



30-day  
**KETO-BELL**  
**Fat Loss**



YOUR COMPLETE  
GUIDE  
TO KETO-BELL SUCCESS

# 30- DAY KETO-BELL FATLOSS CHALLENGE COMPLETE GUIDE BOOK

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# **THE MOST BANG FOR YOUR \$\$\$\$\$\$**

## **THE MOST BRILLIANT KETTLEBELL BENEFITS**

- Engages your entire body and all stability muscles
- Improve posture
- Improve mental focus
- Workout wherever you like
- Provide spinal stability by strengthening the muscles
- Develop explosive power
- Increase strength and endurance
- Non- intrusive and portable. Keep the bell in your car or throw it in your suitcase to workout even on vacation!
- Enjoyable and empowering
- Train every single muscle at once
- Most effective way to burn fat
- Build muscle in a balanced and uniformed fashion
- Great cardiovascular benefits
- Minimal time to get in the best shape of your life
- Develop core strength and gain functional core stability
- Fix imbalances and unify the body
- Improve balance
- Improve coordination
- Save money!!! ( 1 kettlebell is an entire portable gym)
- Alleviate back and neck pain, etc.
- Build confidence. The kettlebell is not a mindless routine. It takes skill
- Develop real-world power you can use every day
- Safe on joints. The weight s distributed on all joints, not in isolation.
- All-in-one routine. Endurance, power, weightlifting, strength training, cardiovascular training, mental clarity

# OUR PHILOSOPHY

*A WORK OUT SHOULD NOT BE INTRUSIVE.*



## THE PHILOSOPHY

The human body is a powerhouse of amazing capabilities. Every day the human body carries out the day's tasks on your behalf. Unfortunately, at times, we stretch ourselves way too thin.

We have sacrificed the body at a high cost. As we age the body exposes the neglect in the form of weight gain, preventable diseases, aches and pains, low energy, etc.

A health deficiency can diminish the quality of life. Enjoying the gift of time is the mantra for this challenge. The **30-Day Keto-Bell Challenge** is the start of a life and health transformation. You gain maximum results with minimal time because the program resolves the biggest hindrance for getting in shape: NO TIME! All too often people have wonderful intentions to transform their health and wellness. But, when the routine is intrusive and not convenient it's short-lived.

**OUR PHILOSOPHY: MAXIMUM RESULTS IN MINIMAL TIME.** A routine should maximize every second of your precious time and garner results period. If not, you're going through the motions and not getting results.

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# THE SCIENCE

*RESEARCH HAS PROVEN THE KETTLEBELL TO BE A POWERHOUSE*

**Publisher:** Scand J Work Environ Health. 2011 May

**Objective:** The aim of this trial was to investigate the effectiveness of a worksite intervention using kettlebell training to improve musculoskeletal and cardiovascular health.

**Conclusions:** Worksite intervention using kettlebell training reduces pain in the neck/shoulders and low back and improves muscle strength of the low back among adults from occupations with a high prevalence of reported musculoskeletal pain symptoms.

<https://www.ncbi.nlm.nih.gov/pubmed/21107513>

Researcher: J Strength Cond Res. 2012 Aug;26

**Objective:** Kettlebell swing training improves maximal and explosive strength.

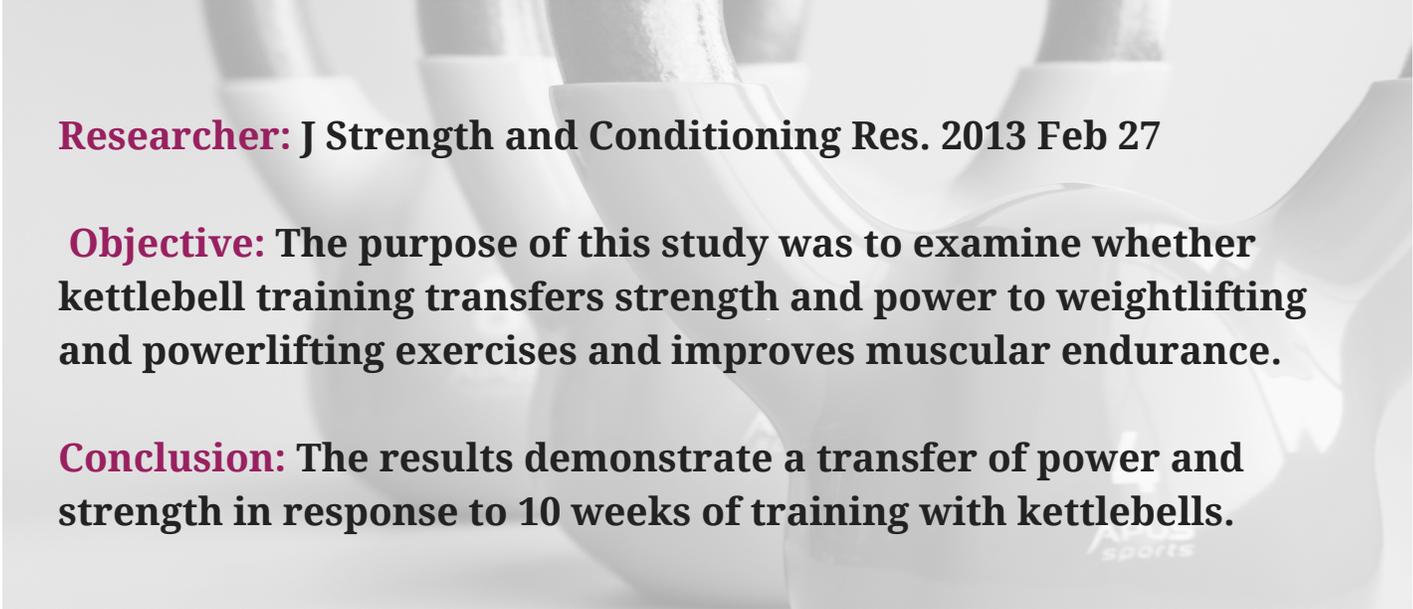
**Conclusion:** The results of this study clearly demonstrate that 6 weeks of biweekly KB training provides a stimulus that is sufficient to increase both maximum and explosive strength offering a useful alternative to strength and conditioning for professionals seeking variety for their athletes.

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# THE SCIENCE

*RESEARCH HAS PROVEN THE KETTLEBELL TO BE AN ENTIRE GYM POWERHOUSE*



**Researcher:** J Strength and Conditioning Res. 2013 Feb 27

**Objective:** The purpose of this study was to examine whether kettlebell training transfers strength and power to weightlifting and powerlifting exercises and improves muscular endurance.

**Conclusion:** The results demonstrate a transfer of power and strength in response to 10 weeks of training with kettlebells.

**Researcher:** AMERICAN COUNCIL OF EXERCISE (ACE)

**Objective:** To analyze the energy cost and exercise intensity of kettlebell workouts.

**Conclusion:** the 20-minute workout produced an average calorie burn of 272 calories, not counting additional calorie burn due to the substantial anaerobic effort.

<https://www.acefitness.org/getfit/studies/kettlebells012010.pdf>

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# THE KETTLEBELL MYTHS



## **MYTH #1 I am a women and don't want to look like man.**

“NANCY, PLEASE.” Despite popular thinking, women will not look like the Hulk due to a kettlebell routine. Simply put, women have way less testosterone than men. So unless you're taking steroids, bulking up is not possible. The KBSS Challenge allows women to gain lean muscle uniformly. These techniques are not isolating the muscles, but instead, the muscles all work together to produce a balanced physique.

## **MYTH # 2 Kettlebells are dangerous.**

No, people kettlebells are not dangerous. Not following the proper technique can lead to hurting yourself or other people. Proper technique is the basis of the *Kettlebell Swing & Snatch*. Proper form garners maximum results. Get in the mindset of disciplining the body and developing a mindfulness for your body action. If you're going through the motion and the quality isn't there, it serves zero purpose. Don't compromise the technique due to exhaustion. It's a waste of time. It's the quality reps that carry transformative power.

“The minute you get away from fundamentals...the bottom will fall out.”

## **MYTH # 3 Kettlebells hurt your back.**

If you're struggling with lower back pain kettlebells can improve back pain by strengthening the back muscles. A 2012 article in the *New York Times* featured a study performed by Danish researchers that resulted in 57% of the participants curing their lower back pain. Kettlebell techniques, when done with proper form, can help align the spine. Also noted by the study's senior author: kettlebell exercises strengthen the posterior muscle chain (which include the lower back, glutes, hamstrings, and calves). The increased blood flow to the back and leg muscles lessen pain by not allowing lactic acid to accumulate.

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## **MYTH # 4 Kettlebell routines can help the body lose fat.**

What has proven to burn calories post workout is high-intensity kettlebell workouts. A 2010 ACE study ( American Council of Exercise) in 2010 revealed positive results. In a 20-minute kettlebell snatch work out, researchers monitored each subject's heart and did a blood lactate test immediate post workout.

During the 20-minute workout, volunteers burned an average of 272 calories which turns out to be 13.6 calories a minute. Along with blood lactate measurements, they were burning an additional 6.6 calories per minute. This equals approximately 20.2 calories per minute.

## **MYTH #5 I am a beginner and Kettlebell techniques are difficult to learn.**

If you are a beginner, like anything new, there's a learning curve.

The kettlebell is easy to learn and under your control. For beginners to master the kettlebell knowing what muscles to engage is critical. Don't allow the body to do whatever it wants once you begin the swing. Instead, discipline the body. For example, knowing to use your glute muscles and not your lower back muscles to swing is the optimal technique. Also knowing to flex the hips instead of squatting are concepts for beginners to grasp.

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# BEFORE YOU START



## *THE GUARANTEE TO SUCCESS CHECKLIST!*

### **KNOW YOUR KETTLEBELL SIZE**

If this is your first time using a kettlebell I recommend swinging no less than 15lbs. The greater the weight the more intense the training and this guarantees a more efficient and effective workout. How much calories you burn is in direct correlation with the intensity of the training. For women, I recommend anywhere between 15-25 lb kettlebell.

For athletic woman should start with a kettlebell between 12 kg (26 lb) and 16 kg(35 lb.) I personally use a 20 lb bell and well pleased with the results.

Men who are new to kettlebell training, but not weight training, should start with a 20 kilogram (44 lbs) kettlebell.

The challenge is to challenge yourself. Get out of your comfort zone and push your body a bit more.

### **STOCK UP ON PANTRY ITEMS THAT WILL OPTIMIZE YOUR WEIGHT LOSS & WELLNESS**

Bragg Apple Cider Vinegar

Probiotics

Organic Coconut oil

Lemons

Cayenne Pepper

Ginger root (not from China)

Organic Milled Flaxseed Powder

Omega 3 supplement

Triphala Powder

For the brands I use and instruction on how to use these items, visit the link below.

<https://paradiseblush.com/kbss-resources/>

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# BEFORE YOU START GET THAT PANTRY!



## CLEAN OUT THE PANTRY

The single most important action I took towards my health transformation was removing processed foods from the house. You should do the same. When you develop a craving for something, buying the big bag and bringing it into your home is not a good idea. For example, buying a small 0.50 cent bag of potato chips does far less damage than the 5.00 bag. I can't stress enough this critical and necessary action. Out of sight out of mind works. Replacing the junk with some raw nuts or some berries is a healthy delicious substitute. Load your refrigerator with whole foods. There are a variety of healthy options out there.

## REMOVE TRIGGER FOODS

Be real about your food weaknesses by knowing what foods set you on a downward spiral. Trigger foods are foods that set off a domino effect in your eating pattern. The most common trigger foods pack high calories and are appetizing foods that are sugar and or fat dense. Let's use chocolate chip cookies as an example. There is nothing wrong with 1 or 2 to satisfy a short-lived craving. The problem is when one or two leads to downing an entire sleeve in one sitting or being one with your inner cookie monster. Perhaps brownies are your weakness. Before you know it, you're eating enough brownies to satisfy a family of seven in one sitting.

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# BEFORE YOU START KNOW WHAT TO AVOID!



## *Refined Carbohydrates (BREAD, PASTA, POTATOES, RICE)*

To optimize results, look at the whole picture. Having the expectation that shedding weight without accountability for what you're eating, is harmful. Carbohydrates like bread or pasta are addictive and over-consumption leads to excess carbs being stored in the body as fat. Bread, wheat, pasta, potatoes, and rice are high carbs and high glycemic foods. To shed stubborn fat, low carb is the answer. Read more on this topic in the *FOOD CALORIES& SUGAR GUIDE*.

**I am fully aware of the joy that comes with eating bread or pasta. However, it was not until I stopped eating carbs that my energy levels skyrocketed, my appetite dramatically decreased, and the belly fat shed. I felt like I had gotten my life back. I was no longer in the kitchen every 1.5 hrs looking for something to eat. I can not stress this enough, maintaining a low carb diet is vital to the success of this challenge. It works, but you must do the work and make the investment in yourself. Please for more read my blog post:**

## *Another culprit: Hydrogenated Oils*

Hydrogenated oils wreak havoc on your internal organs and functions. These bad fats are invaders that toxify the body, clog arteries, and numerous health problems are an unfortunate result.

With these factors in mind, taking a second to look at your pantry and its food content is a must. The truth is this, you will still have cravings from time to time, but you are less likely to do much damage if you eat 1 candy bar while running errands than buying an entire Costco's size version and keeping it tucked away in a drawer next to your bed.

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# BEFORE YOU START AVOID TECHNIQUE ERRORS



## □ AVOID COMMON TECHNIQUE ERRORS

Neglecting proper kettlebell technique makes for ineffective workouts, injury, and the hindrance of optimization. You must discipline yourself to learn the proper kettlebell technique because the right form optimizes weight loss results and will strengthen your body. At the start, this routine will expose your weaknesses or imbalances.

For instance, one side of the body is stronger than the other. The kettlebell routine will balance the body and develop equal strength on both sides of the body. This is because the swing and snatch are not compartmentalized or isolated moves that work on limited muscle groups. **The kettlebell routine body is forced to work as a unit and get strong as a unit!**

Your body learns to move as a unit. The stability muscles are engaged to keep you balanced while engaged in the technique. Because these moves are not isolated the full body benefits are enormous. Proper technique is vital.

## □ MASTER THE HIP HINGE

To maximize the kettlebell swing first know what it is not. It is NOT A SQUAT. The swing requires flexing the hips. Stand with your feet outside your shoulders, toes, and knees at a slight angle. This position allows you to swing the bell without hitting the knee. Push your glutes out as far back as you can. Don't round your back. Stand up by squeezing your glutes together also known as the "Penny Pincher or Walnut Crusher (It's ok to laugh right about now!)." Be aware that your knees should never pass your toes.

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# KETTLEBELLSWING QUICK GUIDE



## □ VISUAL CLUES FOR THE PROPER SWING TECHNIQUE

1. Position the kettlebell directly in front of you and take a wide stance with feet slightly angled outward. Set your feet outside the width of your shoulders about 12 inches. Imagine a clock, your feet should be slightly angled at 10:00 and 2:00.
2. Push your butt out, (it's not a squat) not down with a slight bend in the knees. Knees should not go past your toes.
3. Lift the kettlebell with both hands. and hold between inner thighs.
4. Your shoulders should always stay behind your knees and toes.
5. Flex your hips and engage glutes to thrust the bell forward to eye or chest level.
6. Use your glutes to hinge your body forward not your back.
7. Squeeze the glutes (like crushing a penny!)
8. The kettlebell goes no higher than chest level or eye level when doing the swing.
6. Position the bell closely in front of you, bend your knees, and grab the bell firmly with your hands. Be sure the handle is horizontal and not vertical facing so you can grip comfortably with both hands.

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# KETTLEBELL SNATCH QUICK GUIDE



## ☐ VISUAL CLUES FOR THE PROPER SNATCH TECHNIQUE

The snatch garners a superior metabolic impact. This means you burn calories fast. The snatch is a powerful kettlebell technique that strengthens your body, engages stability muscle and builds your aerobic exercises.

1. Flex hips and grab the bell from between your legs.
2. Keep the bell close to you with the handle positioned vertically.
3. Bend down and grab the bell and bend elbow to keep bell close to your body.
4. Keep shoulders squared up and behind knees.
5. Rotate your fingers around the handle to prevent the bell from banging against your wrist.
6. Lift the bell straight up above your shoulder.
7. The Kettlebell Snatch overhead position is stable with no deviation.
8. Squeeze your glutes.

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# Tips for Kettle Bell Use and Optimal Results

- 1. Always train on a non-slip surface.**
- 2. Train barefooted:** Pavel Tsatsouline, the kettlebell expert, and guru recommends going barefooted. The sensory receptors located on the soles of your feet work best when your feet are allowed to spread.
- 3. Don't do stretches that involve bending forward** after you have trained.
- 4. Remember form equals quality.** It is more important to do quality reps than quantity. Be aware of your body movement. Set a standard for every swing. If you're tired take a few seconds to rest, then go at it again.
- 5. Don't use your back muscles.** Don't slouch over during or after work out.

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## The "Freestyle Day " or "CHEAT DAY"

The Keto-Bell Fatloss Challenge eating plan includes a "freestyle day" or a CHEAT DAY. A cheat day serves the purpose of sustaining a diet that will evolve into a lifestyle change.

- *Take control of your cravings*
- *Rid yourself of deprivation*
- *Eliminate binge temptation*
- *Learn to cheat in a sensible way that will lead to long-term success*

### How it Works

Everyone needs a reward! Psychologically we do better when there is a reward waiting for you. We are motivated to do well when there is a prize. A cheat meal is just that. To be honest, a little spontaneity is good when engaging in a lower calorie eating habit.

Even more of a benefit, a cheat day meal will help your metabolism from slowing down.

By occasionally boosting your caloric intake, you encourage your body to burn calories more rapidly instead of allowing it to adjust completely to the lower calorie lifestyle.

Having your cheat meal as a post-workout when the body is ready to make use of every macro, "good" or "bad" is best.

**LET'S BE CLEAR: A CHEAT DAY OR FREE DAY IS THE DAY YOU HAVE ANY MEAL OF YOUR CHOOSING. IT IS NOT A BINGE DAY!!! Please do not go absolutely nuts and undoing all your hard work!!!**

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# ***EATING FAT DOESN'T MAKE YOU FAT***

## **LET'S PUT THE MYTHS ABOUT *FAT* TO REST**

### **THE MYTH : EATING FAT MAKE YOU FAT!**

Because fat has double the calories per gram as carbohydrates and protein, popular though is, you eat more fat, you gain weight, right? The truth is, all calories are not created equal. When I say all calories are created equal, I'm speaking in terms of the effect fat has on one's weight and metabolism. More and more scientist, although late to the notion, are confirming that calories from fat are better for weight-loss, as well as improving the metabolism.

National Institute of Health scientist, Kevin Hall conducted a comparative study that confirmed that participants who consumed more fat from calories, compared to the same identical calories from carbs burned an additional 100 calories a day. This equates to that stubborn 10 lbs of weight loss in a year!

### **FOOD IS NOT JUST A SOURCE OF ENERGY**

Food is not just a source of calories. Yet, we have been trained to focus on one particular line of food labels, and restaurant menus: the calories. Now knowing the amount of calories in a meal from a fast food restaurant can be really important. This is due to the fact that most of the calories in these type of foods are bad. So calorie count is to your advantage in that instant because hopefully it will derail any plans to consume just anything!

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# *EATING FAT DOESN'T MAKE YOU FAT*

## LET'S PUT THE MYTHS ABOUT *FAT* TO REST

The truth is this, food is what determines how your body will function. Food affects your hormones, brain chemistry, gut flora, immune system, metabolism, and your genes. So in other words, the quality of your food over quantity is what will mostly affect your body. For example, food will determine what genes get triggered in your body to cause or prevent disease. This is Nutritional genomics also known as nutrigenomics.

For example, Kevin Hall also reported that in studies of Brain Imaging, and function eating more fats shuts off the hunger and craving centers of the brain

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# The Complete Keto Guide for Beginners

## Why Go Keto low carb?

Simply put, when on a ketogenic diet, your body becomes a fat burning machine. This is because on the ketogenic diet, your body burns fat for its fuel. Fat contains more than double the calories of most carbohydrates. Therefore, you need to consume less food by weight everyday. Because your body will burn the fat that has stored, the results is more weight loss. Using fat for fuel provides the body with energy that does not spike your blood glucose, this means that you won't experience the high's and los that come with eating large amounts of carbohydrates. Here is a list of additional benefits of eating a ketogenic diet:

- Improvement of brain function
- reduction of your blood sugar and insulin resistance
- Reduction of blood pressure
- Reduction of tryglyceride levels
- Reversal of pre-diabetes and type II diabetes
- Reduces the risk of epilepsy, alzheimer's, stroke, and heart disease.

## The Benefits of Ketosis

Studies consistently prove that ketogenic diet helps people lose more weight (specifically body fat), improve energy levels, and stay satiated for longer periods of time. This means you're not constantly hungry or have the desire to keep snacking. Being on this diet, by default, your appetite is decreased. Partly because fat is very slow to digest and dense in calories. One gram of carbohydrates contains 4 calories, but one gram of fat contains 9.

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On the other hand, carbs (sugar) cause blood glucose levels to spike, which is quickly followed by a crash that results in craving more carbohydrates. This constant cycle may eventually lead to pre-diabetes followed by type II diabetes.

## **So what exactly is ketosis?**

The best way to explain ketosis is to first know what is glycolysis. Glycolysis is your body's metabolic state when eating a high carb diet. When your body is in glycolysis, after each meal your blood glucose is spiked causing higher levels of insulin which promotes fat storage and blocking the release of fat from your adipose tissues. Your adipose tissue is the connective tissue composed of adipocytes; these tissues store energy in the form of fat. In contrast, a low-carb high-fat diet put your body into a metabolic state of ketosis. How does it work? Your body breaks down fat into ketones. Ketones are small fuel molecules that are used in the body when blood sugar (glucose) is in short supply. Ketones are produced if you eat very few carbs and moderate amounts of protein. The liver produces ketones from fat; on a ketogenic diet your body switches your energy supply to burn mostly fat when your blood sugar is low. A ketogenic diet can be eaten indefinitely and can be quite sustainable.

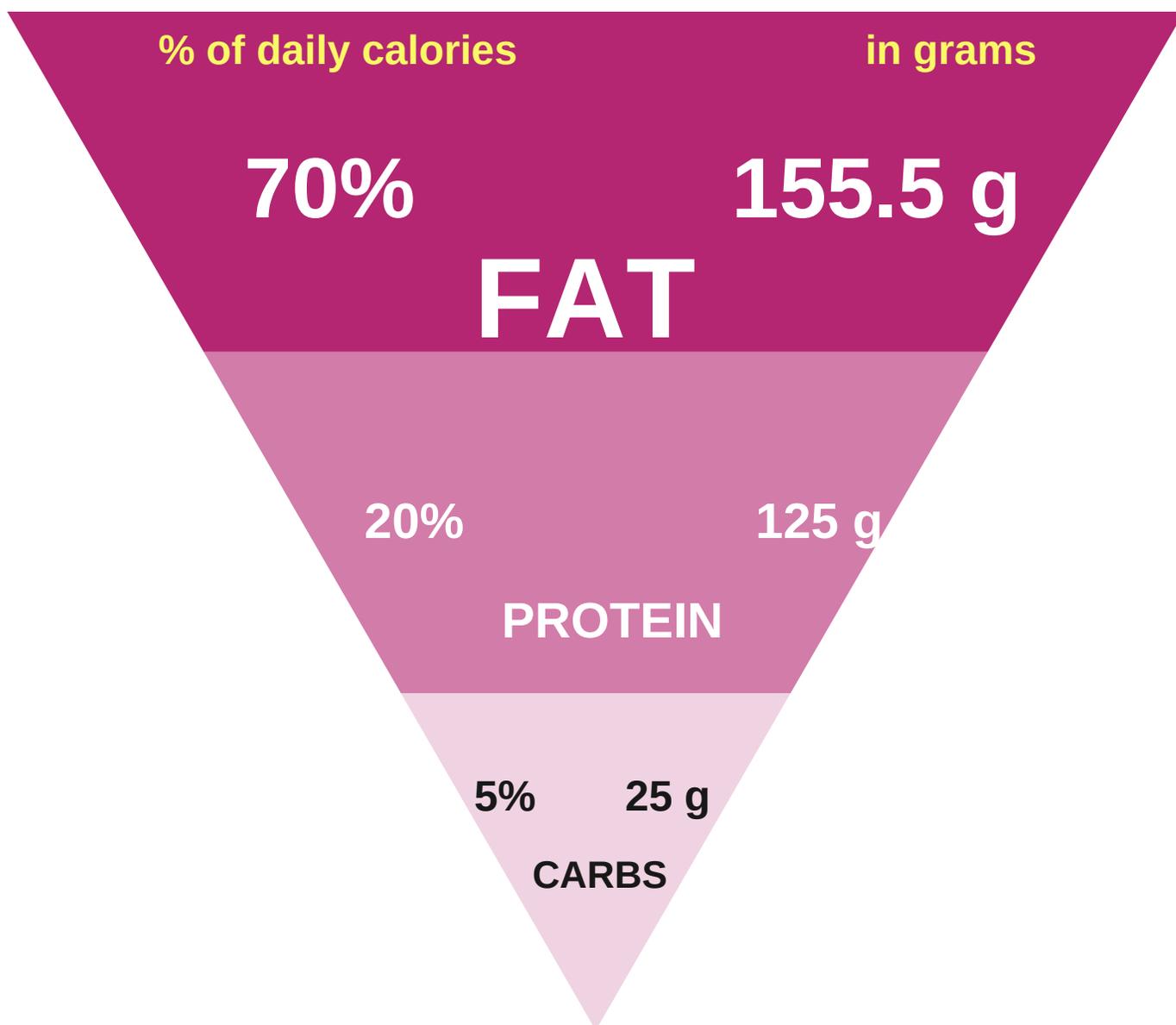
## **Keto and Diabetes?**

If you have diabetes, the keto diet can still work for you. For type II diabetics it can reverse the condition, and for type I diabetics it can dramatically increase blood sugar control. Please consult your doctor before beginning a low-carb diet such as the ketogenic diet, because if you take medications, you may have to lower your dosage.

Also if you are a type I diabetic, your doctor may recommend eating 50 g of carbohydrates to prevent keto acidosis. It's a toxic metabolic state that occurs when the body fails to regulate ketone production.

The most common causes of keto acidosis are type I diabetes, alcoholism, and extreme starvation.

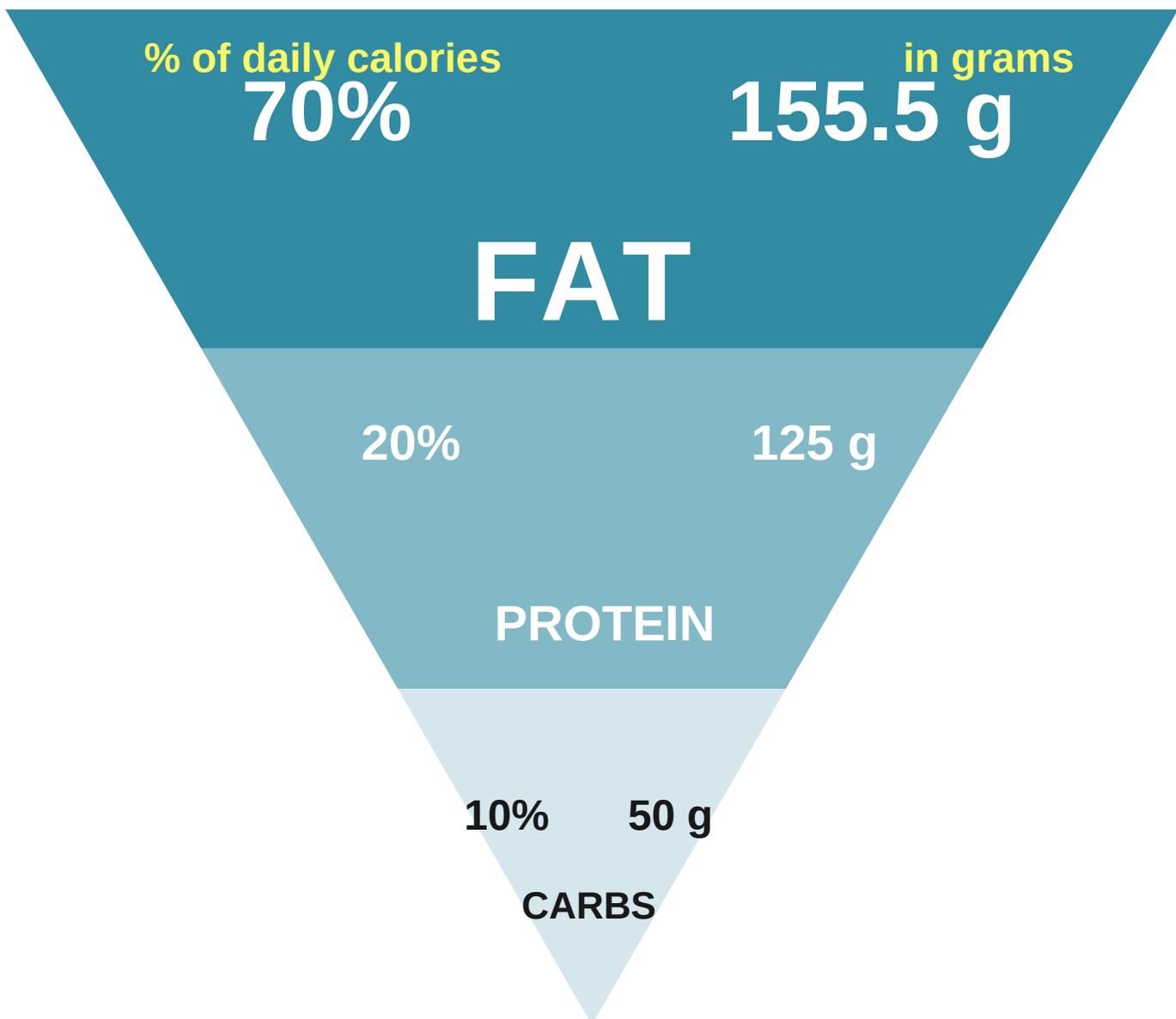
## 2000-CALORIE DAILY KETO DIET EXAMPLE



# VERSION 1

## 2000 CALORIE MODERATE LOW CARB EXAMPLE

Most keto limit carbs to 5% of total calories. However on a more moderate version 10% of your calories are derived from carbs, which is 7-10 cups of veggies per day. Eating more kale and Brocoli has little impact on Ketone production but provides valuable fiber, vitamins and minerals as well as antioxidants to slow aging and boost your metabolism.



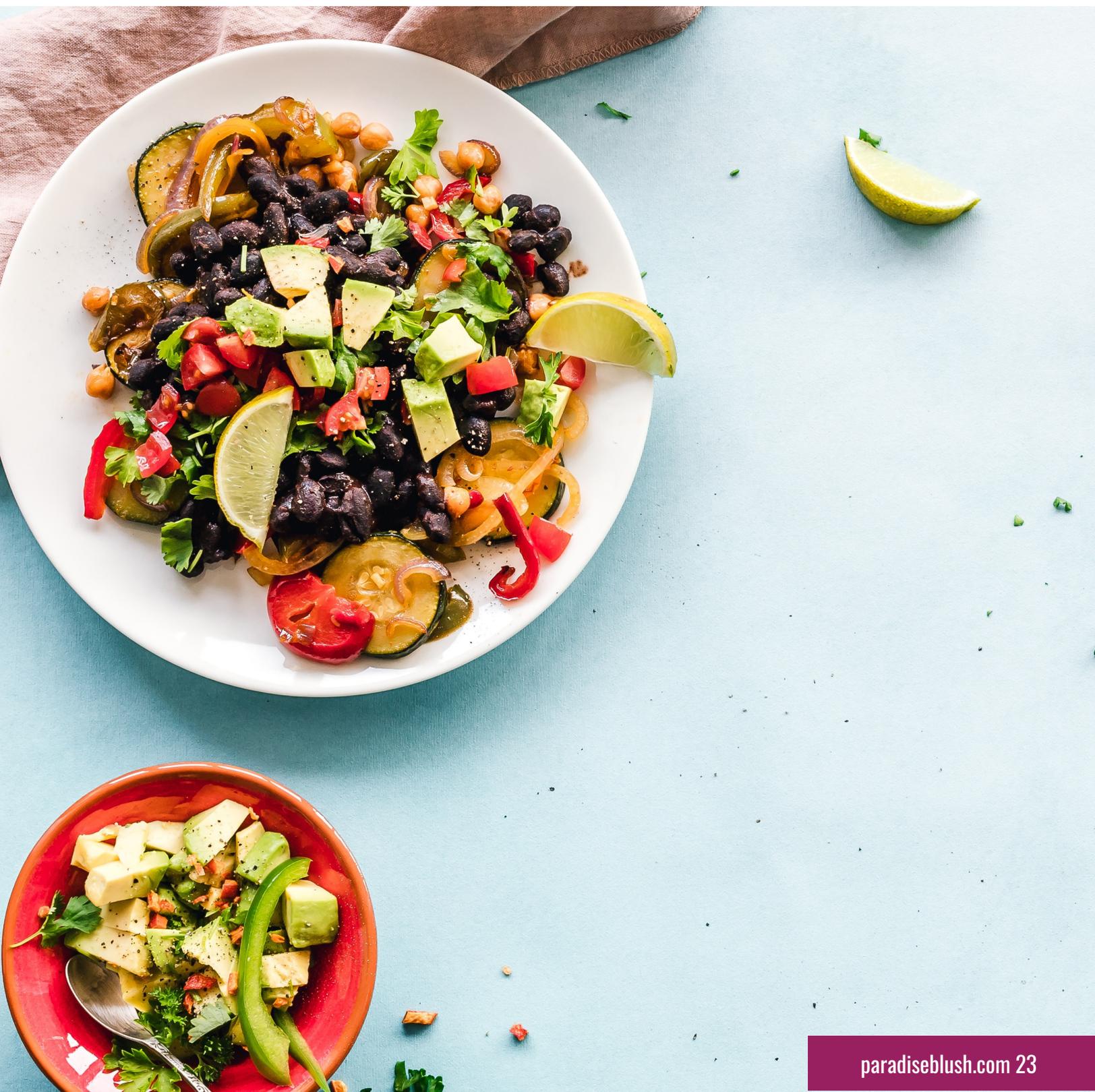
# VERSION 2

## IMPORTANT NOTE ABOUT CHEESE:

I am not a big fan of cheese and here's why: although the Keto diet uses cheese as a source of healthy fat, our recipes are extremely limited with specifically cheese and milk. For more information check out this **blog post**.

# Keto/Low-Carb Quick Guide

## WHAT IS KETO/LOW-CARB?



# AVOID SUGAR AND STARCHES



# **BENEFITS OF EATING KETO/LOW-CARB**

- **WEIGHT-LOSS**
- **APPETITE CONTROL**
- **CONTROL BLOOD SUGAR AND REVERSE TYPE II DIABETES**
- **IMPROVED HEALTH MARKERS LIKE CHLORESTEROL AND BLOOD PRESSURE**
- **ENERGY AND MENTAL PEFORMANCE**
- **CALMER STOMACH**
- **INCREASED PHYSICAL ENDURANCE**
- **REVERSE PCOS**
- **REDUCE ACNE**
- **FEWER MIGRAINE ATTACKS**
- **TREATMENT FOR BRAIN CANCER**
- **LESS SUGAR CRAVINGS**
- **LESS HEART BURN**

# KETO/LOW-CARB IS SIMPLE AND NATURAL

## JUST REAL FOOD...

- **NO COUNTING CALORIES!**
- **NO PILLS OR MEDICATIONS!**
- **NO SURGERY**
- **NO MEAL REPLACEMENTS**
- **NO PROCESSED FOOD**



# The Science Behind Keto

**March 2003 Volume 142, Issue 3, Pages 253–258**

**CONCLUSION:** The LC diet appears to be an effective method for short-term weight loss in overweight adolescents and does not harm the lipid profile. (J Pediatr 2003;142:253-8)

**May 22, 2003 N Engl J Med 2003; 348:2074-2081 DOI: 10.1056/NEJMoa022637**

**CONCLUSION:** Severely obese subjects with a high prevalence of diabetes or the metabolic syndrome lost more weight during six months on a carbohydrate-restricted diet than on a calorie- and fat-restricted diet, with a relative improvement in insulin sensitivity and triglyceride levels, even after adjustment for the amount of weight lost. This finding should be interpreted with caution, given the small magnitude of overall and between-group differences in weight loss in these markedly obese subjects and the short duration of the study. Future studies evaluating long-term cardiovascular outcomes are needed before a carbohydrate-restricted diet can be endorsed.

**2003 Apr;88(4):1617-23.**

**CONCLUSION:** Based on these data, a very low carbohydrate diet is more effective than a low fat diet for short-term weight loss and, over 6 months, is not associated with deleterious effects on important cardiovascular risk factors in healthy women.

**The Journal of Nutrition, Volume 134, Issue 4, April 2004, Pages 880–885, <https://doi.org/10.1093/jn/134.4.880>**

**CONCLUSION:** All dietary macronutrients were significantly different when the men consumed the very low-carbohydrate diet compared with the low-fat diet with the exception of alcohol (Table 1).

**2004 May 18;140(10):769-77.**

CONCLUSION: Compared with a low-fat diet, a low-carbohydrate diet program had better participant retention and greater weight loss. During active weight loss, serum triglyceride levels decreased more and high-density lipoprotein cholesterol level increased more with the low-carbohydrate diet than with the low-fat diet.

**2004 Nov 8;1(1):13.**

CONCLUSION: This study shows a clear benefit of a VLCK over LF diet for short-term body weight and fat loss, especially in men. A preferential loss of fat in the trunk region with a VLCK diet is novel and potentially clinically significant but requires further validation. These data provide additional support for the concept of metabolic advantage with diets representing extremes in macronutrient distribution.

**October 25, 2004**

The National Cholesterol Education Program Diet vs a Diet Lower in Carbohydrates and Higher in Protein and Monounsaturated Fat  
CONCLUSION: Weight loss was significantly greater in the MLC (13.6 lb) than in the NCEP group (7.5 lb, a difference of 6.1 lb (P = .02) (Table 3).

**2005 Mar;90(3):1475-82. Epub 2004 Dec 14.**

CONCLUSION: Estimates of physical activity were stable in the dieters during the study and did not differ between groups. These results confirm that short-term weight loss is greater in obese women on a low-carbohydrate diet than in those on a low-fat diet even when reported food intake is similar. The differential weight loss is not explained by differences in REE, TEF, or physical activity and likely reflects underreporting of food consumption by the low-fat dieters.

# The Science Behind Keto/Low Carb

**January 2005, Volume 48, Issue 1, pp 8–16**

**CONCLUSION:** Of the 96 eligible participants, 12 withdrew from the study (Fig. 1). Three withdrew after baseline measurements had been made, before the start of the dietary intervention, and were not included in the analysis.

**01 September 2005 <https://doi.org/10.1111/j.1464-5491.2005.01760.x>**

**CONCLUSION:** Carbohydrate restriction was an effective method of achieving short-term weight loss compared with standard advice, but this was at the expense of an increase in relative saturated fat intake.

**2005 Sep;105(9):1433-7.**

**CONCLUSION:** Both diet groups reported increased cognitive eating restraint, facilitating short-term weight loss; however, the decrease in hunger perception in the low-carbohydrate/high-protein group may have contributed to a greater percentage of BW loss.

**Diabet Med. 2007 Dec;24(12):1430-5. Epub 2007 Oct 29.**

**A low-carbohydrate diet is more effective in reducing body weight than healthy eating in both diabetic and non-diabetic subjects.**

**CONCLUSIONS:** The diet was equally effective in those with and without diabetes.

**The American Journal of Clinical Nutrition, Volume 86, Issue 3, September 2007, Pages 580–587,  
<https://doi.org/10.1093/ajcn/86.3.580>**

CONCLUSION: Both dietary patterns significantly reduced body weight and were associated with improvements in mood. There was some evidence for a smaller improvement in cognitive functioning with the LCHF diet with respect to speed of processing, but further studies are required to determine the replicability of this finding.

**The American Journal of Clinical Nutrition, Volume 86, Issue 3, September 2007, Pages 580–587, <https://doi.org/10.1093/ajcn/86.3.580>**

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**Diabet Med. 2007 Dec;24(12):1430-5. Epub 2007 Oct 29.**

CONCLUSION: The diet was equally effective in those with and without diabetes.

**Nutrition & Metabolism 2008**

CONCLUSION: Dietary modification led to improvements in glycemic control and medication reduction/elimination in motivated volunteers with type 2 diabetes. The diet lower in carbohydrate led to greater improvements in glycemic control, and more frequent medication reduction/elimination than the low glycemic index diet. Lifestyle modification using low carbohydrate interventions is effective for improving and reversing type 2 diabetes.

**The American Journal of Clinical Nutrition, Volume 87, Issue 3, March 2008, Pages 567–576, <https://doi.org/10.1093/ajcn/87.3.567>**

**CONCLUSION:** An LC does not impair FMD. We observed beneficial effects of both diets on most of the CVD risk factors measured. This trial was registered with the Australian Clinical Trials Registry as ACTR N0 12606000203550.

**Obesity (Silver Spring). 2009 Oct;17(10):1916-23. doi: 10.1038/oby.2009.134. Epub 2009 Apr 16.**

**CONCLUSION:** the current data suggest that in untrained, overweight individuals, the consumption of an LC weight loss diet for 8 weeks, does not adversely affect physical function or exercise tolerance compared with an HC diet.

**PLoS One. 2015 Oct 20;10(10):e0139817. doi: 10.1371/journal.pone.0139817. eCollection 2015**

**CONCLUSION:**This trial-level meta-analysis of randomized controlled trials comparing LoCHO diets with LoFAT diets in strictly adherent populations demonstrates that each diet was associated with significant weight loss and reduction in predicted risk of ASCVD events. However, LoCHO diet was associated with modest but significantly greater improvements in weight loss and predicted ASCVD risk in studies from 8 weeks to 24 months in duration. These results suggest that future evaluations of dietary guidelines should consider low carbohydrate diets as effective and safe intervention for weight management in the overweight and obese, although long-term effects require further investigation.

2017 Nov;42(11):1158-1164. doi: 10.1139/apnm-2017-0260. Epub 2017 Jul 12.

**A 12-week low-carbohydrate, high-fat diet improves metabolic health outcomes over a control diet in a randomised controlled trial with overweight defence force personnel.**

CONCLUSION: This dietary approach shows promise for short-term weight loss and improved metabolic health outcomes conditions compared with mainstream recommendations. It should be offered to defence force personnel at least as a viable alternative means to manage their weight and health.

**Twelve-month outcomes of a randomized trial of a moderate-carbohydrate versus very low-carbohydrate diet in overweight adults with type 2 diabetes mellitus or prediabetes. Published: 21 December 2017**

CONCLUSION: Compared to the MCCR group, the LCK group reported consuming fewer non-fiber grams of carbohydrates (6 and 12 months), more grams of fat (6 and 12 months), and more grams of protein (12 months), but not a different number of calories per day (Table 1).