

## 3 Incredibly Effective Keto Weight Loss Tips

Meudje Charles\*

Resident in Obesity Medicine, Cameroon

### Brief Report

Keto is a hard diet to follow. Why do you think that 95% of people who start a diet yo-yo back and lose all of their hard work? [1]. Don't worry if that sounds familiar. There are steps people can take to begin losing weight and remaining in ketosis for longer periods so they move one step closer to their dream body.

After all, 49.1% of people 20 and over have tried losing weight with dieting. However, you need the right knowledge to do it correctly (Figure 1).

That's why in this article I'm going to share my top tips for maximizing ketosis for weight loss. These will support losing weight, getting in better shape, and sticking to the keto diet over the long term!

### Take a BHB supplement

28% of people on a ketogenic diet take ketone supplements [2]. They are popular among people who use keto to lose weight and become healthier versions of themselves. The effectiveness of the ketogenic diet and exogenous ketone supplements are contributing to the industry's explosive growth (Figure 2).

But, you can't take just any ketogenic supplement. You need a little something called Beta-Hydroxybutyrate or BHB for short. This is a natural ketone body that is produced when fatty acids are broken down by the liver.

While dieters can release this by remaining in ketosis naturally (and should), a BHB supplement accelerates ketosis, elevates blood ketone levels, and enhances keto- adaptation.

I recommend taking a BHB formula like Ketosis now. It includes an 800mg proprietary blend of:

1. Magnesium Beta-Hydroxybutyrate
2. Calcium Beta-Hydroxybutyrate
3. Sodium Beta-Hydroxybutyrate

Other supplements to consider are magnesium for regulating blood sugar, omega-3 fatty acids for reducing inflammation, and vitamin D which can easily be lacking on a ketogenic diet [3-5].

### Make delicious keto-friendly desserts

What's one of the big reasons why people cheat on their diet, break keto, and lose all of their hard work? Because they want to eat delicious foods that they used to binge on before dieting. Here's something you won't believe: it is still possible to eat your favourite desserts and snacks while remaining in ketosis.

It all comes down to making the right recipes. There's no shortage of keto-friendly bread, pastries, buns, and more. You don't have to be a world-class chef to whip these up either.

Otherwise, eating carb-heavy diets creates cycles of insulin spikes that cause weight gain and food cravings (Figure 3).

You just need a keto recipe and meal plan maker like Ultimate Keto. This state of the art software includes over 300 easy to follow

videos that guide you through easily making keto-friendly meals, and importantly, desserts.

### Learn to control your appetite and cravings

We're only human. Cravings will happen. Instead of slowing down dieting progress, learning how to control one's appetite and cravings help keep you on track towards fitness goals.

How? By firstly consuming more fiber. This is a part of plant-based foods like vegetables and fruit. Unlike other carbohydrates, fiber passes directly through the digestive tract instead of being absorbed into the bloodstream. Do you know what this means? It takes a long time for the body to digest (Figure 4).

After soluble fiber is ingested, it absorbs water and turns into a gel-like substance which entraps food, sugars, cholesterol and fats in the stomach and carries them through the digestive tract. Insoluble fiber passes through the system largely intact.

If it's a soluble fiber, it will turn into a gel-like substance as it moves through the digestion system. Insoluble fiber will keep its original form and help detox the body by ruffing through and loosening items. That means you feel full for longer and clean your system out!

Another way you can avoid binge eating and control cravings are by taking Ketosis now. This scientifically proven ketogenic supplement includes the molecule I mentioned earlier called BHB. Exogenous

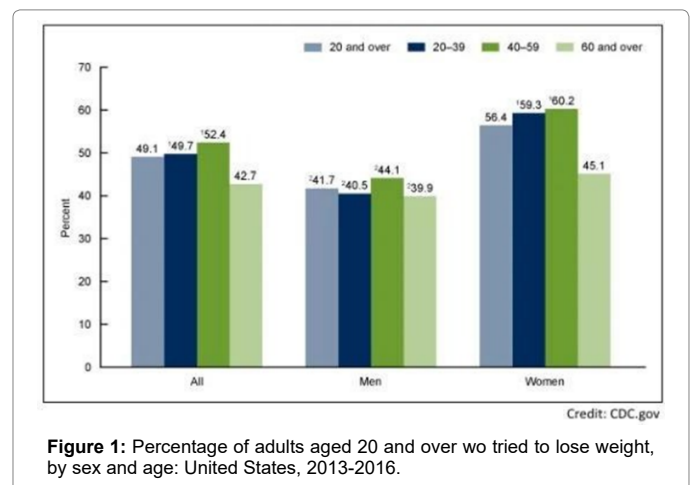


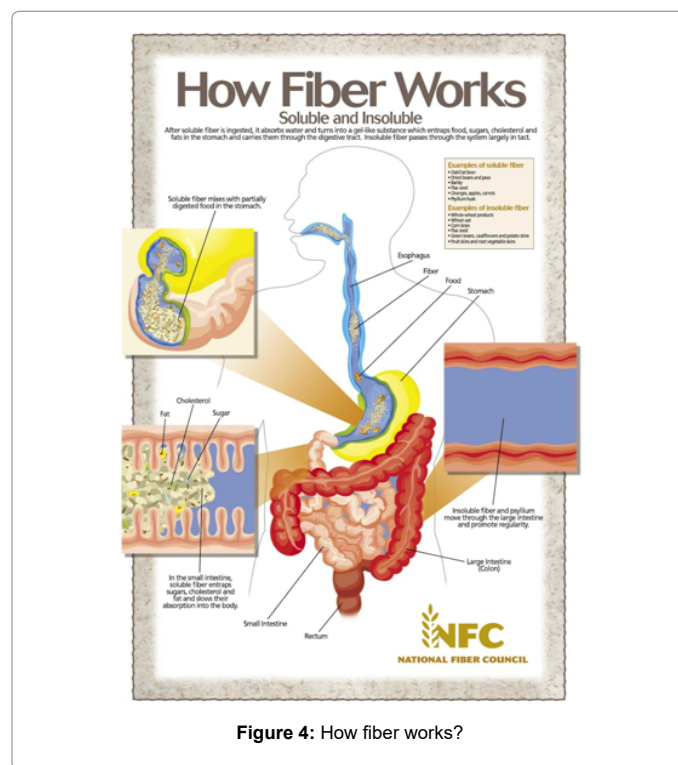
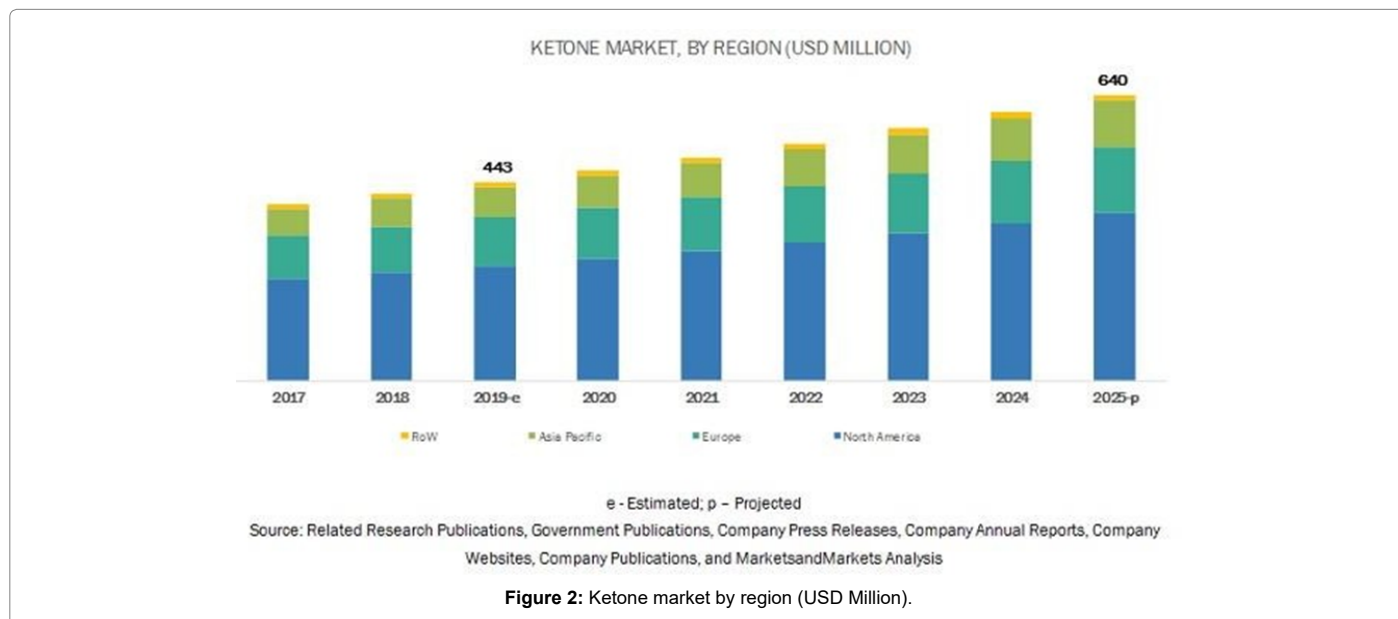
Figure 1: Percentage of adults aged 20 and over who tried to lose weight, by sex and age: United States, 2013-2016.

\*Corresponding author: Meudje Charles, Resident in Obesity Medicine, Cameroon, Tel: 651540532; E-mail: [meudje.charles@gmail.com](mailto:meudje.charles@gmail.com)

Received November 05, 2020; Accepted November 20, 2020; Published November 27, 2020

Citation: Charles M (2020) 3 Incredibly Effective Keto Weight Loss Tips. J Obes Weight Loss Ther 10: 417.

Copyright: © 2020 Charles M. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.



ketones (those taken externally) boost blood BHB levels, which increases satiety and improves body composition [2]. Furthermore, sticking to a low carb diet naturally reduce appetite and hunger [6]. It's win-win!

**Conclusion**

The ketogenic diet is one of the best approaches for losing weight, becoming healthier, and getting that zest for life back. However, you have to remain consistent to reap all of its benefits.

How can someone do that? Firstly, consider investing in a

BHB supplement. These are exogenous ketone supplements like KetosisNOW which help people remain in ketosis and accelerate the benefits of a ketogenic diet.

Secondly, dieters shouldn't limit themselves to repetitive meals like only eating chicken and broccoli. It's possible to still eat delicious desserts and snacks. But, they have to be keto-friendly. There are keto recipes and meal plan makers like Ultimate Keto that will save countless hours by helping you cook delicious keto-friendly dishes.

Thirdly, I recommend that you learn how to curve cravings and reduce appetite. One of the best ways is by eating more fruit and

vegetables as these contain fiber. Not only can this detox and improve weight loss, but it also supports that feeling of fullness for longer periods.

#### References

1. [https://www.montenido.com/pdf/montenido\\_statistics.pdf](https://www.montenido.com/pdf/montenido_statistics.pdf)
2. Gajraj K (2020) Exogenous ketone supplements: Do they work?
3. Harvey CJC, Schofield GM, Williden M (2018) The use of nutritional supplements to induce ketosis and reduce symptoms associated with keto-induction: A narrative review. *PeerJ*6: e4488.
4. Gröber U, Schmidt J, Kisters K (2015) Magnesium in prevention and therapy. *Nutrients*7: 8199-8226.
5. Nichols PD, McManus A, Krail K, Sinclair AJ, Miller M (2014) Recent advances in Omega-3: Health benefits, sources, products and bioavailability. *Nutrients*6: 3727-3733.
6. Rogovik AL, Goldman RD (2010) Ketogenic diet for treatment of epilepsy. *Can Fam Physician*56: 540-542.