

**What's New:
Diet Advice
Lectro-Lytes Product
Practical Carbs
Table**

Supporting Your **Ketogenic** Journey

Vol. 2



New Roots
HERBAL
-MAKE LIFE BETTER-

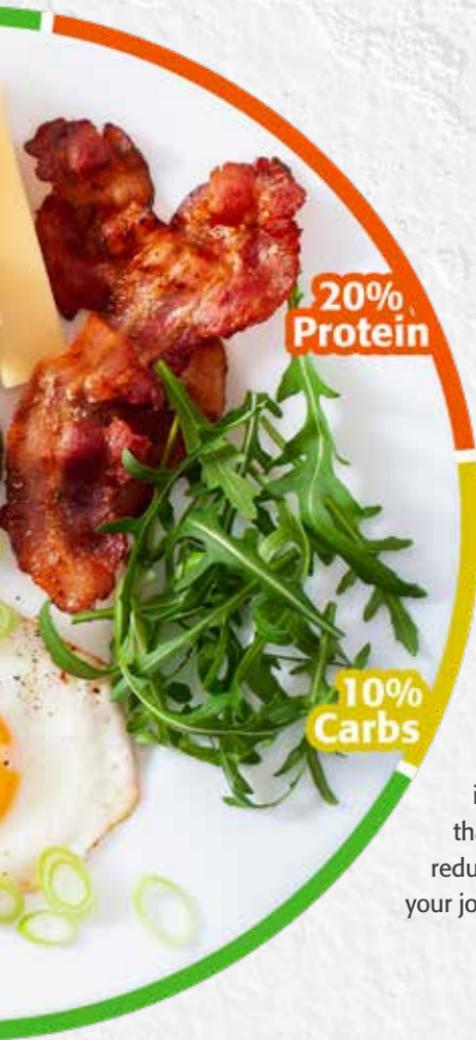
Keto in Brief

The ketogenic diet consists of drastically reducing the proportion of carbohydrates in your diet, in favour of lipids. Healthy fats should make up 70% of your plate. After using both carbohydrates and glycogen as energy source, the body has no choice but to mobilize lipids as well as excess body fat. The body is forced into a state of ketosis, where its metabolism operates mainly from ketones produced by the liver from lipids.

These ketones play an important role in gene expression, nervous and immune systems, reducing inflammation, and as antioxidants. For close to a century, the ketogenic diet has been used to treat epilepsy. Today, it is also among the recommendations for concussions and various inflammatory conditions.

Its popularity is due to the fact that it clearly contributes to weight loss in people who follow it properly (although its long-term effectiveness remains to be evaluated).





Benefits:

- ✓ Weight management and body composition
- ✓ Cardiovascular and degenerative diseases
- ✓ Metabolic disorders
- ✓ Mental health and memory
- ✓ Energy and vitality

Contraindications:

- ✓ Liver problems
- ✓ Gallbladder removal
- ✓ Intolerance to fats
- ✓ Renal failure

A keto diet is more than just healthy fats. It's important to consider nutritional fundamentals that can help you optimize your efforts and reduce associated risks. Follow this guide to make your journey pleasant and successful!



Digestive Support

Any radical change in diet affects the intestinal flora and can cause symptoms such as constipation, which is sometimes an issue during a ketogenic diet. To avoid this, stay well-hydrated and choose foods rich in fibre. Probiotics will help replenish intestinal flora, and magnesium will assist in maintaining proper electrolyte balance.

Digesting a larger-than-usual amount of fat may require additional enzymatic capacity as well as the need to optimize production and circulation of bile. An enzyme formula, either rich in lipase or reinforced with ox bile, will help with this digestive challenge. This can also be accomplished with plant-sourced "bitters" that increase the production and circulation of bile.



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Metabolic Support

The new metabolic paradigm into which the ketogenic diet plunges the body may require added support, especially for the liver, which is one of the organs that will work the hardest. B-complex vitamins are essential to its function; *alpha*-lipoic acid and plants beneficial to the liver will also contribute to its support.

At the cellular level, acetyl-L-carnitine is crucial, because its derivatives guarantee the transport of fatty acids into the mitochondria, where they are used for energy production.

Garcinia cambogia, standardized to 60% hydroxycitric acid, helps you feel satisfied longer following a meal. It may just be the extra help needed to avoid those sugary desserts!



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Bring On the Good Fats

A successful ketogenic diet involves consuming sufficient quantities of good fats and healthy proteins. Oily fish, avocados, and nuts are a good source—and they taste great! But ensuring daily intake of these healthy fats can be challenging. Supplements help solve this challenge and have multiple health benefits.

Medium-chain triglycerides (MCTs), from coconut or palm, travel from the intestines directly to the liver via the portal vein, providing the body with ketones, a simple yet extremely effective source of energy production. Add it to your morning coffee for an energizing start to your day.

Omega-3s, with an ideal EPA:DHA ratio of 2:1, help support cognitive health and reduce cholesterol, among other benefits. Phytosterol-reinforced Heart Smart oils strengthen cardiovascular status with their beneficial effects on cholesterol, while their delicate flavours spruce up your salads.



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Choosing Your Proteins

Nearly every function or structure of the body requires amino acids as basic building blocks. These are fundamental nutrients of the ketogenic diet. New Roots Herbal has two plant-sourced proteins: lupine and pumpkin seed. Lupine seed is a good source of iron and is one of the natural options for improving metabolic disorders. Pumpkin seeds are rich in amino acids, the most abundant of which is L-tryptophan. L-Tryptophan is a precursor to serotonin, an important neurotransmitter involved in the regulation of mood, sleep, motivation, appetite, and more.

Beef Bone Broth Protein is an excellent source of animal protein. The bioavailability of its proteins is optimal, and its collagen content has many additional benefits.

If protein powders are not your thing, Amino-Mix is a convenient tablet form to help manage your protein needs.



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Covering Your Bases

The use of glycogen (the body's sugar reserves) at the beginning of the ketogenic diet is accompanied by a loss of water (3–4 g per gram of glycogen) and minerals. It is therefore essential to ensure adequate hydration, but also to supplement with the easily-absorbed minerals of Lectro-Lytes or Vitamin C⁸.

With any considerable reduction in food diversity comes a risk of deficiencies of antioxidants, vitamins, and minerals. New Roots Herbal offers a comprehensive multivitamin, a delicious blend of berry-extract antioxidants in Juicy Immune - Energy, or greener choices such as Peacegreens.

Also, don't forget that our Vitamin D will bring that sun we all miss, even in a ketogenic diet.



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Sweeten Without Calories...

For many, giving up the pleasant sensations of sugar remains a considerable obstacle. But every problem has a solution: Stevia, erythritol, and xylitol are great alternative sweeteners that will satisfy your sweet tooth without disrupting your metabolism.



...and Brighten Up Your Recipes

New Roots Herbal encourages you to brighten up your keto recipes with fermented functional foods. Fermentation increases nutritional value tenfold and is fully compatible with the ketogenic diet. Choose from beet root, black cumin, ginger, maca, turmeric, or our superfood blend according to taste and preference.



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A Low-Sugar Supplementation

Some supplements presented in this guide contain some carbohydrates that are good to consider in your daily ketogenic plan (with 20 g of sugar for strict plans, and up to 50 g for moderate ones). All other supplements in this guide are exempt of sugar.

Supplements for the Ketogenic Diet	Daily Dose	Total Carbs	Fibres	Net Carbs
Beef Bone Broth Protein	3 tbsp.	1 g	1 g	0 g
Fermented Black Cumin Seed - Organic	½ tsp.	1 g	0 g	1 g
Fermented Ginger - Organic	1 tsp.	2 g	0 g	0 g
Fermented Maca - Organic	1 tsp.	2 g	0 g	0 g
Fermented Red Beet - Organic	1 tsp.	1 g	1 g	1 g
Fermented Superfood Blend - Organic	½ tbsp.	6 g	< 1 g	7 g
Fermented Turmeric - Organic	1 tsp.	2 g	1 g	0 g
Juicy Immunity - Energy	2 tsp.	3 g	1 g	2 g (14 cal.)
Lectro-Lytes Coco-Pineapple	4.2 g	1 g	0 g	1 g
Lectro-Lytes Lemon-Lime	4.8 g	1 g	0 g	1 g
Lupine Seed Protein - Organic	⅓ cup	7 g	4 g	2 g
Peacegreens Immune	3½ tsp.	3 g	2 g	1 g
Plantago - Fiber Ultra Rich + Inulin	2 tsp.	5 g	5 g	< 0.5 g
Psyllium - Fiber Ultra Rich + Inulin	9 capsules	5 g	5 g	< 0.5 g
Psyllium - Fiber Ultra Rich + Inulin	2 tsp.	5 g	4 g	0.5 g
Pumpkin Seed Protein - Organic	2 tbsp.	2 g	2 g	0 g
Stevia Sugar Spoonable	¼ tsp.	1 g	1 g	0 g
Super Fibre Psyllium	6 capsules	5 g	5 g	< 0.5 g
Sweet 'n Clean Xylitol	1 tsp.	4 g	0 g	0 g
Sweet 'n Slim Erythritol	1 tsp.	4 g	0 g	0 g
Vitamin C ⁸	1 tsp.	2 g	< 0.5 g	1 g



Optimize Naturally

Daily fasting is a natural approach that allows the body to be more available to carry out its elimination processes: Each day, your feeding window is eight hours, thus leaving the body sixteen hours to assimilate the rich nutrients of the ketogenic diet, and to detoxify and maintain its tissues. This intermittent "16:8" fasting contributes, like a low-calorie diet, to healthy weight loss.

These approaches should always be done alongside a health-care practitioner, and should be a mid-term consideration. Athletes, with very specific nutritional needs, are also invited to consult a health or nutritional professional.



AskGord

If you have further questions, reach out to me on Facebook
[facebook.com/newrootsherbal](https://www.facebook.com/newrootsherbal)
or give me a call at **1 800 268-9486 ext. 237**

Gordon Raza, BSc

As the supplement specialist for *Flourish*, Gord shares his unique perspective on natural health products, nutrition, and active living.

This guide available for download at newrootsherbal.com/keto

This pamphlet is intended solely for general information and should not be relied upon for diagnosis, treatment, or cure. It is therefore strongly recommended that individuals consult with their health-care practitioner prior to beginning lifestyle or diet changes.

