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a barton publication

The Ketogenic Diet: Transform Your Health and Reverse High Blood Sugar

10 Everyday Things That Spike Blood Sugar and Put You at Risk

15 Foods to Avoid While on Keto (and Their Better Alternatives)

6 Surprising Benefits of Rebounding for Weight Loss

Home Cures That Work

Blood sugar levels can be impacted by factors often overlooked, such as artificial sweeteners, high-fat foods, and even stress or lack of sleep. These elements can lead to increased insulin resistance and elevated cortisol, disrupting glucose regulation. By understanding these influences and making informed choices, individuals managing diabetes can better control their blood sugar.

A ketogenic diet, known for reducing carbs and encouraging fat-burning, can be especially effective in controlling high blood sugar. However, foods like bananas and sweet potatoes can disrupt ketosis. Opting for low-carb alternatives like hemp hearts and berries helps maintain ketosis while supporting health goals. Dr. Saunders will guide you through the key factors incorporated in a keto diet and whether or not it is right for you.

Rebounding, or exercising on a mini trampoline, offers a low-impact workout that supports weight loss and enhances blood sugar control. This activity improves oxygen circulation, stimulates lymphatic flow, and strengthens the heart and muscles. Additionally, rebounding boosts metabolism, balance, and mental clarity, making it a great option for all fitness levels.

Combining the ketogenic diet and rebounding provides a powerful approach to managing blood sugar and promoting overall health. The ketogenic diet helps reset metabolic function by reducing glucose dependence, while rebounding keeps the body active in a fun and accessible way. Together, they offer an integrated strategy to improve insulin sensitivity, support weight loss, and enhance both physical and mental well-being.

For your health,

Cheryl Ravey,
Editor, Home Cures That Work

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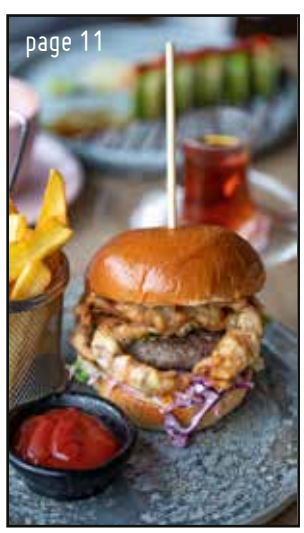
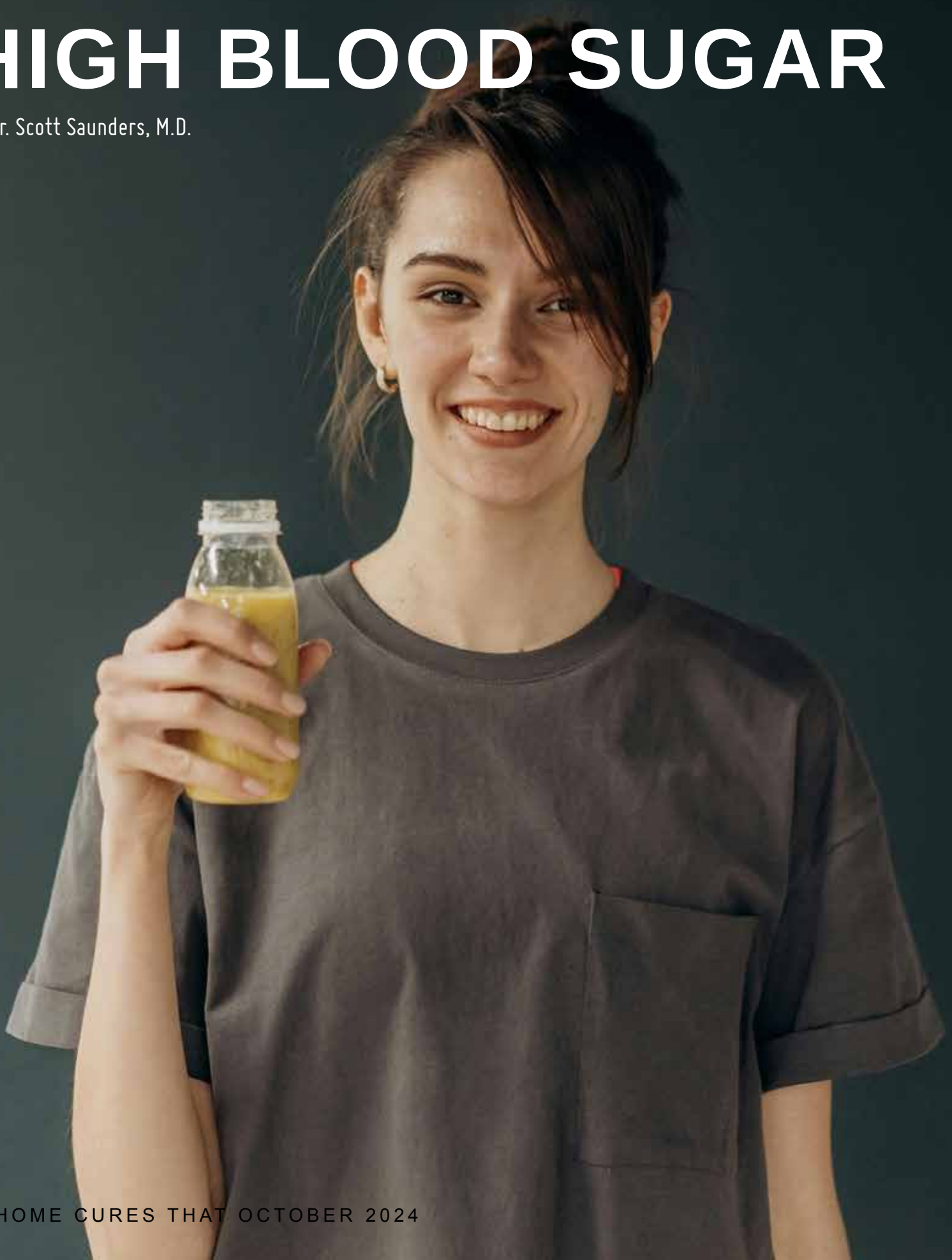


contents

THE KETOGENIC DIET: TRANSFORM YOUR HEALTH AND REVERSE HIGH BLOOD SUGAR

by Dr. Scott Saunders, M.D.



The ketogenic diet offers a powerful solution for managing high blood sugar, promoting weight loss, and addressing various health issues by reducing glucose intake and focusing on fat-burning for energy.

For many years I have advocated a detox program for high blood sugar. It started with a talk I gave in 2011 on the cause of this type of high blood sugar. I illustrated the fact that even though they have the same name, type 1 and type 2 are opposite illnesses. Type 1 blood sugar is a lack, or deficiency of insulin. And because of the lack of insulin, the cells of the body have a lack of glucose to make energy, and amino acids to make proteins. This leads to weight loss, wasting, and even death from starvation no matter how much they eat.

Type 2 blood sugar is exactly the opposite with high levels of insulin, too much glucose, fat, and protein, leading to weight gain. What they share is high blood glucose.

Type 1 due to not being able to get glucose into the cells.

Type 2 due to the cells being overfilled with glucose, causing insulin resistance.

Thus, in type 1 there isn't any insulin, whereas in type 2 there is too much insulin, but it doesn't work.

This research led to an amazing discovery. Doctors were treating type 2 as if it were type 1 because both had high blood glucose levels, but the underlying causes were different. If type 2 is toxicity due to excess insulin, then adding more insulin would result in worse problems – MORE toxicity. The treatment was causing more problems! This is exactly what the research showed. So, I had to find another way.

The obvious answer was detox. This would not work for type 1, but it could completely reverse type 2. If people with type 2 were toxic on glucose, then they would need to detox by going off it. Avoiding glucose would allow the cells in the body to use up their stores of glycogen (the storage form of glucose in the cells). Then they would be able to bring in more glucose, lowering the blood glucose as they become more sensitive to insulin. This is actually what happens. The natural answer was a ketogenic diet.

What is A Ketogenic Diet?

When we burn fat for energy, there is a by-product called "ketone bodies." Ketone bodies include acetoacetic acid, beta-hydroxybutyric acid (BHB), and acetone. Cells use these ketones for energy. For example, the brain normally uses glucose for energy. Bt when we don't eat it, or the glucose is low, the liver starts using fat and makes these ketone bodies, which the brain cells use for energy. On the other hand, the heart normally uses fat for energy, but can also use ketone bodies when available.

"Ketogenic diet" means you are generating these ketones by eating certain foods. Since glucose is a preferred energy source for most cells, if you stop eating glucose, the body will begin to burn fat. Most people make about 60% of their energy from fat, and about 40% from glucose. However, when there is too much glucose around, the pancreas makes more insulin. Insulin shuts off the use of fat for energy and people begin to store more fat. That's why people gain weight easily from eating sugar or carbohydrates.

We were told that eating fat made us fat, but it's really sugar, or carbs, that make us fat. If we stop eating carbs, then the body can switch back to fat-burning and people become ketogenic and lose weight, increase insulin sensitivity and reverse high blood sugar.[1]

Besides high blood sugar, ketogenic diets are useful for many other illnesses.

"This is your brain on ketones… any questions?"

Neurologists have recommended ketogenic diets for people with seizure disorders, or epilepsy, for over a hundred years.[2] The ketones are able to fuel the brain, and don't require glucose. This miraculously stops even the most resistant seizures. As long as they remain in ketosis, they have no seizures. Interestingly, after a few years, the patient can go off the diet, and the seizures often don't return. There's something about ketones that heal the brain.[3]

A recent book by a psychiatrist, Dr. Chris Palmer from Harvard medical school, called Brain Energy,[4] emphasized the benefits of the ketogenic diet for mental illness. He had a patient with serious mental illness who had gained a lot of weight because of his medications. He was sent to a dietitian to lose weight and was put on the ketogenic diet. Not only did this patient lose weight, but he was also able to get off his medications and had no more mental illness. Dr. Palmer then tried this with other patients with a wide variety of types of mental illness and many of them improved on the ketogenic diet.

Of late, there are many programs to reverse Alzheimer's Disease that use a ketogenic diet. There are many ways that a keto diet improves dementia. The ketones do not require transport so they can go directly into cells and provide energy for improved memory and function. They also

decrease inflammation. And, lower insulin levels turn down the production of toxic proteins that are associated with dementia.[5]

Keto for Traumatic Brain Injury

Traumatic brain injury may be greatly benefitted by a ketogenic diet.[6] Studies in mice showed that it reduces cerebral edema and prevents apoptosis (cell death). It was also shown to be safe in humans, but there are no trials in humans.

Keto for Autism Spectrum

While the mechanism is not known, the ketogenic diet has shown improvements in behavior and function for those with autism spectrum disorder.[7]

Keto for Multiple Sclerosis

Multiple sclerosis was thought to be a viral illness in the brain, but now it appears that it is more of a metabolic problem. There have been a number of studies on ketosis and MS which show benefit.[8]

Keto for Weight Loss

Weight loss is a different story. It seems to work in the studies, but as time goes on it seems to lose power.[9] The problem is not that ketogenic diets do not work for weight loss, but rather that they have been found to be hard to sustain for long periods of time. People begin to miss their carbs and add little bits back to their diet – and then they quickly gain back all the weight they lost.[10] I mean, who can go without carbs for such a long time? People who have seizures, or those who are mentally ill might have enough worry about eating carbs that could bring back their illness, but people who gain weight because they eat a lot of carbs, love carbs. That makes it especially hard. It is not a failure of the diet, but rather a failure of the desire for sweets and carbs.

Keto for PCOS

I had a single case of a woman who was trying for over fifteen years to get pregnant. She had PCOS and was very overweight. She started the ketogenic diet, and two months later she was pregnant! (Your results may vary.)

Polycystic ovary syndrome (PCOS) is a terrible name for an adrenal gland problem in women. The adrenal glands make excess estrogen when they produce excess androgens (testosterone). This causes irregular menstrual cycles, infertility, ovarian cysts, and excessive menstrual bleeding in women. It also has the effect of causing insulin resistance and even T2D in many women. A ketogenic diet can reverse both the hormone imbalances and the insulin resistance. It works by reducing insulin resistance. This causes the women to put on less fat in the abdominal area around the organs. This fat has an enzyme that converts testosterone to estrogen, called aromatase. As women lose the fat in the abdomen, the estrogen decreases, allowing for a normal menstrual cycle.[11]

Keto for Cancer

There is a lot of controversy over cancer. Cancer treatment is a big industry, and anyone who tries to cure it will be spanked. Despite this, there is one treatment that works very well to stop the growth of most cancers, and even makes cancer more susceptible to chemotherapy and radiation – the ketogenic diet.[12] When cancer cells are grown in the lab, the medium used to grow them contains glucose, not fat, not protein, and not ketones. Cancer cells don't use these. By not eating glucose your liver will make some – about one teaspoon in your entire blood supply. The other cells in your body can use fat and ketones, but not the cancer cells. Also, insulin is a growth factor that stimulates the growth of cancer, and a ketogenic diet lowers insulin. Starving the cancer makes it more susceptible to toxic chemotherapy treatments.

Trouble in Keto-land

Lest you should think everyone should always be on a ketogenic diet, it is important to know that it is not conducive to longevity.

Most problems associated with the ketogenic diet are short-term gastrointestinal issues like constipation, nausea, vomiting and loss of appetite, leading to weight loss, which is great if you are obese and have high blood sugar. But what if you are thin and have cancer?

Also, the diet is also associated with changes in the lipid panel. There may also be issues with hepatitis (fatty liver), pancreatitis (due to high fat), hypoglycemia, dehydration (low sodium), low magnesium with osteoporosis.[13]

Ironically, eating a high-protein diet can cause elevated mTOR which is a growth factor that increases the risk of cancer.

But the worst thing is that people who live on a ketogenic diet have an increased risk of death. A 26-year study on 15,428 people found that the optimum carb content in the diet was 50-55%. Interestingly, the people eating only 20% of their calories from carbs had a 1.5x increased risk of mortality. On the other hand, those eating 80% of their calories from carbohydrates only had a 1.1x increase in mortality rate. [14]

Notice how the higher carb diets had a wide area in the 95% confidence interval. This tells us that the diet is probably not the issue of their mortality, whereas the low carb diet seems to be a factor in increased mortality.

This is all to say that a ketogenic diet is not for everyone, but there are certain specific cases where it is very useful, at least for a time, such as those noted above. My recommendation is to set a parameter for how long you will do it. For epilepsy it may be 2 or more years. For pre- high blood sugar it might be a few weeks. A high blood sugar detox program is easy because you can measure your progress. Measure ketones to be sure you are burning fat for energy, measure morning blood glucose, HbA1c, and insulin levels, and keep going until you have a normal metabolism. Some might even do alternating months of doing keto, and then not. It is important to individually assess your own needs, and act accordingly.

How to Keto

STEP 1: CLEAN ALL THE CARBS OUT OF YOUR HOUSE.

- Pasta
- Cereal
- Bread
- Rice
- Oatmeal
- Corn
- Beans
- Tortillas
- Sweet fruit, dried fruit, jam, jelly
- Candy, chocolate
- Bars, protein powder, smoothies

STEP 2: GO TO THE STORE AND BUY ONLY THE FOOD YOU CAN EAT.

- Meat, fish, chicken, lamb, pork
- Eggs
- Vegetables (anything green)
- Cheese, plain yogurt, cottage cheese (fermented dairy, not milk)
- Avocado
- Tomato
- Cucumber
- Salads
- Mushrooms
- Nuts and seeds
- Coconut (unsweetened)

Avoid

- Sugar or anything sweet
- Starch
- Artificial sweeteners
- The taste of sweet
- Fruit that tastes sweet
- Salad dressings that have sugar

Please avoid any packaged foods, bars, and snacks that say “keto-friendly.” They are junk!

STEP 3 – ENJOY

Don’t focus on what you can’t eat, but rather on what you can. I found jicama had 11 grams of carbs per cup, but 6 of those were fiber, so there was a net carb of 5 grams per cup. Wow! I could enjoy a cup of jicama. Carrots have about 12 grams of carbs, but 4 grams of fiber in a cup, leading to a NET carb count of 8 grams per cup. So, if I have a few carrot sticks it’s about 3 grams. Cooked carrots are about the same as raw.

Snacking is different on a keto diet. Peanut butter on celery, cheese nibs, cucumber sticks, jicama, beef sticks, and nuts are helpful. Have them cut up and ready. Keep track of any net carbs in your snacks.

Eat twenty grams of NET carbohydrates or less per day. This means take the total carbohydrates and subtract the fiber, which is not digested or does not add to the sugar in the body. There are plenty of online sources or apps to help you. The Diabetes Solution Kit is a great program to follow. It is simple, and contains lists and recipes, and all the instructions on how to do it.

Those who have T2D should have a complete detox within three months. If not, there may be other problems, such as inflammation of the pancreas. Sometimes a few days of fasting will start the fat burning and produce ketones. Exercise

also helps. The body must use up all the stored glucose before burning fat.

Measuring Ketones

Once you start burning fat, the ketones can be measured. There are three ways to measure: Blood, breath, and urine. The blood measures the BHB, the breath measures the acetone, and the urine measures any ketones. Many will tell you that the blood is the only accurate way, but accuracy is not an important part of the program. All we need to know is generally high-low or none. Any of the measurements is adequate. I used both the blood and urine, and found they correlated well. If I drink a lot of water, the urine is more diluted, but it still shows that there are ketones.

Keto or Fast?

A ketogenic diet is a great short-term diet for many different problems. I don't think people should live on keto. It is best to do it for one to three months. I would suspect that instead of long-term keto, you would get the same benefits from periodic fasting. Those with cancer, for example, can fast for 48 hours before a chemo treatment, and keep fasting for 24 hours after, and they will not get toxic, and the chemo works 300% better![15] Fasting was shown to work in all the above issues, even epilepsy, but it isn't sustainable. You can only fast for so long before you need to eat. Thus, the ketogenic diet is something like a long-term fast. But, even then, the keto diet may be best done for months and not years.

There's got to be a morning after!

I did the detox, following a ketogenic diet for three months, and I'm tired of it. What do I do now?

Hopefully, you learned a lot about yourself and your eating habits. It would be essential for you to intermittently burn fat to make ketones. You now know how to do that. You could continue to avoid processed carbs such as sugars and starches like white bread, pasta and white rice. The fiber in whole grains helps protect you from getting toxic again. Also, beans, peas, and lentils are great sources of protein and healthy carbs. So, focus on fiber, continuing to eat keto-friendly vegetables, and add in other whole foods. I would recommend making three commitments:

- Eat non-processed foods -- only whole foods.

- Fast periodically to burn fat -- 1 to 3 days a month, for example.

- Limit sweet foods to occasional use meaning when there is an "occasion," like a birthday.

The reason to live by these rules is because you did the ketogenic diet for a reason. You had issues because of a high carbohydrate diet, eating sugar and processed grains. To avoid going back into the same problems again, you would not avoid all carbs, just the ones that cause problems. Make it a point to eat nothing that has sugar in it. Eat sweet fruits sparingly. Eat only whole grains. Eat plenty of beans, lentils, and other legumes. It is a mistake to lump all carbs together into the "bad" category. Just avoid the processed ones.

Those who do this are not at risk for getting high blood sugar, and will avoid all the complications of heart disease, neuropathy, dementia, blindness, and kidney disease. Blood pressure and cholesterol will be normal. Look at the problem as simple sugars, not all carbohydrates. By avoiding processed carbs, and fasting periodically, you can have all the benefits of a ketogenic diet, with all the benefits of a high-fiber diet, leading to a long and healthy life.

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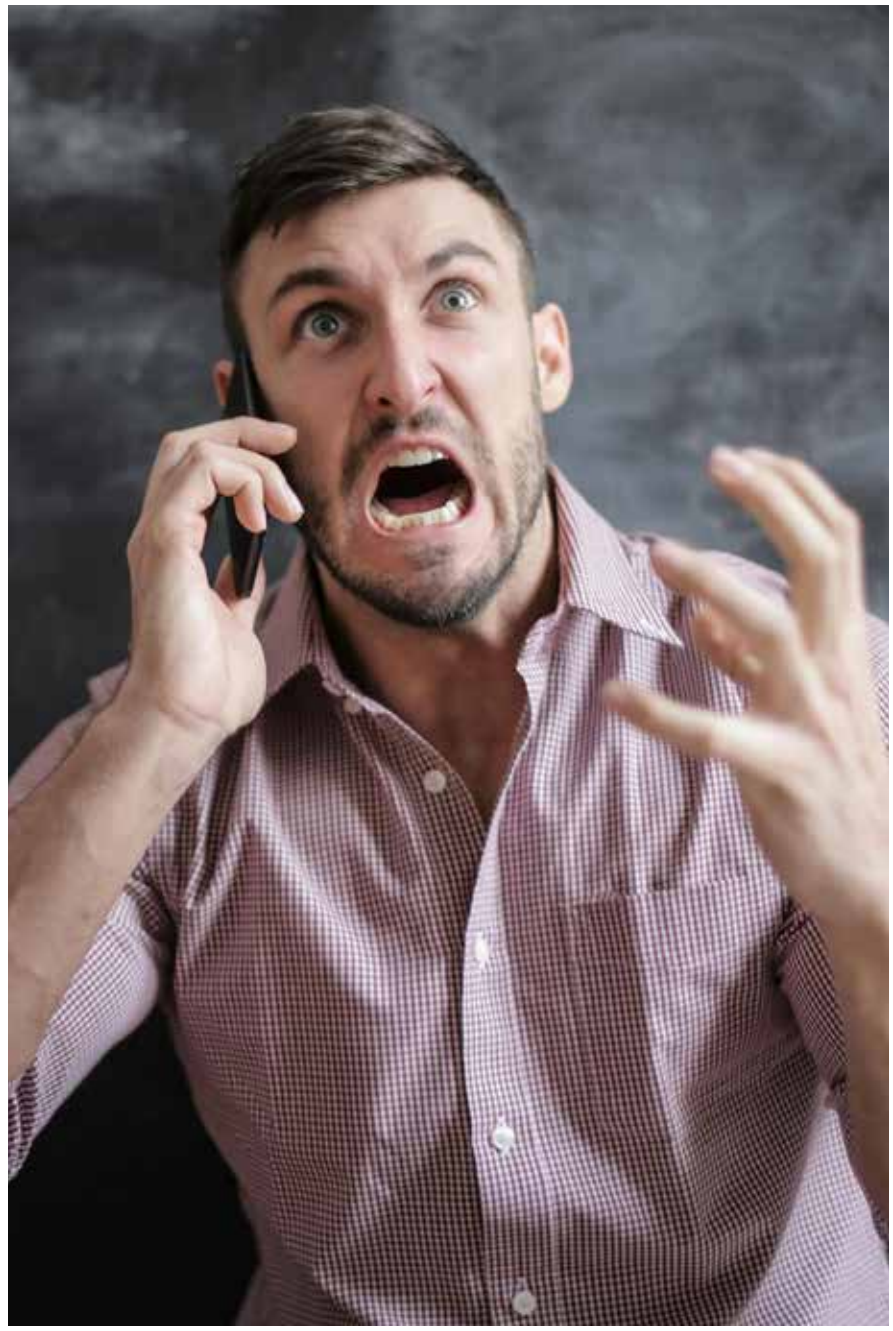
10 Everyday Things That Spike Blood Sugar and Put You at Risk



Even if you're managing your diet, exercising regularly, and following your treatment plan, blood sugar levels can still spike unexpectedly.

1. Artificial Sweeteners May Cause Hyperglycemia in the Long Run

While diet sodas and zero-calorie sweeteners are often marketed as healthier alternatives to sugary drinks, studies suggest that they may increase insulin resistance over time. Once consumed, artificial sweeteners may interfere with the body's ability to regulate blood sugar levels. While they're less harmful than regular sugar, don't rely on them long-term. For healthier control, water remains the best option. The American Heart Association suggests using these sweeteners only as a temporary bridge to help reduce sugar intake, but they shouldn't be a permanent substitute.

2. Foods High in Saturated Fat Have the Potential to Worsen Insulin Resistance

Saturated fats, commonly found in foods like cheese, red meat, fried foods, and baked goods, can exacerbate insulin resistance, making it harder for your body to regulate blood sugar. Even without significant weight gain, saturated fats can worsen insulin sensitivity. The Cleveland Clinic recommends that 25-35% of your daily calories come from fats, but no more than 10% from saturated fats. Opt for heart-healthy fats like those in nuts, avocados, and salmon, which can slow glucose release into the bloodstream and promote overall heart health.

3. Skipping Breakfast Can Lead to Higher Blood Sugar All Day

Breakfast is crucial. Skipping it can lead to elevated levels throughout the day, as shown by research involving participants with high blood sugar. When breakfast is skipped, the pancreas's insulin-producing beta cells may not function optimally, leading to a day-long rise. Instead of sugary cereals and juices, choose balanced, low-carb options like scrambled eggs with spinach, which provide lasting energy without spiking readings.

4. Hormonal Changes in Menstruation Tend to Mess With Blood Sugar Levels

Fluctuations in estrogen and progesterone during different phases of the menstrual cycle can cause blood sugar to spike, especially during ovulation and the days leading up to menstruation. This hormonal imbalance is even more unpredictable during perimenopause. Tracking your menstrual cycle can help you identify patterns and work with your healthcare provider to adjust your treatment plan accordingly.

5. Physical Inactivity Can Elevate Blood Sugarin a Matter of Days

Physical activity enhances insulin sensitivity, which helps cells utilize glucose more efficiently. Exercise can even reduce the need for medication in some cases. Conversely, just three days of inactivity can cause levels to rise, even in otherwise healthy people. Regular exercise, even mild activities like walking or yoga, can prevent these fluctuations. To avoid hypoglycemia during exercise, it's essential to monitor your blood sugar before, during, and after workouts.

6. Stress Increases Cortisol, Which Affects Insulin Sensitivity

Emotional stress from work, family issues, or even positive life changes can lead to elevated levels. This is due to the release of cortisol, a stress hormone that reduces insulin sensitivity. Physical stress from illness or injury can have the same effect. Learning stress management techniques like deep breathing, short walks, or a daily meditation routine can help control cortisol levels and, in turn, manage blood sugar.

7. The Body's Inflammatory Response to Infection Can Cause Blood Sugar to Rise

When you're sick, your body releases stress hormones to fight off infection, which can cause blood sugar to soar. This inflammatory response, while necessary for recovery, can be problematic for control. It's important to have a plan for managing your high blood glucose during illness. Work with your doctor to determine how often to check your blood, adjust your medications if needed, and stay alert for signs of complications like diabetic ketoacidosis, which may require additional intervention.

8. Medications and Supplements May Contribute to Blood Sugar Changes

Some over-the-counter and prescription medications, including corticosteroids, birth control pills, antidepressants, and asthma medications, can increase blood sugar levels. Even certain vitamins and supplements can interfere with insulin regulation. Always inform your healthcare provider about every medication or supplement you're taking, so they can recommend alternatives or help you manage potential spikes in blood glucose caused by these drugs.

9. Lack of Sleep Can Increase Stress and Lower Insulin

Poor sleep quality or insufficient sleep can lead to higher cortisol levels, reduced insulin sensitivity, and spikes. In fact, a lack of sleep can trigger hunger hormones, leading to overeating and further increases. The Sleep Foundation recommends 7-9 hours of sleep per night for adults. Pay extra attention to your

numbers after restless nights, and try to establish a consistent sleep routine to improve your overall health.

10. Poor Dental Health

Gum disease is both a complication and a potential cause of increased blood sugar levels. Inflammation caused by gum infections can make it harder to control, while also increasing the risk of other infections. The American Dental Association suggests that people with elevated sugar should be extra diligent about oral hygiene by brushing twice a day, flossing, and seeing a dentist regularly. Letting your dentist know about your condition can help them provide better care and early intervention for potential dental problems.

By being aware of these everyday factors, you can take proactive steps to better manage your blood sugar levels and avoid unexpected spikes.

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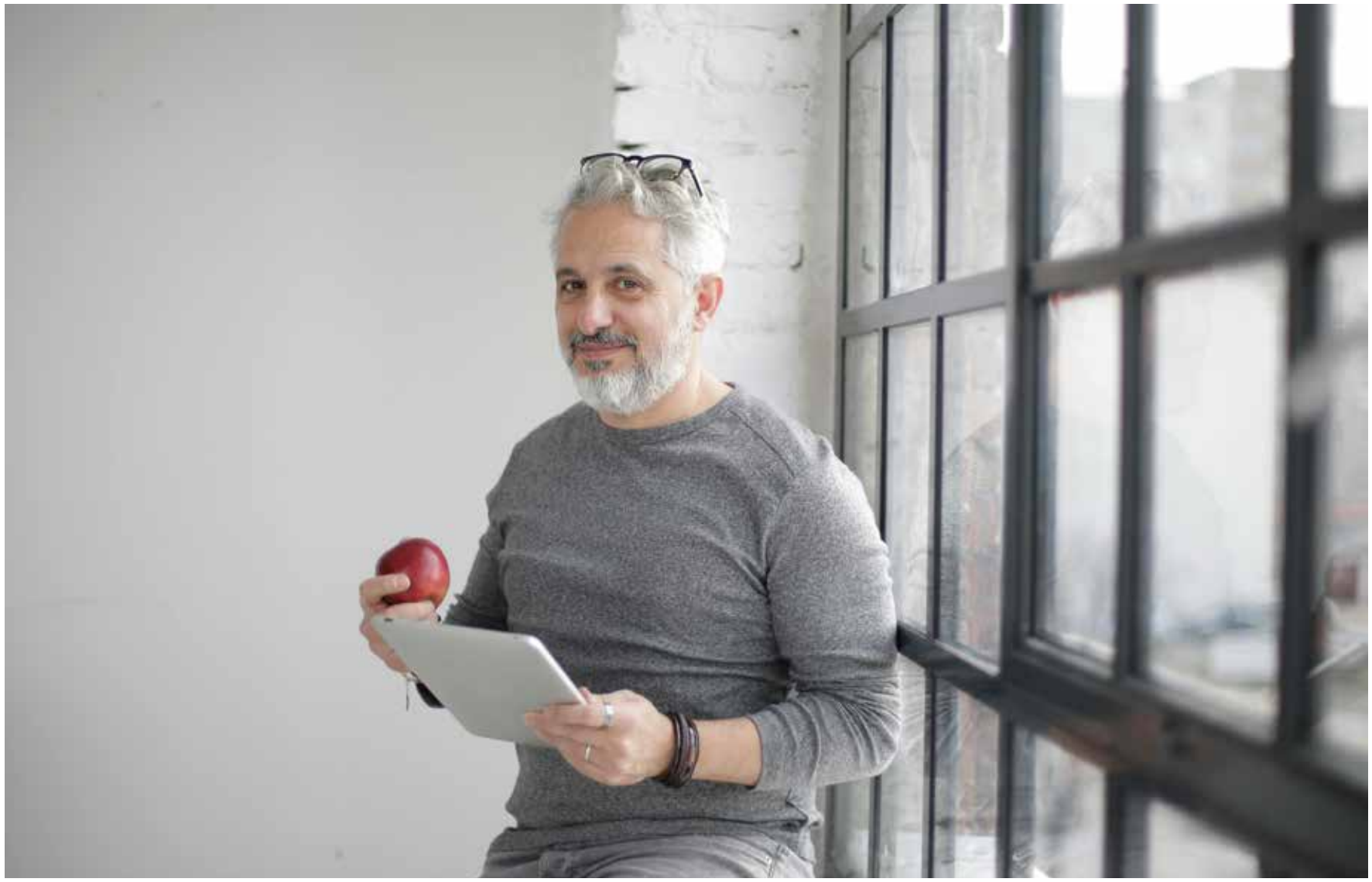
15 FOODS TO AVOID WHILE ON KETO (AND THEIR BETTER ALTERNATIVES)



THESE FOODS, OFTEN considered healthy or convenient, can derail your keto journey. To help you stay on track, here are some alternatives to consider.

If you're planning to start a ketogenic diet, you might already know that you'll need to eliminate processed grains and sugars, including favorites like pizza and muffins. However, other seemingly healthy foods may also have too many carbs for a strict keto plan. While these foods can offer vitamins, minerals, and fiber, they aren't compatible with the low-carb requirements of keto.

Aiming for 20 to 50 grams of net carbohydrates per day is common for those on keto. Net carbs are calculated by subtracting fiber and sugar alcohols from total carbohydrates, which helps shift your body into ketosis. In this metabolic state, your body uses fat for energy instead of carbs. Following a keto diet often means reducing the intake of many fruits, whole grains, and certain vegetables.

It's important to note that keto isn't suitable for everyone. Individuals with high blood sugar, especially those who take insulin or have other chronic health

conditions, should consult a healthcare professional before making significant dietary changes.

If you decide to give the keto diet a try, here are 15 foods you should steer clear of, along with healthier options:

1. Swap Croutons for Hemp Hearts on Salads

While croutons can add crunch, they contain almost 3 g of net carbs per 2 tablespoons. A better choice is hemp hearts, which offer less than 1 net carb per 2 tablespoons and are rich in healthy fats, protein, and essential nutrients.

2. Avoid Starchy Peas; Choose Broccoli Instead

Peas are a starchy vegetable with 12 g of net carbs per cup, making them less suitable for keto. Instead, opt for broccoli, which only has 3.7 g of net carbs per cup. Broccoli is also high in fiber, which can aid digestion and help prevent constipation.

3. Reconsider Low-Calorie Snacks; Go for Sunflower Seeds

Many low-calorie snacks like pretzels can be high in carbs. Instead, try sunflower seeds or pumpkin seeds, which are low in net carbs while providing healthy fats and protein, keeping you satiated longer.

4. Ditch Potato Chips; Try Homemade Seaweed Snacks

Potato chips can have around 14 g of net carbs per ounce, making them a poor choice. Instead, you can create seaweed snacks by mixing chopped nuts and seeds with vinegar and salt, rolling them in nori, and baking until crispy for a satisfying crunch.

5. Skip Bananas; Choose Berries for a Sweet Treat

A banana contains over 20 g of net carbs, which can exceed your daily limit. Instead, opt for berries like raspberries, which have only 1.7 g of net carbs per ¼ cup and are packed with fiber and antioxidants.

6. Say No to Honey-Baked Ham; Choose Sliced Deli Ham

Glazed ham often contains sugar and can have 7.3 g of net carbs per serving. A better alternative is traditional sliced deli ham, which generally has 0 g of carbs per slice. Just make sure to check for added sugars in the ingredients.

7. Avoid Margarine; Use Extra-Virgin Olive Oil Instead for a Ketogenic Diet

Many margarines contain unhealthy oils and trans fats, which aren't good for your health. Instead, use extra-virgin olive oil, known for its heart-healthy monounsaturated fats that can reduce inflammation.

8. Skip Piña Coladas; Opt for Vodka Soda

Piña coladas are often loaded with sugar, averaging about 32 g of net carbs per drink. If you choose to drink, opt for a vodka soda, which has zero carbs, allowing you to enjoy a beverage without sacrificing your carb intake.

9. Limit Beer Consumption; Light Beer in Moderation May Be Okay

Light beers can still contain around 6 g of carbohydrates per 12 oz, so if you drink, you'll need to adjust your carb allowance. Choose vegetables over beer to maintain your daily carb limits while gaining nutrients.

10. Forget About Sweet

Potatoes; Embrace Cauliflower Instead

Sweet potatoes, while nutritious, contain about 20 g of carbs each. Instead, consider cauliflower, which can be mashed or used as rice, containing only 3.2 g of net carbs per cup, making it a versatile and healthier option.

11. Skip Cow's Milk; Choose Almond Milk as an Alternative

Whole milk has around 11.3 g of net carbs per cup, which can hinder your keto goals. Almond milk, however, contains only about 1 net carb per cup and is a great base for smoothies or coffee without the added carbs.

12. Avoid Trail Mix; Opt for Plain or Salted Nuts on Keto

Many trail mixes contain dried fruits and candies that boost the carb count significantly. Instead, choose raw or salted nuts, which have a lower net carb count and are a great source of healthy fats and fiber.

13. Limit Carrots; Enjoy Bell Peppers Instead

A medium carrot has about 4.1 g of net carbs, which can quickly add up. In contrast, red bell peppers contain only 2.9 g of net carbs and provide vitamins and antioxidants, making them a flavorful and crunchy snack.

14. Steer Clear of Soda; Try Unsweetened Sparkling Water

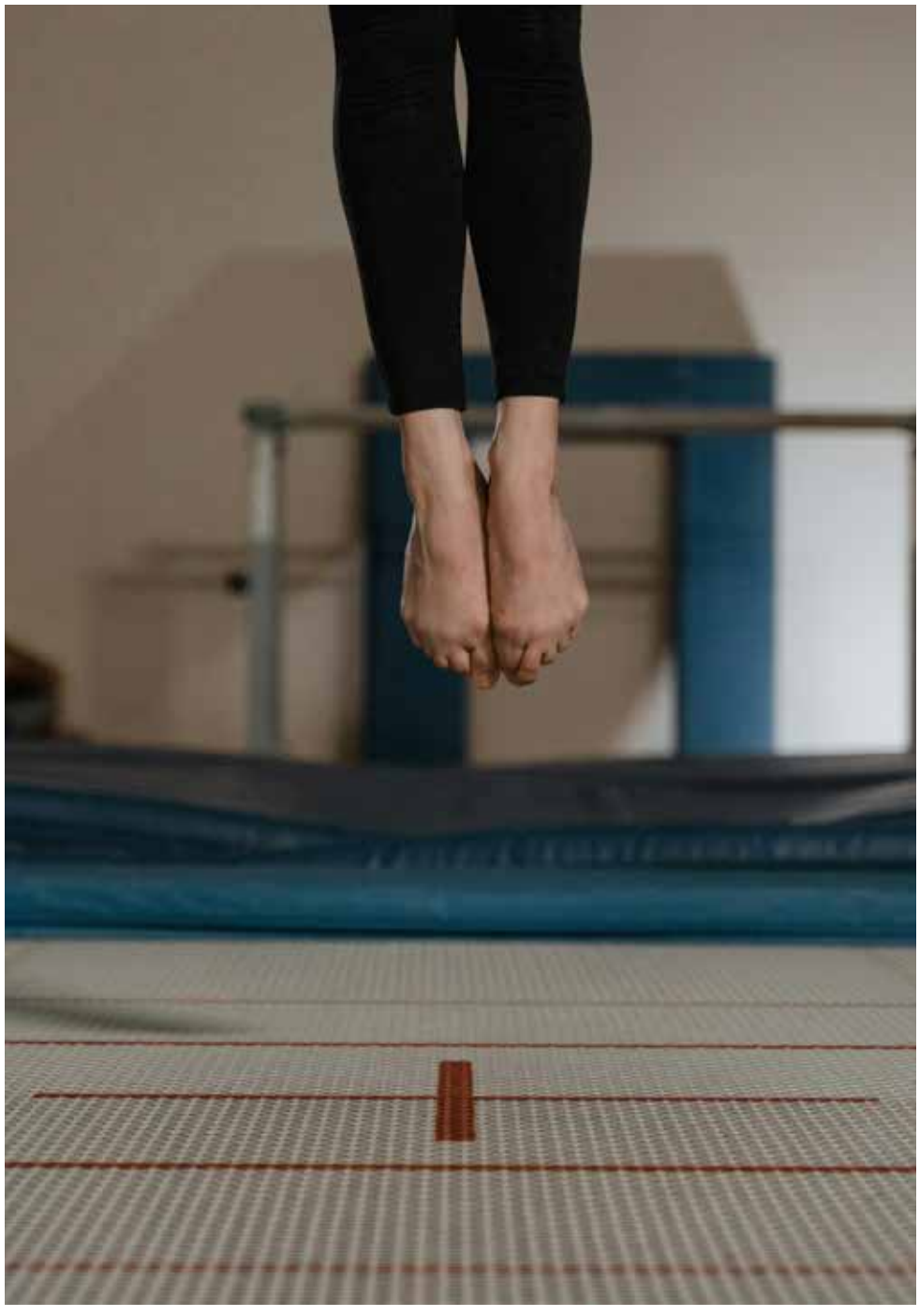
Regular soda is packed with sugar, containing around 36.8 g of sugar per 12 oz can. Instead, opt for unsweetened sparkling water for a fizzy beverage that contains no carbs or sugar. You can even find naturally flavored options for a refreshing twist.

15. Avoid Butternut Squash; Use Keto Friendly Spaghetti Squash Instead

Butternut squash contains more than 15.3 g of net carbs per cup, making it unsuitable for keto. Spaghetti squash, on the other hand, has only 3.9 g of net carbs per ½ cup when cooked, making it a great low-carb alternative for pasta dishes.

By making these food swaps, you can better adhere to your keto diet while managing high blood sugar effectively.

▶



16 SURPRISING BENEFITS OF REBOUNDING FOR WEIGHT LOSS YOU'LL LOVE

JUST A FEW minutes of rebounding can greatly enhance your lymphatic health. Integrating exercise into your weight loss strategy is essential; it's a non-negotiable element. Exercise helps burn extra calories by requiring your muscles to use energy, which also promotes muscle growth and strength. As your muscle mass increases, your basal metabolic rate rises, meaning you burn more calories even at rest.

For many individuals, the toughest part of exercising is simply getting started, followed by maintaining consistency. Everyday life can easily interfere with your fitness routine, leaving you feeling too fatigued, busy, or unmotivated. The secret is to find an enjoyable form of exercise. Physical activity is not restricted to traditional workouts like weightlifting or running; it can also include racquetball, boxing, circuit training, sports, or even yard work. The important thing is to keep moving in a way that you enjoy.

Rebounding, A Simple and Effective Workout.

If you're seeking a low-investment activity that doesn't require a gym membership, significant time commitment, or even leaving your home, consider rebounding. But what is rebounding? You may have seen it before; it involves a small trampoline, known as a rebounder, on which a series of exercises are performed. This activity is low impact, making it gentle on the joints—a perfect option for anyone who might be unable to participate in higher-impact workouts due to physical limitations or past soreness.

A rebounder is compact and can easily fit into your home, allowing you to exercise even while watching TV. You can effortlessly incorporate short trampoline sessions into your morning or evening routine, and many people find it to be

quite enjoyable. NASA has even integrated rebounding into its training protocols, noting that jumping on a trampoline produces greater biomechanical stimuli compared to running, all while achieving similar levels of heart rate and oxygen consumption. This insight can aid in designing recovery protocols for individuals experiencing weightlessness.

The Research Behind Rebounding

Rebounding is a versatile exercise that can be adapted as your fitness level progresses. Research from the Human Performance Lab in Tuscaloosa, Alabama, demonstrated that incorporating hand weights during trampoline sessions significantly boosted exercise intensity and could be beneficial for cardiovascular training.

Additionally, rebounding offers therapeutic advantages. A study conducted at the School of Exercise at Deakin University in Australia found that using a mini trampoline was beneficial in improving balance following certain ankle sprains. Another investigation by the Department of Physical Therapy at the State University of West Parana in Brazil, which focused on older adults, revealed that rebounder training enhanced the subjects' ability to regain balance after a fall.

16 Benefits of Rebounding Exercises

1. INCREASES OXYGEN CIRCULATION

Rebounding enhances the delivery of oxygen to various tissues in the body.

2. BOOSTS RED BLOOD CELL PRODUCTION

It promotes the activity of red bone marrow, leading to higher red blood cell production.

3. IMPROVES LYMPHATIC FLOW

Rebounding stimulates lymphatic circulation, aiding in detoxification.

4. ENHANCES COLLATERAL CIRCULATION

It supports better blood flow throughout the body.

5. STRENGTHENS THE HEART AND MUSCLES

Regular trampoline exercises bolster heart health and strengthen other muscles.

6. LOWERS RESTING HEART RATE

With consistent use, rebounding can lead to a more efficient heart, reducing the resting heart rate.

7. REGULATES CHOLESTEROL LEVELS

Regular rebounding can help lower elevated cholesterol and triglyceride levels.

8. STIMULATES METABOLISM

It boosts metabolic rate, aiding in weight management.

9. PROMOTES TISSUE GROWTH AND REPAIR

The activity supports overall body repair and growth.

10. INCREASES ENDURANCE AND FUEL CAPACITY

Rebounding enhances the body's ability to store energy and improve endurance.

11. IMPROVES COORDINATION

The exercise promotes better coordination through enhanced nerve impulse transmission and muscle responsiveness.

12. RELIEVES PAIN

It can alleviate neck and back pain or headaches associated with inactivity.

13. ENHANCES DIGESTION

Rebounding aids in improving digestion and elimination processes.

14. PROMOTES RELAXATION AND SLEEP

Regular activity contributes to better sleep quality and relaxation.

15. BOOSTS MENTAL PERFORMANCE

Engaging in rebounding can lead to improved cognitive function.

16. REDUCES OBESITY RISK

This enjoyable activity helps lower the likelihood of becoming overweight.

Incorporating rebounding into your fitness routine can provide numerous physical and mental benefits, making it a fun and effective choice for weight loss and overall well-being.

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