

The Keto Lifestyle for Women



What is the down side of the Ketogenic diet?

The Keto Flu

The average person that gets the keto flu lasts about one week, and symptoms usually begin within the first day or two of carbohydrate restriction, however you can avoid that by not going so low carb and that is why we are still about at 80 carbs to start with.

In traditional keto diet the keto flu can last up to a month, but that's not as common.

These are some of the symptoms:

- Sugar cravings
- Dizziness
- Brain fog
- Irritability
- Poor focus and concentration
- Stomach pains
- Nausea
- Cramping
- Confusion
- Muscle soreness
- Insomnia
- Some symptoms of the keto flu.

Don't worry, you probably will not experience this if you start higher carb as we have outlined and may only experience one or two of these symptoms or none at all. The duration and intensity of symptoms of the keto flu vary for each person.

Relief of Keto Flu

You can relieve the symptoms of the keto flu by doing the following:

- Drink more water
- Drink bone broth daily with a dash of salt
- Increase your intake of sodium, potassium, and magnesium by taking minerals
- Eat more fat (especially MCTs)
- Go for a walk every morning
- Meditate every day
- Make sleep a top priority