



## **KETOGENIC DIET – WEIGHT LOSS, HYPERTROPHY & PITFALLS**

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### **OBJECTIVES**

- ✓ Introduction – History Keto Diet
- ✓ Review Keto Physiology
- ✓ How Keto Diet Impacts Weight Loss
- ✓ How to Build Muscle On Keto Diet
- ✓ Identify Potential Keto Roadblocks

### **Keto History**

- Evolution – food scarcity
- Ancestral survival switch
- Natural physiological adaptation

### **Keto Physiology**

- Low carb intake – glycogen depletion
- Shift to burning primarily fat as fuel
- “Ketones” are produced as fuel source for brain + body

### **Keto - Weight Loss**

- Calories ALWAYS matter (but if you count them, you’ll likely go wrong!)
- Naturally leads to caloric deficit (w/o calorie counting)
- Support fat-burning, as well as, improving biomarkers for good health

### **Keto - Hypertrophy**

- Calories ALWAYS matter (especially for hypertrophy)
- The more you train; the more protein you can eat
- Suits “body-building” style training best

### **Keto – Potential Roadblocks**

- Maintaining mineral status (i.e. salt)
- Weight loss – too many fat bombs! (hint – remember calories!)
- Hypertrophy – carbs fuel intense-training, may compromise quality of work