

the KETO CURE: A Low-Carb, High-Fat Dietary Solution to
Heal Your Body & Optimize Your Health

Nally, Adam S., DO & Moore, Jimmy. Las Vegas: Victory Belt Publishing, Inc., 2018.

Part 2 THE KETO CURE APPROACH TO DISEASE TREATMENT:

Introduction

Questions

1. Why does Dr. Nally hesitate to write down six basic guiding principles he has observed over the years?

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PRINCIPLE 1 LOWER INSULIN LEVELS WITH DIET:

2. What is insulin's 'nickname' and what are some of the steps to the goal of returning insulin levels to a healthy baseline?

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PRINCIPLE 2 AVOID ADDITIVES THAT RAISE INSULIN LEVELS:

3. What are additives and how do they raise insulin levels?

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PRINCIPLE 3 MODERATE PROTEIN WHERE APPROPRIATE:

4. What are examples of low-fat protein food sources and how do they have an adverse effect on the body?

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5. What is a healthy protein/fat balance?

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6. Give examples of recommended proteins and calculate your daily protein needs.

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PRINCIPLE 4 ELIMINATE PROBLEM MEDICATIONS

7. Why are some medications problematic?

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PRINCIPLE 5 ADD MEDICATIONS THAT HELP

8. What positive effect can some medications have on our health?

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PRINCIPLE 6 CONSIDER APPROPRIATE SUPPLEMENTATION

9. What effect can vitamins and herbal supplements have on our health?

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10. Why does Dr. Nally stress the importance of working closely with your doctor before making changes in medications and supplementation?

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