar with ketosis, I would like to give you an overview of all the known benefits of ketosis.

1. Benefit of the ketogenic diet: 24-hour fat burning

In ketosis, the body burns fat 24 hours a day. Ketosis is the best fat burning workout you can do!

2. Benefit of the keto diet: Increasing libido

Men in particular react to increased fat consumption (high-quality fat sources) with rising testosterone levels and an increasing libido. The quality of life increases.

3. Benefit of Ketosis: Increased Endurance

Athletes benefit here; because in endurance sports (aerobic intensity range) the body prefers to burn fat. And if fat burning in ketosis runs smoothly, resilience and endurance during sport also increase.³⁴ Therefore, ketogenic nutrition and sport get along wonderfully.

4. Razor sharp focus

Some useful hormones (e.g. serotonin, GABA, growth hormone) are increasingly produced in ketosis. Also, ketones release more energy than glucose gram for gram when used for energy. The result: the brain has more energy available, you feel more attentiveness and focus.⁵ You benefit from this at work or at university.

5. Easy weight loss

If you want to lose weight, you have to burn fat. In ketosis, fat is burned 24 hours a day. Because of this fact and the other benefits of ketosis, weight loss is easier, less noticeable, faster and longer lasting than most other weight loss strategies.

6. Keto Benefit: Great mood and more energy

Most "ketarians" report a better mood, especially due to the increased formation of GABA and serotonin. And the quality of life increases again! In addition, many people feel more energetic. Mitochondria also multiply on the ketogenic diet.

7th benefit of the ketogenic diet: Better sleep

The body regenerates while you sleep and recovers from the exertions of the last day. The brain also processes information. Since ketosis provides the brain with more energy gram for gram and many "garbage disposal programs" in the body really get going in ketosis, most ketarians report a reduced need for sleep and/or better sleep quality. And healthy sleep is extremely important for the body!

8. Stable blood sugar

Blood sugar is constant throughout the day because no carbohydrates are taken in through food, fewer carbohydrates are formed in the liver, but hardly any are burned. As a result, blood sugar is stable throughout the day, and insulin is only required in minimal amounts. So everyone who suffers from unstable blood sugar levels (including diabetics) also benefits in this regard.

9. Less hunger and appetite

Due to the stable blood sugar, the high level of saturation through food and the changed hormonal situation, most ketarians report less hunger, appetite and cravings. So your thoughts are no longer revolving around food all day.

10. High satiety from ketosis

Due to the high content of fat and fiber in the right recipes, a high level of satiety is actually always achieved. And, of course, a high level of satisfaction. Why? Fiber swells in the stomach and intestines, binds water and leads to satiety by activating so-called mechanoreceptors in the stomach (registration of a full stomach). It works in a similar way with fat: not only does fat make you satisfied and is a flavor carrier, there are also receptors for fat in the gastrointestinal tract, which lead to the release of hormones (e.g. peptide YY), which increase satiety. A diet or diet that leaves you truly full and satisfied after every meal? Not bad, right?

11. Increased energy expenditure in ketosis

Energy expenditure also increases slightly in ketosis, which supports those looking to lose weight. The Bulletproof Coffee fits in here perfectly.

12. Cellular garbage disposal

Due to the low insulin levels and the moderate protein consumption, the body and every single cell in the body starts the so-called cellular waste disposal (autophagy, mitophagy and pinocytosis). With these heavy-sounding terms, the body breaks down old and broken things. This usually only happens when you're fasting, but it also happens when you're in ketosis. Old cells, but also old components of otherwise healthy cells, are broken down and replaced by new ones. So to speak, a spring cleaning in the entire body!

13. Elevated HDL cholesterol

The "good cholesterol" that prevents cardiovascular disease, HDL cholesterol, is increased on a well-done ketogenic diet (healthy sources of fat). The ketogenic diet is thus becoming an increasingly useful way to improve cardiovascular health

14. Benefit of the ketogenic diet: Lowers blood pressure

Since ketones also have all sorts of chemical effects in the bloodstream and reduce oxidative stress in the body, they have also been shown to lower blood pressure. So all the hypertensive patients would benefit as well.

15. Benefit of Ketosis: Anti-catabolic

Due to the only moderate protein consumption and the negligible carbohydrate consumption in ketosis, many athletes fear losing muscles. However, this will not be the case if the calorie deficit is not too large (or if there is no calorie deficit at all). Because ketones also have an anti-catabolic effect in the body. This also makes sense from an evolutionary point of view, because losing valuable muscles in times of food shortages? The body wouldn't do that, instead sacrificing fat reserves during ketosis. More on this: ketogenic diet and exercise

16. Allergy issues

The immune system is also calmed down in ketosis via mechanisms that have not yet been clarified. An allergy is an overreaction of the immune system to a non-dangerous foreign particle. These reactions happen much less frequently in ketosis and allergic symptoms can be actively addressed.

17. Nutritious

A healthy ketogenic diet with lots of vegetables, fish and other unprocessed foods is very nutritious and healthy. You will not have to worry about a deficit in certain minerals or vitamins. There exist a lot of recipe books with delicious meals. By the way, keto doesn't mean that you only have to eat tons of animal products and green leafy vegetables. There are now many healthy recipes, e.g. B. for ketogenic bread, muesli, cakes and more. And with a little planning, keto can easily be done on the go or even on vacation.

18. Benefit of Ketosis: Anti-Epileptic

The ketogenic diet was first used medically about 100 years ago. The patients were epileptic children. With a pure fat diet, i.e. strict ketosis, a very strong reduction in epileptic seizures was observed. It is quite conceivable that ketosis can also be very successful in children with ADHD, since the underlying biochemical mechanisms are very similar. Read more: The ketogenic diet for epilepsy

19. Scientifically backed

More and more studies are proving the effectiveness of the ketogenic diet in all sorts of applications. The studies will convince even more and hopefully more people of the great effect in the next few years.

Addendum feel keto (21.03.2023, Andy Villiger)

20. Support in cancer treatment

Tumors grow much faster than healthy tissue. Cancer cells get the energy and building blocks they need by absorbing up to ten times more sugar than normal body cells. Cancer cells are downright addicted to sugar. That's why the drastic reduction of carbs in the ketogenic diet may support any chemo-therapie in a powerful combination.

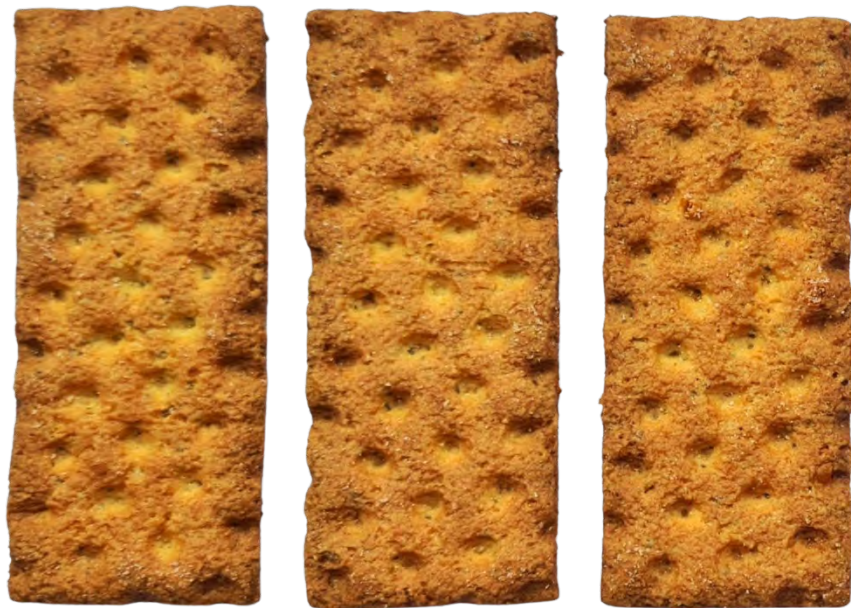
21. Improvements for neurodegenerative diseases

The ketone bodies produced by the liver in the ketogenic diet may improve the energy level in the brain. The mitochondria in the Brains with dementia, Alzheimer, Parkinson etc. have problems with the metabolism with glycogen

(sugars). But with Betahydroxy-Butyrate (ketone body) they are more happy and reduce up to 40 times (!) less ROS (free radicals). Ketogenic diet has a huge preventive and treatment potential.

22. Last but not least:

feel keto Crackers support you in implementing a simple and delicious keto lifestyle



www.feelketo.ch
