

PREVIEW_ Georgia Ede - Q&A (San Diego 2017) 1

Questioner woman: Do you have any comments on the minimum level of ketones in the blood to overcome the glucose deficit? Because a lot of people run at full five, some people may run at a half or three quarters. Do you have any comments on that?

Dr. Georgia Ede: I do, I don't know the answer but I'll tell you my opinion, which is that I think it's less about how many ketones are floating around in your blood than what your insulin and blood sugar levels are. And so I think a lot of people chase high ketone levels perhaps unnecessarily. I'm not a seizure expert or neurologist so I don't know if...

It looks as though very high ketone levels may be required to treat certain conditions and I haven't looked at that literature, but my understanding and my experience with ketogenic diets is that it's really more about keeping your blood sugar in a normal range so that your insulin levels will be nice and low and then how many ketones in your blood... just because they are in your blood doesn't mean you're burning them.

So your ketone levels may be very high, but it just may be because you just ate a whole lot of fat. And that doesn't necessary mean that your metabolism is better at that moment than it is at other moments, if that makes sense.