

HOW TO PREVENT THE KETO FLU

WHAT IS IT?

Fatigue, headache, brain fog, irritability, dizziness, nausea, muscle cramps, and low blood pressure are common symptoms of the Keto Flu. As your body burns through your stored glucose and begins to make ketones, your insulin and blood sugar will drop. This causes diuresis in addition to a temporary energy shortage, leading to dehydration and low blood glucose. This is what causes the Keto Flu.



INCREASE SALT & ELECTROLYTES



As your insulin levels drop, your kidneys begin to decrease the retention of sodium and other electrolytes. As a result, dehydration and electrolyte imbalance can occur. Electrolyte supplements in addition to increasing sodium intake can help prevent the Keto Flu.

DRINK MORE WATER

As you increase your sodium and electrolyte intake, your body will be more efficient at retaining the water you drink. This will help to ensure proper hydration.



INCREASE FAT & PROTEIN INTAKE



Increasing your fat intake will help signal your body to start making ketones. If your energy is low, taking MCT oil can help jump-start ketone production. Protein will help keep your blood sugar levels more stable. Don't force yourself to fast; eat when you are hungry.

KEEP CARBS LOW

Limit your total daily carbohydrate intake to 20g or under to prevent prolonging the Keto Flu. Know which foods are keto-approved and which are not. The quicker you adapt to ketosis, the easier the transition will be.



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