

The Ketogenic Reset:

The Nutrition Therapy

Education Program



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Hi, my name is David Cruz and I have diverticulitis (inflammation of the Gastrointestinal tract). Back in November of 2017, I had an emergency surgery to remove 20% of my colon to get rid of the inflammation in my lower intestine. Prior to my surgery, I always thought I had a “decent” diet, high carb-low fat, at least 3 to 4 servings of fruits and vegetables, per week. The surgery was a failure and the doctor encouraged me to have bread, rice and pudding for the first 3-4 weeks to heal my gut. I couldn’t believe what she said, so instead I called my good friend (and Nutritional Therapy Practitioner) Karrie Danielson. She said the first thing I had to do is heal my gut and adopt a “Ketogenic Lifestyle.” In only eight weeks of adopting this new lifestyle I lost 50 pounds with no exercise. I went from 230 pounds down to 180 pounds.

People’s experience with a long-term Ketogenic Lifestyle may not always be positive. However, everyone would benefit from doing a short-term Ketogenic Reset. The therapeutic benefits from doing a Ketogenic Reset may have positive life altering results; as it did for me. With the proper knowledge and application of the Ketogenic Reset, a long-term Ketogenic Lifestyle can develop.



Gut Health

“All Disease Begins in The Gut” – Hippocrates.

It’s common to overlook the health of our gastrointestinal system, even though it contains 10 times more health-determining bacteria than the rest of our body. Protecting us from infection, supporting our metabolism, and promoting healthy digestion and elimination. **If your gut isn’t performing at its maximum potential, neither is the rest of your body.**

“Good” bacteria, also known as beneficial bacteria, are defined as any bacteria that are beneficial to the body and enhance health. Probiotics are live micro-organisms/healthy bacteria that enhances health which is similar to bacteria that reside naturally in your body. Of the total bacteria in our bodies, a healthy balance is 85% good bacteria and 15% bad bacteria. It allows you to absorb nutrients, build your body’s immune function, support the integrity of the wall of your intestine.

A lot of studies have shown information of **Gut/Mind connection**, your stomach is your **2nd brain**. The bacteria within your gut can be controlling your emotions. Depression and anxiety symptoms, your moods, your appetite. Research has shown the links of so many diseases and “gut/mind connection.”

To best explain how probiotics work, you need to understand how the gut works. The job of the gut, large intestines and small intestine. 1) Extract energy from foods. 2) Absorb nutrients such as vitamins and minerals. 3) Remove waste.

Microbiome is the eco-system of your gut. Colonies of bacteria and fungi that keep your gut healthy is essential to your survival.

Unfortunately, the majority of our population has inadequate beneficial (good) bacteria, and a lack of bacterial diversity. Largely because of a poor diet, but also because of

- Over medicating - with antibiotics, birth control, NSAID's, anti-depressants, antacids, etc.
- Chronic Stress - which can alter digestive secretion, gut permeability, blood flow sensitivity, and even change bacterial composition.
- Exposure to Environmental Toxins - notably pesticides, herbicides, arsenic, BPA
- Inadequate bacteria at birth - C-section birth, parents gut health and mothers' diet during pregnancy, infants transition from breast milk to adult food.

Definition of HEALTH – 1) The state of being **free** from illness, injury or disease. 2) Physical fitness, well-being, good trim and good shape.

Essential Supplements to heal your gut

Bone Broth: Helps prevent keto flu and is an excellent way to replenish essential **electrolytes** in the body. On a keto regimen, it gives you certain vitamins and nutrients for your body to thrive and assist your organs to perform at their optimal potential.

L-Glutamine: This is an essential amino acid for maintaining the health and growth of the **enterocytes** in your gut since it is the preferred fuel of these cells.

Digestive enzymes: Assist in breaking down food components such as proteins, carbohydrates, and fats. The enzymes allow you to absorb/utilize even more vitamins and nutrients you put into your body.

Hydrochloric acid with pepsin: A key function of HCl is to help in digestion of proteins. HCl does so by maintaining an optimum pH level in the stomach. The pH levels of the stomach vary in the range of 1-2 up to 4-5. A high protein meal may cause the stomach pH levels to drop to as low as one. HCl creates an optimum acidic environment to convert pepsinogen, an inactive stomach

enzyme, into active pepsin enzyme. Pepsin is a powerful enzyme, which is used for digestion of proteins. If the body doesn't produce enough HCl, digestion of protein becomes difficult. Low stomach acid is the main cause of **acid reflux**.

Coconut Oil: Coconut oil isn't just a **superfood** it's a miracle food that can be consumed daily. Those suffering from **leaky-gut** typically have compromised digestion, and coconut oil can improve digestion because it helps the body to absorb fat soluble vitamins (Calcium and Magnesium).

Fermented Organic Gut Superfoods+ : Made with 22 fully fermented plant-based **superfoods** and **prebiotics**.

WHY KETO?

Most people rely on the old theory of calories in versus calories out. When living a Ketogenic-Lifestyle we don't focus on calories, instead we focus on **Macronutrients**. All foods are NOT created equal. Did you know that every time you eat carbs & sugars it spikes your insulin levels? Fat doesn't. Why is managing your insulin level so important? Because too much insulin (insulin resistance / pre-diabetes) causes inflammation. Inflammation is the cause of 95% of illnesses and diseases. Did you know that there are more than 3 million new US cases per year of people being diagnosed with insulin resistance? Unfortunately, most people aren't aware of insulin resistance within their body and how it affects them until decades later. As you read along you'll be able to see that fat is your friend and food is medicine.

WHAT IS KETOSIS?

Ketosis is a metabolic state in which your body **transitions** from depending on carbs and sugars as the **primary source of energy (glucose)** to fat as your **primary source of energy (ketones)**. The basis of Keto is to reverse inflammation. Glucose is a body energy whereas ketones is more of a brain energy. Better focus and mental clarity are a few extra benefits you'll receive from being in Ketosis.

Benefits of Fat

1. Keeps you feeling fuller for a longer period of time. (Have you ever noticed how fast you were hungry again just after eating sushi?) Carbs causes you to crave.
2. Fat taste great.
3. Provides you with longer lasting energy than carbs & sugars, combined.

4. It can help reduce cholesterol levels in your blood. Lower LDL /triglycerides.
5. Fat helps the body absorb even more essential vitamins and nutrients.
6. The body NEEDS fat to survive. The body does NOT need carbs to survive. Our liver creates just enough glucose for our brain to thrive.
7. Fat is good for the brain.
8. Fat keeps your skin and hair looking beautiful.
9. Fat lubricates your joints.
10. Fat helps you burn fat faster.

Potassium Deficiency

Potassium is an essential mineral that has many roles in your body. It helps regulate muscle contractions, maintain healthy nerve function and regulate fluid balance. However, a national survey found that approximately 98% of Americans are not meeting the recommended potassium intake. A Standard American Diet is likely to blame, as it favors processed foods over whole plant foods such as fruits, vegetables, beans and nuts.

A low potassium level has many causes but usually results from **adrenal gland disorders**, use of diuretics, or simply not eating enough **cruciferous** vegetables (dark leafy greens). Having a low potassium level can make muscles weak, cramp, twitch, or even become paralyzed, and abnormal heart rhythms may develop.

First, potassium helps regulate muscle contractions, so when levels are low, your muscles produce weaker contractions. Deficiency in this mineral may also affect how your body uses nutrients, resulting in fatigue, muscle cramps & spasms, digestive problems, heart palpitations, muscle aches & stiffness, tingling & numbness, difficulties in breathing and mood swings.

Adrenal Fatigue Rejuvenation Blend

Adrenal glands produce hormones that help the body control blood sugar, burn protein and fat, react to stressors like a major illness or injury, and regulate blood pressure. Two of the most important adrenal hormones are cortisol and epinephrine (otherwise known as adrenaline). Another important hormone that helps regulate the body is aldosterone, which is released by the kidneys.

Apple Cider Vinegar: - Bragg's Organic w Mother

Helps lower blood sugar levels, regulate healthy blood sugars, perfect for Type 2 diabetics. Can increase HDL cholesterol to maintain healthy heart and cardiovascular system. Has several positive effects including:

- Aiding in weight loss
- Prevents **candida**
- Normalizes intestinal **bacteria**
- Helps break down lactic acid
- Boosts energy
- Regulates the pH of the skin
- Prevents flu and stomach illnesses
- Helps relieve nausea, heart burn, chronic reflux, asthma, gout, and migraines
- Suppresses appetite

Pink Himalayan Salt and Cream of Tartar Powder: Boosts mineral intake with regular use. Contains minerals like potassium and magnesium that help you get the most out of the sodium and electrolytes your body needs, while countering the negative effects of sodium. A high potassium intake decreases the risk of stroke, lowers blood pressure, protects against loss of muscle mass, preserves bone mineral density, and reduces the formation of kidney stones. Potassium deficiency can lead to adrenal fatigue, weakness, and constipation.

Turmeric: Anti-Inflammatory: the compound Curcumin in Turmeric has many scientifically proven health benefits, including the potential to prevent heart disease, Alzheimer's and cancer cells. It can also help improve symptoms of depression and arthritis.

Ground Black Pepper: It helps keep blood vessels pliable, build bones and is an anti-inflammatory. It discourages intestinal gas from forming and the outer-layer of the peppercorn aids in the breakdown of fat cells. It also promotes sweating which helps rid the body of toxins and allows your body to absorb even more of the vitamins and nutrients you feed yourself. Such as the "Adrenal Gland Rejuvenation".

Lemon Juice:

1. Promotes hydration
2. Good source of Vitamin C
3. Supports fat burning and weight loss
4. Improves quality of the skin
5. Aids in digestion
6. Freshens the breath
7. Helps prevent kidney stones

Lime Juice:

1. Promotes consumption of water
2. Helps improve diet
3. Aids in digestion
4. Reduces chances of cancer cell growth
5. Improves risk of heart disease
6. Improves immune system
7. Lowers blood sugar

The ascorbic-acid (antioxidant) in Vitamin C plays a vital role in protecting against free radical induced damage.

Functions of Cortisol: Cortisol is a steroid hormone that regulates a wide range of processes throughout the body, including metabolism and the immune response. It helps control blood sugar levels, reduce inflammation, and assists with memory formation. These functions make cortisol a crucial hormone to protect overall health and well-being.

Functions of Aldosterone: Aldosterone directly affects the heart and blood vessels. This hormone acts mainly in the functional unit of the kidneys to aid in the conservation of sufficient sodium intake, secretion of potassium, water retention, and to stabilize blood pressure.

Endocrine System: The endocrine system works with your nervous system to control important bodily functions. These function's responsibilities include regulating growth, sexual development and function, metabolism, and mood. It helps in giving your body the energy it needs to function properly. Endocrine glands secrete hormones in the bloodstream. Your endocrine system health can be affected by hormonal imbalances resulting from impaired glands. A hormonal imbalance can cause problems with bodily growth, sexual development, metabolism, and other bodily functions. Endocrine system disease or conditions include diabetes, growth disorders, and osteoporosis.

Functions of Thyroid gland: The thyroid gland is part of the endocrine system, which is made up of glands that produce, store, and release hormones into the bloodstream **so the hormones can reach the body's cells.** Our thyroid acts as our body's "pharmacy."

Adrenal Glands Rejuvenation Blend

Once per day while fasting at night before bed. **Double** dosage for **Diabetics**.

- Apple Cider Vinegar = 2 TBSP
- Pink Himalayan Salt = ½ TSP
- Cream of Tartar Powder = ½ TSP

- Turmeric = ½ TSP
- Ground Black Pepper = 1/8 TSP
- Lemon Juice = 2 TBSP
- Lime Juice = 2 TBSP
- 4 oz. of water or Crystal Light flavoring.
- Stevia = 2-3 drops (optional)

Immune System booster if/when sick only

2 to 3 times a day for no more than 3 days in a row.

- Baking Soda = ½ TSP
- Vitamin C = 1,000 mgs
- 8 oz. of water

Benefits of Baking Soda - Alkalizes your body and supports healthy digestion. Rids the body of damaged and unhealthy cells.

Ketogenic Lifestyle Maintenance Supplements

Potassium: Potassium is one of the key minerals the body requires to function. Potassium deficiencies make people feel weak and cause headaches, stomach pains, and have an abnormal heart beat. A serious lack of potassium could even lead to the development of diabetes. To **reverse systemic inflammation**, you need approximately **5,000 milligrams of potassium per day**.

Magnesium: Reduces insulin resistance, lower blood pressure, fights depression, aids against Type 2 diabetes, prevents migraines and supports deep sleep.

Nutritional Yeast: A full spectrum of B vitamins including thiamin (responsible for converting carbs into energy), riboflavin, niacin, folate, B6, folic acid, chromium, phosphorus, zinc, selenium, and magnesium. It also includes protein, fiber, and is gluten-free.

Coriander: Increases the secretion of insulin from the pancreas. For Type 1 Diabetics.

Cinnamon: Lowers blood sugar and has a powerful anti-diabetic effect.

COQ10: Heart antioxidant and helps the overall cardiovascular system. As we get older levels of COQ10 decrease which may expose the cells of the body to more oxidative damage interfering with regular cell functioning. COQ10 can also reduce migraine attacks and protect against brain and lung disease.

Milk Thistle: Treats liver disease as a detox agent and prevents/reverses the effects of liver damage due to alcohol consumption and poor diet.

Benefits of Cruciferous Vegetables

Sulforaphane is found in most Cruciferous veggies, they're referred to as an anticancer compound. This reputation is linked mainly to sulforaphane's potent antioxidant and anti-inflammatory properties, similar to turmeric. In fact, the combination of sulforaphane, aspirin and curcumin has been effective for the chemoprevention of pancreatic cancer.

Other benefits include:

Depression relief, pain relief, cardiac protection against cardiovascular disease (heart disease), antioxidants, protection from and elimination of toxins, Type 2 Diabetes and Insulin Resistance support, Helicobacter Pylori support (stomach ulcers and gastric cancer), Alzheimer's applications

The 8 Keto Friendly Vegetables

Cabbage: Packed w Vitamin C, improves digestion, pre & probiotics, lowers blood pressure, Vitamin K. (Sauerkraut, kimchi and coleslaw)

Asparagus: - High in Fiber, folate, Vitamin A, C & K. Lowers blood pressure

Broccoli: Folic acid, builds collagen, Potassium, Fiber, Vitamin C & K and antioxidant.

Bok Choy: Fiber, Vitamin A, C, K & B6

Spinach: Potassium, Magnesium, Vitamin C, K, B6, B9, Iron and Calcium.

Avocado: – Approximately 1k mgs of Potassium, heart-healthy Monounsaturated Fatty acids, loaded w Fiber, lowers Triglycerides, and lowers blood pressure.

Zucchini: improves digestion, anti-aging, healthy heart and blood circulation, improves eye health and boosts energy.

Green or Black Olives: Good for your brain, anti-inflammatory benefits, heart health, reduces the risk of blood clots, high in fiber, cancer-fighting properties, Vitamin E, Copper, Iron, rich in antioxidants, good for digestion, help for seasonal allergies and Aphrodisiac potential.

Cauliflower: Fights cancer cells, lowers inflammation, improves digestion, improves heart health, aids in detoxification, improves brain health and supports a healthy pregnancy.

Foods to Rejuvenate the Pancreas (type 1 diabetics)

Your Pancreas has 2 basic functions: To make Insulin to control blood sugar levels, and to make enzymes for digesting nutrients like fats, proteins, fibers, carbs and sugars.

1. **GARLIC:** Contains a compound called **Allicin**, it contains antioxidants and an anti-inflammatory agent to prevent pancreatic cancer. But for the best effect, we recommend you eat the garlic raw on an empty stomach, preferably one to two cloves.

Apart from being good for your pancreas, it is also good for treating intestinal parasites, improving circulation, preventing infections and more.

2. **SPINACH:** This is a healthy choice as well since it contains a good amount of iron and vitamin B, one of the key elements necessary for the proper functioning of the pancreas. Other leafy greens are also recommended, such as **kale** and **Swiss chard**. Spinach significantly reduces the chances of inflammation, and without inflammation, you're at less of a risk to get pancreatic cancer. Another great thing about spinach is that it substantially slows down the rate of cancer cell growth in the pancreas. Lowers **LDL** and raises **HDL**
3. **BROCCOLI SPROUTS:** 20 times more powerful than whole Broccoli crowns and is extremely beneficial for your pancreas, as it contains **sulfur**-containing compounds which help you detoxify a few organs in your body, as well as your pancreas. It is also rich in apigenin as well, making it even more beneficial. We recommend you to either eat it raw or on your salad, as cooking the broccoli can remove most of the much-needed nutrients. Several studies in the past decades have confirmed the benefits of broccoli even more, especially for the prevention and management of type 2 diabetes. The discovery of **sulforaphane** and other key bioactive components greatly contribute to this fact. Believers in the efficacy of broccoli sprouts claim that their anti-inflammatory properties can benefit people with **rheumatoid arthritis**.
4. **RED GRAPES:** Now we finally get to talk about some fruits; red grapes are very healthy for your pancreas. They contain antioxidants that protect the tissues of the pancreas from damage, this compound is known as resveratrol. **Resveratrol** also helps in the prevention of inflammation, and it reduces blood vessel damage. Another great thing about this tasty fruit is that it improves carbohydrate metabolism, as well as the transport of glucose into your cells, which can regulate hormone sensitivity. You can eat red grapes daily, to some degree that is but keep in mind that you should eat the skin as well.
5. **BLUEBERRIES:** More delicious fruit on the way, it does seem like keeping your pancreas healthy isn't that difficult! Berries, in general, are good for you, but blueberries have specific compounds that increase the self-destruction of cancer cells not just in your pancreas, but in other organs as well. They are rich in antioxidants as well; they prevent your pancreas from oxidative stress, which in return keeps it from free-radical damage. It can also greatly decrease the risk of pancreatic cancer. Eating fresh blueberries will also reduce the possibility of inflammation as well as vascular damage caused by diabetes. Several linked studies concluded in the past years that the intake of this fruit also helps with reducing the chances of getting type 2 diabetes.

6. **REISHI MUSHROOMS:** These delicious mushrooms are always mentioned when it comes to pancreatic health. It is most commonly used in Asia, particularly in traditional Chinese medicine, where it served for helping people deal with multiple diseases for thousands of years. They contain many compounds which help you deal with pancreatic inflammation and swellings. They are also highly valued for containing various antioxidants, mainly phytochemicals, which prevent free-radical damage to the body. These beta-glucan polysaccharides and triterpenes reduce the risk of pancreatic cancer. Another great benefit is that they remove cancer cells and keep them in place, preventing them from attacking other healthy tissues in your body.
7. **LICORICE ROOT:** This might be the most surprising thing in this list. But it was used for millennia as herbal medicine, and now it is most commonly used as a sweet flavoring for foods. This item as well contains properties that help you reduce the inflammation of your pancreas. It is rich in a substance called **amorfrutin**; it helps you **reduce the blood sugar levels in your body**. This substance also reduces the chance of getting a fatty liver, as well as increasing hormone resistance. This item is mainly recommended to be consumed as licorice root tea, drink about 2 cups each day, or consult with your doctor and buy supplements.
8. **AVOCADOS:** There is approximately 1,000 mgs of **potassium** in avocado's, 22 grams of fat, 6 grams of fiber, 3 net carbs, 3 grams of protein.
9. **CHERRIES:** Rich source of antioxidants & Perillyl alcohol, a compound related to help prevention of Pancreatic cancer.
10. **LEMONS, LIMES & KIWIS:** Boosts the release of Vital **digestive enzymes** from the pancreas

Foods to Rejuvenate the Liver (type 2 diabetics)

Main functions of the liver include:

- Processes nutrients from food
- Stores sugar for later use
- Removes various toxins and combats infections
- Processes and stores vitamins and other essential nutrients

- Regulates hormones

1. **COFFEE:** Studies show consumption of coffee can limit the damage from fatty liver disease. It can lower abnormal liver enzymes.

2. **VITAMIN C:** Reduces the risk of **chronic diseases**, can reduce high blood pressure, fights against **heart disease**, could reduce blood uric acid levels and help prevent **gout** attacks.

3. **BEETS & CARROTS:** Extremely high in **plant-flavonoids** and **beta-carotene**; eating beets and carrots can help stimulate and improve overall liver function.

4. **GREEN TEA:** Full of plant antioxidants known as **catechins**, a compound known to assist in liver function.

5. **OLIVE OIL:** Cold-pressed organic oils such as olive, **hemp** and **flax-seed** are great for the liver, when used in moderation. They help the body by providing a lipid base that can suck up harmful toxins in the body. In this way, it takes some of the burden off the liver in terms of the tox

6. **CRUCIFEROUS VEGATABLES:** Eating cruciferous vegetables will increase the amount of **glucosinolates** in your system, adding to enzyme production in the liver. These natural enzymes help you to flush out carcinogens, and other toxins, out of our body which may significantly lower risks associated with cancer.

7. **KALE:** Both helpful for detoxifying the body and keeping the liver healthy.

So what should you do with all this information...??? Create a plan to utilize Food as medicine.

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