



Avoiding the Keto Flu

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The keto diet is becoming mainstream just like Paleo was a few years ago. If you are new to this low carb, high fat, moderate protein, the keto flu is something that is like the flu but induced in the beginning of this new lifestyle, drastically reducing carbs. I like to think of it as having sugar with drawls. However, when you do keto the lady way and follow some of these simple hacks you will probably not be affected by it.

Some common symptoms:

- Constipation
- Diarrhea
- Difficulty sleeping
- Dizziness
- Fatigue
- Headaches
- Irritability
- Muscle cramps & soreness
- Nausea
- Poor concentration
- Sugar cravings
- Vomiting
- Weakness

Simple hacks to minimize the keto flu the first week and for some even up to the fourth week

Stay hydrated – most ladies do well with 72 to 96 ounces

Eat more salt or drink it – add salt to your food, drink a glass of water with ½ teaspoon of sea salt 1-3 times a day as needed

Drink bone broth daily – drink a cup of bone broth add some salt and butter for more flavor

Eat enough fat – fat helps you feel satiated and when you cut down on the carbs the body thinks it's starving

Replenish electrolytes – this is one of the biggest mistakes and you may have to increase your electrolyte intake especially magnesium which helps you sleep and eases muscle cramps

Don't go too low carb – the traditional keto diet is 20 g Carbs or less; I have found that even if we start at 80 g and titrate down most women do awesome

Avoid intense exercise – the first few weeks be kind to your body like yoga, gentle stretching, walking or other mind-body exercises; if you are a cross fitter or intense exercise junkie by week 4 you are going to feel like a champion athlete and unstoppable

Get enough sleep - the body is in an anabolic (healing, repairing and building muscle) state and the magic occurs at this time, 7-9 hours