

THE KETO DIET



The **ketogenic diet** originated as a therapy for epilepsy in the 1920s and 30s. It was developed to provide an alternative to non-mainstream fasting, which had demonstrated success as an epilepsy therapy. However, the **diet was** eventually largely abandoned due to the introduction of new anticonvulsant therapies.

In more recent years the keto diet went mainstream thanks to social media with dramatic before and after photos on Instagram.

While Keto can successfully help a person to lose weight in a short period of time, the body cannot function without carbs for extended periods. When the diet ends, people often revert back to their old habits and regain the weight lost and often gain more. The Keto diet is not one you can sustain until old age, it only establishes a disorderly relationship with food, body image, and weight. Good health doesn't revolve around weight; but rather around proper functioning of the body, fitness and healthy relationships with food.

The popular Keto diet is an extreme version of a low carb, high fat diet which can successfully help a person to lose weight in a short period of time.

But it is not designed to be long term and is not sustainable.

Good health is achieved by integrating healthy habits into your lifestyle; habits that will last a lifetime and are sustainable. Unfortunately, this often means they take time and effort. The Keto diet appeals to people who idealise a quick fix solution to personal issues with their body image. It's popular and socially acceptable which allows people to think the diet is safe and easy. Although Keto is successful for some people, depriving yourself of carbs because you are unhappy with your body is not good for your overall wellbeing.

