



# Supporting Your **Ketogenic** Journey

Vol. 1



**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. The body is forced into a state of ketosis, where it utilizes fat as its primary source of energy. This triggers the burning of stored fat. Once carbohydrates and glycogen are depleted, metabolism occurs mainly through ketones produced by the liver with 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).



## Beneficial for

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

A keto diet is more than just healthy fats. It's important to consider nutritional fundamentals that can help you to optimize your efforts and reduce associated risks. Let's 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 and/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.





## Metabolic Support

The new metabolic paradigm into which the ketogenic diet plunges the body may require added support to optimize the new biochemical mechanics that are set in motion. The liver is central to fat metabolism, and B-complex vitamins are essential to these metabolic pathways.

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, helps 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.







# 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 powder 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 1 g of glycogen). It is therefore essential to ensure adequate hydration and electrolyte balance. To do this, choose New Roots Herbal's Vitamin C<sup>8</sup>, which provides a full spectrum of buffered minerals, along with valuable flavonoids.


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.

Vitamin D is critical to good health. Select foods associated with the keto diet will naturally increase one's vitamin D intake. But even so, most Canadians are not likely to absorb sufficient amounts of the "sunshine vitamin," due to our northern climate. Adding a vitamin D3 supplement will ensure you get the recommended daily dose.



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## Sweeten Without Calories, and Brighten Up Your Recipes

For many, giving up the pleasant sensations of sugar remains a considerable obstacle. But every problem has a solution: stevia, a great alternative sweetener, will satisfy your sweet tooth without disrupting your metabolism.

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 ginger, turmeric, beet root, and maca, according to taste and preference.



## AskGord

If you have further questions,  
reach out to me on Facebook

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or give me a call at **1 800 268-9486 ext. 237**

This guide available for download at [newrootsherbal.com/keto](https://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.*

