

Hello everyone, many people are looking for a healthy diet to follow to maintain health or lose weight. Now I will talk about its benefits, as it contains many benefits that I am sure that when you know you will follow the ketogenic diet, it helps control type 2 diabetes, protects against heart disease, is used in the treatment of epilepsy, stimulates fat loss in people who suffer from obesity. And finally, it slows down the growth of cancer cells and may protect against some types of cancer, but despite the impressive benefits of keto, there are negative effects, which are fatigue, constipation, bad breath, irregular menstruation and sleep problems. It is a system that relies mainly on fat intake, where the daily fat intake reaches 70%. On the other hand, carbohydrates are reduced, as they reach 5%.