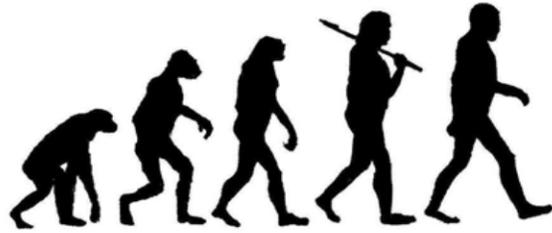


Primal vs KETO



What's The
Difference?

Can Keto and Primal co-exist?

I find that most people today are feeling they have a grasp of the new shift in dietary thinking called Keto. However, Primal has been in my option, lacking a bit of understanding by the general LCHF (Low Carb, High Fat) supporters. The similarities between the two philosophies hasn't been emphasised. Even when you are a follower of the Primal Blueprint, there has been such an uptick in the emphasis on Keto, that I felt some clarity was warranted.

The Ketogenic Diet and the Primal diet have a lot in common. Both ditch grains, refined sugars and processed foods with good fats and other nutrient dense foods low in carbs. The Keto diet is more extreme in reducing carb intake, because for most people its pretty hard to enter a state of ketosis unless carb intake is cut to at least 20 – 50 grams per day. Where as the Primal diet still allows your body to be fat adapted through significant carb restriction depending on weight management goals. Primal carb recommendations range from <50 – 150 grams per day. Allowing for a larger list of approved foods which makes the whole lifestyle easier and more enjoyable for those who want to become efficient fat burners.

I will mention that personally I am likely to be in the "keto zone" consistently within my Primal lifestyle and I believe very strongly in the health benefits of going in and out of ketosis as it relates to my personal health and dietary goals.

What is the keto zone? How does it differ from Ketosis?

According to Mark Sisson ([the keto zone](#))

It is a range of carbohydrate intake that causes you to drift in and out of ketosis without realizing. The keto zone is between 20 – 120 grams of carbs per day for most people. Less one day and more the next. Basically, you are constantly either entering or leaving ketosis and that's fine. You will find that you eat less food than before with no negative side effects.

You can keep or gain muscle, bone density and sleep great with consistent energy levels. Being in the Keto zone you will have the metabolic flexibility to compete in tough

workouts, do HIIT (High Intensity Interval Training), hike long distances or any other physical challenges you wish to undertake without issue.

Staying in the Keto zone might be exactly what is needed to gain and maintain optimal health. Everyone will learn for themselves what is the best path for them personally. Most people following a Primal lifestyle would find it relatively easy to be in the Keto zone, due to the outcome of being fat adaptive, while following a Primal program, being one of the main outcome dietary goals. Also, many people following a Primal lifestyle intermittent fast for the associated health benefits allowing easier transition into the Keto zone.

Being Primal is of course more than an eating plan, it's a lifestyle. Being Keto is about the diet with, depending on the source, also a healthy eating plan. Keto can be done wrong however should the macros (percentage of carbs, proteins and fat) of food sources not be aligned to the most nutritionally dense and healthy options.

Ketosis isn't a necessary goal in Primal

Within a Primal aligned lifestyle, Ketosis isn't the ultimate goal. It's a tool to help you gain metabolic flexibility and help protect against a very high risk of diet related issues within a high carb lifestyle. The dietary goal is and always has been, to be an efficient fat-burner and to release your dependency on carbohydrates for fuel. A ketogenic diet simply represents the pinnacle of fat-burning: if you can get into ketosis, you are undoubtedly using fat for fuel. Many of the benefits of a ketogenic diet likely come from developing that capability. Keto adapted mean fat adapted. Once you become keto adapted your body does not look to glucose as an unlimited source of fuel. The result become the ability to efficiently burn free fatty acids.

Your body will use ketones for energy until it can build new fat burning [mitochondria](#) and reshape the existing mitochondria to take advantage of the abundant free fatty acids available. But that will likely take time. Initially burning ketones is an adaptation to feed your glucose deficient muscles. Also, your brain can't burn free fatty acids directly, so it will learn to obtain more of its energy needs from ketones over time. A carb dependent brain burns 100% glucose ([carb dependent brain](#)), a keto adapted brain can get greater than 60% of its estimated 150 grams of daily energy needs from ketones.

The remainder will come from glucose. Interestingly, the roughly 50 remaining grams of glucose doesn't have to come from dietary carbs; it can come from gluconeogenesis (the conversion of protein to glucose)

The Happy Conclusion

Living Primally and the Ketogenic diet are not at odds with each other. In fact, being in the keto-zone allows the Primal Blueprint way of eating to become even better. Once you build the fat burning mitochondria and teach the old ones to burn fat more effectively.

I would advise that most people, unless there is a good reason to, not stay keto for life. There is a great deal of very nutrient dense foods that fit the Primal Blueprint approved foods, that are too good to forever avoid. However, its clear that most people would benefit significantly from going keto some of the time. Increasing metabolic flexibility and building new fat-burning mitochondria.

Keto is a great supplement for me and anyone who follows the Primal way of eating. The [Keto Reset](#) is an excellent resource for those who want to go keto periodically, while maintaining a Primal lifestyle. You will find that being in the keto-zone increases the effectiveness of Primal style eating.

The increase in metabolic flexibility helps to reduce the dependency on strict eating schedules. You can fast intermittently should you desire, or partake in longer fasts without undue stress, especially when traveling or when healthy, Primal aligned food choices are not available. But should you choose to indulge in occasional higher carb intake, it will be with fewer ill effects and you should be able to bounce back quickly. Enjoy☺

Living Aligned Health Coach Service

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