

Keto Diet Autoimmune & Cancer

A keto diet is high fat & low carb therefore keeps **your blood sugar levels low**

Almost ALL cancer thrives on carb or sugar and it's hard to find on a low carb diet

A keto diet **lowers insulin** because it's low carb

Insulin is anabolic hormone which means it makes cells grow even cancerous cells

Ketones can **reduce** the size of **tumors**

Ketogenic diet can **reduce IGF-1 levels**, insulin like growth life factor 1; this hormone promotes cell growth and also reduces programmed cell death

Ketogenic diet induces fat loss not just weight loss

Obesity increases the risk for cancer, since that is where most cancer cells migrate

Autoimmune condition is triggered by stress with an overzealous response to healthy tissues

A ketogenic diet can reduce and modulate the inflammatory response

A high fat low carb diet can also increase glutathione levels;

A ketogenic diet is void of gluten, grains, legumes, sugar and processed foods which are the triggers to autoimmune conditions

Resource: <https://www.healthline.com/nutrition/ketogenic-diet-to-fight-cancer#section6>