

PREVIEW_ Interview with Benjamin Bikman (Breckenridge 2018) 2

Dr. Benjamin Bikman: I think too many people chase their ketones and that leads to an unhealthy state where they are fasting too much because they are so desperate to get back into ketosis or they're avoiding anything but fat because are so desperate to be in ketosis. And in that case I would say that there is not the benefit.

It has become pathological, it's more harmful than it it's good. However where there are instances of people genuinely seeking the benefit of the ketone, for example seizure control is an obvious one or even cognition and people that are keto adapted, endurance trained athletes, they don't want to be out of ketosis.

But there are other less dramatic instances where people find improvements in skin disorders while being in ketosis. They can have rashes that will clear up. And it appears to be somewhat yoked to the degree of ketosis or the consistency of ketosis.

But even then that does not mean protein is bad, because as we discussed protein in a low-carb state does not have the insulinogenic effect that many people fear and thus it shouldn't be a significant problem in preventing someone from being in ketosis.