

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:
Chapter 6 HYPERTENSION
Questions

1. What is hypertension?

pp. 65-66

2. What is the underlying cause of this disease of civilization?

p. 66

APPLYING THE KETO CURE APPROACH

PRINCIPLE 1 LOWER INSULIN LEVELS WITH DIET:

3. How does fructose affect the liver and kidneys?

pp. 67-68

4. What three forms of fructose are common in the Standard American Diet (SAD)?

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Part 2 Chapter 6 HYPERTENSION

PRINCIPLE 2 AVOID ADDITIVES THAT RAISE INSULIN LEVELS:

5. How does caffeine raise blood pressure?

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PRINCIPLE 3 MODERATE PROTEIN WHERE APPROPRIATE:

6. What proteins should be limited due to variable insulin response?

pp. 67 and 69

7. What is important in managing all prescribed medications?

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PRINCIPLE 4 ELIMINATE PROBLEM MEDICATIONS:

8. What types of hypertension medications may be problematic with a ketogenic diet?

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PRINCIPLE 5 ADD MEDICATIONS THAT HELP:

9. What medications may be helpful in managing hypertension on a ketogenic regimen?

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PRINCIPLE 6 CONSIDER APPROPRIATE SUPPLEMENTATION:

10. List five foods contained in supplements helpful in the management of hypertension.

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