

3 Keto Mistakes That Could be Robbing You 20 Years of Your Life

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Brief Report

It's not rare to approach a diet incorrectly from the start. Someone becomes inspired to try dieting but fails to do the initial research. That results in spinning their wheels. Hence why there are ketogenic diet mistakes that can slow down the health and weight loss benefits of remaining in a state of ketosis.

The worst part about making consistent weight loss mistakes is that some people keep adding on pounds and don't know why. It's been proven that obesity can knock off 20 years of good health off your life [1].

Keep reading to learn the three most common keto mistakes and how to avoid them.

Not taking a BHB supplement

Staying in ketosis is difficult. There's no question about it. Anyone that's tried the ketogenic diet knows how hard it is not to bite into snacks and desserts that aren't keto-friendly. They lose weeks of hard work and have to start over again. That fast.

Imagine there was a way to enter ketosis faster, easier, and accelerate all of its benefits--not to mention skipping the dreaded keto flu. You know what I'm talking about: headaches, demotivation, and mood swings.

Well, there is with a little something called a BHB supplement. BHB stands for beta-hydroxybutyrate. This molecule is a natural ketone the liver produces from fatty acids once you've reached a state of ketosis.

But here's the cool thing: BHB supplements raise blood ketone levels and help people enter ketosis and reap its benefits! You simply follow a ketogenic diet as normal and amplify the effects with a product like KetosyNow. The body has the fat-burning mechanism within it and you simply have to unlock it.

Eating a boring bland diet

Most people associate dieting with:

1. Eating boring tasteless foods.
2. Repetitive meal plans.
3. Excruciating cravings and starving.

Proper keto dieting has nothing to do with any of these despite popular belief. In fact, people can be eating their favourite foods, having fun with their diet, and not overindulging.

The first step is to use an app or software to help meal prep, create meal plans, and come with up delicious recipes on the fly. Ultimate Keto is an advanced keto recipe and meal generator that does just the trick. It includes over 300 easy-to-follow recipe videos including breakfast, lunch, dinner, snacks, and dessert!

Secondly, embrace seasonings! This is one of the quickest ways to dress up any meal and make it taste better. The simplest ingredients to try include salt, pepper, and lemon. However, there's also turmeric, coriander, ginger, cinnamon, and chilli flakes.

The above infographic summarizes some of the best herbs you can add to keto meals for supporting weight loss. These may help digestion, increase metabolic function, reduce blood sugar, and more.

Not remaining in a caloric deficit

Let me introduce a man named Mark Haub, a Professor of Human Nutrition at Kansas State University.

To prove that the number of calories we consume leads to weight gain, not the quality of calories, Mark put himself under an intense experiment.

What did the experiment consist of exactly? Well, eating junk food every three hours for two months straight. Yes, you read that right. His diet included Twinkies, Doritos, donuts, and other "unhealthy" snacks that many dieters miss.

Mark ate a small portion of vegetables every evening at dinner and took a multivitamin to be a good role model for his children.

The craziest part of the experiment is that he lost 27 lbs, his body fat percentage dropped from 33.4% to 24.9%, and his overweight body mass index dropped down to normal [2].

His LDL, or bad cholesterol, dropped 39% and his HDL, good cholesterol increased by 39%!

I'm not saying to follow this diet. Rather, it's an incredible example of calories in, calories out. We don't need to be obsessed with counting calories or an extremely life-restricting diet.

All we need to do is remain in a healthy caloric deficit through exercise, diet, and by using an exogenous ketone supplement like Ketosy now. The main ingredient, beta-hydroxybutyrate is scientifically proven to reduce appetite [3].

Conclusion

Dieting is hard enough. Nonetheless, there are common mistakes to avoid if one wishes to lose weight and keep on track to fitness goals.

The keto diet is extremely fragile. A few mistakes and someone could be restarting all over very fast.

Mistake #1 is not using a BHB supplement. These keto salt supplements like KetosyNow are proven to offer many benefits like reduced appetite, increased energy, and higher blood ketone levels.

Secondly, don't believe the hype that you have to eat a diet that

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bores you to tears. The exact opposite is true. Use a keto recipe and meal plan maker like Ultimate Keto to instantly come up with delicious keto-friendly meals.

Thirdly, avoid excessive calorie counting. Have a good idea of how many calories you need to remain in a deficit for losing weight, but don't stress and obsess over every detail.

References

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