



Metabolic Switching: Even Better Than Ketosis *(And A Whole Lot Easier)*

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I encourage you to include more evolutionary principles such as metabolic switching in your toolbox as you work with patients to improve their diet and health behaviors. In this handout I will discuss the evolutionary benefits of metabolic switching and why I encourage my patients to adopt this principle.

You can experience metabolic switching without a high fat diet, either by intermittently engaging in an endurance physical activity that depletes your glycogen (usually for 2 to 3 hours) or by extending the time you consume zero calories (i.e. fasting). Several small clinical trials have shown that ketogenic eating is associated with a variety of health benefits, and more studies are in progress.

There are considerable benefits to ketosis. The ketogenic low carbohydrate high fat diet has been around for only 100 years. But humans have been experiencing ketosis without a high fat diet for hundreds of thousands of years, using metabolic switching. This route to ketosis offers more benefits than the dietary approach.

In this handout I will give you an overview of how ketosis improves how our cells conduct the chemistry of life and how metabolic switching provides even more benefits. Then I will give you a few suggestions on how to enhance your metabolic switching.

Many adults and children around the world are now suffering from insulin resistance, pre-diabetes, or overt diabetes. Many of your patients will have these issues. Even if your patient is not overweight, they may have insulin resistance. And those who are overweight or obese are more likely to have insulin resistance, pre-diabetes, and diabetes. Ketogenic diets are being investigated to treat these conditions. Studies have consistently demonstrated that blood sugars lower and insulin sensitivity improves in those who adopt a ketogenic diet. More physicians and patients are turning to ketogenic diets, with favorable results.