

### **a year of ketogenic pdf**

Where Do Ketogenic Diets Come From? The origins of the ketogenic diet were the observations of Hippocrates in 500BC that fasting could reduce and even cure epileptic seizures (fasting is also a ketogenic state, more on that in a future post).

### **Adverse Reactions to Ketogenic Diets: Caution Advised**

EVERYTHING YOU NEED FOR AT HOME TESTING â€œ Our sophisticated home ketogenic diet kit brings everything you need for an accurate blood test. We include an ergonomic ketone reading monitor thatâ€™s easy to use, 10 MD6 glucose test strips and a box of 10 keto strips, plus a box of 50 lancets.

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